

## Notes from Barbara



"In February it will be  
My snowman's anniversary  
With cake for him and soup for me!  
Happy once, happy twice  
Happy chicken soup with rice."

-Maurice Sendak

While February is known for its ice and snow, a bowl of hot soup can be a comforting and cheerful choice to lighten up the day! Coming up with events and other activities, no matter how small, helps to distract me during a long winter. Events planned by The Village for this month include our intern Mary Moody's *Fall Prevention Friday* at the Athens Public Library on the 22<sup>nd</sup> and the OU Credit Union's *Avoiding Scams* presentation at their branch on East State Street on the 23<sup>rd</sup>. Or, come and enjoy a coffee with us at the "Get More Out of Your Membership" meeting in front of the fireplace at Tim Horton's on the 27<sup>th</sup>! With half of winter behind us, I'd like to start planning for a pleasant and interesting spring. What wonderful ideas do you have to brighten up February?

## 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, 1 p.m.,** Informal gathering of members and friends at Bob Evans, hosted by Ellsworth Holden.
- Wed., Feb. 6, 11 a.m.,** Public Information Team Meeting, ACEnet, Conf. Rm. B (See p. 4.)
- Mon., Feb. 11, 1 p.m.,** Membership Team Meeting, ACEnet, Conf. Rm. B (See p. 4.)
- Mon., Feb. 11, 2 p.m.,** Hearing Aid Interest Group. ACEnet, Conf. Rm. B (See p. 4.)
- Tues., Feb. 12, 10 a.m.,** Board Meeting, O'Bleness Room 12
- Wed., Feb. 13, 4 p.m.,** Informal, no-host gathering at Athens Uncorked, 14 Station St.
- Fri., Feb. 15, 1 to 3 p.m.** Tech Fair, Athens Public Library, Open to the public.
- Fri., Feb. 22, 10 a.m. to noon,** Falls Prevention Friday with Mary Moody, Athens Public Library.
- Sat., Feb. 23, 10 to 11 a.m.,** Scam identification and prevention workshop, OU credit union conference room, 944 E. State St. (across from Walmart). See page 7.
- Mon., Feb. 25, 5 p.m.,** Hosted dinner at El Camino
- Wed., Feb. 27, 1 p.m.,** "Get More Out of Your Membership," a monthly chat with Barbara at Tim Horton's
- Thurs., Feb. 28, 3 p.m.,** Health and Wellness Team Meeting, ACEnet Conf. Rm. B. (See page 4.)

► Every 2nd Wednesday of the month, 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! Next date: *Feb. 13.*



► **Tech Fairs:** Amy Shook, our Spring 2019 intern, has planned a general Tech Fair for **Sat., Feb. 16 from 11 a.m. to 2 p.m.** at **ACEnet Building B** (94 Columbus Rd). Bring your own device.

► **Friday Falls Prevention:** Mary Moody, our 2018-19 intern, will lead informational sessions every month at the Athens Public Library. Learn about how to increase your balance and prevent falls! **Feb. 22, March 29 and April 16, from 10 a.m. to noon.** Barbara will lead 15-20 minute Tai Chi for Balance lessons in each session.

► **Sat., Feb. 23, 10 to 11 a.m.** OU Credit Union staff will present an informative **FREE** workshop on scams. See page 7.

## February TAV Birthdays:

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

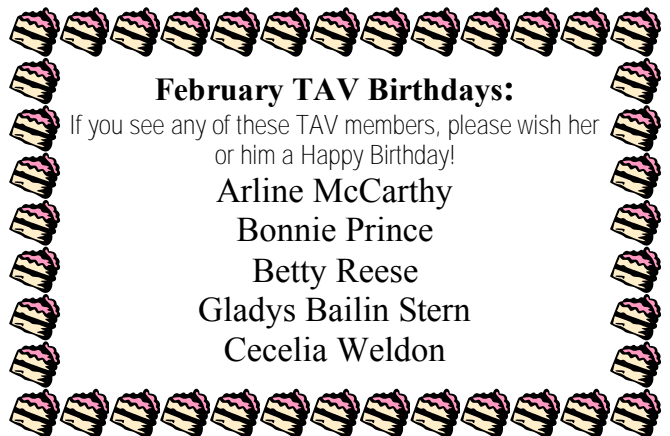
Arline McCarthy

Bonnie Prince

Betty Reese

Gladys Bailin Stern

Cecelia Weldon



*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>

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**From the President's Desk**

Mid-winter greetings to all. Hopefully the worst of Winter is over—at least the sunshine is lasting longer and longer each day.

