

### Notes from Barbara

*"It is always darkest just before the day dawneth."*

*-Thomas Fuller, English historian*



The words in the quote above were made famous in our lifetime through a bluegrass song, but have been used by many people over the world and through many centuries to inspire hope under adverse circumstances. As we head into a new year, we must continue our efforts to hold fast to combating the pandemic. While many are weary of the wait for life as we knew it a year ago to return, the vaccine for seniors is just around the corner. Wear your mask, continue to isolate yourself from others, and stay healthy! When the world reopens, I want us all to be prepared to step out and enjoy the company of others.

### Please be ready when you are contacted about receiving the COVID-19 vaccine!



While it has not yet been announced of the "who, when, and where" of vaccinations for people 65 and older, this is the next category of people eligible to receive the vaccine. Governor DeWine has stated that if you turn down the vaccine (to see how it's going for other people, because it's being offered on a day or time inconvenient for you, or you haven't yet checked with your doctor about whether or not you should get it), it is unclear when another opportunity to receive the shot will arise. The governor encouraged everyone who is given the opportunity to get the vaccine to take it, as long as they don't have a medical reason not to do so. The Athens Village will help you to find a ride, if needed, to receive the vaccine. Here's hoping for a Happy, Healthy New Year!

### 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, January 12:** Board meeting to be held via Zoom at 10 a.m.

### Tai Chi for Arthritis and Falls

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

**Thursday, January 21:** Brian Clark, director of the Ohio Musculoskeletal Neurological Institute to speak on recommendations for nutrition and exercise virtually at 10 a.m., see page 2.

**Thursday, January 28:** Health & Wellness meeting to be held outdoors at ACENet at 3 p.m., if weather allows.

Ohio University Residence Halls will be reopening this weekend, beginning Friday, January 8, 2021. Please be aware of additional traffic (and shoppers!)



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

Barbara Conover, Executive Director  
 Tim Ryan, 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](mailto:TheAthensVillage@gmail.com)

**Website:** <http://www.TheAthensVillage.org>

### Board of Directors

<b>Gregg Andrews</b>	<b>Marsha Dutton</b>
<b>Don Fucci</b>	<b>Jack Flemming</b>
<b>Steve Grimes</b>	<b>Mary Costello</b>
<b>Joyce Lewis</b>	<b>Steve Pierson</b>
<b>Bonnie Prince</b>	<b>Bobbie Thibault</b>
<b>Louis Wright</b>	

### Corporate Sponsors



### From the President's Desk



Dear Village members,

Everyone seems to be experiencing new hope these days. The approval of the vaccines against COVID-19, and Governor DeWine's decision that puts most of us at the top of the vaccination list, reinforce that hope.

Just before Christmas, the Great Conjunction of the planets reminded us of cosmic miracles, despite the rain and heavy clouds that night! Every day sunset has been coming a little later, and any day now sunrise will turn the corner as well. It's time to change our calendars and learn a new date for our checks, perhaps nudging us into new ways of thinking and new things of thinking about.

Stay warm, stay safe, walk carefully, get vaccinated, and wear a mask wherever you go. Take care of your families and your friends. Be happy!

In friendship, Marsha

### UPCOMING VIRTUAL NEWS:

Caitlin Bond, from OhioHealth's *UpBeat*, has invited us to attend a WebEx meeting with Dr. Brian Clark, Executive Director of OMNI to hear about nutrition and exercise recommendations to improve wellness during the pandemic. Join us virtually on Thursday, January 21 at 1 p.m.



To connect by phone:

Dial: 1 (650) 479.3208

Meeting Access Code: 172 453 7015 #

To connect by computer:

URL: <https://bit.ly/FoodForThoughtJanuary>

### Member Update

As of January 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!

### Who is that Masked Man?

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



## The Health and Wellness Team: Graceful Aging Hints

### Practicing Gratitude

It's easy to get caught up in things that go wrong and to gloss over or take for granted the good things and good people in our lives! One of the most often mentioned suggestions for staying positive in times of stress is learning to practice gratitude.

Here is an exercise in "Three Good Things" which has been shown to produce a significant increase in happiness:

Each day for one week, write down 3 things that went well for you that day and why they went well.

**Give the event a title (e.g., "neighbor complimented my effort to walk each day").**

Write down exactly what happened in detail, including what you or others said or did.

Include how this event made you feel at the time, and how it makes you feel **as you're writing it down.**

Explain why you think the event happened.

Use whatever writing style you please, with as much detail as you want, and **don't worry about spelling or grammar.**

Keep your mind focused on the good event and the positive feelings that went with it. This may take some effort but gets easier with practice and can make a real difference in how you feel.

Writing about 3 good things each day for a week was associated with increased happiness immediately afterward, as well as up to 6 months later. Thanks to sources Jeffrey Huffman from Harvard Medical School and Sonja Lyubomirsky from the University of California.

## 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: Thursday, January 28th.**

**Held outdoors at ACEnet parking lot, will cancel if weather does not permit.**

News From

The library...



Athens County Public Libraries

All branches of the library have curbside service only through Friday, January 8.

**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](mailto: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.

**Enjoy a little music from New Orleans with Pianoman Michael Tobar** virtually by watching this concert on ACPL's YouTube at

<https://www.youtube.com/watch?v=T4NulecOQbA>

### Recycling Tips From Real World Organizing



Create folders on your PC, laptop, and email so you can retrieve your files more easily. Name these folders the same as you would if they were actual paper files—just be sure that anyone else who needs access to them knows your system. Still stuck? Call or email Aubrei! 740-249-9123, [Aubrei@realworldorg.com](mailto:Aubrei@realworldorg.com)

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

### January Birthdays

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

Chris Dalesandry Evelyn Geiger John Howell  
Betsy Knies Rhonda Koch Susan Loughridge  
Rita Oberholzer Karen Williams Karin Wright



### VILLAGE (VISITOR) FORUM



**Sandy Shirey** of the Athens County Council on Aging, retired from the Athens County Chapter of the American Red Cross, sends this recommendation to Athens Village members:

“I contacted Ben (of Ben’s Friends) because...I needed a person to pick up our dog and take him to the boarding kennel. Perhaps there are members who have pets but cannot easily take them for walks. Ben could do this for a reasonable fee. I find him to be very friendly but professional.

**Ben’s Friends** offers professional dog walking, pet sitting, and pet taxi service within the City of Athens. He can meet your dog, fill out some paperwork to become a client and enjoy the peace of mind that he’s only a phone call away if you need him.

Whether someone needs assistance getting their pet their daily exercise, is planning to travel or go to the hospital for surgery and needs someone to care for their pets while they’re away, or simply needs pet transportation to the vet, Ben’s Friends are available. He’s a member of Pet Sitters International and is insured by the Business Insurers of the Carolinas. Visit <https://bensfriends.net> for more information.

#### 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!



Live Christmas trees can be placed at the curb in the City of Athens for pickup. Please call (740)592-3343 to arrange for your free pickup, available Tuesdays and Fridays.

We have been asked to participate in a UCSF Rural Dementia Caregiver Project: If you care for someone with a memory loss, researchers at the University of California, San Francisco need caregivers to participate in the study of an online workshop. If you care for someone with memory loss, you may qualify. Participants will receive up to \$80 in cash for completing 4 study surveys on their caregiving experiences. This study offers a free online workshop, caregiver handbook, and support from trained staff and other caregivers. If interested go to <https://caregiverproject.ucsf.edu> or call 1-(833)634-0603.