Notes from Barbara

February is upon us! What is actually the shortest month in terms of number of days often seems like the longest month while waiting for spring to appear. Let’s hope that most of this winter’s bitter cold and ice is behind us and we can begin moving ahead toward our goals for the new year.

► Housing? We have some ideas and are working on these. Let me know your ideas on this.

► Transportation? I have been talking with a few agencies in Athens County. Transportation is an ongoing discussion. Let me know your ideas on this.

► Technology? We are talking to student groups who want to volunteer. We are suggesting that assistance with technology is a strong need you have voiced to us.

David North, the Village handyman, and I would like to visit each of your homes. David would do a home safety inspection. At the same time, I would like to meet you and see your lovely home. Please call the office to make an appointment, 740-447-0500.

Events Planned for 2018

- Every 2nd Wednesday of the month, all Village members and friends are invited to an informal no-host gathering at Athens Uncorked (14 Station St.) at 4 p.m. Anyone can attend! These dates include Feb. 14 and Mar. 14.

- Every 5th Wednesday of a month, The Athens Village will hold an Open Office from 11 a.m. to 1 p.m. Please come to the office to enjoy cookies and tea/coffee with the Executive Director and staff! 94 Columbus Rd., Building B. In 2018, Fifth Wednesdays occur on Jan 31, May 30, Aug. 29 and Oct. 31.

Would you like to get the Brown Bag Lunches started again? Please contact the office at 740-447-0500 with ideas for speakers and/or dates. Please allow at least a month to make arrangements for venue, etc.

February Calendar

Every Tuesday, 10:30 a.m., Chair Yoga, OSU Extension office, 280 W. Union St., $5 donation per person per session

Every Tuesday, 12:30 p.m., Informal gathering of members and friends at Bob Evans, hosted by Ellsworth Holden.

Wed., Feb. 7, 11 a.m., Public Information Team meeting, ACEnet, Conf. Rm. B

Mon., Feb. 12, 11, 1 p.m., Membership Team meeting, ACEnet, Conf. Rm. B

Mon., Feb. 12, 2 p.m., Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B (See p. 4.)

Tues., Feb. 13, 10 a.m., Board meeting, Athens Community Center

Wed., Feb. 14, 4 p.m. Informal, no-host gathering at Athens Uncorked, 14 Station St.

Thurs., Feb. 15, 2 p.m., Health and Wellness Team monthly meeting. Note different time and date

Wed., Feb. 28, 1 p.m. Get More Out of Your Membership. meet with the Executive Director, at Tim Horton’s (Note change of venue.)

Community Service Fair

The Athens Village will participate in the OU Spring Community Service Fair on Tuesday, Feb. 6 from 11 a.m. to 2 p.m. in Baker Center, 3rd floor. This is an event organized to acquaint students with the volunteer opportunities available to them for their service-based learning. TAV will be well represented at a table by the office staff and Veronica (our intern), brochures, and poster displays of the kinds of volunteering that OU students do with our members.

* If anyone could spare an hour to sit at the table on Tuesday, Feb. 6 and chat with students, the students would enjoy meeting you!

* If any members would like to bake and donate cookies for us to give away at the table, students would appreciate the home-y attention.
The Athens Village Voice
Stay connected and engaged.
Your feedback is always welcome.

Barbara Conover, Executive Director
Susan Gilfert, Administrative Assistant
David North, Home Maintenance Coordinator
Susan Gilfert and John Barrington, AVV Editors

Address: 94 Columbus Road, Building B, ACEnet Campus, Athens, OH 45701-1312

Office phone: 740-447-0500
Office hours: Mon.-Thurs. 10 a.m. to 2 p.m.
and 2nd, 4th, and 5th Fridays each month, 10 a.m. to 2 p.m.
After hours: Members may call 740-447-0500 any time. Please leave a message.

E-mail: TheAthensVillage@gmail.com
Website: http://www.TheAthensVillage.org

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From the President’s Desk

Aging

Why do all living things age and then die? While it is true that that process may be very short (the adult female mayfly lasts five seconds) or very long (the oldest known bristlecone pine is now 4,750 years old), and we, as humans have our allotted “three score and ten,” why does this happen and how?

January’s SeniorBEAT program featured Brian Clark of OMNI* talking about Theories of Aging.Apparently there are many, but the bottom line is that all living things go through a natural life cycle and, as the protagonist on Game of Thrones reminds us, “All Men Must Die.”

The task that we mortals face is to ensure that our last days are as good as possible, which is where The Athens Village and other senior organizations come in. Over the next month or so I will be writing about some of these that I refer to as “Senior Opportunities” in Athens. If you think of any that you specifically want me to write about, just let me know.

