


**BROWN BAG LUNCH, March 26, 12 Noon**




Kimes Nursing and Rehabilitation Center and Blue Sky Therapy representatives will be present during the Brown Bag Lunch on **Thursday, March 26, at 12 noon in Building C at ACEnet on Columbus Road**. This “meet and greet” will involve discussion of those concerns the geriatric population is faced with regarding safety and independence within their own environments and in a nursing-home setting. Services that are available at these enterprises will be highlighted. Cookies and beverages will be provided.

Kimes, a local, independently owned and operated facility, invites the community to experience the personalized care and attention of noncorporate healthcare. Kimes has more than 45 years of experience, specializing in providing skilled nursing care, physical, occupational, and speech therapies, and all stages of Alzheimer's/dementia care.

### WHAT'S UP?

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

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

**Wed. Mar. 18, 1:30 p.m.**, Caregiver Support, ACEnet, conference room B.

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

**Th, Mar. 26 noon**, Brown Bag Lunch, Building C, conference Room C, 94 Columbus Road

**Wed., Apr 8, 10 a.m.**, Board meeting, ACEnet conference room C-front.



### OPPORTUNITY FOR CREATIVITY!!

Through a grant from Ohio Arts Council, Ohio University's Hillel House at 21 Mill Street is welcoming Patty Mitchell as artist-in-residence, March 9-19, for her “Honey for the Home” program. She'll set up her interactive, welcoming studio on the second floor of Hillel where art will be made and then displayed during Mom's Weekend (April 10-12). Athens community members are **WELCOME AND ENCOURAGED** to join Patty at Hillel to create artwork focused on the home. Please join her at the following days and times: Tuesday, Wednesday, and Thursday, March 10, 11, and 12, 12 noon to 5p.m. or Saturday evening, March 14, 6 to 10p.m. Children and their parents are welcome to join Patty on Saturday, March 14, 1-3p.m. Bring a friend!

The Athens Village has been invited to host an artist-in-residence, Athens' own Wendy McVicker. Wendy is a published poet and activist for many causes. She will conduct a 10-week series of writings and discussions focused on Athens native **Atul Gawande's** thought-provoking *Being Mortal*. These workshops will start in mid-April, location to be announced. Watch this space for more details!



The *Athens Village Voice* is sent to you every month to catch you up on the who, what, when, where, why, and how of our Village. Your feedback is needed.

**For assistance, call**

Patty Mercer, director

Susan Gilfert, office assistant

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](mailto:theathensvillage@gmail.com)

Web site: [www.theathensvillage.org](http://www.theathensvillage.org)

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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.

## Some Necessary Changes in Your Phone-Calling Routine

**Fact:** The Public Utilities Commission of Ohio is remedying the fact that the 740 area code is running out of numbers by adding a new area code (220) to the same area.

**What you'll want to do:** You will need to include the area code on *all* calls beginning March 21. If you have programmed a device such as a cellphone and you have used only seven digits (as you would on a local call), re-program the entries to include the 740 area code.

**What won't change:** Your phone number will remain the same. Prices will not change. Emergency calls to 911 won't be affected, nor will calls to 211 (community resources).

## Ballroom Dancing Lessons!

The Factory Street Dance Studio, 35 Ohio Avenue, is offering Ballroom Dance lessons on Fridays running from March 13 through April 3. They will be held from 6:30 until 8p.m. and will cost \$80 a couple. Please contact the studio today with any questions or to register at 740-594-2302.

We just changed to Daylight Saving Time. Don't forget to change your smoke detector, carbon monoxide detector and wall clock batteries. **Call Lane if you need help. 740-447-0500**

## AARP Driver Safety Classes

AARP is offering driver's safety classes at O'Bleness Hospital. The class is offered four times: Tuesday, March 24 (Room 8), Wednesday, May 27 (Room 8), Tuesday, August 25 (Room 8), and Tuesday, November 3 (Room 10). This is a great refresher class for any age driver. The price is \$15 for AARP members and \$20 for non-members. Classes run from 9:30a.m. to 3p.m.. Please arrive a few minutes early to complete some paperwork. Lunch will be 45 minutes, on your own. More information is available by calling volunteer instructor John Keener at 740-592-6658 or by accessing [www.aarp.org](http://www.aarp.org)



## Great Info for Independent Living

## Free Hearing and Speech Clinic!



**Do you struggle to hear family and friends? Or to hear your favorite music? Do your family members say the television is too loud?**

If so... Come to the Ohio University Hearing, Speech, and Language Clinic for a **FREE** hearing screening and let us help! Don't forget to bring a family member or a friend!

