



## No Brown Bag planned for Aug. 2016

but

### SAVE THE DATE: Thurs., Sept. 29

Alicia Nighland from the Ohio Senior Health Insurance Information Program, will come to speak about



### Changes in Medicare, 2016-17

Alicia spoke to TAV last year in September. Her presentation again will be an excellent opportunity to discuss Medicare changes and how *you* can make the changes that are best for *your* situation.

**Venue:** Athens Public Library, 30 Home St.

**Time:** noon to 2 p.m.

This presentation is open to the public.

*Save the date: October Brown Bag, Thurs., Oct. 27*

## August Calendar

Every Tuesday, 10:30 a.m., Chair Yoga, Sylvia Marrs, instructor, OSU Extension office, 280 W. Union St.

Every Tuesday, 12:30 p.m., informal lunch gathering of members and friends at Bob Evans Restaurant hosted by Ellsworth Holden.

**Mon., Aug. 8, 3 p.m.** Health and Wellness Team special meeting, ACEnet, Conf. Rm. B, with Michelle Papai of the Athens City Council.

**Mon., Aug. 15:** Gregg's first day! Patty will be with Gregg in the office until Aug. 26 for transitioning.

**Tues., Aug. 16, 10 a.m.,** Board meeting, building C. (yellow door)

**Wed., Aug. 24, 1 p.m.,** Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

**Thurs Aug. 25, noon.** No Brown Bag lunch is planned for August.

## Fruth Pharmacy-TAV Collaboration

The TAV Public Information Team announces that Fruth Pharmacy in Nelsonville has offered TAV an opportunity to introduce itself more widely to Nelsonville's population by imprinting a brief description of The Village on the Pharmacy's medication bags. A descriptive panel (shown below), including the TAV logo, some reasons why one should join The Village, and contact information, will soon appear on each bag that a customer receives with pharmacy purchases. The Public Information Team feels this is a promising approach for especially reaching older Nelsonville residents, and thanks Fruth Pharmacy for suggesting the collaboration.

<p><b>The Athens Village</b></p> <ul style="list-style-type: none"> <li>• Not a place, but a community;</li> <li>• A membership organization for Athens County residents 60+;</li> <li>• Increase confidence and learn practical ways to age at home;</li> <li>• Learn about programs and services to make life easier, safer, more convenient and even more fun!</li> </ul>	<p>Live Independently and Securely</p>  <p>Call: 740-447-0500 E-Mail: <a href="mailto:TheAthensVillage@gmail.com">TheAthensVillage@gmail.com</a> Website: <a href="http://www.TheAthensVillage.org">www.TheAthensVillage.org</a></p>	<p>30 Columbus Rd., Athens, OH 45711</p> 
--	---	--

## The Athens Village Featured in *The Athens News!*

You may have seen an article in the July 25 *Athens News* on page 12. The article contains information about The Athens Village, and quotes from Ed Baum, Patty Mercer, and Gregg Andrews. You can download a [pdf of the article here.](#)

*The Athens Village Voice*

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

Gregg Andrews (from Aug. 15), Executive Director  
Susan Gilfert, Administrative Assistant  
John Snyder, Home Maintenance Coordinator  
John Barrington, AVV Editor

**Address:** 94 Columbus Road,  
Building B, ACEnet Campus,  
Athens, OH 45701-1312

**Office phone:** 740-447-0500

**After hours:** Members may call the phone number above. Please leave a message.

**E-mail:** [TheAthensVillage@gmail.com](mailto:TheAthensVillage@gmail.com)

**Web site:** <http://www.TheAthensVillage.org>

**Board of Directors**

**Ed Baum, President**  
**Sue Foster, Vice President**  
**Anita James, Secretary**  
**Steve Grimes, Treasurer**

<b>John Barrington</b>	<b>Ellsworth Holden</b>
<b>Jack Flemming</b>	<b>Margo Marazon</b>
<b>Don Fucci</b>	<b>Georgann Penson</b>
	<b>Mark Reininga</b>

**Sponsors**



**From the President's Desk**

Transition: "the process or a period of changing from one state or condition to another." Some transitions are happy ones; graduation from college, a 21st birthday, the birth of your first child. The Athens Village is now in a transition, although I would not call it a happy one. It is the transition from one executive director to another; from Patty to Gregg.