*Ohio Musculoskeletal Neurological Institute at Ohio University

Members and guests can look for THE ATHENS VILLAGE “EVENT HERE TODAY” sign which indicates where events are being held. George Weckman graciously donated this TAV signage.

Thanks a million, George!

The Athens Village Vital Statistics

As of Jan. 31, TAV consists of 94 members, including 24 men and 70 women. The average age of members is 79.45 years, with 8 members over 90 years of age; 36 members, aged 80-89; 39 members, aged 70-79; 10 members aged 60-69; and 1 member age unknown.

February 2018 TAV Birthdays:

If you see any of these TAV members, please wish her a Happy Birthday!

Francine Childs
Bonnie Prince
Arlene McCarthy
Betty Reese
Gladys Bailin Stern
The Voice of Veronica

OU intern at TAV, 2017-18

I will be contacting each TAV member about conducting an individual meeting. Together we will fill out a general survey which will give us a chance to know each other better. This is a year-long project. Thanks to the twenty members with whom I have met thus far! My phone number is 440-752-9428. Haven’t heard from me yet? Expect a call from that number, please.

Library Delivery Service

The Athens County Public Libraries (ACPL) now offer free, at-home delivery to county residents unable to visit a library branch due to illness, disability, caregiver responsibilities, or an ongoing lack of transportation. Call Laura at 740-805-0385 to arrange.

Free Technical Assistance at the Library

**Athens:** Thurs: 9 a.m. to 1 p.m.
**The Plains:** Tues.: 10 a.m.-1 p.m.

Other times also at other Athens County libraries.

Appointments are strongly encouraged.

Phone Connor at 740-249-9422, or email at technology@myacpl.org to make an appointment.

Bring your own device.

Transitions

Elise Sanford is now in Kimes Rehab Center. She would very much like to see visitors.

New Members! Please welcome Arthur and Laurie Zucker to The Athens Village.

Our Mission: The Athens Village enables members to live independently, comfortably, and safely in their homes.

Our Vision: The Athens Village is a dynamic, responsive community of members who support meaningful and fulfilling lives for one another.

Athens Soil and Water Conversation District Sale

Orders are now being accepted for the 2018 Annual Tree and Wildlife Packet Sale. This sale offers a variety of tree seedlings, groundcover, and nesting boxes to landowners in Athens and surrounding counties to benefit the wildlife and beautify their homes. This year’s sale has been designed to focus on native pollinator species. In this year’s offerings, you will find a variety of seed mixes, shrubs, small trees, and large trees that will supply much needed food sources for our native pollinator species and other wildlife. The deadline to order is **February 21**. Hurry, this sale happens only once a year.

The trees available for sale are described in this pdf:

http://www.athensswcd.org/uploads/3/0/1/0/30105193/tree_sale_11x17_format.pdf

Other items for sale are listed at http://www.athensswcd.org/sales--rentals.html (at the bottom of the page).

Please contact the Athens SWCD office to order:

69 S Plains Road, The Plains, Ohio 45780
740-797-9686 / 800-582-8890 / 740-797-9079 (fax)
Or email pollymitchell@athensswcd.org

Technical Assistance is also available at

The Work Station, 70 N. Plains Rd., The Plains.
**Wednesdays**, 9 a.m. to 1 p.m.
It Takes Team Work
All TAV teams need new members! Please volunteer!

Public Information Team
Task: Charged with keeping The Athens Village before the eyes of the Athens County public in whatever ways possible. Meets 1st Wed., 11 a.m. at ACEnet.

Membership Team
Tasks: Charged with member recruitment and retention; identifying the needs and methods to provide support to members to build relationships. Meets 2nd Mon., 1 p.m. at ACEnet.

Health and Wellness Team
Tasks:
- Work to determine member needs and create programs concerning safety and wellness.
- Assists with development and maintenance of projects and events for the membership, (e.g. Brown Bag Lunch, coffee hours).
- Focus on special events or topics of concern, including professional services, educational events, social/entertainment events
Meets 2nd Wed., 3 p.m. at ACEnet.

Public Information Team Update
At the Jan. 3 meeting, Team members edited the Village brochure and a letter to local physicians. Also, a Messenger reporter interviewed Barbara Conover later that week (see attached article in this newsletter).
Next meeting: Feb. 7, 11 a.m., ACEnet Conference Room B.

Hearing Aid Interest Group
Next meeting: Mon., Feb. 12, at 2 p.m. 94 Columbus Road Conf. Room B, Open to the public
At each meeting, facilitator Richard Dean addresses issues raised by participants concerning hearing aids. He has information on a new type of cochlear implant that can replace hearing aids. Not every person’s hearing loss can be helped by this device, but successful users have found that it is of great help to their hearing. The new device has full Medicare coverage!

