

## Notes from Barbara



*In August of 1988, then-President Ronald Reagan proclaimed, "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best*

*demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."*

To that end, since Wednesday, August 21 is National Senior Citizens' Day, I would like to invite you to **enjoy a lunch** with Susan and me at *Tavolino's*, 9 N. Shafer St., Athens, at 11 a.m. Lunch cost is \$7/person. Dessert will be provided as my gift to you. You **must** RSVP to the office by Wednesday, August 14, as space is limited. Call 740-447-0500 or email [TheAthensVillage@gmail.com](mailto:TheAthensVillage@gmail.com)



## August Calendar

- **Every Monday, noon-1 p.m.** Tai Chi for Arthritis and Balance Awareness, Community Center. Through Aug. 12. Free.
- **Every Tuesday, 10:30 a.m.** Chair Yoga, OSU Extension office, 280 W. Union St., \$5 donation per person per session. **Cancelled Aug. 6.**
- **Every Tuesday, 1 p.m.** Informal gathering of members and friends at Bob Evans, hosted by Ellsworth Holden.
- **Mon., Aug. 5, 1:30 p.m.** Public Information Team Meeting, ACEnet, Conf. Rm. B. (See p. 4.)
- **Tues., Aug. 13, 10 a.m.** Board Meeting, O'Bleness Room 12.
- **Wed., Aug. 14, 4 p.m.** Informal, no-host gathering at Athens Uncorked, 14 Station St.
- **Wed., Aug. 21, 11 a.m., Tavolino**, National Senior Citizen's Day, lunch is \$7/person, dessert a gift to attendees. RSVP to the office, 740-447-0500.
- **Thurs., Aug. 22, 3 p.m.** Health & Wellness Team meeting, ACEnet, Conf. Rm. B (See p.4)
- **Wed., Aug. 28, 1 p.m.** "Get More Out of Your Membership," join Barbara at Tim Horton's.
- **Fri., Aug. 30, 10 a.m. to noon, Athens Public Library** Drop-in Tai Chi for Balance practice.

## TAV Annual Meeting

**Monday, September 16, 5 to 7 p.m., Richland Avenue Methodist Church**

The Athens Village conducts an annual meeting of the entire membership. **JUST ONE!** We have again reserved the Richland United Methodist Church. You'll receive a postcard in early September about it. Reserve your ride by Sept. 9.

\*\*\*\*\*

**FREE RIDES!** If you call the office to request a ride *a week ahead of this Village event*, the Village can arrange a free door-to-door ride for you.



## August TAV Birthdays

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



- |                 |                   |
|-----------------|-------------------|
| Richard Bald    | Anita James       |
| John Barrington | Marcy Nighswander |
| Richard Dean    | Georgann Penson   |
| Sue Foster      | Mary Lee Powell   |
| Steve Grimes    | Emily Sams        |
| Suzanne Howell  | Burt Stumpf       |
|                 | Carol Vernon      |

## 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.-Fri. 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](mailto:TheAthensVillage@gmail.com)

**Website:** <http://www.TheAthensVillage.org>

### Board of Directors

Louis Wright, President

Gladys Bailin Stern, Vice President

Ellsworth Holden, Secretary

Steve Grimes, Treasurer

Gregg Andrews

Marsha Dutton

Don Fucci

Jack Flemming

Joyce Lewis

Steve Pierson

Bonnie Prince

### *Corporate Sponsors*



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## From the President's Desk

I suspect, like me, many of you were not born in Athens, but landed here for myriad reasons, and discovered a wonderful place to live, work, and retire. Here, we have met the many wonderful people who grew up in the region. It is this diverse mix of people, especially considering the size of the population, that makes Athens such a wonderful place to live. We are fortunate that The Athens Village helps us stay in our homes to enjoy this great place. Talk to your friends about joining the Village.

*Louis*

## TRANSITIONS

- ▶ Steve Chapin passed away on June 30.
- ▶ Karen Nulf is back home after surgery.
- ▶ Please welcome new members **Bob and Christine Walter**.

