

## Notes from Barbara



*"You are never too old to set another goal or to dream a new dream.."*

-C. S. Lewis

A new year, a new blank page on the calendar, renewed purpose and goals...

Often we begin a new year with the best of intentions: losing weight, quitting a bad habit, exercising more often. By the end of January, most of us have given up on our big dreams of improvement in the new year. Perhaps you don't even come up with resolutions anymore!

If you *do* choose to make a resolution or two, you might try for a "tiny resolution" to make it more likely to be successful:

- Read more books (not just online news and magazines in the waiting room).
- Take a walk every day (even just 15 minutes either outside, or in the mall or community center).
- Organize something each month (your computer files, your desktop, recipes, or closet).
- Mail a letter to someone who would love to hear from you,
- Volunteer your time. (Read to children in a school or library. Pack boxes at the food pantry. Offer a neighbor a ride to an event.)
- Learn something new. (Knitting and quilting groups abound locally. Join a tai chi class. Attend a healthy cooking class.)
- Speak to and smile at the bagger in the checkout line, the mail carrier, and/or neighbors who walk their dogs past your house.

Accomplishing small somethings adds up! At the end of 2019, you can look back and say, "Wow! I really made some positive changes this year!"

## January 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., Jan. 2, 11 a.m.,** Public Information Team Meeting, ACEnet, Conf. Rm. B (See p. 4.)

**Wed., Jan. 9, 4 p.m.,** Informal, no-host gathering at Athens Uncorked, 14 Station St.

**Mon., Jan. 14, 1 p.m.,** Membership Team Meeting, ACEnet, Conf. Rm. B (See p. 4.)

**Mon., Jan. 14, 2 p.m.,** Hearing Aid Interest Group. ACEnet, Conf. Rm. B (See p. 4.)

**Tues., Jan. 15, 10 a.m.,** Board Meeting, O'Bleness Room 12

**Fri., Jan. 18, 10 a.m. to 2 p.m.,** Tech Fair at Athens Public Library

**Wed., Jan. 23, 1 p.m.,** "Get More Out of Your Membership," a monthly chat with Barbara at Tim Horton's

**Thurs., Jan. 24, 3 p.m.,** Health and Wellness Team Meeting, ACEnet Conf. Rm. B. (See page 4.)

**Thurs., Jan. 24, 5:30 p.m.** TAV Dinner at Tavolino; we need a firm RSVP by *Mon., Jan. 14.* Rides available! (See page 3.)

**Fri., Jan. 25, 10 a.m. to noon,** Falls Prevention Friday with Mary Moody, Athens Public Library.

**Wed., Jan. 30, 11 a.m. to 1 p.m.** TAV Open Office. Cookie donations gratefully accepted.

- 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: *Jan. 9.*

- A **Tech Fair** will be held at the Athens Public Library on *Fri., Jan., 18, from 10 a.m. to 2 p.m.* The Fair is free and open to the public. Bring your own devices.
- **CULINARY CONVERSATIONS! Dinner at Tavolino—and a ride!** See pp. 2 and 8 for details.
- An "Open Office" will be held at the Athens Village office on **Wed., Jan. 30, 2019** from 11 a.m. to 1 p.m.



## January TAV Birthdays:

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

- |                      |                 |
|----------------------|-----------------|
| Christina Dalesandry | Rita Oberholzer |
| Evelyn Geiger        | Karen Williams  |
| John Howell          | Karin Wright    |
| Betsy Knies          |                 |
| Susan Loughridge     |                 |

*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**

With winter upon us and with a pretty bleak ending of last year, we need to remain optimistic and hope that 2019 will be a better year. Maybe we will have an early Spring to compensate for our dismal Fall. A few light snow-falls will be appreciated and will remind us that we live in a four season part of the country.

And we must hope that the political situation at the federal level will return to "normalcy." Unfortunately, I am more optimistic about the weather than the political situation. So hang in there and let's enjoy the company of our friends and family, come what may.

*Louis*

**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.

**JANUARY EVENTS TO REMEMBER:**

- ▶ Tech Fair is **Fri., Jan. 18, 10 a.m. to 1:30 p.m., Athens Public Library**, bring your own device.
- ▶ Please call the office (740-447-0500) to reserve your ride for the exclusive TAV dinner at Tavolino on **Thurs., Jan. 24**. Dinner is \$25/person (call the office for special dietary options); \$4/person, round trip for the ride; BYO alcohol.
- ▶ Falls Prevention event on **Fri., Jan. 24, 10 a.m. to noon, Athens Public Library**





## 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 Dec. 10 without the Chair, who is still recovering from a fall. The Team discussed the revised calling lists (new members included), member bonuses for recruiting new Villagers, and transportation. The Tavolino dinner on Jan. 24 had just been confirmed, so that was discussed also. A list of potential members was reviewed.