On behalf of all of you, I would like to offer thanks to our outstanding staff including Executive Director Barbara Conover, Administrative Assistant Susan Gilfert, and Handyman David North. They provide us all with excellent service and we appreciate it. Also, thanks to all our members who help the Village by serving in various roles and in volunteering to help others.

Please be aware that Barbara, Susan, or a Board member is likely to try to call you if there is a Level 3 snow emergency, as a wellness check. If your electricity is out, or you are snowbound into your home, let that caller know. Together, you two should be able to find a solution to the problem. *Louis*

**TRANSITIONS**

Village member **Betty Reese** is moving to the Lindley Inn. She has clothing and household furnishings to donate. If you know of any person (e.g., not Goodwill) who would like to receive things, please contact the office 740-447-0500.

**TAV Cancellation Policy**

If there is a *Level 2 snow alert or higher*, any scheduled TAV meetings are cancelled and the office is closed. *If Athens City Schools are delayed*, TAV morning meetings are cancelled.

**FEBRUARY EVENTS TO REMEMBER:**

- ▶ Falls Prevention event on **Fri., Feb 22, 10 a.m. to noon, Athens Public Library**
- ▶ OU Credit Union presentation about Scams and Fraud Prevention on **Sat., Feb. 23 from 10 to 11 a.m.** at their conference room (922 E. State St). Free! But please pre-register to ensure that enough materials are prepared. See page 7.



**The Health and Wellness Team Offers Graceful Aging Hints**

*How to Deal With Ice! Prevention Is Most Important*  
Winter is here, and we must remember how to deal with ice. The difficult part is that ice is not always readily visible. Here are some tips. You probably know them already, but as a reminder....

- ▶ Don't go out or drive during or just after an ice storm. Ice storms are usually well predicted by local weather services.
- ▶ Cover your outdoor steps with ice-breaking mats and/or sprinkle the steps with ice-melter or salt before the icy event, as well as during and after.
- ▶ Buy ice grips to fit your boots (available at LL Bean)
- ▶ Warm up your car ahead of time. Ungaraged cars will have ice and frost on the windshield which will interfere with your ability to see.
- ▶ Provide sturdy bannisters on steps and porches, according to code requirements. The Village has a grant through summer 2019 to provide this equipment, and Dave to install it. So bannisters shouldn't cost you any thing but relief at avoiding a lawsuit or accident.
- ▶ Not during the winter: Plan any renovations (such as roof overhangs, sidewalks, or gutters) to avoid ice build-up. Include possible water run-offs in your plans

Finally, the best way to endure an ice storm is to remain safely and warmly inside your home. Stay inside and enjoy a cup of hot chocolate, maybe even with marshmallows.



★ Would you like to join a walking group at the Community Center, 9-9:30 a.m. on Tuesday or Wednesday? Free. Call the office to join (740-447-0500).

**TAV Vital Statistics**

As of Jan. 30, TAV consists of **104** members, including 29 men and 75 women. The average age of members is 79.57 years, with 9 members over 90 years of age; 40 members aged 80-89; 45 members aged 70-79; 9 members aged 60-69; and 1 member age unknown.

CULINARY CONVERSATIONS

**El Camino, 20% senior discount on Mondays**  
The TAV interns, Mary Moody and Amy Shook, will host a gathering on **Monday Feb. 25, from 5 p.m.**

Address: 1017 E State St  
RSVP to the office at 740-590-6448 (just beyond Athena Grand cinema)  
Menu: [https://www.facebook.com/pg/elcaminomexicanuisine/menu/?ref=page\\_internal](https://www.facebook.com/pg/elcaminomexicanuisine/menu/?ref=page_internal)  
**BON APPETIT!**

**TRANSITIONS**

Welcome new member **Paula Lockard!** If you see her anywhere, please say Hello and welcome her to the Village.

