



"I intend to do everything in my power to help our Nation demonstrate its deep concern for the dignity and the well-being of our older generations."

-President Gerald R. Ford, proclaimer of "Older Americans Month," in 1976

May is Older Americans Month! This month, America recognizes the contributions of older adults across the nation. We have given back to our communities in a variety of ways and continue to volunteer and serve our neighborhoods. My goal for The Athens Village is to encourage our members to continue promoting learning and sharing their life experiences to benefit the community as a whole, staying connected with friends through participation in social activities, and remaining healthy. Many opportunities await you in this newsletter to remain an active and important part of The Athens Village and of our larger community. Read on, please!

TAV Annual Meetings



Fri., July 12, 11:30 a.m. to 1:30 p.m.

Lions Picnic Shelter, The Plains

The annual potluck picnic is open to all. Potential members are most welcome. Reserve your ride by July 5.

Mon., Sept. 16, 5 to 7 p.m., Richland Ave. 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 get a postcard in early Sept about it. Reserve your ride by Sept. 9

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

May Calendar

Every Monday, noon-1 p.m. Tai Chi for Arthritis and Balance Awareness, Community Center. Led by Barbara Conover, TAV Executive Director. Free.

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., May 1, 11 a.m., Public Information Team Meeting, ACEnet, Conf. Rm. B (See p. 4.).

Wed., May 8, 4 p.m., Informal, no-host gathering at Athens Uncorked, 14 Station St.

Mon., May 13, 1 p.m., Membership Team Meeting, ACEnet, Conf. Rm. B (See p. 4.).

Mon., May 13, 2 p.m., Hearing Aid Interest Group. ACEnet, Conf. Rm. B (See p. 4.).

Tues., May 14, 10 a.m., Board Meeting, O'Bleness Room 12.

Thurs., May 16, 10 a.m. to 2 p.m. Senior Safety Day, Athens County Fairgrounds

Wed., May 22, 1 p.m., "Get More Out of Your Membership," a monthly chat with Barbara at Tim Horton's.

Thurs., May 23, 3 p.m., Health and Wellness Team Meeting, ACEnet Conf. Rm. B (See page 4.).

Wed., May 29, 11 a.m. to 1 p.m., Village Open Office. ACEnet.

May TAV Birthdays

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

Ed Baum

Anne McClanahan

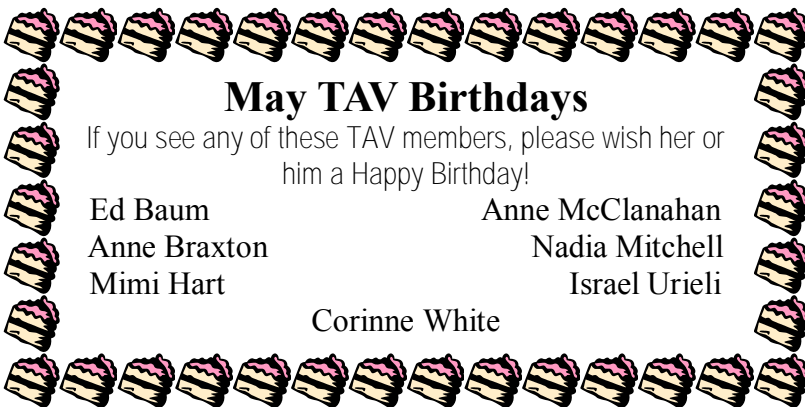
Anne Braxton

Nadia Mitchell

Mimi Hart

Israel Urieli

Corinne White



*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

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**From the President's Desk**

It is time to celebrate the success of one of Ohio University's graduates.

Venki Ramakrishnan received a PhD in Physics from Ohio University in 1976 under the direction of Tomo Tanaka. For his postdoctoral research, Venki switched his research from condensed matter theory to biological structure. While at the University of Utah, he and his group deduced the structure of ribosome. Venki was awarded the outstanding alumni award by the College of Arts and Science and a couple of years later the 2009 Nobel Prize in Chemistry. He currently is a professor at Cambridge in the U.,K. and is the President of the Royal Society.

