



Notes from Barbara

“Autumn is a second spring when every leaf is a flower.”

– *Albert Camus*

October is a lovely month which provides us with many opportunities to enjoy the beauty of fall prior to freezing temperatures moving in. Some of the wonderful ways to celebrate the month where you pull your boots on, turn the furnace on, and keep an umbrella close by are:

- Pick a pumpkin from a local pumpkin patch
- Stroll through a corn maze
- Perfect your recipe for chili
- Sample some locally produced apple cider from the Athens Farmers’ Market
- Ride the fall foliage train at the Hocking Valley Scenic Railway

Also, in order to stay healthy while you are out and about enjoying October, don’t forget your flu shot!

October Calendar

- Every Monday, noon-1 p.m.** Tai Chi for Arthritis and Balance Awareness, Community Center. From Sept. 9. 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 at Bob Evans,
- Mon., Oct. 7, 1:30 p.m.,** Public Information Team monthly meeting, ACEnet Bldg B Conf, Room.
- Tues., Oct. 8, 10 a.m.** Board Meeting, *The Plains Library Meeting Room*
- Wed., Oct. 9, 4 p.m.** Informal gathering at Athens Uncorked, 14 Station St.
- Mon., Oct. 15, 1 p.m.** Membership Team Meeting, ACEnet, Bldg B Conf. Room.
- Mon., Oct. 14, 2 p.m.** Hearing Aid Users’ Interest Group (see p. 4)
- Tentatively planned:* **Sat., Oct. 19, 12:30-3 p.m., ACEnet Tech Fair.** Bring your own charged devices and questions.
- Wed., Oct. 23, 1 p.m.** “Get More Out of Your Membership” Join Barbara at Tim Horton’s.
- Thurs., Oct. 24, 3 p.m.** Health & Wellness Team meeting,.
- Fri., Oct. 25, 10 a.m. to noon,** Athens Public Library. Speaker TBA.

Culinary Conversations: It’s your turn!

Have a favorite restaurant where you’d like to enjoy a meal with friends? Each person pays for their own meal & drinks. Hosts simply pick a date, tell the office in time for the newsletter, and tell the restaurant how many diners. TAV can offer FREE rides to scheduled social events like this. Tell the office you want to host! 740-447-0500.

October TAV Birthdays

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

- Mary Costello Leslie Flemming
- Richard Gams Ellsworth Holden
- Ellengene Peterson
- Allen White Louis Wright



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

Gregg Andrews	Marsha Dutton
Don Fucci	Jack Flemming
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Joyce Lewis	Steve Pierson
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Lawn and Gardening Hints for Autumn

The first fall frost usually occurs in the middle of the month of October. There are many fall tasks outside:

- Time to transplant trees, shrubs, and rosebushes. If your peony bush didn't bloom this year, move it now.
- Rake leaves from the yard and compost them or use them as mulch for plants.
- It's the best time to plant spring-flowering bulbs and garlic. Place chicken wire on the ground over newly planted bulbs to keep animals from digging them up. Wait until the ground freezes to mulch the bulbs.
- Cut perennials 3 to 4 inches from the ground after the flower stalks have died and turned brown.
- Continue mowing your lawn regularly until the first snow falls. Do not fertilize in the fall.
- Watch out for yellow jackets, wasps, and hornets! Keep garbage and recycling cans tightly closed, don't wear perfume or cologne when spending time in the yard, and watch for insect nests in the eaves of buildings or under decks or outdoor stairs. If they come after you, do not swat at them, but cover your face with your arms and move quickly indoors.

TAV Vital Statistics

As of Sept. 27, TAV consists of **112** members, including 32 men and 80 women. The average age of members is 79.81 years. 13 members are over 90 years of age; 46 members aged 80-89; 42 members aged 70-79; 9 members aged 60-69; and 2 members are age unknown.

November Events to Remember

Sun., Nov. 3, 02 a.m., Fall BACK. Please remember to turn your clocks back one hour to revert to Standard Time.

