



**Notes from Barbara**

The Village Movement, of which The Athens Village is a part, is successful largely due to the concept that seniors can help each other age in place. All of us can put our talents to work to help other members, and in doing so, remain active and independent ourselves.

Here are a few opportunities to become more involved with The Village:

- Serve on a committee: Public Information Team, Membership Committee, Health and Wellness Team (see page 4 for recent activities)
- Be a “Member Caller”
- Bake cookies for the next Village event
- Host a Village dinner at an area restaurant

*You are an important part of Village life!*

**September 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, CANCELLED for all of September
- **Mon., Sept 9, 1 p.m.** Membership Team Meeting, ACENet, Bldg B Conf. Room.
- **Mon., Sept. 9, 2 p.m.** Hearing Aid Users’ Interest Group (see p. 4)
- **Tues., Sept. 10, 10 a.m.** Board Meeting, O’Bleness Room 12.
- **Wed., Sept. 11, 4 p.m.** Informal gathering at Athens Uncorked, 14 Station St.
- **Mon., Sept. 16, 5 to 7 p.m.** TAV Annual Meeting, Richland Ave., Methodist Church. (See the notice in column at left.)
- **Mon., Sept. 23, start 10 a.m.** Steady U “10 Million Steps to Prevent Falls”, Athens Community Center parking lot.
- **Wed., Sept. 25, 1 p.m.** “Get More Out of Your Membership,” join Barbara at Tim Horton’s.
- **Thurs., Sept. 26, 3 p.m.** Health & Wellness Team meeting, CANCELLED for September
- **Fri., Sept. 27, 10 a.m. to noon**, Athens Public Library: A talk about senior scams by a representative from the Ohio Attorney General’s office. Free. See p. 8.

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.

*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**

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**Steve Grimes, Treasurer**

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***Corporate Sponsors***



**Household Safety Hints**



This is the season when unexpected storms may occur. You should be asking yourself these questions and looking for the answers: **What do I do in order to be safe?**

- Have I registered with Enhanced 9-1-1? (See Aug. newsletter, p. 8)
- Do I know how to make the best use of a basement or cellar, a stairwell, or even a bathtub?
- Do I stay in my house? If I go elsewhere, then where? To a neighbor's house? To a shelter?
- Do I need to turn off my water? Gas? Electricity? How do I do it?
- Do I have an emergency kit already packed up? A first-aid kit? Flashlight? Battery-operated radio? Extra batteries? Bottled water? Nonperishable snacks?
- Is my cell phone charged? Where is my extra charger? Do I have another way of charging it if the electricity goes off?

**TAV Vital Statistics**

As of Aug. 29, TAV consists of **111** members, including 31 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; 42 members aged 70-79; 9 members aged 60-69; and 2 members are age unknown.

**September TAV Birthdays**

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

Rose Dikis

Joanne Dodd

Glenna Gamwell

Lee Gregg

Janet Izard

Karen Nulf

Chip Rogers

Michael Rowe

Nancy Walker

Paul Wiehl

David Williams

Arthur Zucker



### The Health and Wellness Team Offers

#### Graceful Aging Hints!!

In order to age gracefully, we are wise to maintain a positive attitude toward aging. *The Journal of American Medical Association* suggests that seniors who view aging positively, as shown by overall satisfaction surveys, are 40% more likely to recover from disabling events (such as a fall, heart attack, or stroke, or hospitalization for pneumonia or other infection) than those seniors who see such events as stereotypical of aging, causing them to become helpless.

Some of the effects of positive thinking for those seniors who had experienced such an event include improved cardiovascular functioning, better balance, good self-esteem, and a greater likelihood of engaging in healthy behaviors (e.g., exercise, eating healthy meals, drinking water, etc.).

Studies have also shown that a positive attitude toward aging can translate to seven additional years of life!!

The more we appreciate aging and the positive aspects of our lives, the more likely we are to be happy and healthy.

### Changes to Medicare, 2019-20:

Sept. 25, 10 a.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. Alicia Nighland from the Ohio Senior Health Insurance Information Program (OSHIIP) will visit the Athens Community Center 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.

Susan NOT out of office  
Aug. 26-September 30

Susan has decided to postpone the surgery indefinitely. Many thanks to all those members who offered to help while she would have been out.



- ★ 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.



**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.**, starting Sept. 10. The topic is "Living with Alzheimer's for Caregivers: The Early Stages." Feel free to bring your own lunch. **Call Andrea at 740-578-4382** to register.

### **Public Information Team Update**

The Aug. 7 meeting included a discussion of designing a new brochure. The Team also reviewed Transportation, Medical and Patient Advocate issues. The September meeting will be cancelled for Labor Day.

