



BROWN BAG LUNCH February 26, 12 noon

TAV JANUARY BROWN BAGGER A HIT,
INSPIRES SEQUEL!

Athens native and best-selling author Dr. Atul Gawande's book *BEING MORTAL* inspired such an electric discussion at January's Brown Bag Luncheon that an encore discussion is a natural for the February 26th Brown Bagger, which will feature Sue Erlewine as speaker. George Weckman moderated the January discussion among eleven TAV attendees and nine guests who surely departed with the feeling that the topic needed further exploration. THIS is a topic that ALL TAV members can be interested in!

A surgeon in Boston's Brigham and Women's Hospital and a professor at Harvard, Gawande writes in *BEING MORTAL* of his return to Athens when his father, also a doctor, was dying of cancer in 2011. Gawande writes about the medical profession generally but specifically about the doctor's and medicine's role not only in treating illness but also in assuring comfort as a patient's life draws to an end. The book deals with the questions that need to be raised and the frankness that needs to occur between doctor and patient when discussing dying and death. Gawande was born in Brooklyn, New York, but his parents--his mother is also a doctor-- sought a small town in which to raise a family. As Athens was actively seeking doctors, a match was made and the Gawandes soon called Athens home. Atul attended Morrison Elementary, Athens Middle School, and Athens High School, where he was graduated in 1983.

In addition to his current *NEW YORK TIMES* #1 Best-selling book, Gawande has co-written a documentary with the same name with fellow Athens High graduate Tom Jennings, who also produced and directed the documentary for PBS' FRONT-LINE series.

BEING MORTAL is Gawande's fourth book. He is gratified to know that his current book is being used in teaching and has inspired discussion in schools, churches, and elsewhere. He continues to explore and write about medical topics that interest him for *THE NEW YORKER* magazine. He says, "I've been writing the things that are interesting to me in medicine and science." He feels lucky that readers are interested as well.

Sue Erlewine, our speaker, is a registered nurse with a background in hospice and palliative care. She served on the National Board for Hospice and Palliative Nurses for 9 years, helping to write the guidelines and certification exam for nurses wishing to become certified in this specialty. Sue has most recently been an assistant professor of nursing at Hocking College and at Ohio University. She is currently writing for nursing publications and online nursing programs.



Every Tuesday, 10:30 a.m.: Chair yoga with Sylvia Marrs, OSU Extension office, 280 West Union St.

Every Tuesday, 12:30 p.m.: Informal lunch gathering of members and friends at Bob Evans.

Wed., Feb. 11, 10 a.m.: Board meeting, ACEnet conference room C-front.

Wed., Feb. 18, 1:30 p.m.: Caregiver Support Group, facilitated by Tammy McCarty, LSW, ACEnet conference room B.

Wed., Feb. 25, 1 p.m.: Get the Most Out of Your Membership, ACEnet conference room B.

Thurs., Feb. 26, noon: Brown Bag Lunch, O'Bleness Hospital, Room 10, (See story above.)

Our sign will mark the meeting location.



The *Athens Village Voice* is sent to you monthly to keep you informed of current events. Your feedback is always welcome.

For assistance, call

Patty Mercer, director

Office and cell: 740-447-0500

ACEnet, Building B, 94 Columbus Rd., Athens, OH 45701.

After hours: Use cell phone number and leave a message.

E-mail: theathensvillage@gmail.com

Web site: www.theathensvillage.org

Board of Directors

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Cancellation Policy

If The Athens Village has a meeting or event scheduled on a weekday, and you feel the weather is "iffy," listen to the radio for school announcements. If Athens City Schools are canceled, so are we. If school is on a two-hour delay, any morning meeting will be canceled. For help deciding, call 740-447-0500.

WellWorks is now part of



SilverSneakers is the nation's leading exercise program for active older adults. There's a good chance that YOU are eligible, Village member!

The Healthways SilverSneakers Fitness program is an insurance benefit included in more than 65 Medicare health plans. If you're a group retiree or a part of a Medicare health plan, you may already have a SilverSneakers membership.

To join, come to WellWorks (1 Grover Center Rm. East 124, Athens, Ohio 45701) with your sixteen-digit Healthways/Prime member number or visit the SilverSneakers website (www.silversneakers.com) to verify your eligibility. You may also contact their customer service number at 888-423-4632.