Tues., Nov. 5, 06:30 a.m. to 7:30 p.m. Primary Election in Ohio. You can request Early Voting ballots by calling the Board of Elections at 740-592-3201, or vote early in person at the Board office on Court St. See <https://athens.ohiohoe.com/> for hours.





Fraud Watch Network

Beware the "Grandparent Scam"

The "grandparent scam" has been making the rounds in various incarnations for years, and losses victims suffer are among the highest of all scam types.

How it works: The phone rings late at night, and a young panicky voice says, "Grandma?" The grandparent usually answers with the name of the grandchild. The scammer then answers, "Yes, Grandma, it's me, [name]! I'm in trouble" and describes the "trouble" s/he is "in." Usually the grandparent is flustered and will immediately do anything to "save" the grandchild.

What you should do:

- Ask questions that the grandchild would know, such as pets names & breeds, family birthdays, or other personal events. Or
- Say you'll call them right back, then hang up and call the grandchild's cell (or the grandchild's parents) to confirm.

Other Scams to Watch For:

- The computer expert who calls out of the blue to offer you a "free" computer clean-up or other computer service which involves you allowing him into your computer.
- The recorded IRS voice who says you owe back taxes, and you will be arrested if you don't pay now.
- Any other pressure sales or threats over the phone.

The Health and Wellness Team Offers

Graceful Aging Hints: Ask for Help! Many of us have been delighted to be able to help others. We have enjoyed being strong and competent. Realistically though, most of us are beginning to see changes in our functioning. Eyesight and hearing diminish; falls put us in "boots" or rehabilitation programs; driving at night becomes challenging; energy levels decline. Chronic illnesses can challenge us or our loved ones. The possibilities are endless. We continue to want to give, yet are tired, sad, and sometimes feel helpless. The Athens Village or friends of yours are really willing and able to help. Here's how to start asking.

Step One: Recognize how you are feeling about these changes. Accept those feelings as valid.

Step Two: Share those feelings with someone else.

Step Three: Ask for the specific help you need.

Enjoy being a receiver. Give others the joy of being helpful to you. Take time to smell the roses.



★ 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.

★ 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.**

ALZHEIMER'S ASSOCIATION WORKSHOPS

The Alzheimer's Association will resume FREE workshops every 2nd Tuesday **at noon at ACEnet Bldg. B.** The topic on Oct. 8 is "Living with Alzheimer's for Caregivers: The Middle Stages." *Feel free to bring your own lunch.* **Call Andrea at 740-578-4382** to register. Registration is requested so that enough materials are prepared. Free.

Public Information Team Update

The September meeting was cancelled for Labor Day. Agenda for October is to create a new Village brochure.

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

**Next meeting: Mon., Oct. 7, 1:30 p.m.,
ACEnet Conference Room B.**

Membership Team Update

The Team met on Sept. 9 to discuss transportation, team membership, and calling lists. This Team needs more members to join and to call. Callers need not attend monthly Team meetings. Sue Foster resigned from being the Membership Team chair.

**Next meeting: 1 p.m., Monday, Oct. 14
ACEnet Conference Room B**

Health & Wellness Team Update

The Team's September meeting was cancelled. A report on committee activities during the 2018-19 fiscal year was reported at the Annual Meeting held on Mon., Sept 16 at the Richland Avenue Methodist Church.

**Next meeting: Thurs., Oct. 24, 3 p.m.
ACEnet Conference Room B.**



Recycling Tips From Real World Organizing

TAV supporter Aubrei Krummert of Real World Organizing, offers these Oct. tips:
> I hate to admit it, too, but the November and December holidays are not too far off. To avoid the stress of the seasons, make your gift and card lists now! If you're feeling particularly motivated, start shopping! And remember nowadays, as a general rule, people value experiences more than things, so do **not** overbuy. The more you get done now, the more you'll be able to relax and be fully present in the season!
****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

Hearing Aid Interest Group

Next meeting: Monday, Oct. 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.