**Ragy Mitias** is recovering from a fall.

**Athens Area Mediation Services**  
Elder Care Conversation

Making End-of-life Decisions Easier

*Developed with funding from Sisters Health Foundation*

Contact: [Athensmediation.com](http://Athensmediation.com) at [athensmediation@gmail.com](mailto:athensmediation@gmail.com)



★ Free Technical Assistance at the Library

★ Athens: Fridays, 9 a.m. to 5 p.m.

★ The Plains: Tues., 1:30 to 5 p.m.

★ Other Athens County libraries have other hours.

★ Appointments are strongly encouraged.

★ Request an appointment with Austin by filling out [this form](#)

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

★ [ing\\_technology@myacpl.org](mailto:ing_technology@myacpl.org). Bring your own device.



**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 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 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 relationship. **Meets 2nd Mon., 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, (e.g. Brown Bag Lunch, coffee hours); and focusing on special events or topics of concern, including professional services, educational events, and social/entertainment events.

**Meets 4th Thursday at 3 p.m. at ACEnet.**

## Membership Team Update

The Team met on Jan. 14. The Tavolino dinner on Jan 24 was discussed, as well as the interns' activities (see p. 5) Team members are calling Villagers about the Life Stories project proposed by H & W Team (see below).

**Next meeting: 1 p.m., Monday, Feb. 11**  
**ACEnet Conf. Room B**

## Health & Wellness Team Update

The Team met on Jan. 24 to discuss the January Tech Fair, the scam presentation in Feb., and the TAV Life Stories Project (a.k.a. Oral History project). The Membership Team is polling Villagers to find out interest in the project. Please feel free to bring projects to the Team's attention by contacting the office (740-447-0500). Bobbie Thibault will take over as Interim Chair until March.

**Next meeting: Thurs., Feb. 28, 3 p.m. ACEnet**  
**Conf. Room B.**

## ALZHEIMER'S ASSOCIATION WORKSHOPS

The Alzheimer's Association will have a workshops on Feb. 1 and March 1, from 10:30 to noon at ACEnet Bldg. B. The February workshops will be "Know the 10 Signs" and "Understanding Dementia." The March workshop will be "Effective Communication Strategies."

Call 740-573-4382 to register.



## Recycling Tips From Real World Organizing

TAV supporter Aubrei Krummert, of Real World Organizing, offers this February tip:

Let's talk taxes! Start getting your paperwork in order now for tax-time. By starting early, you'll save time, money and stress!

**\*\*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)

## Hearing Aid Interest Group

Next meeting: Mon., Feb. 11  
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.

**The new device has full Medicare coverage!**

## Public Information Team Update

The Jan. 2 meeting featured a discussion of 2018 and 2019 events. Also, the interns' projects (Falls Awareness and Tech help) were discussed. Suggestions of 2019 events included the annual July picnic and annual September meeting.

**Next meeting: Wed., Feb. 6, 11 a.m.,**  
**ACEnet Conference Room B.**



## Technology Problems? She Can Help!

Introducing Amy Shook! Amy is an undergraduate student of Dr. Julie Brown. (Some Village members know Dr. Brown through her mentoring program.) Amy is very interested in helping seniors with using technology to make life easier. She will be completing an internship with the Village office in Spring semester 2019, from Jan. 14 until the end of April. Amy has created a new Facebook page for the Village (<https://www.facebook.com/TheAthensVillage2018/>) She is available to make visits to your home to help you with your technical problems. Please call the office (740-447-0500) to schedule. Amy will also host Tech Fairs at the library on Feb. 15. Dates are being planned for March and April, and possibly themes as well (e.g. Facebook or cellphone focus).