Membership Team Update
The Membership Team meeting on Jan. 8 was cancelled due to weather
The membership team asks all TAV members to let the Team know about potential new Village members. More members means more potential services!
Next meeting: Mon., Feb. 12, 1 p.m. at ACEnet.

ALZHEIMER’S ASSOCIATION WORKSHOPS
Fri., Feb. 2, 11 a.m., ACEnet Conf. Room B
> “Know the 10 signs”
Fri., Feb. 16, 11:30 a.m., ACEnet Conf. Room B
> “Dementia Conversations”
All workshops are free; please pre-register at 800-272-3900 to ensure that sufficient materials can be prepared.

Health & Wellness Team Update
The Jan. 17 Team meeting was cancelled due to weather.
Next meeting: Thurs., Feb. 15, 2 p.m. at ACEnet.

“Growing Bolder.” is a TV series about aging gracefully as a valued member of the community. The show’s message is that it’s not about age; it’s about attitude. The show features interviews with interesting people, and lifestyle tips and tricks that can lead viewers to a happier and more fulfilling life.

WOUB began broadcasting the new series on Sunday, January 14 at 5:30 p.m. on WOUB channel 20.1. If you have Spectrum (Time/Warner), it is channel 2, and channel 1002.
The 13-part series will air through February, then take a hiatus (for WOUB’s TV pledge drive). The program should resume in April on Sundays at 5:30 p.m.
Health Care Advocate Notes from Deb Sechkar

The Patient (Health Care) Advocate Program is moving into its sixth month of operation. An average of four home visits per month have been made since August for a variety of patient assessments with a multitude of services rendered. A simple phone call to TAV office (740-447-0500) or email to TheAthensVillage@gmail.com will start the process. This program will continue until April 1, and, if the first few months are any indication, it is a needed service and one that TAV is excited to offer. I look forward to working with more of you in the future. Please call no matter how insignificant your question or issue may seem to you. There is no such thing as a trivial health care concern.

Deb

Participants Needed for Study on Community Resources for Older Adults

As seen in SeniorBEAT: The health of older adults and importance of increasing access to health care services (particularly chronic health treatment) has been recognized as a significant need in our community.

> Are you willing to participate in a study that aims to better understand what resources are available in our community to meet older adults’ needs and what improvements can be made?
> Are you 55 years of age or older?

Will you help improve our community for older adults?

Participants will receive a $15 gift card in exchange for their time spent completing a questionnaire on community resources for older adults, which should take 20-30 minutes.

If you are eligible and interested, please email Dr. Cory Cronin, croninc@ohio.edu or phone 740-597-7950.

Research Participants Wanted:

Brian Clark, PhD, Professor of Physiology and Director of the Ohio Musculoskeletal and Neurological Institute at Ohio University, is looking for adults between the ages of 70 and 89 to help evaluate the effect of an investigational medication on muscle fatigue and physical function in mobility-limited older adults. Qualified volunteers may receive compensation.

Eligibility Requirements:

- Ages 70-89
- Able to write in English
- Able to attend study visits at Ohio University
- Living at home
- Some limitations in physical function and mobility
- Have not had a cardiac event within the last six months

For more information, please call 740.566.9873 or email ctru@ohio.edu

Aubrei’s Tips for an Organized 2018 (from Aubrei Krummert of Real World Organizing)

- Is the task necessary? If it doesn’t bring you relief or satisfaction, eliminate it.
- Break the task down. Still overwhelmed? Break it down further!
- Does it need to be done NOW? If not, postpone the task for a more sensible time. This isn’t procrastination—it’s realism.
- Accept help from others, even if you don’t ask: friend, Village member, spouse, kids, or other professionals.

Aubrei Krummert is the owner of Real World Organizing. She can help with organizing and downsizing. 740-249-9123 or aubrei@realworldorganizing.org. Special rates for Village members, or if you refer a new customer to her.
For the Love of Athens—Reasons to Age-in-Place in Athens County

Athens Public Library
30 Home St., 740-592-4272
www.myacpl.org/athens

Wednesdays, 11:30 a.m. to 1:30 p.m. What the Health is Going on Here? Weekly Q&A Drop-ins with Athens City-County Health Dept. Also Mondays 2-4 p.m. at the Nelsonville library.

Thurs., Feb. 8, 15, 22, 6:30 p.m. Winter Book Club discusses Virginia Woolf’s To The Lighthouse

Sat., Feb. 2, 2 p.m. Water Life Part 2: Soup of Life talk by Teresa Caldwell, Athens County Soil and Water Conservation District. 2nd of 3-part series.