Team members are calling Villagers about the Life Stories project proposed by H & W Team (see below).

**Next meeting: 1 p.m., Monday, Jan. 14  
ACEnet Conf. Room B**

## Health & Wellness Team Update

The Team met on Nov. 29 to discuss the January Tech Fair, scams, 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). No December meeting will be held. Bobbie Thibault will take over as Interim Chair until March.

**Next meeting: Thurs., Jan. 24, 3 p.m. ACEnet  
Conf. Room B.**

## ALZHEIMER'S ASSOCIATION WORKSHOPS

The Alzheimer's Association wants to be invited to speak at your clubs, meetings, and gatherings. The talks are free. Please call 800-272-3900 to arrange speakers at your time and date of meeting. Please call at least a month in advance of your preferred date.



### Recycling Tips From Real World Organizing

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

Have you resolved to get organized this year? So have millions of others! Just remember to set realistic goals, and

**Ask For Help** if it feels overwhelming! Set **SMART** goals (Specific, Measurable, Achievable, Realistic, Time-Based).

**\*\*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., Jan. 14  
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 Dec. 5 meeting was cancelled due to illness on the part of several team members. At the January meeting, 2018 and 2019 events will be discussed.

**Next meeting: Wed., Jan. 2, 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 technology problems and concerns. She will be completing a practicum 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/>) Amy will also be part of the Tech Fair at the Athens Public Library on Fri., Jan. 18 from 10 a.m. to 2 p.m.



## Upcoming Village events

- **Wed., Jan. 9, 4 p.m.**, at Athens Uncorked, social gathering
- **Fri., Jan. 18, 10 a.m. to 2 p.m.**, Tech Fair at the Athens Public Library. Friendly students will help you through your questions with your new tech toys. Bring your technology questions and your own device.
- **Thurs., Jan. 24, 5 p.m.**, Tavolino Restaurant is the venue for an exclusive TAV-only event. Dinner will be around \$25 prix-fixe for four courses, including dessert; call the office for special dietary requests (gluten-free/lactose-free/vegan/vegetarian...). Bring your own alcohol if you wish. Reservations **MUST be made by 1/14/2019**. Transportation Option: You can leave the driving to Athens OnDemand! Call the office to **arrange a ride no later than 1/14/18**, at \$4/person/round trip from your door to the restaurant and back.
- **Fri., Jan. 25, 10 a.m. to noon**, Athens Public Library, Final Friday Falls Awareness & Prevention with the TAV intern, Mary Moody.
- **Wed., Jan. 30, 11 a.m. to 1 p.m.**, TAV open office. Have tea or coffee with other Village members and the staff. Cookie donations gratefully accepted.



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 and introduce myself. I will then 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. The phone number I will be calling you from is my personal cellphone, **ending in 3439**. Please listen to my message and respond! 😊 I'd like to set up an appointment to see your home.

Once I join you at your home, we will check your home for fall hazards and risk areas. I will give that information to you and to the office. Of course, you can choose to make the changes I recommend, or not. Then, I will work to arrange for the resources necessary 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! Thank you!

## 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/)

Mon., Jan. 7, 7 p.m., Jazz at Lincoln Center screening of John Lewis (piano) performance. Local host: Matthew James, OU Music faculty

Thurs., Jan. 10, 7-8 p.m. "Storytime for Adults" Todd will read a short story aloud and a light discussion follows.

Sat., Jan. 12, 9 a.m. to 3 p.m. Monthly book sale.

Tues., Jan. 15, 5:30 p.m. Reception for Art in the Library.

This month's artists include Luke Bentley, Julie Standish, Pam Callahan, and J. Clark

Thurs., Jan. 17, 7 p.m. Origami for Adults, with Phyllis Rovner. Limit 10 people.

Sat., Jan. 19, 2 p.m. Author talk: Sharon Hatfield about her book on Appalachian spiritualist-medium Jonathan Koons.

Thurs., Jan. 24, 6:30 p.m. Charcoal Drawing class for Adults. Limit 10 persons.

Sat., Jan. 26, 2 p.m. Talk: "Biology in Your World, Part One" with OU faculty.

