

Notes from Barbara

"Thirty days hath September,
April, June, and November,
February has twenty-eight alone,
All the rest have thirty-one;
Excepting leap year, that's the time
When February's days are twenty-nine."




Remaining socially engaged in our senior years can promote good brain health and quality of life. As members of The Athens Village, we all have many opportunities every month to connect with each other and with the wider world. Check out the various options in this newsletter to stay active and enjoy a free ride to and from an event. The hosted dinner on the 25th at SOL restaurant is our "open" ride event for February. Invite your neighbor or friend (potential member?) to come along and we'll pick them up, too!

The office will be closed on Mon., Feb. 17 for President's Day. Please leave a phone message or send an email for any requests.

CULINARY CONVERSATIONS

Tues., Feb. 25, 6 p.m., Sol Restaurant, 700 E. State St., Menu available at <http://www.solrestaurant.net/menus.htm>. Please call the office to say you're coming.

Hosts: Sara and Susan Gilfert

 **Free Rides available.** Contact the office (740-447-0500) by *Feb. 18* to reserve your space in the van.

TRANSITIONS

Please welcome new members **Garth Coombs, Jane Ergood, Joyce Richardson, Kathleen Scali, and Betty Starling.** If you see any of these people anywhere, please welcome them to the Village.

February Calendar


Mondays, Feb. 3, 10, 24, noon-1 p.m. Tai Chi for Arthritis and Falls Prevention, Athens Community Center. 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, hosted by Ellsworth Holden

Mon., Feb. 3, 1:15 p.m. Public

Information Team monthly meeting, United Senior Center

Fri., Feb. 7, 7:30 a.m. "Medicare Benefits" *Registration required*, call  740-447-0500 Athens Community Center. Free.

Mon., Feb. 10 1:15 p.m. Membership Team Meeting, United Senior Center.

Tues., Feb. 11, 10:15 a.m. Board Meeting, O'Bleness Room 10.

Wed., Feb. 12, 4 p.m. Informal gathering at Athens Uncorked, 14 Station St. **Free Rides Available; call the office by Feb. 5.**

Fri., Feb. 21, noon-1:30 p.m., ACEnet, Bldg B. Downsizing workshop, *exclusive* to Village members. BYO lunch. Free.

Tues., Feb. 25, 6 p.m. Hosted dinner at Sol, 700 E. State St. **Free Rides Available, call the office by Feb. 18.**

Wed., Feb. 26, 1 p.m. "Get More Out of Your Membership," at Tim Horton's.

Thurs., Feb. 27, 3 p.m. Health & Wellness Team, ACEnet conference room B.

The Athens Village Voice

*Stay connected and engaged.
Your feedback is always welcome.*

Barbara Conover, Executive Director
David North, Home Maintenance Coordinator
John Barrington/Susan Gilfert, *Voice* 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 |
| Steve Grimes | Ellsworth Holden |
| Joyce Lewis | Steve Pierson |
| Bonnie Prince | Gladys Bailin Stern |
| | Louis Wright |

Corporate Sponsors



From the President's Desk

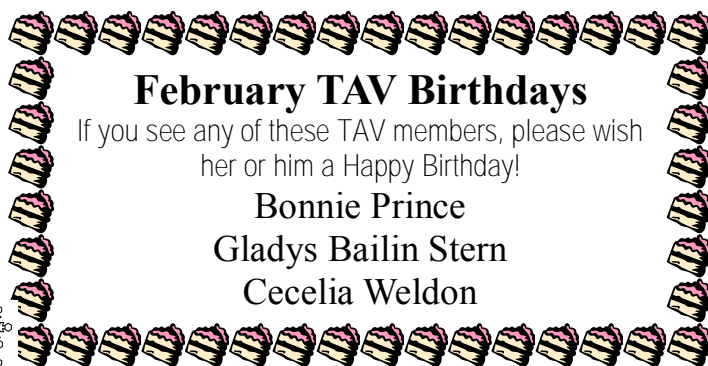


How were the dues of The Athens Village set at \$400 per year?

