

**Brown Bag Lunch,
Thursday, June 30, Noon—1:30 p.m.
ACEnet, Building C Conference Room**




**Live Healthy
Appalachia**



Sherri Oliver, executive director of Live Healthy Appalachia, has been a resident of southeast Ohio for 23 years. Sherri has a deep personal interest in improving the health and well-being of the people of the region through her work with LHA. Sherri holds a Bachelor of Arts in Political Science/Pre-Law degree and a Master of Public Administration degree from Ohio University. She has served as the Public Relations Coordinator for Athens County Children Services and as an AmeriCorps VISTA at ReUse Industries. She currently serves on the Athens County Creating Healthy Communities Coalition, OUHCOM Free Clinic Advisory Board, and the Athens Food Policy Council. Sherri lives in Athens with her husband Brian, dog Bosco, and cat Maggie.

Sherri will talk about Live Healthy Appalachia's initiatives aimed at making our region a healthier place for everyone in which to live, work, and play. From Live Healthy Kids to the Complete Health Improvement Program to the Southeast Ohio Employer Wellness Council, LHA is committed to empowering people to make healthy choices through a multi-sector approach.

June 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, Ellsworth Holden, host.

Wed., June 1, 11 a.m., Public Information Team, ACEnet, Conf. Rm. B.

Thurs., June 2, 10:30 a.m., Membership Team, ACEnet, Conf. Rm. B.

Wed., June 8, 10:30 a.m., Transitions Interest Group, facilitated by Leslie Fleming, ACEnet, Conf. Rm. B. (See page 3.)

Wed., June 8, 3 p.m. Health and Wellness Team, ACEnet, Conf. Rm. B.

Mon., June 13, 2 p.m., Hearing Aid Interest Group, facilitated by Richard Dean. Open to the community. ACEnet, Conf. Rm. B. (See page 4.)

Tues., June 14, 10 a.m., Board Meeting, ACEnet Conf. Rm. C

Wed., June 22, 1 p.m., Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

Thurs., June 30, Brown Bag Lunch (details, left).



Lane Hoisington Retires from TAV

Lane Hoisington, TAV's much beloved and long-time handyman, has announced that his last day with TAV was May 31. He and his wife have many projects that they want to work on, and they want to travel more. Lane has recommended John Snyder as his replacement. We wish Lane the very best. We will miss Lane and his skills, his friendliness, and his helpful monthly column!



The Athens Village Voice

Stay connected and engaged. Your feedback is always welcome.



Patty Mercer, director
 Susan Gilfert, administrative assistant
 John Snyder, home maintenance
 John Barrington, AVV editor

Address: 94 Columbus Road, Building B, ACenet Campus, Athens, OH 45701

Office phone: 740-447-0500

After hours: Members may call the phone number above. Calls will be forwarded to the home phone of the director. Leave a message.



E-mail: TheAthensVillage@gmail.com

Web site: www.TheAthensVillage.org

Board of Directors

- Ed Baum, President**
- Sue Foster, Vice President**
- Anita James, Secretary**
- Steve Grimes, Treasurer**
- John Barrington** **Ellsworth Holden**
- Jack Flemming** **Margo Marazon**
- Don Fucci** **Georgann Penson**
- Mark Reininga**

President's Thoughts

by Ed Baum

Heraclitus, an ancient Greek philosopher, noted, "The only thing that is constant is change." This came home quickly this past few weeks with the announcement of changes in our staffing: the retirement of Lane, the completion of Atira's studies, and the ending of Janice's work through RSVP. It will be even more noticeable with Patty's retirement at the end of July.

This type of change saddens all of us... it is the loss of people we have come to count on, to respect, who have been an essential "face" of The Athens Village. But, like your own retirement (at least for most of the members of TAV who are retired), there are those who followed, who took up the reins of responsibility and activity.

Lane's successor, John Snyder, was introduced at the Brown Bag Lunch on May 26. There will be other student interns working with us as well, and perhaps another RSVP volunteer. Your board, as I write this, is working to identify a new executive director. We expect to have this person on board by the time the next newsletter is in your hands.

So, as you come into the office and see a new face or make a phone call and hear a new voice, welcome that person into the family of TAV.

Ed

Senior Safety Day 2016

"Senior Safety Day 2016" at the Athens County Fairgrounds was a successful endeavor—over 220 people attended—and The Athens Village was well represented by volunteers Rita Oberholzer (pictured),



Leslie Flemming, and Jean Drevenstedt; bakers Rita, Margo Marazon, and Mary Lee Powell; and staff members Patty Mercer and Susan Gilfert. About 50 TAV informative bookmarkers were distributed explaining the benefits of joining TAV. They went like hotcakes and were very nicely done. Our thanks to Susan for creating these. The biggest surprise: ***We learned that there are still community members who had not heard of TAV!*** Safety Day featured great information, special presentations from OhioHealth, fun door prizes, and a 101-year-old attendee. Thanks to Fred Davis and the Emergency Management Agency for organizing this event.

