

Notes from Barbara

"Worry is like a rocking chair: it gives you something to do but it never gets you anywhere."

- Erma Bombeck



I know that we're all tired of hearing about, and dealing with this year's pandemic. However, here I am to encourage you to keep at it a little longer!

Several studies this year have shown that while seniors are more likely to suffer severe physical effects of COVID-19, they are far better able to deal with the difficult psychological aspects.

While many focus on how frail and dependent older adults are, it is clear that a lifetime of experience and perspective makes us resilient!

The White House Coronavirus Task Force yesterday warned us that anyone over age 65 should not enter indoor public spaces with unmasked people and should have groceries and medications delivered.

So keep on keeping on! Wear your mask, make others in your home wear a mask (extended family, contractors, caregivers), wash your hands often, limit your trips to the store, eat well, and exercise often.

We shall meet again soon!

Do you need some extra paper masks?

According to health professionals, it appears that we will be needing to continue mask-wearing for the next several months, even with the arrival of vaccines. United Seniors of Athens County has generously provided The Athens Village with disposable paper masks to distribute to Village members. Carrying a baggie with paper masks in the glove compartment of your car or next to your front door can be a convenience to deal with unexpected visitors or contacts while in the community. Call the office to obtain yours: (740) 447-0500. Don't be caught without!



November Village Calendar

The Athens Village office is **OPEN BY APPOINTMENT ONLY** during the month of December 2020, social-distancing requirements and limited space. Members are still able to contact Barbara by phone at **(740) 447-0500** or by email:

theathensvillage@gmail.com. Please leave a message for Barbara, and she will be in contact with you.

Upcoming Events:

Tuesday, December 8: Board meeting to be held at 10 a.m. at Gregg's garage.

Tai Chi for Arthritis and Falls

Prevention held Mondays and Wednesdays at 10 a.m. in the ACENet parking lot, weather permitting.

Friday, December 25: CLOSED for Christmas Day

TRANSITIONS

Christine Walter, Village member and wife of Bob Walter, has passed away. A celebration of her life will be held at a later date.

Donna Cunningham has recently moved to the Lindley Inn. Her new address is 9000 Hocking Hills Drive, The Plains, Ohio 45780.

The Athens Village Voice
Stay connected and engaged.
Your feedback is always welcome.

Barbara Conover, Executive Director
David North, Home Maintenance Coordinator
John Barrington *Athens Village Voice* Editor

Address: 94 Columbus Road, Building B,
ACEnet Campus, Athens, OH 45701-1312

Office phone: (740) 447-0500

Office hours: Closed, except by appointment,
during COVID-19

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
Steve Grimes	Ellsworth Holden
Joyce Lewis	Steve Pierson
Bonnie Prince	Bobbie Thibault
Louis Wright	

Corporate Sponsors



From the President's Desk



Dear Village members,

Ellsworth Holden continues to be recovering. He can't receive guests or telephone calls at this point, though perhaps some of that will change by January. But he of course welcomes cards and letters—if you have drawers full of postcards, as I do, a note to him would be a good use for one or two. He's at Kimes Nursing and Rehabilitation Center, Rm. 5, 75 Kimes Lane, Athens 45701.

Because it's not clear how long Ellsworth will have to be sequestered at Kimes, he has resigned as president, and the board has elected me to replace him. I'm honored to fill that role. Bobbie Thibault has been elected to replace me as secretary.

I hope you all enjoyed the beauty of the snow, and are staying warm.

Sincerely, Marsha Dutton

UPCOMING VIRTUAL NEWS:

Caitlin Bond, from OhioHealth's *UpBeat*, has invited us to attend a WebEx meeting with Dr. Joseph Gastaldo, OhioHealth system medical director of infectious diseases to discuss the upcoming COVID-19 vaccine. Join us virtually on Wednesday, December 16 at 1 p.m.