**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 did not meet in August. On the agenda for September are: calls to members about parking in uptown Athens, offers to members to help with the 2019 survey in the invoices, and encourage attendance at the annual meeting.

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

### Health & Wellness Team Update

The Team met on Aug. 22 with **City planner Paul Logue** to discuss the new parking regulations. Discussion included parking times, rates and the city parking garage

The Team's Sept. meeting is **CANCELLED.**

**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 Sept. tips:

> It may not feel like it, but fall is right around the corner! Take inventory of your outdoor and gardening equipment now and purge what you're no longer using. The Habitat for Humanity ReStore will gladly take your leftovers if they're in good condition and they even pick-up for larger loads. To schedule a pick-up, give them a call -740-589-5865!

**\*\*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, 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.



## 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.

### 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)

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.

- 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
- STOMP: Tues., April 7, 2020

**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.**

### Ohio PawPaw Festival 2019

Sept 13, 14, 15 at Lake Snowden, Albany.

Seniors one-day pass \$10

Info and schedule at <https://www.ohiopawpawfest.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/](http://www.myacpl.org/athens/)

- Thurs., Sept. 5, 7 p.m. "Monsoon Postcards", author talk by David Mould
- Thurs., Sept. 12, 7 to 8 p.m. "A Good Man is Hard to Find" by Flannery O'Connor will be read by librarian Todd. Discussions and snacks follow.
- Sat., Sept. 14, 9 a.m. to 3 p.m. Monthly book sale.
- Tues., Sept. 17, 5:30 p.m. Art in the Library reception. Artists include Christine Smith (photos), ReUse (repurposed art), Athens Knitters (tea cozies)
- Tues., Sept. 24, 6 to 8 p.m. League of Women Voters Candidate Forum: Mayoral Race, City of Athens. Incumbent Steve Patterson and challenger Damon Krane.
- Fri., Sept. 27, 11 a.m. to noon Workshop with Austin on the library databases RB Digital and Creative Bug. Please reserve a seat by calling the library; space is limited.
- Sat., Sept. 28, 10 a.m. to 5 p.m. Annual Steampunk Spectacle. Fun for all!

### O'Bleness SeniorBEAT Activities

- History Group, **Thurs., Sept. 12, 1 p.m.** Tom O'Grady discusses the MCC Railroad, **O'Bleness Room 8**
- \* Book Club, **Mon., Sept., 14 10 a.m.**, *The House of Mirth* by Edith Wharton, **O'Bleness Cafeteria.**
- \* Speakers Program, **Thurs., Sept. 19, 2 p.m.**, Melissa Dever discusses living with Alzheimer's Disease. **O'Bleness Room 8**
- \* Lunch Group, **Fri., Sept. 27, 11:30 a.m.** Meets at **Texas Roadhouse, 996 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!**

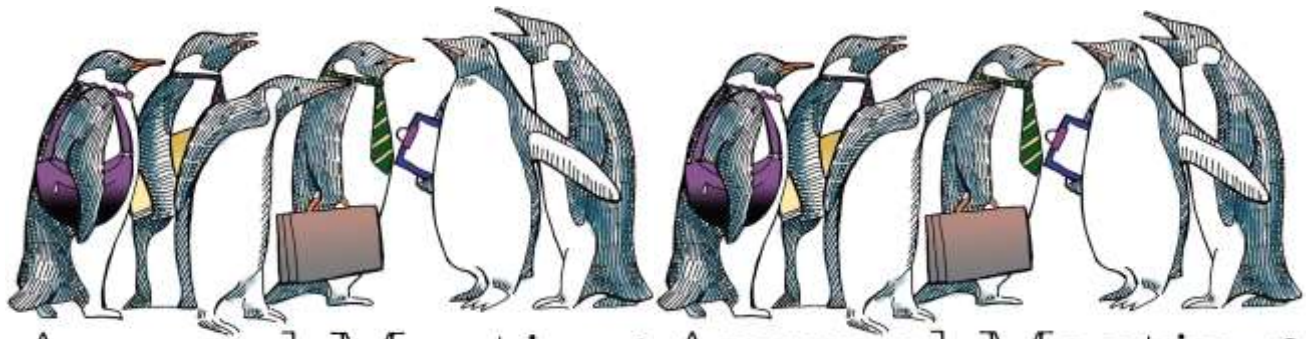
### **Athena Grand, 1008 E. State St.,** <http://athenagrand.com/>