June TAV Birthdays:

| | |
|---------------|-------------------|
| Sylvia Abbott | Betty Lacy |
| Sue Crook | Debra Mingus |
| Joan Fucci | Marlene Scheck |
| Sara Gilfert | Claudette Stevens |
| Claudia Hale | Marjorie Stone |
| David Horn | Lois Whealey |
| | Sheila Williams |

**Please wish these members
 HAPPY BIRTHDAY!**

**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. Information, discussion, and anecdotes about Hospice will be the topic at the next meeting:



**Wednesday, June 8, 10:30 a.m.
in conference room B at ACEnet.**

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, including 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 or 740-593-0910.

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

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!



The Village Shuttle Will Soon Roll!



Because of the size of the volunteer pool, "The Village Shuttle" (the new volunteer driver project created by TAV and the RSVP program) will never be a private taxi service for our members. But it should be able to help fill the gap that the other transportation services are unable to meet. So, first things first, sign up for these two existing community services below. Get your name on their rosters just in case an emergency transportation need arises.

Athens On-Demand Transit at 740-597-2404.

Additional details can be found in the April edition of "The Athens Village Voice," page 5; fliers are also available at TAV's office. Sign up is also possible online: www.athensondemand.com.

United Seniors of Athens County at 740-594-3535.

Call their office to begin the process, which includes a transportation assessment.

Additional services can be explored by calling Lantz Repp, Athens Mobility Coordinator, 740-594-8499 ext. 203, COAD office OR the office of The Athens Village.

Three TAV members completed the orientation to become an RSVP Volunteer Driver. Additional volunteer drivers can sign up for the next orientation by contacting Mary Lewis at 740-594-8499. We have 20+ TAV members who expressed this willingness, but if you know community members who would like a way to support TAV **and** are age 55+, they would also be eligible to become a volunteer driver.

Future Brown Bag

Lunch Topics

Save the Date

July 28 = Picnic Potluck at Richland Avenue City Park (off Dairy Lane)

September 29 = Medicare Changes, at ACEnet (94 Columbus Rd.)

Alicia Nighland, speaker from Ohio Senior Health Insurance Information Program

Hearing Aid Interest Group

Next meeting: Mon., June 13, 2 p.m.
94 Columbus Road, Conference Room B.

Richard Dean is returning from a conference in Boston. He will address issues concerning hearing aids and problem solving at the June 13 meeting. He is bringing information on a new type of 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 .



Lane's Corner

This will be my last message to you. I regret to inform all of you that Tuesday, May 31 was my last day as Home Maintenance Coordinator for The Athens Village.



I would like to free up my time to have more time with my wife and family. In my sights are home projects, traveling, and maybe one day wintering in a southern state.

I would like to go out on a good note, as they say. The Athens Village is such a nice group of people, and I have made a lot of really nice friends through this employment. It was a privilege and pleasure working for The Athens Village. I will miss everyone. Thank you for the opportunity to be part of this wonderful organization!

Sincerely,

Lane

HEALTH and WELLNESS TEAM UPDATE

The Health and Wellness Team is still exploring alternative housing for senior citizens in Athens.

Member Jane Woodrow has contacted a local developer, who indicated interest in developing such a project. He is available in the late summer for more discussion.

We will explore options with him and continue to seek other interested developers. We will also contact members of the City Council to see if a partnership is a possible avenue for future housing development.

Public Information Team (PIT)

By Jean Drevenstedt

Slots still remain open on this team. Join the team!

The PIT Team is on the lookout for groups to enlighten!

Dear TAV Members,

Can you get your proverbial "foot in the door" so that TAV might make a membership-encouraging presentation? You provide the group (and that includes faith/religious communities) and TAV will do the rest!

- Let us know of an opportunity to speak to your club, quilting circle, charity Board meeting, or any other group that you meet with regularly;
- You host a coffee at your home, and we'll supply a speaker to let your neighbors know about TAV.

If you have any suggestions, please contact Jean D. at 740-592-1761. Please leave a message on the answering machine if necessary.



Hire a Copperhead!

The Copperheads are the local summer semiprofessional baseball team. The



young men are available *after June 6* to do painting, yardwork, or other similar tasks (mostly jobs on a one-time basis). Scheduled games are from June 4-July 24, and then playoffs start. They do the work, and your payment is considered a donation to the team. Your donation helps to pay for the team players' room and board for the 2016 summer season. Call Angie at WATH radio (740-593-6651) with your work request. She will ask you for your name, phone number, and job details, and then she will contact the Copperheads' manager, Andrew Muller. He will call you back to confirm your request, give you the rate of pay, and make other arrangements.

Go to the [Copperhead website](#) to see their schedule; those boys are busy! Only two players this year are from Ohio University; the rest are from out of town or out of state. Help them feel welcome and useful! Hire a Copperhead!

SENIORS NEEDED TO PAIR WITH OU STUDENTS FOR STUDY ABOUT AGING



OU Professor Julie Brown is seeking persons age 60+ to be paired with students in her Fall 2016 service-learning gerontology course at OU. This interaction allows the students an opportunity to better understand the aging experience and combat notions about ageism. This is a 20-hour commitment over the course of the semester, which averages about two hours a week, schedule permitting. This may include, for example, activities such as meeting with the student for lunch, walks, or computer assistance. If you are interested in learning more, please contact Dr. Brown via email or phone.

