

Notes from Barbara

Exciting opportunities are developing at The Athens Village as Spring 2020 moves in! Please take note of a Village-exclusive event being held on March 25 at the Athens Community Center as we have been invited to take part in the development process for senior housing to be constructed in Athens by a local developer. Members can arrange for free rides by calling The Village office the week prior.




March 8 is the day to “spring forward” an hour with your clocks (2 a.m. becomes 3 a.m.). Supposedly first proposed by Benjamin Franklin, Daylight Savings Time was established by the German government during World War I, and then hastily adopted by the rest of the world.

Head to the polls on March 17, from 6:30 a.m. to 7:30 p.m. Rides are available to those who need them on behalf of the League of Women Voters by calling 740-592-3183. Your vote counts!

All good signs that new beginnings are in the works!

CULINARY CONVERSATIONS

Jack and Leslie Flemming will host a dinner on **March 18 at Purple Chopstix, 371 Richland Avenue at 5:30 p.m.**

Free Rides available. Call (740-447-0500) by *March 11* to reserve your space in the van. 

TRANSITIONS

Janet Izard passed away on January 25. A memorial service will be held on **April 18** at the **First Presbyterian Church in Athens.**

Susan Gilfert is leaving The Athens Village as an employee, but she will continue to live in Athens.

March Village Calendar

Monday March 2 & 9, noon-1 p.m. Tai Chi for Arthritis and Falls Prevention, Athens Community Center. Free


Every Tuesday, 10:30 a.m. Chair Yoga, OSU Ext. office, 280 W. Union St., \$5.


Every Tuesday, 1 p.m. Informal gathering at Bob Evans, hosted by Ellsworth Holden

Mon., Mar. 2, 1:15 p.m. Public Information Team meeting, United Senior Center


Mon., Mar. 9, 1:15 p.m. Membership Team Meeting, United Senior Center

Tues., Mar. 10, 10:00 a.m. Board Meeting, O’Bleness Room 10

 **Wed., Mar. 11, 4 p.m.** Informal gathering at Athens Uncorked, 14 Station St. **Free Rides Available; call the office by Mar. 4.**

 **Wed., Mar. 18, 5:30 p.m.** Hosted Dinner at *Purple Chopstix*. Free rides available; call office by **Mar. 11.**

Wed., Mar. 25, 1 p.m. “Get More Out of Your Membership,” at *Tim Horton’s*

 **Wed., Mar. 25, 3:00-4:30 p.m.** **VILLAGE EXCLUSIVE:** Local developer wants to hear from Athens Village members about senior housing to be developed in Athens. Hors d’oeuvres will be provided, Athens Community Center, Room C. **Free Rides Available; call the office by Mar. 18.**

Thurs., Mar, 26, 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
Barbara Conover and 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: Mon.-Fri. 10 a.m. to 2 p.m., varies

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

Ellsworth



The Athens Village
Winter Cancellation Policy
A **Level 2 snow alert or higher** means
the office is closed & Village meetings
are canceled.

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

Joe Berman Dru Evarts
Sara Green George Weckman
Max Evans Nili Urieli

**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.

Member Update

The Athens Village consists of 104 members. The Athens Village is offering a prorated "bonus" to any Village member successful in recruiting a new, paid-up member!

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.

The Health and Wellness Team: Graceful Aging Hints

Optimists Win!

Research shows that optimists have a lower risk of developing many chronic ailments and that optimism fosters "exceptional longevity." When we feel optimistic, we are more likely to deal with challenges more effectively and to engage in problem-solving behavior. Pessimists tend to give up and just sit on their couches, believing nothing can be done.

The good news is that we can practice new ways of thinking. It's never too late to catch yourself thinking negative thoughts and then remind yourself that your thought is not necessarily the only way to think about it. The next step is to try to substitute a better thought that is credible. We can practice this, just as we can practice building muscle strength. You can practice gratefulness and thinking of small steps you can take to improve your future. Dr. Alan Rozanski runs a cardiac rehabilitation program and finds that many patients who had sedentary lifestyles say, "I can't do that!" Then he starts them very gradually on a treadmill. They gradually build strength and along with strength they gain confidence.

(From Jane E. Brody, wellness column in *New York Times*, January 28, 2020)



★ [Free Technical Assistance at the Library](#)
★ Sessions at The Plains library: Tuesdays, 1:30-5 p.m.
★ Request an appointment by calling 740-805-0914,
★ filling out [this form](https://www.myacpl.org/techtraining/appointments/) (<https://www.myacpl.org/techtraining/appointments/>) or emailing
★ technology@myacpl.org. Bring your own charged device.



**ATHENS COUNTY
PUBLIC LIBRARIES**



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. at USAC
Next meeting: Mon., Mar. 2, 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 relationships.

Meets 2nd Mondays, 1:15 p.m. at USAC
Next meeting: 1:15 p.m., Mon., Mar. 9
 United Senior Center, 701 E. State St.