## TAV Vital Statistics

As of July 26, TAV consists of **110** members, including 30 men and 80 women. The average age of members is 79.81 years.

13 members are over 90 years of age; 45 members aged 80-89; 41 members aged 70-79; 9 members aged 60-69; and 2 members are age unknown.



**Please be aware:** For those who pay annually, membership renewals are coming to your mailbox at the end of August, with a questionnaire to fill out and return to the office. A sample of the questionnaire is on pp. 7 and 8 of this newsletter. Monthly payers, please fill out the form in this newsletter and return it to the office.



**The Health and Wellness Team  
Graceful Aging Hints  
Pass It On!**

We older people have accumulated a lot of wisdom based on life experiences. We have a responsibility to pass it on, to engage in life. We aren't so easily manipulated by extreme views. We know how to be patient about how long it takes to make change in the world. We know how to care about and guide younger generations. Engagement is so much more fun than just sitting around waiting for the Grim Reaper. Being engaged with our community may actually head him off at the pass! *Jane W.*

**Changes to Medicare, 2019-20: Aug. 15, 2 p.m.**

Medicare health and drug plans change every year! Are you keeping up? Open Enrollment is Oct. 15 to Dec. 7; it's your time to review your coverage. A representative from the Ohio Senior Health Insurance Information Program (OSHIIP) will visit **O'Bleness Hospital Room 8 on Thurs Aug. 15** to discuss the "ins and outs" of Medicare. Attend the presentation to learn about any changes in your Medicare benefits, including prescription drug coverage.

OSHIIP is a **free** service through the Ohio Department of Insurance and provides unbiased answers and insurance counseling on issues important to people of *any* age on Medicare. OSHIIP does not sell insurance. This presentation is free of charge and open to the public.

**Bounty on the Bricks is Sat., Aug. 3,  
7 to 10 p.m. \$100 per person.**

For ticket information, contact Ms. Sydney Webber, Sydney.Webber@OhioHealth.com

Athens County Fair,  
August 2 to 10

Regular Admission, \$10 per person over 2 years old. Admission includes parking. Thurs., Aug. 8, Seniors admitted free, 8 a.m. to 3 p.m.

Susan out of office

Aug. 26-September 30

Please be aware that Susan will be getting a knee replacement at the end of August. This means she will be out of the office for an extended period of time.. This also means communication activities may be delayed. The release of the September and October newsletters will likely be affected. TAV members who are interested in assisting Barbara with setting up for the Annual meeting should please contact the TAV office to volunteer. Your patience during Susan's absence will be appreciated.



★ Free Technical Assistance at the Library

★ Athens: Fridays, 9 a.m. to 5 p.m.

★ The Plains: Tuesdays, 1:30 to 5 p.m.

★ Other Athens County libraries have other hours.

★ Appointments are strongly encouraged, especially for

★ Athens

★ Request an appointment with Austin by filling out this form

★ (<https://www.myacpl.org/techtraining/appointments/>) or

★ emailing [technology@myacpl.org](mailto:technology@myacpl.org). Bring your own device.



ATHENS COUNTY  
PUBLIC LIBRARIES

**Technical Assistance is also available at**

The Work Station, 70 N. Plains Rd., The Plains.

**Wednesdays, 8 a.m. to noon**

## It Takes TeamWork

**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 Mondays 1:30 p.m. at ACEnet.**

### Membership Team

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

### Health and Wellness Team

Tasks: Charged with determining member needs and creating programs concerning safety and wellness; assisting with development and maintenance of projects and events for the membership; and focusing on special events or topics of concern, including professional services, educational events, and social/entertainment events. **Meets 4th Thursdays at 3 p.m. at ACEnet.**

## Membership Team Update

The Team met informally on July 8. Agenda: phone potential members. On monthly calls, ask member callees their experiences and concerns with Athens' new parking regulations. The August meeting is **cancelled**.