To connect by phone:
Dial: 1 (650) 479.3208
Meeting Access Code: 180 690 9551 #
To connect by computer:
URL: <https://ohiohealth.webex.com/ohiohealth/j.php?MTID=mb50af527ab25df6f64fbfff83003b6fa>

Member Update

As of December 1st, The Athens Village has 96 members. The Athens Village is offering a prorated bonus to any Village member successful in recruiting a new, paid-up member!

David North, The Athens Village Handyman

Has RETIRED! While we will certainly miss his cheerful attitude and his expertise, we wish him well in his future endeavors.

Please welcome **Tim Ryan**, as our new Village Handyman! Call the office for repair needs.



The Health and Wellness Team: Graceful Aging Hints

After a Fracture:

Often within two years an older adult who breaks a bone has another broken bone. The second fracture can result in life-limiting disability and permanent loss of independence.

Here are some steps you can take to prevent further fractures:

Have bone density checked, or if fracture wasn't due to a major trauma like a car accident, just assume you need to be treated for osteoporosis.

Make sure your primary-care doctor knows you had a fracture. Often some other specialist did the treatment and may not have communicated to your other doctors.

Take steps to prevent falls, such as exercises to strengthen supporting muscles and improve balance and mobility (Tai Chi or Silver Sneakers courses would be good options), and eliminate fall risks in and around your home. The Village can help you find what you need.

Get a referral to a physical therapist or occupational therapist for advice and exercises.

Get blood levels of calcium and Vitamin D checked since they are important for strong bones.

Don't smoke. Don't drink more than 2 alcoholic drinks a day for men, 1 for women.

Exercise regularly, at least 3 times a week. Weight-bearing and muscle-strengthening and balance/posture exercises are good to do.

Thanks to Jane E. Brody for most of these ideas in an article in the New York Times, Nov. 10, 2020. (Thanks to Jane Woodrow for providing this timely hint)!

It Takes TeamWork

**All TAV teams need new members!
Please volunteer!**

Public Information Team

Keeps The Athens Village before the eyes of the Athens County public in whatever ways possible. We are currently designing a new brochure.

Meets 1st Mondays, 1:15 p.m.

Next meeting: CANCELED

Because of weather

Membership Team

Works on member recruitment and retention; identifying the needs and methods to provide support to members to build relationships.

Meets 2nd Mondays, 1:15 p.m.

Next meeting: CANCELED

Because of weather

Health and Wellness Team

Helps to create programs concerning safety and wellness; assists with developing projects and events for the membership. Currently working on an oral history project.

Meets 4th Thursdays, 3:00 p.m. at ACEnet.

Next meeting: CANCELED

Because of Christmas holiday

News From

The library...



ATHENS COUNTY
PUBLIC LIBRARIES

Athens County Public Libraries

are once again closed to visitors, through December 12. There are, however, many options available to you to continue using your library:

Remote Technology Help appointments are available with Sarie by calling your local library or by filling out [this form](https://www.myacpl.org/techtraining/appointments/) (<https://www.myacpl.org/techtraining/appointments/>) or

emailing technology@myacpl.org.

Share your preference for using Google Meet, Zoom, or phone, and Sarie will contact you to set up an appointment. online or over the phone.

For no-contact at-home library service deliveries, visit [myacpl.org/athome/](https://www.myacpl.org/athome/)

For use of a library computer, call the library between 10 a.m. and 3 p.m. Monday through Friday to arrange the use of a laptop computer in your vehicle. Library staff will hold your photo ID while you use the library computer for up to 3 hours. Just call when you're done to trade back for your ID!

Remote printing for curbside pickup can be accessed by visiting the website [Myacpl.org/print-from-home/](https://www.myacpl.org/print-from-home/) to print documents remotely, then call the library Between 10 a.m. and 3 p.m. to arrange pickup of your printed documents.

Books, CDs, DVDs, board games, and outdoor games are available for curbside pickup by browsing the online catalog and calling the library between 10 a.m. and 3 p.m. Monday through Friday to arrange pickup.

Recycling Tips From Real World Organizing



Are you still hanging onto old bank statements and utility bills? Remember these are nearly all available online for a certain number of years.