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

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

- 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 (no free rides possible)
- National Tour *The Color Purple*: Sun., Feb. 16, 2020 (no free rides possible)
- National Tour *The Choir of Man*: Thurs., Feb. 27, 2020
- DRUM TAO 2020: Wed., March 4, 2020
- STOMP: Tues., April 7, 2020

The Village can arrange door-to-door rides on performances which are not on weekend days IF there is enough interest while the social transportation funding lasts. But YOU MUST LET US KNOW IF YOU WANT THE RIDES.

Other Events

- ▶ **Thurs-Sat., Oct. 3-5 and Tues-Sat., Oct. 8-12, Forum Theater, *Silent Sky***, by Lauren Gunderson, directed by Shelley Delaney. Talkbacks Oct. 5 and 9. Tickets \$7 for seniors.
- ▶ **Sat., Oct. 19, Mem Aud., 8 p.m.**, Graham Nash in concert. Tickets \$35-\$75. Box office 740-593-1780.
- ▶ **Thurs., Oct. 24, Mem Aud, 7:30 p.m.** Marlon Wayans in concert. Tickets \$25-40.
- ▶ **Fri., Nov. 1, Baker Center Ballroom, 8 p.m.**, Michael Kosta, comedian, from *The Daily Show* Tickets \$20. Box office 740-593-1780.



ABC Players presents *Clue: The Musical* directed by Sylvia Abbott, at Stuart's Opera House in Nelsonville. Tickets are \$12, available at the door or call the Stuart's box office at 740-753-1924.

Performances: Oct. 10-12, 7:30 p.m. each night and Sun., Oct. 13, 2 p.m.

Tickets available online at <https://stuartsoperahouse.org/>

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/

- Tues., Oct. 1, 7 p.m. Steve Zarate performance art
- Thurs., Oct. 3, 6:30 p.m. Discussion of Shakespeare's *Richard III* with Dr. Loreen Giese, Ohio Univ. (Part 2 of 3)
- Fri., Oct. 4, 5 to 7 p.m. Writing workshop with Madeline fffich. Registration??
- Thurs., Oct. 10, 6:30 p.m. Discussion of Shakespeare's *Richard III* with Dr. Loreen Giese, Ohio Univ. (Part 3 of 3)
- Sat., Oct. 12, 9 a.m. to 3 p.m. Monthly book sale
- Tues., Oct. 15, 5:30 p.m. Art in the Library reception. This month's artists include: Jessica Layman (stained glass), Pat Cambridge (photo), Robin Brigante (abstracts)
- Thurs., Oct. 17, 6:30 p.m. Bookmaking workshop with Suzie Thompson. Free., but registration required, call the library.
- Sat., Oct. 19, 10 a.m. to 3 p.m. Rural Action Clean Energy Expo. Registration required for free 10 a.m. workshop.
- Tues., Oct. 22, 6:15 p.m. Workshop on FREE online Resources available through local libraries (*also Mon., Oct. 21, 2:30 p.m. at Alden Library*)

O'Bleness SeniorBEAT Activities

- * History Group, **Thurs., Oct. 10, 1 p.m.** Film screening, *Rendville: Across the Color Line*
Athens Public Library
- * Book Club, **Mon., Oct. 14, 10 a.m.,** *House of Mirth* by Edith Wharton. **O'Bleness Cafeteria.**
- * Speakers Program, **Thurs., Oct. 17, 2 p.m.,** Celebration of SeniorBEAT, 23 years. Bring a Friend! **O'Bleness Room 8**
- * Lunch Group, **Fri., Oct. 25, 11:30 a.m.** Meets at Albany Café, 5196 Washington Rd., in the old Alexander School building.

At press time, there was no word about upcoming Wednesday Wellness meetings.