Dr. Julie Brown, Assistant Professor of Gerontology
brownj14@ohio.edu or 740-597-2665

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 a patient(s) 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 on your cognitive performance and a \$20 Walmart gift card!

You may be eligible to participate if:

- ▶ You are over 50
- ▶ 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 ww064211@ohio.edu, or 405-831-9165. The research team would like to interview as many participants as possible over the summer.

“Under the Elms” Concert Series

Starts June 1



The popular Communiiversity band’s “Concert Under The Elms” series, which takes place on the Ohio University College Green, starts Wednesday, June 1. Anyone who plays a brass, woodwind, or percussion instrument is welcome to join rehearsals on Tuesday evenings before each concert; contact the director, Andrew Trachsel, 740-593-1670 or trachsel@ohio.edu.

The concerts are free and out in the open. Bring your own seating, whether it is a lawn chair or a blanket on the grass. Children are free to run around and play on the grass of the College Green outside of the audience area. Some audience members bring well-behaved pets.

Each concert begins at 7 p.m., but feel free to come early, bring your own food, and picnic. Rain or threatening weather moves the concert inside Memorial Auditorium; no food or pets are allowed inside. Mark your calendars: the concerts are **June 1, 8, 15, and 22** and a patriotic concert of brass-band music occurs on **June 29**. Be sure to come early for the last concert, as it is very popular, and seating space becomes quite limited by 6:30 p.m.

Free and

Available:

OU’s “Sixty Plus” Program



OHIO
UNIVERSITY

Did you know that you can take non-credit classes at Ohio University for FREE? The little-known Sixty-Plus Program works like this:

- You must be over 60 years old.
- You must have lived in Ohio for at least a year.
- You are admitted as an audit student only if space is available in the class.
- Online courses are not part of this program.

Choose an undergraduate class from the **course offerings** [<https://webapps.ohio.edu/classes/search.htm>]. Be sure to select the correct term and campus. Print and complete [this form](#) and take it, with the instructor’s initials granting permission, to the Registrar’s office on the 2nd floor of Chubb Hall. Brenda Dorst, Record Management Coordinator, can answer your questions at dorst@ohio.edu or 740-593-4182.

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/

A Green Approach to Landscape Care

Thursday, June 9, 6-8 p.m., **FREE**

Environmental quality is everyone's business. Come learn some best management practices toward creating an ecologically green-rated landscape and the guidelines for a nutrient management and recycling program. This presentation will feature guest speakers from the Athens Soil and Water Conservation District.

To register, call 740-797-9686, ext. 106
or email teresacaldwell@athensswcd.org



O'Bleness SeniorBEAT Activities

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

History Group, **June 9, 1 p.m.**, David Frey talks about the Civil War in O'Bleness room 8

Book Club, **June 13, 10 a.m.**, Allende's "The Japanese Lover," O'Bleness cafeteria.

Speakers Program, **June 16, 2 p.m.**,
Dr. Brian Clark, O'Bleness Rm 0145

Lunch Group, **June 24, 11:30 a.m.**
at Bob Evans, 357 E. State St.

For more details, call Joy MillerUpton
at 740-385-8451 or email jmillerupt@aol.com

Film and Stage 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. June 26, 7 p.m.: *Willy Wonka and the Chocolate Factory*. All Tickets \$12.50

Tues. June 28, 8 p.m.: RiffTrax Live: MST3K Reunion (Live). All Tickets \$12.50

Wed. June 29, 7 p.m.: *Willy Wonka and the Chocolate Factory*. All Tickets \$12.50



Dairy Barn Exhibition

Mastery: Sustaining
Momentum

New, bold, large scale works by 12 master quilters will be featured at "Mastery: Sustaining Momentum" at the Dairy Barn Arts Center in Athens from May 28 through Nov. 27.

Admission is \$6. The gallery is open Tues.-Sun., 12-5 p.m. Call 740-592-4981 for more info.

Additional Entertainment Options



1776 is a musical presentation of the Genesis Theater Project about the Continental Congress and the writing of the Declaration of Independence. TAV member Sylvia Abbott and TAV administrative assistant Susan Gilfert are featured in the cast.

Performances are **June 17, 18, 19 and 23, 24, 25, 26** at the First Presbyterian Church (corner of Court and Washington Streets in Athens). Times are **7:30 p.m. Thursday~Saturday and 2:30 p.m. on Sundays**. Tickets are **\$10 for adults** and **\$5 for children**. Ticket price is the same whether purchased in advance or at the door. All seats are general admission, no reserved seats. More information is available at <http://genestheaterproject.weebly.com/>

Nelsonville Music Festival will take place at Robbins Crossing on the Hocking College Campus from **June 2 to 5**. Single day tickets are **\$50 (Thursday or Sunday) or \$75 (Friday or Saturday)**. More information at <http://nelsonvillefest.org/>