Think you'll REALLY need to go back more than what they provide online? Then keep those as a **file labeled 'not available online' and recycle/** shred the rest. Still stuck? Call or email Aubrei!

740-249-9123, Aubrei@realworldorg.com

For the Love of Athens—Reasons to Age-in-Place in Athens County

December Birthdays



Give a call or send a card to any of these Athens Village members to wish her a Happy Birthday!

Carol Beale Marsha Dutton Jane Ergood
Lynn Graham Florence McGeoch Judy McGinn

VILLAGE (VISITOR) FORUM

What a Long Strange Trip It Has Been

By Brian Clark, PhD



It used to be that phrase would conjure up memories of the Grateful Dead's 1977 compilation album. Today, though, it just describes the past 10 months of what I have grown to call "pandemic life." I suspect if you are like me, though, you have been delighted to hear of some of the results coming out of the vaccine trials. I have been following these series of studies closely for many months, and indeed, the results are promising and certainly exceeding my expectations. This is the good (if not great) news. The bad news is that we are going to have to remain patient and even more vigilant in the coming months. There is light at the end of this tunnel, but community spread and infection risk are going to be high through the winter, so, now more than ever is the time to "hunker down." Additionally, it is going to take some time for the vaccines to be distributed and for production to ramp up. There are increasing conversations about individual decision making about when to take a vaccine, which vaccine to take, etc. I do not want to venture into the advice space, but I should note that it is abundantly clear that age is a major risk factor for COVID-related negative events. For instance, the death rate for an individual who is 75-84 years old is 220 times higher than that of those who are 18-29 years old. That statistic goes to 630 times higher for those who are 85+ years of age. So, now is the time to start doing your homework so that when vaccines are an option, you are an educated consumer. I encourage folks to visit the CDC's COVID-19 vaccine website (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/>). It has pragmatic and real-world guidance that I think you will find very useful.

Patient Advocate reminders

Please *call the office* (740) 447-0500 to request the Village Patient Advocate, Mary Stack. Mary is available for a visit or telephone call in the evenings or on the weekend. While this will not provide urgent or emergency care, it's nice to have someone to discuss concerns with between doctor's visits.



Medical Transportation reminder

If you need medical transportation within or outside of Athens County, please request this through the office (740) 447-0500 and at least a week in advance.





My name is Payge Wisecarver, and I am the new social work intern for the 2020-21 school year here at The Athens Village. This is my senior year at Ohio University, and I am a double major in social work and psychology. I am excited to hopefully meet and get to know most of you at some point. Alongside my future career, I am passionate about health and fitness and have been employed in this field for 4 years. My hope for this year is that many of you will participate in my project: to help members set up personal fitness and nutrition goals for the upcoming winter months. I am sure you all know how important it is to stay healthy and active during the winter months, and it is even more important this year because so many of us have been spending too much time at home already. I am excited to come up with new and interesting ideas to introduce to the Village this year! You can contact The Athens Village (740) 447-0500 to set up a time to meet or walk with me through your neighborhood to plan out your personal goals.



**While Payge is also able to help with tech problems, such as accessing Zoom, her computer assistance is limited to those members who are participating in her nutrition and fitness project. Like to join? Contact The Athens Village office to sign up for a custom-made plan for you!*

Interested in more virtual opportunities to stay connected?

<https://local.aarp.org/cincinnati-oh/aarp-events/>

AARP of Cincinnati provides virtual exercise classes, virtual trivia nights, tips on keeping your car in good shape, "One Day University" series on various topics, movie nights, and more. Their classes are free, but you must register to attend. Paste the web address above into your browser to see all that's available!



Missing the opportunity to pick a name off the Christmas tree to buy gifts for foster children in Athens County and leave them in the box at the mall? Athens County Children Services would be happy to receive a check or a Kroger or Walmart giftcard at P.O. Box 1046 Athens, OH 45701.

Do you have a falls alert device that you absolutely wouldn't be without? Please email or call The Athens Village office to share your experience: (740) 447-0500 or theathensvillage@gmail.com



You could be in the next Village Forum and maybe save a **fellow member's life!**