Venki is receiving an honorary degree from Ohio University in May and will be giving a public lecture on **Thursday, May 2 at 11 a.m.** in Walter Hall. Let's all celebrate the achievements of one of our graduates !

Louis

Ref: <https://www.ohio-forum.com/2019/04/colloquium-dr-venki-ramakrishnan-on-termination-of-translation-in-bacteria-and-eukaryotes-may-2/>

TRANSITIONS

Ragy Mitias is recovering from a fall in a rehab facility.

Welcome new members **Christian & Donnalee Yoder!**

MAY EVENTS TO REMEMBER:

- ▶ **Wed., May 1** Village fundraiser at Eclipse, **5 to 8 p.m.**
- ▶ **Thurs., May 2**, Gourmet Your Way at ACEnet, fundraiser, **4 to 6 p.m.**
- ▶ **Wed., May 29**, Village Open Office, ACEnet, **11:30 a.m. to 1 p.m.**



The Health and Wellness Team Offers Graceful Aging Hints

Enhancing our Estate Plans

We all know we should have a will. Here are two other items to consider.

* First, be sure that stored with your will is information about how to access important information. List passwords for your smartphone, computer, and any really important files.

* Second (and thanks to Jane Bryant Quinn for this idea), write or record last letters to important friends and family. Such letters may be treasured as much or more than monetary gifts. You may think you've said all you want to say to them, but written words can be held and cherished. Or maybe it's been hard to say out loud what you want them to know. You might share special memories, apologies, words of forgiveness, and "thank yous" for what you received from them. Let them know what they mean to you.

► If it's hard to get started, a template and sample letters can be found at med.stanford.edu/letter/friends and family.



TAV Vital Statistics

As of April 26, TAV consists of **106** members, including 30 men and 76 women. The average age of members is 79.45 years, with 11 members over 90 years of age; 38 members aged 80-89; 46 members aged 70-79; 9 members aged 60-69; and 2 members age unknown.

Athens Area Mediation Services

Elder Care Conversation

Making End-of-life Decisions Easier

Developed with funding from Sisters Health Foundation

Contact: Trisha Lachman at

trisha@boochee.com or 740-590-2603



The Athens Village has an Active Seniors walking group at the Community Center, 9 to 10 a.m., on Tuesdays. We walk on the track above and around the basketball court. ALSO, Barbara Conover leads Tai Chi for Arthritis and Balance Awareness sessions at the community Center on Mondays from noon to 1 p.m., Both activities are free, and we would love to have you participate!

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.

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

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

emailing 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, 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 Wednesday, 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 Monday, 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 April 8. Transportation for the Anita Hill talk on April 1 was discussed. The April-May calls will be to help members remember events and to sign up for rides. The potential member list was reviewed.

**Next meeting: 1 p.m., Monday, May 13
ACEnet Conf. Room B**

Health & Wellness Team Update

The Team met on April 25 to discuss ongoing projects. One member proposed a renewal of the Village mission, to provide support to each other. Please remember to call the office when you need anything! But no one can offer help if the member doesn't call.

The interns' last day is Fri., Apr. 26 (the next day). Interns were thanked for their help and time.

**Next meeting: Thurs., May 23, 3 p.m. ACEnet
Conf. Room B.**

ALZHEIMER'S ASSOCIATION WORKSHOPS

The Alzheimer's Association will have a FREE workshop on May 3, from **10:30 to noon at ACEnet Bldg. B.** The presentation is "Legal & Financial Planning." Call 740-578-4382 to register to ensure enough materials are prepared.

Hearing Aid Interest Group

Next meeting: Monday, April 8
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!



Recycling Tips From Real World Organizing

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

The weather is finally getting warmer, so it's time to get out your summer clothing. When you're going through your closet, use the 'reverse hanger trick.' - hang everything Backwards, but when you wear something, hang it back up the correct way. After a few months, you'll see what you can and can't get rid of.