The focus is on fitness, friends, and fun!

Good news from the Chamber of Commerce!

The Athens Area Chamber of Commerce gave Athens Village Director Patty Mercer welcome news in the form of financial support. The letter from Wendy Jakmas, Chamber president, read, in part, "Enclosed please find a check in the amount of \$300.00 as allocation for our 2014 'Take It Home for the Holidays' campaign. This is the third year we have sponsored our 'Neighbors Helping Neighbors' program to raise awareness for deserving Chamber member not-for-profit organizations that make a huge difference in the lives of Athens County residents...In return we ask that you and your group share with others that members of the Athens Area Chamber of Commerce are compassionate and community conscious and appreciate their patronage. Please look for our logo and decals at area businesses and support those businesses that so generously support our community."

CULINARY CONVERSATIONS: DINNER FOR 8

Join a small group of Villagers to have dinner together somewhere in Athens on a monthly basis.

SIMPLE PLAN: A "roving host" will provide details to those who can participate - day, time and place; suggest car pooling if needed; and keep track of cancellations if necessary.

1st RUN: *Dinner for 8 at Purple Chopstick, 6 pm. Wednesday, March 11.*

Roving host is Margaret Thomas. Email (thomasm@ohio.edu) or call her at 593-8765 by March 9 to reserve your seat at the table. Reservations will be verified as they come in.

REPEAT: A guest from March 11's dinner will take on the role of "Roving Host" for a dinner in April.

BON APPETIT!

State of The Athens Village Report for 2014

2014 proved to be an active and busy year for The Athens Village. The office settled into its new location in the ACENet premises on Columbus Road. The membership stabilized at 96 with the addition of 15 new members, the loss of three deceased members, one non-renewal, and the relocation of four members. Current members are:

Sylvia Abbott	Sara Gilfert	Sandy Nesbitt
Nancy Adams	Sara Green	Rita Oberholzer
Chuck Atkins	Steven Grimes	Chuck & Ruth Overby
Ed Baum	Claudia Hale	Ed & Georgann Penson
Carol & William Beale	Anna Hedges	Mary Lee Powell
Joseph & Lynda Berman	Ellsworth Holden	Joanne Dove Prisley
Richard Brackin	David & Helen Horn	John Ray
Anne Braxton	John & Suzanne Howell	Betty & Jerry Reese
Francine Childs	Bill & Meg Hummon	Chip & Terri Rogers
Sue Crook	Anita James	Elise Mitchell Sanford
Robert Dakin	Marcia & Monroe Johnson	Don Shamblin
Richard Dean	Harry & Susan Kaneshige	Arlene & Bob Sheak
Ruth Dikis	Elizabeth Knies	Gladys Bailin Stern
Ardelle Donohoe	Janice Krebs	Claudette Stevens
Gifford Doxsee	Betty Lacy	Marjorie Stone
Jean Drevenstedt	Elizabeth Larson	Natsu Taylor
Marsha Dutton	Patricia Light	Roberta Thibault
Kathleen & Max Evans	Cynthia Wallace Love	Margaret Thomas
Dru Riley Everts	Margo Marazon	Issy & Nili Urieli
John & Leslie Flemming	Arline McCarthy	George Weckman
Mary Anne Fluornoy	Anne McClanahan	Arvin & Jeanne Wells
Marilyn Sue Foster	Florence & Lyle McGeoch	Lois Whealey
Ann Fox	John & Lillian Mitchell	Jean Wistendahl
Don and Joan Fucci	Lynn Graham Mowery	Jane Woodrow
Janice Gault	Frank & Lorraine Myers	Arthur Woolley
Evelyn Geiger		

State of The Athens Village Report for 2014

Patty Mercer was evaluated and rehired by the Board of The Athens Village to continue her work as Director.

Lane Hoisington returned as Home Maintenance Coordinator in July. Since that time he worked in 40 separate households and submitted 112.5 hours of service. The number of hours is actually underreported since not all transit time was recorded.

Dru Evarts resigned as newsletter editor. The newsletter is currently being tested in various formats to continue to provide timely and important information to members via email or "snail" mail.

Janice Krebs volunteered an average of 12 hours per month to provide clerical assistance in the office.