Health and Wellness Team

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

Meets 4th Thursdays , 3:00 p.m. at ACENet.
Next meeting: 3:00 p.m., Thurs., Mar. 26
 ACENet, 94 Columbus Rd.

**Recycling Tips From
 Real World Organizing**



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

Springtime!!! This time of year, our bodies are ready to come out of hibernation and tackle the projects we've been mulling over all winter. I say *go for it* – just make sure you don't take on more than you can handle. Plan to knock one project out at a time so you don't end up with multiple unfinished projects come summer vacation 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



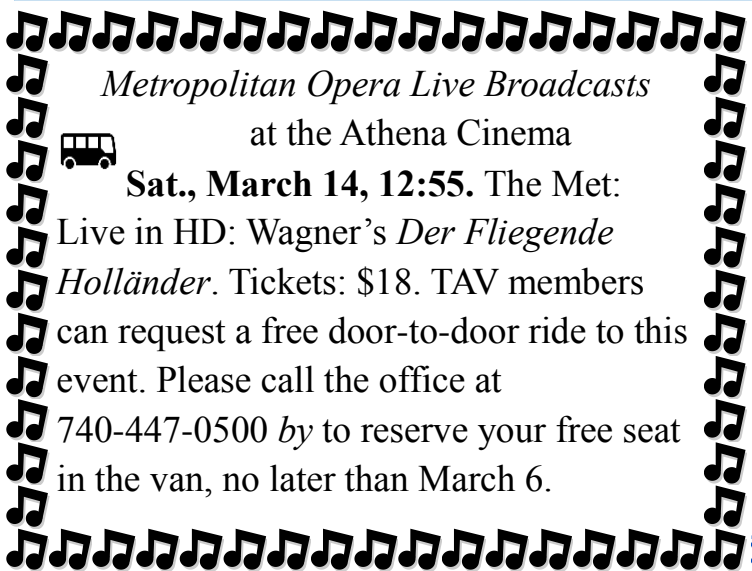
Appointments as requested by members: Call 740-447-0500 to schedule.

Facilitator Richard Dean addresses issues raised by participants concerning hearing aids.

CALL FOR CAT ART

DROP OFF WORK NOW UNTIL
 WEDNESDAY, MARCH 25TH @ 6PM
 AT ARTS WEST 132 W STATE ST.
 ATHENS, OH 45701
 - LIMIT OF FOUR ARTWORKS -

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



Metropolitan Opera Live Broadcasts
at the Athena Cinema



Sat., March 14, 12:55. The Met: Live in HD: Wagner's *Der Fliegende Holländer*. Tickets: \$18. TAV members can request a free door-to-door ride to this event. Please call the office at 740-447-0500 by to reserve your free seat in the van, no later than March 6.



Memorial Auditorium

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



Wed., March 4, 7:30 p.m. Touring company from Japan of "DrumTAO." Part of the main series, or tickets \$18 for seniors. The Village offers members free rides. Please call the office (740-447-0500) by **March 2** to arrange your ride.



ATHENS COUNTY
PUBLIC LIBRARIES

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

Thurs., Mar. 5, 7 p.m. "Getting to know Ohio wildlife" talk by Mark Basinger, ODNR

Sat., Mar. 14, 9 a.m. to 3 p.m. Monthly book sale

Tues., Mar. 17, 5:30 p.m. Art in the Library reception

Thurs., Mar. 19, 7 p.m., "Happy Birthday Beethoven," library concert.

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 Hospital. Participants are expected to attend all workshops. Registration is required. Contact Caitlin to register. (740)566-4680.

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

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

Sun., Mar. 15, 4 p.m. *King Kong* (1933) Fay Wray, Robert Armstrong, The Monster. Dir: All tickets \$12.50

Tues., Mar. 17, 6:30 p.m. *I Am Patrick* (2020) Documentary about St. Patrick All tickets \$12.50

Tues., Mar. 17, 6:30 p.m. National Theater Live: *All My Sons* Sally Field, Bill Pullman, Jenna Coleman. Dir: Jeremy Herrin. Written by Arthur Miller. All tickets \$15

Tues., Mar. 31, 6:30 p.m. National Theater Live: *Small Island*. Dir: Rufus Norris All tickets \$15