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

Public Information Team Update

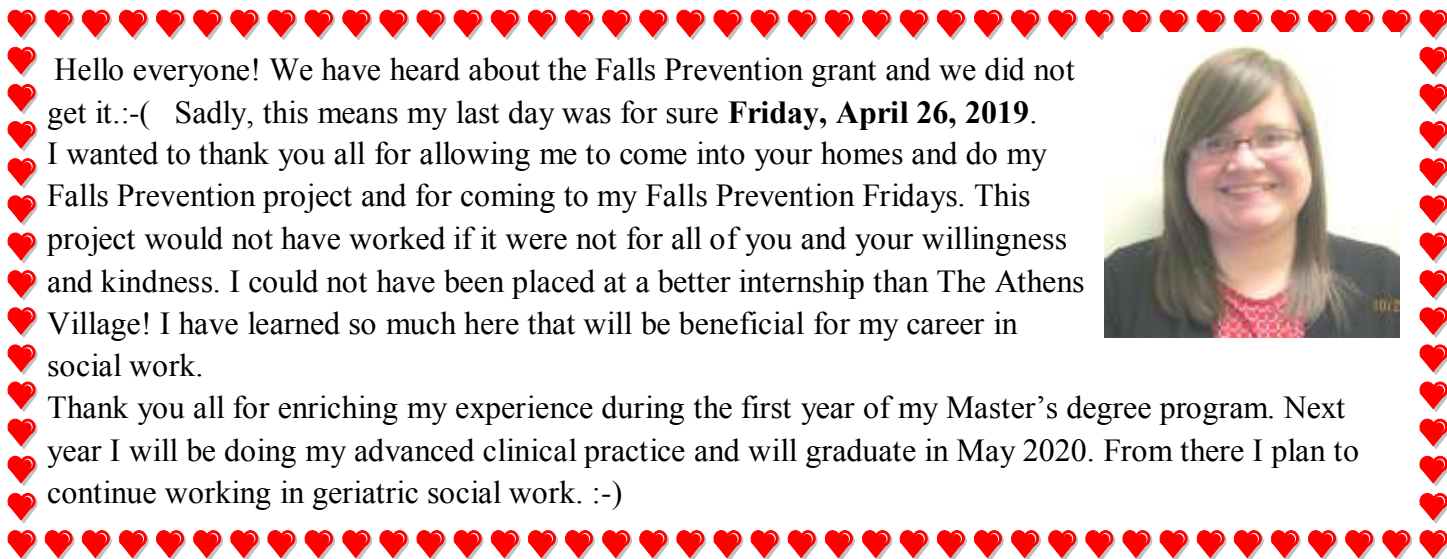
The April 3 meeting featured a discussion of transportation offered by the Village, especially to the Anita Hill talk on April 1. Also, the interns' projects (Falls Awareness and Tech Help) were discussed. Interns were thanked for their help.

**Next meeting: Wed., May 1, 11 a.m.,
ACEnet Conference Room B.**



Thanks for a great time!

I would like to say thank you to everyone in The Athens Village for letting me do my internship. I appreciate how kind everyone has been to me so far, and how welcome I have been treated. Everyone I have worked with on technology problems helped me learn how to assist people better, and it gave me insight on the problems that older adults face in everyday life. I will take this experience I had with The Athens Village with me to my future professional career. I wish you all the best!



Hello everyone! We have heard about the Falls Prevention grant and we did not get it.:(Sadly, this means my last day was for sure **Friday, April 26, 2019**.

I wanted to thank you all for allowing me to come into your homes and do my Falls Prevention project and for coming to my Falls Prevention Fridays. This project would not have worked if it were not for all of you and your willingness and kindness. I could not have been placed at a better internship than The Athens Village! I have learned so much here that will be beneficial for my career in social work.