Several activities have taken place in an on-going schedule, including:

- Brown Bag Lunches
- Chair Yoga
- Hearing Aid Interest Group
- Healthy Aging Interest Group
- Caregiver Support Group
- Weekly Bob Evans lunch gathering

Various committees met to further the interests of the membership. The Strategic Planning Committee devised goals that were later addressed by the Planning and Resource Advisory Council for implementation. Teams will address the following goals:

- Familiarize members with professional services.
- Cultivate awareness of The Athens Village and its services.
- Increase involvement of members.
- Emphasize wellness and safety.

The Public Information Team is working to keep The Athens Village in the public eye through the distribution of brochures, news releases, and appearances on local radio talk shows.

The Athens Village has created a Neighbor Network system (separate from its emergency phone tree) to help members maintain daily connection with a selected phone or email partner.

Several events have been hosted by The Athens Village on topics such as Facebook, negotiation skills, organizing finances, nutrition, electric aggregation, universal home design, and fall prevention. Information has also been provided to members on area meetings, classes, or support groups regarding sign language, giving up driving, driver safety, dealing with dementia, and many other health issues.

The official membership year was amended to begin on October 1 and end on September 30 annually. All members received an invoice prior to October 1 with the pro-rated amount due. This system is now fully in place and eliminates the need for constant billing updates. The full amount is due for all members on October 1 of each year. New members will be pro-rated to the October 1 date and then billed as usual.

The Athens Village continues to grow and serve the needs of its over-60 clientele.

New Village personnel

Susan Gilfert has been hired as The Athens Village's Administrative Assistant. She has recently served as a faculty member at Kwansai Gakuin University in Japan, where she was coordinator of the Intensive English program. She has worked at Ohio University as an instructor of English as a Second Language, at Franklin College in Switzerland, at New School University in New York, and at Fox Television News. At TAV she will be responsible for numerous daily office operations.



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Katelyn Norris, a pre-social work student and horse lover, will volunteer 20 hours this semester. She can help members Mondays and Tuesdays after 4:30 p.m., Fridays after 2:30 p.m., and weekends. She would enjoy being a travel coach, being a walking buddy, learning to knit, solving computer challenges, and honing Spanish-speaking skills.



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Michaela Schoeffler, an OU senior graduating in May with a degree in Community Health Services will provide seventy hours of assistance to The Athens Village in a service learning role. She will be helping with project development and education.



Members Requesting Assistance!

A few Athens Villagers have requested assistance in these areas:

1. sorting papers for tax preparation
2. sharing time knitting, crocheting, and assembling puzzles
3. sharing time walking or exercising
4. carpooling to events

Members who wish to help can call the office at 740-447-0500.

Athens: A Dementia-Friendly Town !

Studies show that "aging in place" is not as successful as "aging in community." As we age, staying engaged and connected is critical. In the United Kingdom, the concept of "dementia-friendly towns" has been very successful. Several communities have become part of the dementia social action movement and have taken up the Dementia Challenge to educate those interested in dementia and to keep those who have the condition engaged in the community. This project creates awareness about the condition and the different interventions that can help. Being able to offer guidance and training to these businesses and organizations can help keep people with cognitive changes engaged in the community. Everyone -- "patient," their loved ones, business people, etc. -- needs information and skills to be empowered to make a difference.

Epstein Teicher Philanthropies agreed that The Athens Village was the ideal group to lead such a movement in Athens, OH by awarding our village \$10,000. Cathey Glenn has been hired as a part-time consultant who will determine the feasibility of creating the project to make Athens a dementia-friendly town. Cathey earned her bachelor's and master's degrees from Ohio University. She has served at Ohio University's departments of Gerontological Studies (coordinating the Transition students for two years) and Classics and World Religions and is currently a volunteer as a CASA/GAL with Athens County Juvenile Court.



Home Maintenance

Lane's Corner: Monthly Helpful Hints

My New Year's resolution is to contact each and every member of The Athens Village by telephone to make certain that everyone understands all the changes involved with our home maintenance services.



Since The Athens Village became independent in November 2013, we have worked hard to make certain that all members' needs are met in a timely fashion.

To schedule maintenance help, members should call (740-447-0500) or email (theathensvillage@gmail.com) the office, and if they do not hear from me within 24 hours, call or email again!

I am able to work 8 hours a week. Sometimes my schedule fills up fast, but I always make room for emergencies. I look forward to talking with you to make certain that your questions are answered about the home maintenance benefit of being a member of The Athens Village!