Last Thursday many villagers turned out for a farewell picnic/party for Patty. Almost 50 people were there with fond wishes for her. Many contributed to a special gift of a check totaling \$4,000. She also received plants, flowers, and cards signed by those present. Your TAV board honored her by making her our first permanent member of The Athens Village.

She and Gregg have worked out a transition with both of them being in the office from August 15 (Gregg's official start date) until the end of the month. Of course, as with any transition, there may be a bit of confusion, such as insuring e-mail messages addressed to TheAthensVillage@gmail.com go to Gregg. But they will work out whatever kinks develop.

If you were not at the farewell picnic feel free to send her a note (between Aug. 15 and Aug. 30).

This is one of those bittersweet transitions: we will miss Patty even while we welcome Gregg.

*Ed*



Patty and some of her gifts ↑ New Director Gregg ↑



Patty's farewell cake



Condolences on **Members' Passing**

Norman Cohn, June 29  
Jean Wistendahl, July 21  
William Beale, July 23

### TAV Now a Kroger Beneficiary

The Athens Village has been added to the list of Kroger Community Rewards Program.



This means that you can continue shopping at Kroger as usual, but Kroger will share its profits with TAV.

#### Here's how you can help:

\* Register your Kroger Plus points card on your computer, and choose The Athens Village (#76313) as the organization you wish to benefit.

\* If you use your phone number at the register, call 877-576-7587 to get your Kroger Plus card number.

Members must use their registered Kroger Plus card, or use the phone number that is related to their registered Kroger Plus card, when shopping for each purchase to count. Invite friends and family to designate TAV.

If you would like help in getting a points card, and/or registering it, please call the office (740-447-0500). Susan Gilfert, TAV administrative assistant, can come to your home/computer to help get you set up.



#### Save the Date

**Sept. 16-18:** PawPaw Festival, near Albany.  
**Sat., Sept 17, 9 a.m. to noon,** Community Shred Day, At the Community Center, State St.  
**Thurs., Sept. 29, Medicare Changes,** At the Athens Public Library, noon~ Alicia Nighland from Ohio Senior Health Insurance Information Program (OSHIIP)

### Transitions:

#### Facing Difficult Conversations



*Transitions*, our new interest group, will tackle the topic of difficult conversations and how to handle them with family, friends, and other stakeholders in our lives. No meeting in August.

Topics for September are warmly welcomed; please email facilitator Leslie Flemming with your suggestions: [flemmingleslie@gmail.com](mailto:flemmingleslie@gmail.com)

### “Food Is Medicine” Lecture

**When:** Thurs., Aug. 18, 5:30 -7:30 p.m.

**Where:** OU Inn Ballroom,, \$30 per person

Dr. Salvatore Lacagnina will teach about the links between nutrition, health, and disease. Using clinical research, Dr. Sal will discuss the role of food in treating, reversing, and preventing common chronic illnesses and cancers. The talk will also address how patients can work toward their individual nutrition and lifestyle goals for optimal health.