Thank you all for enriching my experience during the first year of my Master's degree program. Next year I will be doing my advanced clinical practice and will graduate in May 2020. From there I plan to continue working in geriatric social work. :-)



Transportation Update:

- ▶ The Village's Virtual Shuttle service has progressed to include transportation to popular requested social events in and around Athens! Because evening events within the City of Athens are sometimes difficult to attend, either because members are not comfortable driving at night or due to a lack of parking within walking distance, the Shuttle is here to help! Village members can access, free of charge, door-to-door transportation by contacting The Athens Village office at (740) 447-0500 to attend events *for which transportation has been scheduled*.
- ▶ It is **ABSOLUTELY CRITICAL** that your request for a free ride be made **AT LEAST** a week in advance of the scheduled event. The driver, the van, and the routing need to be scheduled ahead, and last-minute changes cannot be accommodated.
- ▶ 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
- ▶ We are considering transportation to the Concert under the Elms in June, a night with OVST in July, and rides to Mem Aud for the Concert Series next academic year (2019-20). Is there a particular upcoming event within Athens County in which you and other Village members may be interested? Tell us! Call 740-447-0500 or email TheAthensVillage@gmail.com



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/

Thurs., May 2, 7 p.m. :The Folklore of Trees,” talk with Rebecca Wood, professional forester and herbalist.

Tues., May 7, 10 a.m. to 4 p.m. Mobile mammography van, by appt. only. Schedule appts. at 740-592-9454.

Thurs., May 9, 7 p.m. Athens County Community Singers, community singalong concert.

Sat., May 11, 9 a.m. to 3 p.m. Monthly book sale.

Tues., May 14, 5:30 p.m. Art in the Library reception. This month’s artists include: John Wood (woodwork), Connaught Cullen (photos), Chad Fugate () and Elizabeth Story ()

Thurs., May 16, 7 p.m. “The Seven Pillars of Financial Wellness,” talk by Mark Snider and Dan Stroh of Snider, Fuller & Stroh.

Thurs., May 23, 2 p.m., “Make your own Bucket Garden,” demonstration with CFI’s Billie Frank. Registration required, call the library at 592-4272. This program in other libraries on different dates.

Sat., May 25, 2 p.m. “Biology in Your World! Microbiology in Action: Vaccine History and Development,” talk by Ms. Rachel Zapf, OU’s Dept of Biological Sciences

O’Bleness SeniorBEAT Activities

- * **Fri., May 3, 8 a.m. to noon**, Free skin cancer screening at OhioHealth Nelsonville. Make an appointment by calling 740-566-4979.
- * **Book Club, Mon., May 13, 10 a.m.**, *The Ninth Hour* by Alice McDermott, **O’Bleness Cafeteria.**
- * **History Group, Thurs., May 9, 1 p.m.** History of the Kennedy Museum of Art. Meet at the **Kennedy Museum, The Ridges.**
- * **Speakers Program, Thurs., May 16, 10 a.m. to 2 p.m.**, Senior Safety Day at the **Athens County Fairgrounds**
- * **Lunch Group, Fri., May 24, 11:30 a.m.** meet at Applebee’s, East State St.

No information available about Wednesday Wellness as this newsletter was being prepared.

To join SeniorBEAT, call Caitlin Bond at 740-434-3289 or email caitlin.bond@ohiohealth.com

Become a member of SeniorBEAT! It’s FREE!

Free Chronic Pain Management Workshop

A free, 1 morning-a-week-for-6-weeks workshop will be held Wednesdays, 9 to 11 a.m., at O’Bleness Hospital, Room 8. Participants are expected to attend all six sessions (May 1, 8, 15, 22, 29, June 5). Please register; call 740-566-4680.



The 39 Steps, a hilarious mashup of a Hitchcock masterpiece, a spy thriller, and Monty Python.

Directed by Celeste Parsons. **May 2-4, 2019 at 7:30 p.m., matinee May 5 at 2 p.m.** Reserved seats. Adults \$12, students \$8. Stuarts Box Office: 740-753-1924 or <https://stuartsopeahouse.org/> ALSO,

Auditions for *Burlesque Humor Revisited* will be held on Saturday, May 4, 2-4 p.m. in Room 30 at Stuart’s Opera House and Monday, May 6, 5-7 p.m. in the same place. Seniors welcome! You do not need to be a member of ABC Players to be cast, and you don’t need to attend both auditions to be cast.