Sat., Feb. 10, 9 a.m. to 3 p.m. Monthly book sale.

Tues., Feb. 13, 5:30 p.m. Art in the Library Reception. Feb. artists include Bruce Winn, and the Ziffs (photography), and John Robinson (sculpture)

Sat., Feb. 24, 2 p.m. Biology in Your World: Antibiotics and Modern Medicine talk by Rebecca Keogh

Athena Grand, 1008 E. State St., http://athenagrand.com/

Movie times recording: 740-593-8822

Sat., Feb. 10, 12 noon and Wed., Feb. 14, 6:30 p.m., The Metropolitan Opera: L’Elisir d’Amore, Adult $24 Senior $22

Sun., Feb. 18 and Wed., Feb. 21, 7 p.m., The Philadelphia Story (1940) Katharine Hepburn, Cary Grant, James Stewart. Dir: George Cukor. All tickets $12.50

Sat., Feb. 24, 12:30 p.m. and Wed., Feb 28, 6:30 p.m. The Metropolitan Opera: La Boheme. Adult $24 Senior $22

Sun., Feb. 25 and Wed., Feb. 28, 7 p.m. The Dark Crystal (1982). Dir: Jim Henson. All tickets $12.50

Athena Cinema, 20 S. Court St., 740-594-7382


Tues., Feb. 27, 7 p.m. Jane (2016) Documentary about Jane Goodall. Pre-show talk by Nancy Stevens, PhD. Free.
The Athens Village Hires New Executive Director

By Larry Di Giovanni, Messenger Staff Journalist: January 9, 2018

The Athens Village, a group of Athens-area seniors committed to their own independent living, has hired a housing expert as its new executive director. Barbara Conover, an Athens native, has been hired to replace Gregg Andrews, whom she said is focusing his time on community duties as a newly elected Waterloo Twp. trustee.

Conover knows local seniors and their housing issues well, having served as executive director of Three Rivers Housing Corporation from 1992 to 2015. With Three Rivers Housing of The Plains, she helped initiate projects that included apartment units especially made for seniors, included those with mobility issues.

The Athens Village consists of nearly 100 seniors who are provided membership services. Those services include a local handyman, David North, who also works at Hocking College. North is busy this time of year helping seniors check their furnaces and take down their holiday lights if needed, she said.

One of Conover’s main duties in serving village members is to maintain an extensive list of vetted service providers when substantial work goes beyond a handyman — such as certified plumbers, carpenters, heating and cooling professionals, landscapers, and electricians. The village is constantly asking for survey feedback from seniors to ensure the best services are being provided, she said.

Beyond the handyman and letting senior members know where to go for services, The Athens Village is about people who care enough about living independently to look out for each other. The group was formed in 2009 as part of a nationwide movement known as “the silver tsunami,” one in which seniors in in aging U.S. population determined that strength in numbers meant better prospects for living independently — especially if members invested each year in their own independence. “I am familiar with needs of the senior population here, and will be interested to hear from our members on where they want the village to go,” Conover said.

The Athens Village includes a buddy system, so that members check on each other on a daily basis, making sure they having their needs met. That is especially important during a harsh winter or summer, said Conover, who does a lot of checking in on members herself.

Currently, village membership numbers close to 100, a number she would like to see grow. Members pay $400 annually, and there are opportunities for businesses to sponsor a member, she said. Payment plans are provided. Membership is for those ages 60 and older.

Dru Evarts, who serves on the group’s Public Information Committee and took on the group’s newsletter task for many years, said just the handyman service alone has been worth the price of membership for her. But there are also social opportunities, Evarts said, which may include serving on another committee. The Athens Village also conducts an annual meeting and an annual dinner, which are separate events.

Having an executive director who knows the local senior population is highly important, Evarts said. Conover, who graduated from both Athens High School and Ohio University, where she received a bachelor’s degree in psychology, fits the bill, Evarts said. Conover also gained work experience with Neighbor Works America, a nonprofit organization that provides training and technical assistance for local and state entities involved in community planning.
Conover noted that on a national basis, 12,000 people per day are turning 65. The Baby Boomers are rapidly aging, and it is important for anyone becoming a senior to have a network of fellow seniors they can rely on for care, service and social opportunities, she said.

Seniors are also more likely, without such a network, to fall prey to scammers who promise work but often do not deliver, she said. “You get some protections with us because the vendors we have come to do the work for you are honest people,” Conover said. “Our feedback on vendors is constant.”

The Athens Village may be contacted at 740-447-0500, or by email: TheAthensVillage@gmail.com