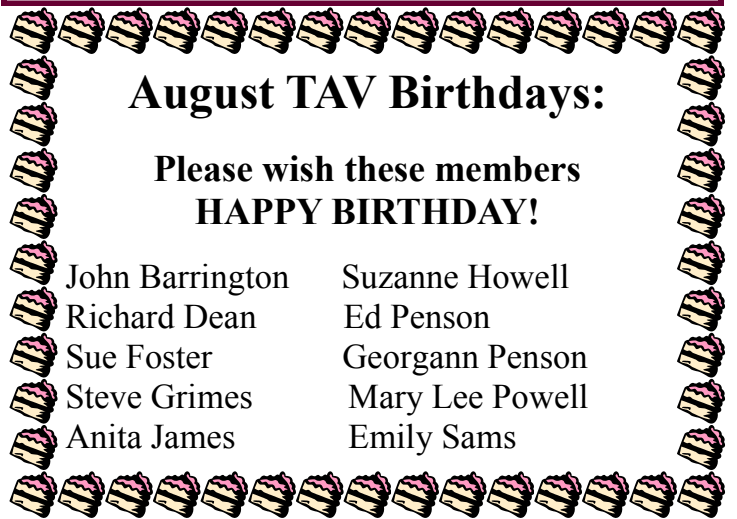
Live Healthy Appalachia and Ohio University Heritage College of Osteopathic Medicine are providing this lecture and plant-based dinner.

Pre-registering by **August 11** is required.

Visit [livehealthyappalachia.org](http://livehealthyappalachia.org) or call [740-856-6100](tel:740-856-6100) to register.

### August TAV Birthdays:

Please wish these members **HAPPY BIRTHDAY!**



- |                 |                 |
|-----------------|-----------------|
| John Barrington | Suzanne Howell  |
| Richard Dean    | Ed Penson       |
| Sue Foster      | Georgann Penson |
| Steve Grimes    | Mary Lee Powell |
| Anita James     | Emily Sams      |

Members and guests can look for **THE ATHENS VILLAGE “EVENT HERE TODAY”** sign, which indicates where events are being held.



George Weckman graciously donated TAV signage. Thanks a million, George!



## Hearing Aid Interest Group

Next meeting: Monday, Sept. 12, 2 p.m.  
94 Columbus Road, Conference Room B.

No meeting in August. Richard Dean, facilitator, addresses issues brought by attendees concerning hearing aids. He has information on a new type of cochlear implant that can replace hearing aids. **This new device is fully covered by Medicare.** Users have found that it is of great help to their hearing.



**Upcoming:** We're in the process of organizing a presentation about the new cochlear nucleus system, noted above. Generally, hearing aids are not covered. Dr. Dean is proposing a presentation with experts in late October. Dates under discussion include Oct. 20 and 27. It is likely that his presentation will be open to the public, with invitations going to SeniorBEAT and United Seniors members. Watch this space for further information.

## Membership Team Update

The Membership Team's next survey topic is under discussion,

**Next meeting: MONDAY Sept. 12, 1 p.m., 94 Columbus Rd., Building B Conference Room.**



## Canning Without Catastrophe: Pressure Canning

**Wed., Aug 17, 4:30-6 p.m.** at ACEnet,  
94 Columbus Road, Athens

Workshop sponsored by Community Food Initiatives

Suggested \$5 donation for the general public. Free to CFI Members.

## CULINARY CONVERSATIONS:

**Dinner for Eight on Thursday, August 11, 6:30 p.m.**

Let's take advantage of the students being gone for the summer to enjoy Athens's downtown restaurants!

**This month's venue:** Stephen's on Court (66 N. Court St.)

**Menu at** <http://www.stephens66.com/menu.html>

**Hosts** are Sara and Susan Gilfert

**RSVP at** [sg.at.tav@gmail.com](mailto:sg.at.tav@gmail.com) or text/call 740-590-6448

**by Tues Aug. 9, please.**

***BON APPETIT!***

## Live Healthy Appalachia

### Complete Health Improvement Program (CHIP) info sessions:

**Tues., Aug., 2:** Athens Community Center, 5:30-6:30 p.m.

**Thur. Aug., 25,** OU Baker Center #231, noon-1 p.m.

Call CHIP office for more info, 740-856-6100

## "MURDER MYSTERY AT THE GRAND GATSBY"

**Sat., Aug 6., 6 to 10 p.m., 24 E. Washington St, Athens**

A murder mystery dinner party, set in 1920's Chicago.