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

Movie times recording: 740-593-8822

Tues., May 7, 7 p.m. *Chonda Pierce: Unashamed* (20??) Comedian’s biographical documentary All tickets \$14

Wed., May 8, 7 p.m. *True Grit* (1969) John Wayne, Kim Darby. All tickets \$12.50

Sun., May 19 and Wed., May 22, 7 p.m. *Steel Magnolias* (1989) Julia Roberts, Shirley MacLaine All tickets \$12.50

Mon., May 20, 7 p. m., *Nausicaa of the Valley of the Wind* (19, Japanese animation, dubbed)All tickets \$12.50

Tues., May 21, 6:30 p.m. National Theater Live: *The Madness of George III* by Alan Bennett. All tickets \$15

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

Wed., May 1, 7 p. m. *Dreaming of a Vetter World* (2018) Documentary of an aging farmer turning an “agricultural Miracle”: regenerating soil. Panel discussion afterwards with the filmmaker after the screening. Admission \$5.

Upcoming Events, May and June 2019

Please print and post on your refrigerator!

Wed., May 1, 5 to 8 p.m., Drafts for a Difference at Eclipse



Company Store. Fundraiser for The Athens Village. For every selected pint purchased, Kiser and Athens Sunrise Rotary will donate \$1 each.

Bring friends ☺

Thurs., May 2, 4 to 6 p.m. Gourmet Your Way, Freezer Raid, 10% of profits will be donated to the Village. www.gourmetyourway.biz

Fri., May 3, 10:30 a.m. to noon, Alzheimer's Workshop: "Legal and Financial Planning," The Athens Village office (ACEnet), in the conference room. Limited seating. Please pre-register by calling Andrea at 740-578-4382.

Tues., May 7, 6:30 a.m. to 7:30 p.m. Primary Election Day. Please call the office if you need a ride to the polls.

Mondays, May 6, 13, and 20, noon to 1 p.m., Tai Chi for Arthritis and Balance at the Community Center, led by Barbara Conover. Free.

Wed., May 8, 4 to 6 p.m., Athens Uncorked, Village Social Gathering



Thurs., May 16, 10 a.m. to 2 p.m., Senior Safety Day, at the Athens County Fairgrounds. Please call to reserve your ride by noon on May 9.

Mon., May 27, The Athens Village OFFICE CLOSED for public holiday

Wed., May 29, 11 a.m. to 1 p.m., The Athens Village Open Office, ACEnet



Wed., June 5, 7 to 8 p.m., Concert Under the Elms, College Green. Bring your own seating. Rides are provided, please call to reserve a ride by noon on Wed., May 29.



= Rides provided to members who call the office (740-447-0500) a week in advance.



Sara Gilfert is turning 90 in June!
 Her birthday celebration potluck
 will be on Sat., June 8, from 4 to 8 p.m.
 Let us know if you're coming by May 20, please.
 Email Saras90th@gmail.com

The venue is the Quaker Meeting House,
 22 Birge Dr, Chauncey, OH 45719

No gifts, please! But a donation to **Paper Circle**
 would be gratefully accepted at
<http://papercircle.org/donations/>
 OR, if you have a photo of Sara (or Sara and Jim),
 she would love a copy of that and the story behind
 the photo. Send the photo and story to
 Saras90th@gmail.com **before May 20, please.**

*Athens County
 Senior Safety &
 Preparedness Day*

Thursday, May 16, 2019

10:00 AM to 2:00 PM

*Athens County
 Fairgrounds
 286 West Union Street
 Athens, Ohio*



Saturday, May 11, 9:30 a.m. - 12:30 p.m.
**OU Credit Union, East State Street Parking
 Lot**

Securely dispose of unneeded financial statements,
 receipts, invoices and other personal documents.
 Documents will be shredded securely on-site by
 Shred-it. Please limit shred material to five boxes per
 person. If you would like to make arrangements to
 shred larger amounts, please contact Kory Kasler at
 740-597-2845.