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

- Tues., Sept 3, 6:30 p.m.** National Theater Live: *Julie*. All tickets \$15.
- Wed., Sept. 4, 7 p.m.** *Lawrence of Arabia* (1962) Peter O'Toole, Alec Guinness. All tickets \$12.50
- Wed., Sept 18, 7 p.m.** *Star Trek: The Motion Picture* (1979) William Shatner, Leonard Nimoy. All tickets \$12.50
- Sun., Sept 22 and Wed., Sept. 25, 7 p.m.** *The Shawshank Redemption* (1994) Tim Robbins, Morgan Freeman. All tickets \$12.50
- Mon., Sept 30, 7 p.m.** *The Secret World of Arrietty* (2010, Japanese animation, dubbed) Based on *The Borrowers*. From the Ghibli Studio. All tickets \$12.50

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

- Wed., Sept. 4, 7 p.m.** *The River and the Wall* (2019) travel documentary on the U.S. southern border. Free.
- Tues., Sept 10, 7 p.m.** *Paris is Burning* (1990) Documentary on the drag world culture in 1980's NYC. CoSt?
- Sat., Sept. 14, 7 p.m.** First Year MFA screenings. Free.
- Wed., Sept. 18, 7 p.m.** *Waste Land* (2011) Documentary on waste in Rio, and what people are doing with it. Free.
- Fri., Sept., 20, 7:30 p.m. and Sat., Sept. 21, 5 p.m. and 7:30 p.m.** *Back to the Future* (1985). Dir. Robert Zemeckis, with Michael J. Fox and Christopher Lloyd. For Parents Weekend. Admission \$8.



# Annual Meeting Annual Meeting

Agenda for The Athens Village Annual Meeting  
10<sup>th</sup> Anniversary

5 to 7 p.m., Monday Sept. 16, 2019

Richland United Methodist Church, 60 Pomeroy Rd., Athens OH

Agenda:

5 p.m.

- Potluck dinner

5:45 pm

- Welcome from Louis Wright, Board President
- **Treasurer's Report/ 2018-19 Budget** (Steve Grimes)
- **Secretary's Report of Board actions in 2018** (Ellsworth Holden)
- State of the Village Report from Barbara Conover, Executive Director

6:15 pm

- Election of Board members (4 positions open; see ballot)  
Nominations from the floor will be accepted.

6:30 pm

- Presentation from Dr. Brian Clark of OMNI on current studies and findings
- Presentation from Interim Home Health on options for aging in place
- **Presentation from "yOU Design" of Ohio University on cell phone options**

7 pm Adjourn

## **Report of the Nominating Committee for Board elections on Mon., Sept 16**

The Nominating Committee met on July 17, 2019. George Weckman, Sue Foster, Rita Oberholzer and Jane Woodrow met, and received input from John Barrington, who was unable to attend. He has been informed of the slate and agrees with our decision.

It was determined that since there were positive reports and no complaints about any of the people whose terms were completed, and all of them were eligible for another three-year term, our first step would be to ask all if they were willing to **continue**. In the event that any of them said "No," we made a ranked list of five possible people to ask to fill any vacancies. Fortunately, all current Board Members have agreed to continue on the Board, so we present this slate:

Don Fucci, Steve Pierson, Bonnie Prince, Louis Wright

Should any vacancies occur prior to the next year's annual meeting, we will be glad to share our recommended list with the Board at their request. Additional nominations will be accepted from the floor at the Annual Meeting

Respectfully submitted,  
Jane Z. Woodrow, Chair, Nominating Committee

## Upcoming Events, Sept. 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. Resumes Sept. 9.

**Mon., Sept. 2** The Village office is **CLOSED** for Labor Day.



**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 *As Soon As Possible*, but no later than Sept. 9 by calling the Village office at 740-447-0500. Requests for rides after Sept 9 cannot be guaranteed.

**Mon. Sept 23, 10 a.m., Athens Community Center** The Athens Village and United Seniors of Athens County are co-sponsoring “10 Million Steps Falls Prevention Campaign.” This is a walk of any distance on the bike path to raise awareness about senior fall prevention. Free! The first 50 people who walk a mile also get a T-shirt.

**Wed., Sept. 25, 10 to 11 a.m., Athens Community Center** Presentation by Alicia Nighland on changes in Medicare for 2019-20. Medicare coverage changes annually, and it’s important to you to keep up. You can change anything about your Medicare plan, including Part D (prescription drugs) from October 15 to Dec. 7 annually. Alicia’s talks are always informative and thought-provoking.

**Fri., Sept. 27, 10 a.m. to noon, Athens Public Library** Update on Senior Scams by Ryan Lippe, a representative from the Ohio Attorney General’s office. This event is not sponsored by, nor affiliated with, the Ohio Attorney General’s Office. The Ohio Attorney General’s office does not endorse or recommend The Athens Village or any products or services affiliated with The Athens Village.



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