**Where:** Ohio University Hearing Speech and Language Clinic  
Grover Center W174 Athens, OH 45701

**When:** **March 20, 2015, 1-3pm**  
and **April 10, 2015, 1-3pm**

More info? (740) 593-1404; [www.ouhearingandspeech.com](http://www.ouhearingandspeech.com)

## Enhance Your TAV Membership!

You can receive more TAV information by accessing TAV on *FACEBOOK* (if you're on *FACEBOOK*) and by accessing the TAV website at [theathensvillage.org](http://theathensvillage.org)

## BE YOUR OWN BEST ADVOCATE

A TAV member learned the hard way that doctor referrals do not necessarily mean doctor information transfers. When she arrived for her appointment with a specialist, she learned that the specialist did NOT have data (medical history, imaging, x-rays) needed to proceed with a diagnosis. **MEMBERS: WHEN YOU ARE REFERRED TO A SPECIALIST, ASK YOUR DOCTOR WHAT YOU NEED TO DO BEFORE YOUR APPOINTMENT!**



## Available for Help

Katelyn Norris, a pre-social work student and horse lover, will volunteer 20 hours this semester. She can help members Mondays and Tuesdays after 4:30p.m., Fridays after 2:30p.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. Call the office to make arrangements. (740-447-0500)

## AFFIRMATIONS

Semi-regularly, *The Athens Village Voice* will present a column called **AFFIRMATIONS** that will feature kind, uplifting statements or testimonials to warm your day.

One of our members wrote, "A big thanks to Lane (Hoisington, TAV maintenance coordinator) for all the jobs he did Friday! Not only did he disassemble the oven and replace the baking element, but he also braced two interior steps, repaired a light fixture, and replaced a toilet seat! ... Please tell him thank you!" —R. Dikis

What a great resource we all have in Lane! He awaits your home maintenance call (740-447-0500).

Speaking of affirmations, why put off thanking, supporting, affirming, or sympathizing with that friend or family member who would appreciate your kind words? Visit, write, or call them today!

## CULINARY CONVERSATIONS:

Dinner for eight

Join a small group of Villagers to have dinner together somewhere in Athens on a monthly basis. Feel free to bring/invite friends!

*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.

*Please join Sara & Susan Gilfert on Friday April 24 at 6pm at LuiLui*

Reservations are due by **Tuesday April 21** to [theathensvillage@gmail.com](mailto:theathensvillage@gmail.com) or 740-447-0500, or call the restaurant directly at (740) 594-8905—but **please** tell them you are joining The Athens Village group.



BON APPETIT!

Fri May 15, 7pm will be hosted by Jack & Leslie Flemming, location TBA

## SeniorBEAT!!

OhioHealth  
O'Bleness Hos-  
pital's *Senior-  
BEAT* has a



number of interesting programs  
schedule for March 2015. You may  
enjoy one or more of these.

**Thursday, March 19., 2pm, Room  
10 in O'Bleness Hospital**, monthly  
speakers program: "How music can  
help you stay healthy," Laura  
Brown, PhD, MT-BC, assistant pro-  
fessor of music therapy, and Erin  
Spring, owner of Central Ohio Mu-  
sic Therapy, are the presenters.

O'Bleness Book Club meets on the  
**second Monday of each month** at  
O'Bleness's WillowView Café. On  
April 13, at 10a.m. the discussion  
will be about Atul Gawande's book  
*Being Mortal: Medicine and What  
Matters in the End*.

May 11's book will be "Gilead" by  
Marilynne Robinson.

**O'Bleness History Group meets  
the 2nd Thursday of each month  
at 1pm** in room 8 at O'Bleness  
Hospital. This group discusses local  
history, often with local authors &  
researchers.

**Hospital volunteers** are always  
needed at O'Bleness. Assignments  
may involve direct, indirect or no  
patient contact; computer skills not  
required. **Call 740-592-9270 to talk  
to Pat Vogt.**

To join SeniorBEAT or for program  
information, call O'Bleness at 740-  
592-9300. Membership is **FREE**.