**Character roles** \$100/ticket, come in costume; limit 50 people

**Non-character roles:** \$50/ticket, come in costume & join the fun!

**Benefits Athletes in Action.**

**Contact:** [mark.heflin@athletesinaction.org](mailto:mark.heflin@athletesinaction.org) for tickets and roles available

## School Opening Dates!

**Athens City Schools**

Wednesday, August 17

**Ohio University Fall Semester**

Monday, August 22

(OU students' move-in Aug 19-21;

be careful driving in Athens that weekend)



## ARE YOU DIZZY

Are you 50 years of age or older?

Do you often feel dizzy, light-headed, or weak?

Do you sometimes have difficulty thinking?

Do you often have headaches or feel faint upon standing up?

Do you have a history of low blood pressure or orthostatic hypertension?

Researchers at Ohio University are examining the cognitive effects related to these symptoms. If ANY of these symptoms apply to you, you may be eligible to participate in this study.

Eligible candidates will receive compensation for participating in this study, in addition to a memory/dementia screening with clinical feedback.

For more information, or to see if you may be eligible, please contact Andrew Bryant at [dizzy@ohio.edu](mailto:dizzy@ohio.edu) or 740-593-0910.

This research is being conducted at the Ohio University Clinical Neuropsychology Research Laboratory under Dr. Julie Suhr.

Do You Help Care for Someone With Dementia? Are You Willing to Participate in a Study?

Researchers at Ohio University are studying how serving as a caregiver for one or more patients with dementia can affect the caregiver. Are you a caregiver for a person with dementia? If so, you can provide vital information! In exchange for participating, you will receive free cognitive screening with feedback and a \$20 Walmart gift card.

**You may be eligible to participate if:**

- ▶ You are over 50 years old.
- ▶ You provide at least five hours of care per week to an individual with dementia; you do not need to live with this person.
- ▶ You are able to read and write in English.

For more information or to participate this summer, contact Alex Woody at 405-831-9165 or [ww064211@ohio.edu](mailto:ww064211@ohio.edu).



### Athens Eats! [And Drinks] Sunday, Sept.4, All Day

Take a break from the cookout

and taste your favorite foods from area restaurants!

Athens Eats! [and Drinks] will feature a large variety of menu items ranging from sweet to savory. Want to try something new? Sample-sized portions means you'll have plenty of chances to find a new favorite food. And if you get thirsty, there will be soft drinks, homemade sodas, wine, beer, mead and cider available. **Admission:** FREE, but food and drink vary in price.

**Venue:** TailGreat Park, which is across Shafer Street from the Convo (on the riverbank)

Street closings for construction:

- ▶ **Stewart St.**, July 28 to Aug. 12.
- ▶ **Franklin Ave.**, July 27 to mid-August
- ▶ **State Route 682 exit ramps from US 50/33W**, July 25 to Aug. 18.



### Dementia Research With Arts and Crafts

The Ohio University Neurolinguistics Lab is currently offering a research opportunity to people who have been diagnosed with any form of dementia (Alzheimer's disease, dementia with Lewy, vascular dementia, etc.).

This project offers activities in which participants describe pictures and engage in arts and crafts projects using painting and collage materials. Findings will inform clinicians, volunteers, administrators, and caregivers on how arts and crafts activities could support communication in people with dementia.

After passing the screening, those who wish to will be invited to participate. Each participant who completes one arts and crafts session will receive \$20 compensation in cash.

For more information, feel free to call Fatimah Hani Hassan (PhD student) at 740-590-8642, or e-mail at [fh268409@ohio.edu](mailto:fh268409@ohio.edu).

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



At the Athens Public Library  
30 Home St., 740-592-4272,  
[www.myacpl.org/athens/](http://www.myacpl.org/athens/)

**Wed. Aug. 3, 2:30 p.m.** *Slide into Powerpoint* workshop. Registration recommended; call the library. Bring your device.