### Mary Stack

#### Patient Advocate

Having a medical procedure done and you're not quite sure what will happen or how you will deal with it? Unsure about how to arrange for home health aides? Want to have a medical record translated into something you can understand? Mary Stack is a



Registered Nurse, the Head of Nursing at Kimes Rehab Center, and Athens County's Patient Advocate. Her time is paid for by a grant from the Athens County Senior Tax Levy, so she comes at no cost to you. She can come to your home on request to the office, 740-447-0500

### Dave North

#### Handyman

#### Falls Prevention

Dave can install grab bars or handrails, and advise on bannister installations for your home. He can also fasten non-slip treads



on your stairs. A grant from the **Athens County Foundation** will pay for some or all of these falls-prevention supplies, and Dave's time to install is part of your annual Village dues. So this service comes to you for probably no additional cost.



Hello! I'm **Mary Moody**. I'm the **TAV student intern for the 2018-2019**

**academic year**. I'm a first-year Master's student in the Social Work program at Ohio University. I'll be working with the Village until the end of April 2019.

I will be working on a "Falls Prevention/Balance Awareness" project here at The Athens Village. For this project, I will call each member household, explain the project and see who would like to participate. I can be emailed at [mm211512@ohio.edu](mailto:mm211512@ohio.edu) if you are interested in participating in the project. I will be calling you from The Athens Village phone, 740-447-0500. I'd like to set up an appointment to see your home. At your home,

we will check your home for fall hazards and risk areas. Of course, you can choose to make the changes I recommend, or not. Then, I will work to arrange for the resources that you choose to prevent these falling hazards. For the balance awareness portion, we can discuss increased awareness of your balance, and activities that you can do to increase your balance. Hope to see you all soon!

Also, I'm running a **Falls Prevention Fridays** program on **Feb. 22, Mar 29 and April 26** at the community center from 10 a.m. to noon. Games with prizes! Please come, and learn about falls prevention in a fun way!

## 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., Feb. 2, 2 p.m. *Watch Me Move!* (2016?) Screening of documentary on African-American dance in the 20th century

Mon. Feb. 4, 7 p.m. Screening of *Jazz at Lincoln Center: Blood on the Fields* (2018?) documentary about Wynton Marsalis. Hosted by OU's Dr. Arthur Cromwell

Thursdays, 6:30-7:30 p.m. The Book Club is reading *The Marrow of Tradition* by Charles Chestnutt for February.

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

Tues., Feb. 12, 5:30 to 7 p.m. Reception for February artist Danielle DB Wells (oils)

Sat., Feb. 16, 2 to 3 p.m. Author reading: Wendy McVicker and visual artist John McVicker

Sat., Feb. 23, 2 to 3 p.m. *Biology in Your World: Fossils to Feathers* talk by OU's Samuel Guthertz

**Sat., Feb. 9, 2 p.m.** Poetry Out Loud! contest. Free.

**STUART'S OPERA HOUSE**

**March 1, 2, 8, 9 at 7:30 p.m., and March 3, 9, 10 at 2 p.m.** *Disney's Beauty and the Beast* presented by ABC Players. Tickets: \$12/adults, \$8/students.

Stuarts box office: 740-753-1924

### O'Bleness SeniorBEAT Activities

- \* Wednesday Wellness, **Wed., Feb ? at 6 p.m. O'Bleness Cafeteria**
- \* History Group, **Thurs., Feb. 14, 1 p.m.** Exploring Simple Constellations with George Eberts, **O'Bleness Rm 8.**
- \* Book Club, **Mon., Feb. 11, 10 a.m.,** *Below the Winds: Sayyida*, by Emery Buxton, **O'Bleness Cafeteria.**
- \* Speakers Program, **Thurs., Feb. 21, 2 p.m.,** Music Therapy's Benefits with OU students, **O'Bleness Room 10.**
- \* Lunch Group, **Fri., Feb. 22, 11:30 a.m.** meet at Bob Evans, 357 E. State St.

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!**

*Templeton-Blackburn Memorial Auditorium*

**Tues., Feb. 5, 7:30 p.m.,** Wind Symphony and Concert Band concert. Free.

**Fri., Feb. 22 and Sat., Feb. 23, 7:30 p.m. each night** Winter Dance Concert. Tickets: \$15? Call Mem Aud box office 740-593-1826.