When we started The Athens Village in 2009, we began with a blank sheet of paper. We decided that we would hire a half-time director for whom we would pay \$20,000 per year (no benefits). Also, we would hire a quarter-time handyman for \$10,000 per year. We had cost-free office space at the time. (That has changed; the office is in rented space now.)

In order to take in \$30,000 per year in dues, the key question was: How many people will join The Athens Village? In rough numbers, we estimated 10- to 12,000 seniors live in Athens County. Finally, and crucially, how many of these people would actually join The Athens Village? After much deliberation, we decided that 75 members was the best guess. So, divide 75 into \$30,000, and the result is the \$400 per year dues figure we chose. This proved to be a very lucky estimate. That is where the dues stand today. Costs have gone up in the last 11 years, but dues have, so far, remained the same.

Ellsworth



February TAV Birthdays

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

Bonnie Prince
Gladys Bailin Stern
Cecelia Weldon

The Athens Village

Winter Cancellation Policy

A Level 2 snow alert or higher means the office is closed & Village meetings are cancelled. If Athens City Schools are on a delay, morning events are cancelled.

Member Update

The Athens Village consists of 104 members, including 31 men and 73 women. Remember that the Athens Village Board is offering a prorated "bonus" to any Village member successful in recruiting a new, paid-up member!

The Health and Wellness Team: Graceful Aging Hints

(source: <https://www.activebeat.com/diet-nutrition/10-tips-for-aging-gracefully-and-beautifully>)

Aging is inevitable, but here are some tips on making the process controllable and more comfortable:

1. Get enough sleep, especially if you are sick or starting to feel sick. Not just rest, but actual sleep.
2. Stay hydrated. Primarily through drinking water, but herbal teas are also good.
3. Eat fresh, local, seasonal foods. These foods will support your immune system, and supply antioxidants. Cooking classes, or a personal chef can help.
4. Eat “good” fats, like avocado, olive oil, nuts, or fatty fish (such as salmon). This provides essential omega-3 & omega-6 fatty acids for healthy skin, hair and nails.
5. Exercise regularly. TAV offers Tai Chi classes for free at the Community Center on Mondays, and Chair Yoga at \$5/person/session at the Extension Office on Tuesdays. See p. 1 for the schedule.
6. Maintain a positive mental attitude and socialize. This reduces stress. The saying “Smile and the world smiles with you” is still true.

ACEnet news



New ACEnet tenant “River Willow Culinary Services” is open for business. RWCS Chef Katie Mosher

offers Personal Chef Services to help with special meals or your weekly meal prep.

Contact: Call 740-707-7798 or click on Facebook at “River Willow Culinary.”

OMNI FRIENDS AND COLLEAGUES!!

Would you like to help researchers understand how working memory performance is associated with aging? Researchers are interested in how neuromodulation impacts working memory in older adults. You may qualify to participate in this study if you are over the age of 50 and live independently. For more information on current research participation opportunities, please call 740-593-2378 or email ab859013@ohio.edu

Thank you! *Brian C. Clark, Ph. D.*

ALZHEIMER’S ASSOCIATION WORKSHOPS

The Alzheimer’s Association offers FREE workshops **on request** at The Village office. Call **Andrea at 740-578-4382** for any assistance or resources.

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

Keeps The Athens Village before the eyes of the Athens County public in whatever ways possible. Currently designing new brochure.

Meets 1st Mondays 1:15 p.m. at USAC

**Next meeting: Mon., Feb. 3, 1:15 p.m.,
United Senior Center, 701 E State St.**

Membership Team

Works on member recruitment and retention; identifying the needs and methods to provide support to members to build relationship. **Meets 2nd**

Mondays, 1:15 p.m. at United Seniors of Athens County (USAC)

**Next meeting: 1:15 p.m., Monday, Feb. 10
United Senior Center, 701 E. State St.**

Health and Wellness Team

Helps to create programs concerning safety and wellness; assists with development projects and events for the membership, including professional services, educational events, and topics of concern. Currently assessing interests in oral history project.