To join SeniorBEAT, call Caitlin Bond at 740-434-3289 or email 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

- **Mon., Oct. 7, 7 p.m.** *Elvis Unleashed* (2019, documentary) All tickets \$15
- **Tues., Oct. 8, 6:30 p.m.** National Theater Live: *I'm Not Running* by David Hare. Dir: All tickets \$15
- **Tues., Oct. 15 and Thurs., Oct. 17, 7 p.m.** *Jay & Silent Bob* (2001 and reboot 2019) All tickets \$15
- **Wed., Oct. 16, 7 p.m.** *Alien* (1979) Sigourney Weaver. All tickets \$12.50
- **Tues., Oct. 22, 6:30 p.m.** National Theater Live: *The Tragedy of King Richard the 2nd* by Shakespeare. All tickets \$15
- **Wed., Oct. 30, 7 p.m.** *Spirited Away* (2001, Japanese animation, dubbed) All tickets \$12.50

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

- **Wed., Oct. 2, 7 p.m.,** *Eating Animals* (2017) Sustainability Series documentary. Free.
- **Sat., Oct. 5, 7 p.m.,** Second Year MFS Screenings. Free.
- **Sat., Oct. 12, 12:55 p.m.** Met Opera *Turandot* (Puccini) Live broadcast from The Met in NYC. \$18.
- **Wed., Oct. 16, 7 p.m.,** *Keeper of the Future* and *Greta and the Snowman* Documentaries. Free.
- **Sun., Oct. 20, 7 p.m.** "Drop Your Shorts" local film competition results. Entries due Oct. 1. Co\$t?
- **Wed., Oct. 23, 7 p.m.** *The Bystander Moment* (2017) documentary about #MeToo movement. Free.
- **Fri., Oct. 25, 7:30 p.m.** *Get Out* (2017) and *Us* (2019) both directed by Jordan Peele. Pre-block-party entertainment. Admission \$10 for both.
- **Sat., Oct. 26, 12:55 p.m.** Met Opera *Manon* (Massenet) Live broadcast from The Met in NYC. \$18.
- **Wed., Oct. 30, 7 p.m.** *Science Fair* (2018) Documentary. Free.
- **Thurs., Oct. 31, 8 p.m.** *Nosferatu* (1922) Silent film; F.W. Murnau, dir. Live music by Sean Parsons. Free.




Upcoming Events, Oct. 2019


Mondays, noon to 1 p.m., Community Center Tai Chi with Barbara is back! The City of Athens is not yet charging for the classes! Hooray!

Wed., Oct. 9, 4 p.m., Athens Uncorked Informal social gathering for Villagers and friends

 **Thurs., Oct. 10, 8 p.m., OU RTV Building/Forum Theater** OU Theater presents *Silent Sky* in observation of the 100th anniversary of Women's Suffrage

 **Mon., Oct. 21, 7 p.m., Mem Aud** The Performing Arts Series presents *Jersey Boys*, the 2005-17 Broadway musical about Frankie Valli and The Four Seasons. 2006 Tony winner for Best Musical. Plenty of great music!

Fri., Oct. 25, 10 a.m. to noon, Athens Public Library Speaker TBA

 *Rides Provided to Members Who Call the Office a Week in Advance. Phone or text 740-447-0500, or email 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. 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.

This program has been funded through a generous donation from a Village member. Interested members who want to see this program continue could send a donation check to the Village office with "social transportation" in the memo line.



**League of Women Voters
of Athens County, Ohio
2019 Candidate Events**



Sept. 24	Athens City Mayor	Athens Public Library 6:30pm
October 1	Federal Hocking School Board & Rome Township Trustees	Federal Hocking High School Library 6:30pm
October 3	Athens City Council	Athens Community Center 6:30pm
October 7	Albany Mayor & Lee Township Fiscal Officer & Albany Police Issue	Albany Community Center 6:30pm
October 8	Nelsonville City Auditor & Nelsonville City Council	Rocky Boots Community Room 5:30pm
October 9	Alexander School Board	Alexander High School 6:30pm
October 15	Ames Township Trustees	Amesville Elementary 6:30pm
October 16	Glouster Village Mayor	Trimble High School 6:30pm
October 17	Troy Township Trustees, & Coolville Village Mayor & Coolville Electrical Aggregation	Coolville United Methodist Church 6:30pm
October 22	Chauncey Village Mayor	Chauncey Public Library 6:30pm