**Next meeting: 1 p.m., Monday, Sept. 9  
ACEnet Conference Room B**

## Health & Wellness Team Update

The Team met on July 25. Discussion topics included City issues, particularly new parking regulations. and a report on the Oral History Project. The Membership Team will be asked to call members with questions about parking and other City matters. **City planner Paul Logue** has met with a representative of the Health and Wellness Committee to discuss the new parking regulations.

**Next meeting: Thurs., Aug. 22, 3 p.m.  
ACEnet Conference Room B.**

## ALZHEIMER'S ASSOCIATION WORKSHOPS

The Alzheimer's Association will resume FREE workshops every 2nd Tuesday at noon **at ACEnet Bldg. B.**, starting Sept. 10. Feel free to bring your own lunch. **Call Andrea at 740-578-4382** to register. The Alzheimer's Association offers free workshops, counseling, and many other services.

## Hearing Aid Interest Group



Next meeting: Monday, Sept. 9  
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.

## Recycling Tips From Real World Organizing



TAV supporter Aubrei Krummert, of Real World Organizing, offers these August tips:

> Grilling a lot these days? Check your grilling supplies. Take note of which ones you no longer use and get rid of them. Donate if possible and trash the ones that are not usable. Only recycle if they're made 100% of the same recyclable materials. (Mixed-material items are not recyclable.)

\*\*Aubrei offers **special recycling services and home pick-up**. For details and cost, call or text Aubrei at 740-249-9123 or email [aubrei@realworldorg.com](mailto:aubrei@realworldorg.com)

## Public Information Team Update

The July 3 meeting included a discussion of an opinion piece regarding aging in place, for publication. The Team also approved a meeting time change to **first Mondays at 1:30 p.m.** The September meeting will be cancelled for Labor Day.

**This Team needs new members!  
Please volunteer!**


**Next meeting: Mon., Aug. 5, 1:30 p.m.,  
ACEnet Conference Room B.**


## Upcoming Events, Aug.-Sept. 2019

**Monday Tai Chi, noon to 1 p.m.** Continues until Aug. 12. Athens Community Center. Free.

**Wed., Aug. 21, 11 a.m.** Lunch celebrating Senior Citizens Day , Tavolino, 9 S. Shafer St. \$7/person for lunch, dessert is provided. If you want a ride, please call Athens OnDemand (\$2/person/ride); parking is extremely limited. RSVP to the office (740-447-0500) by Aug. 14 for a restaurant seat. Restaurant seating is limited.

**Fri., August 23, 10 a.m. to noon, Athens Public Library** Balance Awareness session. Includes short Tai Chi sessions with Barbara. Free.

 **Fri., Aug., 23, 6:30 –8:30 p.m., Nelsonville** The Hocking Valley Scenic Railway Summer Wine Express, a fundraiser for Stuart's Opera House. Tickets \$40/\$30 (first-class/coach). Includes wine, cheese, fruit. Reserve your free ride by Aug. 16.

 **Mon., Sept. 16, 5 to 7 p.m. Richland Ave. Methodist Church,** TAV annual semi-potluck meeting! The Athens Village conducts an annual meeting of the entire membership. **JUST ONE!** The Village provides a meat and a vegetarian entrée, and asks Village members to bring a side dish, a salad or a dessert to share. The Village also provides coffee/tea/water, and plates & silverware & glasses AND take-home boxes. Free rides available! Reserve your ride by Sept. 9

 \*Rides Provided to Members Who Call the Office a Week in Advance.  
Phone 740-447-0500, or email [TheAthensVillage@gmail.com](mailto:TheAthensVillage@gmail.com)

### Transportation Update

It is **ABSOLUTELY CRITICAL** that your request for a free ride for Village social events be made **AT LEAST** a week in advance of the scheduled event. The driver, the van, and the routing need to be scheduled ahead. Last-minute changes **cannot be accommodated.**

Of course, cancellations occur. A problem arises with members who make a reservation and then cancel the day **OF** the trip. Making a reservation means that another person cannot use that seat. Please be considerate of others and cancel no later than noon the day **BEFORE** the event.