Meets 4th Thursdays at 3 p.m. at ACEnet.

Next meeting: Thurs., Feb. 27, 3 p.m., ACEnet



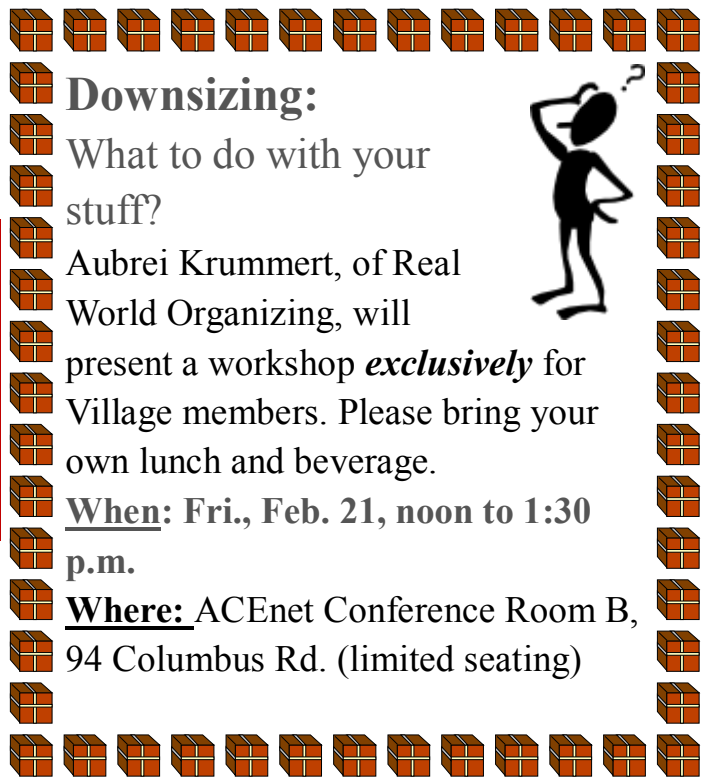
Hearing Aid Interest Group

Appointments as requested by members: Call 740-447-0500 to schedule. Facilitator Richard Dean addresses issues raised by participants concerning hearing aids.

Fundraiser for Children of Athens County

Fri., Feb. 7, 11 a.m. to 2 p.m., First UMC, 2 College St.

Kiwanis Chili fundraiser: What a great cause!



Downsizing:

What to do with your stuff?



Aubrei Krummert, of Real World Organizing, will present a workshop *exclusively* for Village members. Please bring your own lunch and beverage.

When: Fri., Feb. 21, noon to 1:30 p.m.

Where: ACEnet Conference Room B, 94 Columbus Rd. (limited seating)



Recycling Tips From Real World Organizing

TAV supporter Aubrei Krummert of Real World Organizing, offers this February tip: Let's talk taxes! Start getting your paperwork in order now for tax-time. By starting early, you'll save time, money and stress!

****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

Stage productions at OU

Feb. 20-22 and Feb 25-29, 8 p.m.

Forum Theater, RTV Building: *She Kills Monsters*, by OU Alum Qui Nguyen.


Talkbacks Feb. 22 and 26. Tickets \$10 for adults and \$7 for students, Mem Aud Box Office, 740-593-1780


OU Dance

Fri., Feb. 21 and Sat., Feb. 22, 7:30 p.m. Mem Aud Winter Dance Concert. Tickets TBA.