## HAVE CONCERNS ABOUT FALLING?



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Many older adults experi-  
ence concerns about falling, and as a result, they restrict  
their activities. There was a New York Times article about  
the fear of falling and effects on a person's life. "A Matter  
of Balance" is an award-winning program designed to  
manage falls and increase activity levels. This program em-  
phasizes practical strategies to manage falls. You will learn  
to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Ohio University's Division of Physical Therapy is hosting  
this program at O'Bleness Hospital Conference Room 8/10  
every Monday and Wednesday, from 1 to 3p.m., beginning  
March 25. Classes are **free** and consist of 8 bi-weekly, two-  
hour sessions. Class size is limited to 8-12 participants.  
Contact Brooke Vaughan at [vaughanb@ohio.edu](mailto:vaughanb@ohio.edu) or call  
740-593-1210 for more information.

## Lane's Corner: Monthly Helpful Hints

Spring is coming, finally! I have tried to  
contact members who have not used our home  
maintenance service, and others who have not  
used the service for a while. If you have some  
home repairs that I can help with, please be  
sure to call 740-447-0500 to set up an appoint-  
ment.



There are a lot of little things I can help out with. For a  
bigger job, you may need some advice to get connected with  
a professional like a plumber or electrician. We can help you  
with that, too! We can help you find a provider that we have  
on our provider list. This list has compiled from members' rec-  
ommendations. All providers have been screened by other  
members, so these providers have been checked out for you.  
We would like to see all our members take advantage of my  
TAV Home Maintenance services. Members should be aware  
that maintenance service help comes with your membership  
fees. My maintenance services are "Free", "No Cost" and are  
included in your membership fees.

### February Brown Bag Lunch a Huge Success!



Sue Erlewine’s February Brown Bag discussion of what is involved with hospice was received favorably by attendees. Useful information about hospice is available at [The Athens Village website](#); or a printed copy can be requested by calling the office at 740-447-0500.

Sue is willing to meet with TAV members in a small group setting to continue sorting through issues arising from Athens native Atul Gawande’s thought-provoking *Being Mortal*, a book which has been the focus of past TAV lunches. Contact the office if you are interested in participating in these small-group discussions.



Don’t forget to check your gutters. After the heavy snow and rain from Feb and March, those gutters may need cleaning. **Call Lane if you need help. 740-447-0500**



### Clicking Creates Change

The Athens Village has been selected as one of four organizations to participate in the 2014-15 efforts of [Clicking Creates Change](#) (CCC), a student organization that works with nonprofits to create short multimedia projects to help tell **their stories**. **Peg Cohn is featured on last year’s** (2014) project with OhioHealth Appalachian Community Visiting Nurses & Hospice. CCC also collects donations online to raise money for the organizations. CCC will film, photograph and interview leaders and members of TAV. The multimedia package will be made up of: a video highlighting The Athens Village story, a written feature story, photography, and information graphics explaining the organization. The final multimedia project will be uploaded to the Athens Village website. Patty Mercer will be interviewed and filmed on Thurs March 12. Call the office to participate. (740-447-0500)

### Make Your Tips Count



The [Ohio University Respite Volunteer Program](#) has been selected as the March 2015 Customer Donation Recipient at [Casa Nueva Restaurant & Cantina](#). This means that all tips left at Casa this month will go directly **into programming for the Respite program. Please don’t spare your tips at Casa this month!** And please join OURVP members at a special Respite Night at Casa, Monday March 23. Emerson & Seeder will be performing from 6:30 to 8:30pm.

Volunteers provide in-home relief and individualized interaction-focused programming that is developed in collaboration with each family served. Excursions outside the home may also be possible. Adults living alone or in residential facilities are welcome to participate. Families and student volunteers benefit mutually. If you are interested, please contact us about eligibility.

The Respite Volunteer Program is directed by Dr. Brooke Hallowell, professor in the School of Rehabilitation and Communication Sciences, College of Health Sciences and Professions, Ohio University. Email: [hallowel@ohio.edu](mailto:hallowel@ohio.edu) Telephone: 740-593-1356.



*Assistance. Advocacy. Answers on Aging.*

**Members, you may be eligible for Medicare Savings with the Medicare Part D “Extra Help” program. This offers reduced or no Medicare prescription premiums or deductibles, and no more than 15% co-pays. Call toll free **1-800-331-2644** for a free over-the-phone application assistance. This is a service of the [Area Agency on Aging 8](#), serving Athens, Hocking, Meigs, and other area counties.**