### Here is the schedule for the 2019-20 Mem Aud

**Performing Arts Series.** For all 9 performances, a senior series seat is \$155. More info at [https://issuu.com/oucic/docs/0516.19.d\\_performing-arts-series-bo](https://issuu.com/oucic/docs/0516.19.d_performing-arts-series-bo)

- An Evening with Chris Thile: Tues., Oct. 1, 2019
- National Tour *Jersey Boys*: Mon., Oct. 21, 2019
- Harlem 100: Thurs., Nov. 7, 2019
- Nella: Mon., Nov. 18, 2019
- CANTUS Three Holiday Tales: Sun., Dec. 8, 2019
- National Tour *The Color Purple*: Sun., Feb. 16, 2020
- National Tour *The Choir of Man*: Thurs., Feb. 27, 2020
- DRUM TAO 2020: Wed., March 4, 2020

The Mem Aud box office is open Mon-Fri. from noon to 5 p.m., starting June 24. The phone number is 740-593-1780. Many subscribers renew their seats every year.

**The Village can arrange door-to-door rides IF there is enough interest while the social transportation funding lasts. But YOU MUST LET US KNOW IF YOU WANT THE RIDES.**

## 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/](http://www.myacpl.org/athens/)

Sat., Aug. 10, 9 a.m. to 3 p.m. Monthly book sale  
Tues., Aug., 13, 5:30 p.m. Artist in the Library reception. This month is Barbara Fisher (mostly acrylics)  
Wed., Aug. 14, 7 p.m. **Badger Johnson talks about “tiny home” building, and micro communities.**  
Thurs., Aug., 15, 7 to 8 p.m. Librarian Todd reads John **Steinbeck’s** *The Chrysanthemums*. Discussion and refreshments follow.  
Thurs., Aug., 22, 6:30 p.m. Talk by Ms. Kelley Macek, US Army ret., about overcoming PTSD.  
Mon., Aug. 27, 9 a.m. to noon Medicare Info Booth. Ask any questions about Medicare in an informal setting.  
Fri., Aug. 30, 11 a.m. to noon Workshop with Austin on the library databases Lynda and LawDepot. Please reserve a seat by calling the library; space is limited.

### O’Bleness SeniorBEAT Activities

- \* History Group, **Thurs., Aug. 8, 1 p.m.** Tour of Quilt National exhibit. **Dairy Barn**
- \* Book Club, **Mon., Aug., 12, 10 a.m.,** *All Over But the Shoutin’* by Rick Bragg, **O’Bleness Cafeteria.**
- \* Speakers Program, **Thurs., Aug., 15, 2 p.m.,** Changes to Medicare with OSHIIP representative, **O’Bleness Room 8**
- \* Lunch Group, **Fri., Aug., 23, 11:30 a.m.** Shade on State restaurant, 994 E. State St.

>> The OhioHealth Farm Stand has returned for the summer. **Every Tuesday from 11 a.m. to 4 p.m.**

To join SeniorBEAT, call Caitlin Bond at 740-434-3289 or email [caitlin.bond@ohiohealth.com](mailto:caitlin.bond@ohiohealth.com)  
**Become a member of SeniorBEAT! It’s FREE!**

### **Athena Grand, 1008 E. State St.,** <http://athenagrand.com/>

Call 740-593-8822 for a recorded message of times of films

- Tues., Aug. 6, 7 p.m.,** *I Love Lucy: A Colorized Celebration.* (2001?) All tickets \$12.50
- Wed., Aug., 8, 7 p.m.** *Doctor Who: The End of Time* (2012) David Tennant. All tickets \$12.50
- Tues., Aug. 13, 7 p.m.** *Millennium Actress* (2001, Japanese animation, subtitled) Director: Satoshi Kon. All tickets \$12.50
- Wed., Aug. 14, 7 p.m.** *Hello, Dolly!* (1969). Barbra Streisand, Walter Matthau. All tickets \$12.50
- Thurs., Aug. 15, 7 p.m.** *Woodstock* (1970). Richie Havens, Joan Baez, The Who, Joe Cocker, ...All tickets \$12.50
- Wed., Aug. 28, 7 p.m.** *My Neighbor Totoro* (1988, Japanese animation, dubbed) All tickets \$12.50