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

Metropolitan Opera Live Broadcasts
at the Athena Cinema


 **Sat., Feb. 1, 12:55.** Gershwin's *Porgy and Bess* Tickets \$18.


 **Sat., Feb. 29, 12:55 p.m.** Handel's *Agrippina*. Tickets \$18.

TAV members can request a free door-to-door ride to this event. Please call the office at 740-447-0500 by *Jan 24* (for Feb 1) or *Feb. 21* (for Feb 29) to reserve your free seat in the van. No late requests can be taken.

Memorial Auditorium

Box office is open noon-5 p.m., 740-593-1780

 **Sun., Feb. 16, 7:30 p.m.** Touring company of *The Color Purple, the Musical*. Part of the main series, or tickets \$27 for seniors. The Village offers members free rides. Please call the office (740-447-0500) before Feb 7 to arrange your seat.

 **Thurs., Feb. 27, 7:30 p.m.** Touring company of *The Choir of Man*. Part of the main series, or tickets \$18. Request your free ride by Feb. 20.



Athens Public Library
30 Home St., 740-592-4272
www.myacpl.org/athens/

Sat., Feb. 1, 2 p.m. Talk about Birds and Conservation with Stefan Gleissberg of Athens Area Birders

Thurs., Feb. 6, 7 p.m. Librarian Todd will read Willa Cather's short story "A Gold Slipper" and lead a discussion after. Light refreshments.

Sat., Feb. 8, 9 a.m. to 3 p.m., Monthly book sale

Sat., Feb. 8, 3-5 p.m. Art in the Library reception.



O'Bleness UpBEAT
Activities

FREE Chronic Pain

Management workshop series offered Tuesdays (March 24, 31, April 7, 14, 21, 28) from 9 to 11:30 a.m. at O'Bleness. Participants are expected to attend all workshops. Contact Caitlin to register. Registration is required.

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

or email caitlin.bond@ohiohealth.com

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

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

Wed., Feb. 12, 7 p.m. *Love Story* (1970). Ali McGraw, Ryan O'Neal. Dir: Arthur Hiller. All tickets \$12.50


Sun., Feb. 23, 5 p.m. *The Color Purple* (1985). Dir: Steven Spielberg. All tickets \$12.50

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

Thurs., Feb. 6, 7 p.m. Dale Farmer's *The Mountain Minor* Documentary about Appalachia. Special music pre-show; talkback with director post-show. Tickets \$10.


Tues., Feb. 18, 7 p.m. Elizabeth Barret's *Stranger With A Camera* Documentary about Appalachia. Discussion follows. Free.


Tues., Feb. 25, 7 p.m. *Mankiller*, documentary about Wilma Mankiller, the Cherokee Nation's first principal chief. Discussion follows with film's director. Free.


 **Sat., Feb. 29, 12:55p.m.** The Met Live in HD: Handel's *Agrippina* Tickets \$18. **Request a ride by Feb. 21.**

Upcoming Village Events


Monday Feb. 3, 10, and 24, noon to 1 p.m. Athens Community Center Tai Chi for Falls Prevention. Please sign up at the front desk! *No class on Feb. 17, President's Day.*


 **Fri., Feb. 7, 7:30 to 8:30 a.m.** Medicare Sunrise Breakfast, Community Center. Free presentation on "Are You Getting Your Full Medicare Benefits?" See p. 7. **Registration required.** Please register with the office (740-447-0500) by Jan. 31.

 **Wed., Feb. 12, 4 to 5-ish p.m., Athens Uncorked.** Informal, unhosted social gathering. Request your ride by Feb. 5.

 **Sun., Feb. 16, 7 p.m., Mem Aud.** Performing Arts Series presents the traveling company of the musical *The Color Purple*. Tickets \$27 if you don't already hold a season ticket. Request your ride in the van by Feb. 7.

Fri., Feb. 21, noon to 1:30 p.m., ACEnet conference room B Got too much stuff? Downsizing workshop with Aubrei Krummert of Real World Organizing. **Exclusive** to Village members.