**Wed., Aug. 3, 6:30 p.m.** *Electric and Hybrid Vehicles* presentation by Dr. H. Bryan Riley, OU.

**Tues., Aug. 9 and Wed., Aug. 17, 2:30 p.m.** *Face-off with Facebook* workshop. Registration recommended; call the library. Bring your device.

**Thurs. Aug. 18, 6:30 p.m.** *A British-American in Central Asia*, author presentation by Dr. David Mould.

**Thurs., Aug. 25, 6:30 p.m.** *Going Beyond Schizophrenic Disorder* talk with Katie Feick, PT, OhioHealth

**The library is closed Sept. 5 for Labor Day observance**

**ARTS/WEST, 132 W. STATE ST.,  
740-592-4315**

**Mon., Aug. 1, 7:30 p.m.** *Ubu the King*, absurdist theater with puppets. \$10

**Aug. 19, 20, 26, 27, 7 p.m.; Aug 21, 28. 2 p.m.** *A Little Princess* by Misfits Theater



\*\*\*\*\*



## Ohio Valley Summer Theater

presents *Man of La Mancha*, to honor the late Bob Winters. *Man of La Mancha* was one of Bob's favorite shows.

**Box office:** Call 740-593-1780 beginning July 6, noon - 4 p.m.

**Venue:** Forum Theater (RTV building basement).

**Performances:** August 4, 5, 6, 7.

**Curtain:** 8 p.m., Thurs. through Sat.; 2 p.m., Sundays. Bring a sweater! It's cold in the Forum.

**Tickets** are Adults, \$15 (\$16.52 if ordered online); Seniors over 60, \$12 (\$13.41 if ordered online),

<http://www.brownpapertickets.com/event/2562443>

\*\*\*\*\*



## O'Bleness SeniorBEAT Activities

Become a member of SeniorBEAT! It's FREE!!!!

Book Club, **Mon., Aug 8, 10 a.m.**, *My Brilliant Friend* by Elena Ferrante.

History Group, **Thurs., Aug 11, 1 p.m.**

Speakers Program, **Thurs., Aug. 18, 2 p.m.**,

Levi Cunningham, O'Bleness IT, workshop on devices.

Lunch Group, **Fri., Aug 26, 11:30 a.m.** Thai Paradise

For more details, call Joy MillerUpton

at 740-385-8451 or email [jmillerupt@aol.com](mailto:jmillerupt@aol.com)

## Athens County Fair, Aug. 5-13 \$8 admission

Complete schedule at <http://www.athenscofair.org/fairschedule2015.pdf>

**Mon. Aug. 8, 8 a.m.-5 p.m.**, Veterans Free with armband

**Thurs., Aug. 11, 8 a.m.-5 p.m.**, Senior Citizens free

## Film Entertainment

**Athena Grand, 1008 E. State St.**

<http://athenagrand.com/>

Movie times recording 740-593-8822;

Office 740-593-8800 (best time to call is 12 noon)

**Sun., Aug. 14 and Thurs., Aug. 17, 7 p.m.**

*Animal House* (1978). Tickets \$12.50

**Thurs., Aug. 18 and Tues., Aug. 23, 8 p.m.**

*Mothra* (1961). Tickets \$12.50

**Thurs., Aug 25, 7:30 p.m.** *South Park 20th*

*Season Celebration*. Tickets \$15.00

**Sun., Aug 28, and Thurs., Aug 31, 7 p.m.** *The*

*King and I* (1956). Tickets \$12.50

=====

Athena Cinema, 20 S. Court St.

<http://athenacinema.com/>, 740-594-7382

**Sat., Aug. 6, 3 p.m.:** *Willy Wonka and the Chocolate Factory* (1971). Gene Wilder. \$2 suggested donation. Benefits Big Brothers Big Sisters of Athens County.