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

**Movie times recording: 740-593-8822**

**Wed., Feb. 13, 7 p.m.** *Dirty Dancing* (1987) Patrick Swayze, Jennifer Grey All tickets \$12.50

**Wed., Feb. 20, 7 p.m.** *My Fair Lady* (1964) Audrey Hepburn, Rex Harrison All tickets \$12.50

**Thurs., Feb. 28, 6 p.m.,** *Gone With the Wind* (1939) Clark Gable, Vivian Leigh, All tickets \$12.50

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

**Fri., Feb. 1 and Sat., Feb. 2, each day 7:30 and 9:30 p.m.,** *Donnie Darko* (2001) Admission \$7.

**Wed., Feb. 6, 7 p.m.** *The Human Element* (2018) Documentary by James Balog about environmental heroes. Panel discussion follows. Free.

**Thurs., Feb. 7, 5:30 p.m.** *Anita: Speaking Truth to Power* (2013) Documentary about Anita Hill. Free. *FYI: Anita Hill will be speaking at Mem Aud on Monday, April 1 at 7:30 p.m. Free.*

**Thurs., Feb. 14, 7:30 and 9:30 p.m.,** *Harold and Maude* (1971) Romantic May-December comedy. CoSt?

**Tues., Feb. 19, 7 p.m.,** *Keep the Change* (2017), Romantic comedy about and starring autistic persons. Part of Ohio Accessibility Week observance. Free.

**Wed., Feb. 20, 7 p.m.** *Saving Sea Turtles* (2016?) Documentary about saving sea turtles from extinction. Panel discussion follows. Free.



## ID Theft Information Seminar

Learn ways to fight fraud & protect yourself

**Saturday, Feb. 23**

**944 E. State St.**

**10:00 a.m. - 11:00 a.m.**

The Athens Village members get an exclusive opportunity to register before the general public!  
Register by phone or online.



[oucu.org](http://oucu.org)



740.597.2800



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## Upcoming events: Print this and post on your fridge!

- √ **Wed., Feb. 13, 4 p.m., Athens Uncorked.** Informal social gathering.
  - √ **Fri., Feb. 15, 1-3 p.m., Athens Public Library.** Tech Fair. Bring your own device and questions.
  - √ **Fri., Feb. 22, 10 a.m. to noon, Athens Public Library.** Learn how to increase your awareness of balance, and prevent falls. Falls Awareness program by TAV intern Mary Moody. Tai chi for Balance with Barbara at 10:30 and 11:30. 2/22, 3/29 and 4/26 only. Free and open to the public.
  - √ **Sat., Feb. 23, 10 to 11 a.m., OU Credit Union, State St.** Scams and Identity Theft Prevention talk. TAV members are given priority registration; call 740-597-2800. Free; open to the public.
  
  - √ **Wed., March 13, 4 p.m., Athens Uncorked.** Informal social gathering.
  - √ **Fri., March 29, 10 a.m. to noon, Athens Public Library.** Learn how to increase your awareness of balance, and prevent falls. Falls Awareness program by TAV intern Mary Moody. Tai chi for Balance with Barbara at 10:30 and 11:30. 3/29 and 4/26 only. Free and open to the public.
  - √ **Sat., March 30, 10:30 a.m. to noon, Athens Library** Tech Fair. Bring your own device and questions.
  
  - √ **Wed., April 10, 4 p.m., Athens Uncorked.** Informal social gathering.
  - √ **Fri., April 26, 10 a.m. to noon, Athens Public Library.** Learn how to increase your awareness of balance, and prevent falls. Falls Awareness program by TAV intern Mary Moody. Tai chi for Balance with Barbara at 10:30 and 11:30. Final session today only. Free and open to the public.
- Please call the office if you want a ride, or can offer a ride, to any of these events. 740-447-0500 or email [TheAthensVillage@gmail.com](mailto:TheAthensVillage@gmail.com).*