 **Tues., Feb. 25, 6 p.m.** Hosted dinner at Sol Restaurant. See p. 1 for details. RSVP for attendance or rides by Feb. 18.

 **Thurs., Feb. 27, 7 p.m., Mem Aud.** Performing Arts Series presents the traveling company of *The Choir of Man*. Tickets \$18 if you don't already hold a season ticket. Request your ride in the van by Feb. 20.

 **Sat., Feb. 29, 12:55 p.m.** The Met Live in HD: Handel's *Agrippina* Tickets \$18. Request a ride by Feb. 21.

 Rides provided to members who call the office or email theathensvillage@gmail.com *a week in advance.*

Handyman reminders

Please *call the office* (740-447-0500) to request the Village handyman, David North. Please submit your home maintenance requests via the office only! Dave does not work on Fridays, Saturdays, Sundays, or public holidays.

Medical Transportation reminder

If you need medical transportation outside of Athens County, please request this through the office (740-447-0500) and at least a week in advance. Grant restrictions require that the office request the ride FOR you, not you request the ride yourself.

Are You Using All of Your Medicare Benefits?

Free Medicare Sunrise Breakfast

For every eligible patient who receives hospice each year, there's another eligible patient who doesn't.

This is in spite of the fact that hospice is 100% covered by Medicare and most Medicaid and commercial insurance plans for eligible patients. And as a fully covered Medicare benefit, hospice even includes coverage for medications and supplies related to the life-limiting illness.

Then why aren't more people taking advantage of this benefit? Largely because people don't understand all that hospice can offer – or because their perspective is limited to an individual hospice experience that may not have met their needs.

Come find out how hospice works and the ways it can help eligible patients and their families. Because knowledge can be the first step toward peace of mind.

February 7, 2020
07:30AM - 8:30AM

Athens County Community Center
Room (B)
701 E. State St.
Athens, OH 45701

Free breakfast provided.

For more information, please contact
The Athens Village | (740) 447-0500.

Registration is required.

Call the Village office

at 740-447-0500



Marletta Home Health
and Hospice
an Atrius partner

CALLING ALL ARTISTS

The Athens City Commission on Disabilities invites local artists to design a new Athena Award.

Why a New Design?

Five years ago, local artists Kevin Morgan, Thomas Bennett, and Nick Delmatto created our first award. It is time to pass the torch to another local artist (or artists) and commission a new design.

Vision for Athena Award II

- The physical award should capture the artist's vision of an inclusive community and be inspired by the award's namesake, the goddess Athena.
- It should be three-dimensional, able to be held, rich in texture, pleasurable to touch, and a delight to behold.

Artist Requirements

- All design submissions should include an artist vision statement.
- Interested artists should be open to collaboration with the Commission.
- Artists must be a member of the Athens community.

Process of Selection

A panel from our art community will review submissions and choose the design. The Commission will accept designs until January 2021. The selected artist will be announced soon after and receive a stipend to create six awards. Athena Award II will be presented in the fall of 2021.

About the Athena Award

Since 2014, Athens has recognized annually a community member or organization for outstanding service on behalf of persons with disabilities. The award is named for the Greek goddess associated with wisdom, courage, inspiration, and justice.

Questions and Submissions

For information and specifics, contact the Athens City Commission on Disabilities on Facebook or email at disabilitiescommission@ci.athens.oh.us with the subject line: Athena Award, Artist Inquiry

Social Media: www.facebook.com/athenscommissionondisabilities

On the Web: www.ci.athens.oh.us/99/Commission-on-Disabilities



The Athens City Commission on Disabilities is an agency of city government whose commitment is to provide a means for the concerns of people with disabilities to be heard; to advocate for public policy change; to provide expertise to the community on disabilities; and tell the community about the strengths and limitations of people with disabilities, as well as how the community can help them improve their quality of life, thereby ensuring equality of opportunity and full participation in community life for everyone.