### **Athena Cinema, 20 S. Court St., 740-594-7382;** <http://athenacinema.com/>

- Fri., Aug. 2, 7:30 p.m.** *Napoleon Dynamite* (2004). Jon Heder, Efen Ramirez. High-school boys run for class president.
  - Sat., Aug. 10, 3 p.m.** *Charlotte’s Web* (1973, animation) Based on E.B. White’s book.
  - Sat., Aug. 17, 3 p.m.** *The Triplets of Belleville* (2003, animation). 1940’s Jazz and the Tour de France in a kidnap heist.
- To benefit Southeast Ohio Youth Mentoring (formerly Big Brothers, Big Sisters of Athens County), the price of admission to these screenings is a suggested minimum donation of \$2 per ticket.
- Thurs., Aug. 15, 7 p.m.,** *Coal Black Voices* (2018) Documentary of Affrilachian Poets. Free,

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Landline: \_\_\_\_\_ Cellphone: \_\_\_\_\_

Email: \_\_\_\_\_

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Emergency contact info:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Contact phone: \_\_\_\_\_ Is this a Cell or Landline? (circle one)

Relationship to you (circle): Child Aunt/Uncle/Relative Friend

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**Transportation concerns**

Do you still drive? \_\_\_\_ No \_\_\_\_ Yes

If YES, any restrictions? \_\_\_\_ None \_\_\_\_ Not at night \_\_\_\_ Not out of town  
\_\_\_\_ Not in adverse weather

Have you ever used Athens OnDemand? \_\_\_\_ No \_\_\_\_ Yes

**Medical concerns:**

Which of these do you use regularly? \_\_\_\_ Cane \_\_\_\_ Oxygen \_\_\_\_ Pain medicine  
\_\_\_\_ None of the above \_\_\_\_\_ Other

Do you use a Life Alert or similar? \_\_\_\_ No \_\_\_\_ Yes \_\_\_\_ I'm interested in more  
information about it.

**Housing concerns**

Date of your last housing inspection \_\_\_\_\_

If your home has not been checked for safety in the last five years, please call the  
office for an appointment for Dave and Barbara to come out.

## **Documents for Seniors**

Have you signed: \_\_\_ a Will \_\_\_ a Healthcare Power of Attorney  
\_\_\_ a General Power of Attorney \_\_\_ a living will (e.g., Do Not Resuscitate or DNR orders)

Would you like information about any of these documents? \_\_\_\_\_ No \_\_\_\_\_ Yes

> Some members keep copies of these documents in their Village office files. If you wish to do this, please drop copies of the documents by the office.

> There is a wallet card included in this newsletter. If you haven't filled it out already, please fill out the included form, and return it to the Village office (drop off or mail). We'll make a copy for your file, laminate your card, and mail it back to you.

## **Emergency Access**

Have you registered for Enhanced 9-1-1? This provides information ONLY to first responders about your medical condition (oxygen, nitroglycerine pills, wheelchair/walker...), location of your front door key (so they don't need to break down the door or a window for access to your home), information about dogs or other pets, etc.

The website is <https://fs22.formsite.com/athens911/form1/index.html>.

If you prefer, please request a form from the office, or stop by and fill one out. We will transmit your information to Enhanced 9-1-1.

Please fill out this form and return these pages of the newsletter (pages 7-8) to the office. Postal:

The Athens Village

94 Columbus Rd., Building B

Athens OH 45701-1312