### Ohio University Events

**Sun., Jan. 20, 2 p.m., Mem Aud:** Honor Choir and Orchestra Festival. Free.

**Tues., Jan. 22, 7:30 p.m., Galbreath Chapel** Faculty recital, Paul Barte (organ). Free.

**Sun., Jan. 27, 8 p.m., Athens Uncorked** OU Jazz Music faculty, jam session. Free.

**Sun., Jan. 27, 8 p.m., Glidden Recital Hall** Visiting Faculty recital, Erika Ribeiro (piano) and Francesca Anderegg (violin). Free.

### O'Bleness SeniorBEAT Activities

\* **Wednesday Wellness, Wed., Jan. 9 at 6 p.m.** A session focused on crockpot cookery! **O'Bleness Cafeteria**

\* **History Group, Thurs., Jan. 10, 1 p.m.** History of the Wayne National Forest, **O'Bleness Rm 8.**

\* **Book Club, Mon., Jan. 14, 10 a.m.,** *Below the Winds: Sayyida* by Emery Buxton, **O'Bleness Cafeteria.**

\* **Speakers Program, Thurs., Jan. 17, 2 p.m.,** Local Transportation Options, **O'Bleness Room 10.**

\* **Lunch Group, Fri., Jan. 25, 11:30 a.m.** Meet at Cutler's Restaurant (OU Inn)

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!**

ATHENS FRIENDS AND  
NEWCOMERS  
CELEBRATING 50 YEARS



### ATHENS FRIENDS AND NEWCOMERS

Celebrates its 50th Birthday party! **Thursday, Jan. 10, from noon to 1:30 p.m.** at Christ the King Parish Hall, 75 Stewart St., Athens

Potluck Luncheon; please bring a dish to share.

The lunch is free, but seats must be reserved by **6 p.m. on Sun., Jan. 6.** Email [lemurray56@gmail.com](mailto:lemurray56@gmail.com) or call 740-707-2078.

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

Movie times recording: 740-593-8822

**Thurs., Jan. 10, 7 p.m.** *Modest Heroes* (Japanese animation, 2018, subtitled) All tickets \$12.50

**Mon., Jan. 14, 8 p.m.** *The Death of Superman & Reign of the Supermen* (animation. 2018) All tickets \$12.50

**Sun., Jan. 27 at 5 p.m. and Wed., Jan. 30 at 7 p.m.** *The Wizard of Oz* (1939) All tickets \$12.50

**Mon., Jan. 28, 6:30 p.m.** National Theater Live: *Anthony and Cleopatra* All tickets \$15

**Thurs., Jan. 31, 7 p.m.** *A Silent Voice* (Japanese animation, 2016, dubbed) All tickets \$12.50

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

No January events listed as of Dec. 31, 2018.



## 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., Jan., 9, 4 p.m., Athens Uncorked.** Informal social gathering.

√ **Fri., Jan. 18, 10 a.m. to 2 p.m., Athens Public Library, Tech Day.** Bring your devices and your tech questions to the library for answers and solutions! Cookie donations gratefully accepted. Free.

√ **Thurs., Jan. 24, 5 to 6:30 p.m., Tavolino (9 N. Shafer St.)**

A TAV-exclusive dinner! \$25 for four courses. Call the office (740-447-0500) to arrange alternatives for special diets (gluten-free, lactose-free, vegetarian, vegan...)

ALSO, call the office if you'd like to arrange a ride through Athens OnDemand. \$4 per person, pick-up at your door and return to your door after the dinner.

▶ All reservations **MUST** be made by noon on **Monday, Jan. 14.**

√ **Fri., Jan. 25, 10 a.m. to noon, Athens Public Library Falls Awareness program** by TAV intern Mary Moody. Free.

√ **Wed., Jan. 31, 11 a.m. to 1 p.m., ACEnet The Athens Village Open Office!** Come enjoy tea/coffee/water and snacks with members and TAV staff. Cookie donations gratefully accepted.

√ **Wed., Feb., 13, 4 p.m., Athens Uncorked.** Informal social gathering.

√ **Sat., Feb. 23, 10 to 11 a.m., OU Credit Union, State St. Scams and Identity Theft presentation.** TAV members are given priority registration; call 740-597-2800. Free.

√ **Wed., March 13, 4 p.m., Athens Uncorked.** Informal social gathering.

√ **Wed., April 10, 4 p.m., Athens Uncorked.** Informal social gathering.

√ **Wed., May 8, 4 p.m., Athens Uncorked.** Informal social gathering.

*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).*