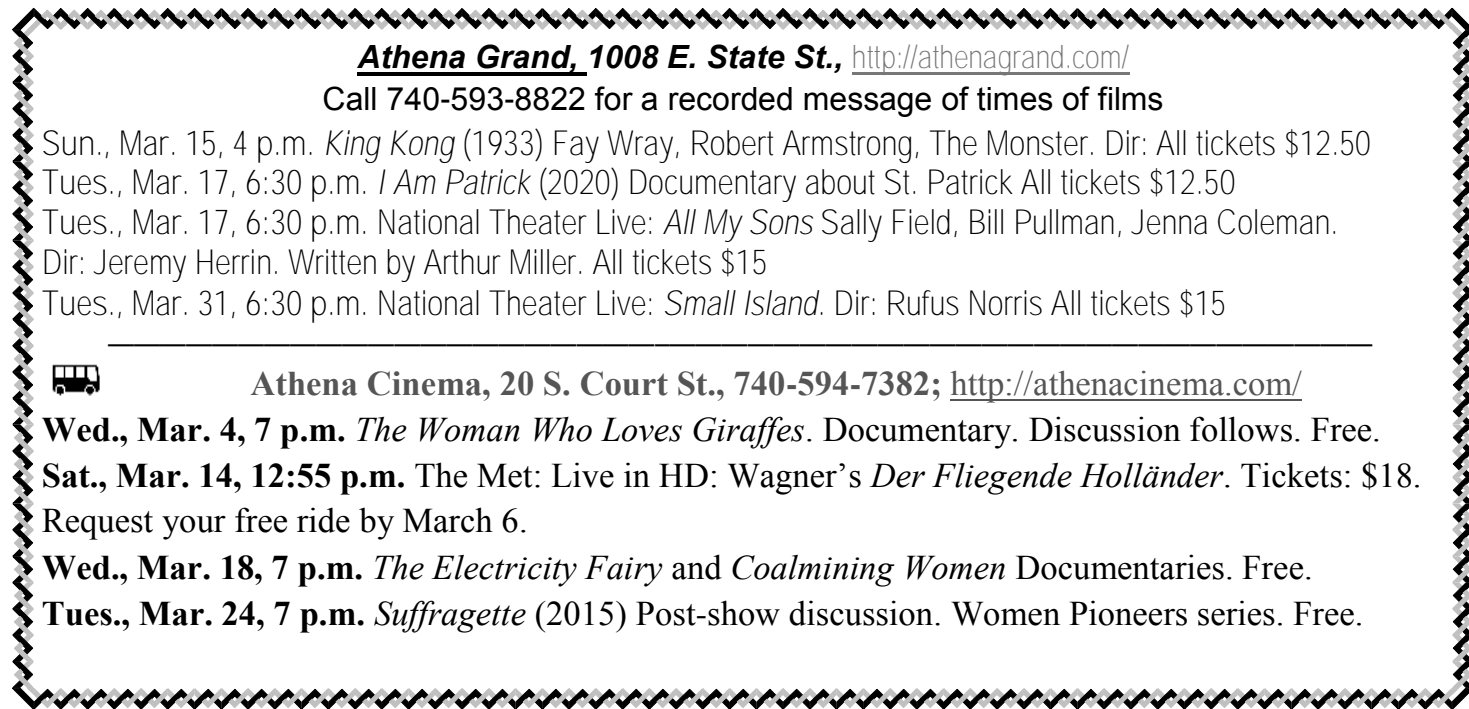
Athena Cinema, 20 S. Court St., 740-594-7382; <http://athenacinema.com/>

Wed., Mar. 4, 7 p.m. *The Woman Who Loves Giraffes*. Documentary. Discussion follows. Free.

Sat., Mar. 14, 12:55 p.m. The Met: Live in HD: Wagner's *Der Fliegende Holländer*. Tickets: \$18. Request your free ride by March 6.


Wed., Mar. 18, 7 p.m. *The Electricity Fairy* and *Coalmining Women* Documentaries. Free.

Tues., Mar. 24, 7 p.m. *Suffragette* (2015) Post-show discussion. Women Pioneers series. Free.




Upcoming Village Events


Monday March 2 and 9, noon to 1 p.m. Athens Community Center Tai Chi for Falls Prevention. Spring Tai Chi classes begin March 30. Sign-up at the front desk of the Athens Community Center to participate. Free.

 **Wed., March 4, 7:30 p.m., Mem Aud.** Performing Arts Series presents the traveling company of Drum TAO. Tickets \$18 if you don't already hold a season ticket. Request your ride in the van by Feb. 26.

 **Wed., March 11, 4 ~5-ish p.m., Athens Uncorked.** Informal, unhosted social gathering. Request your free ride by Mar. 4.

 **Sat., March 14, 12:55, Athena Cinema** The Met: Live in HD: Wagner's *Der Fliegende Holländer*. Tickets: \$18. Request your free ride by March 6.

 **Wed., March 18, 5:30 p.m. Purple Chopstix.** Hosted dinner presented by Jack and Leslie Flemming. Call the office to let us know you are attending. Request your free ride by March 12.

 **Wed., March 25, 3:00-4:30 p.m. Athens Community Center for Athens Village Members ONLY!** Input is being requested from Athens Village members regarding the development of senior housing in Athens. Refreshments and hors d'oeuvres will be provided. Rides can be arranged through the Village by March 18.

Generally speaking, rides are provided to members who call the office or email theathensvillage@gmail.com a week in advance.



are provided to members who call the village@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 within or outside of Athens County, please request this through the office (740-447-0500) and at least a week in advance.

