



## Brown Bag Lunch:

**Thursday, July 13, Noon-1:30 p.m.**

**Lions Club Picnic Shelter**

**90 Connett Road, The Plains**

How about a picnic potluck lunch on Thurs., July 13? Please bring a dish to share with 5 or 6 people, the utensil to serve it with, and your own plate, silverware, and glass. Tea and water will be provided by the Village. Guests are welcome to attend this Brown Bag, as always. Please come to the Lion's Club picnic shelter across the street from The Plains Elementary School, 90 Connett Road, The Plains. *If you want or can offer a ride, please contact the TAV Office before Tuesday 7/11, 2 p.m. at 740-447-0500.* An Athens OnDemand employee will join us as guest speaker.

### DRIVING DIRECTIONS

Driving from Athens on 33, turn LEFT at Johnson Rd., passing the *Messenger* building. Follow the road as it curves left, around past Athens High School. At the traffic light, drive straight ahead. Johnson Rd changes names to Connett Rd. at the light. Pass The Plains Elementary School on your right. The picnic shelter is just beyond the school, on the left. We will begin spreading out our largesse at 12 noon.

## July Calendar

**Every Tuesday, 10:30 a.m.,** Chair Yoga, OSU Extension office, 280 W. Union St., \$5 donation per person per session

**Every Tuesday, 12:30 p.m.,** Informal gathering of members and friends at Bob Evans, hosted by Ellsworth Holden. **No Host, July 4 or 11**

**Wed., July 5, 11 a.m.,** Public Information Team meeting, ACENet, Conf. Rm. B

**Mon., July 10, 1 p.m.,** Membership Team meeting, ACENet, Conf. Rm. B

**Mon., July 10, 2 p.m.,** Hearing Aid Interest Group, open to the public. ACENet, Conf. Rm. B (See p. 4.)

**Tues., July 11, 10 a.m.,** Board meeting, Athens Community Center

**Wed., July 12, 4 p.m.** Informal, no-host gathering at Athens Uncorked

**Thurs., July 13, noon.** Picnic Potluck Brown Bag (See story, left.)

**Wed., July 19, 3 p.m.,** Health and Wellness Team, ACENet, Conf. Room B

**Wed., July 26, 1 p.m.** Members' informal gathering with Gregg, ACENet conf. B



Dr. Atul Gawande's webinar on *Being Mortal* has been rescheduled for **Mon., Sept 25 at 5 p.m at Ohio University's Heritage College of Osteopathic Medicine, Room 199 in Irvine Hall.** Parking is available at no cost after 5 p.m. in any lot around the Convocation Center. Please be aware that this is a streaming broadcast emanating from Boston. No copies will be available for later viewing and no other locations will receive this broadcast in Athens. Dr. Gawande will address ONLY questions submitted in advance to [BHV15th@beaconhillvillage.org](mailto:BHV15th@beaconhillvillage.org). A reception afterwards with light refreshments is being planned.

**Our Mission:** The Athens Village enables members to live independently, comfortably, and safely in their homes.

**Our Vision:** The Athens Village is a dynamic, responsive community of members who support meaningful and fulfilling lives for one another.



### The Athens Village Voice

Stay connected and engaged.  
Your feedback is always welcome.

Gregg Andrews, Executive Director  
Susan Gilfert, Administrative Assistant  
Ron Mash, Home Maintenance Coordinator  
John Barrington, AVV Editor

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

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

**Office hours:** MON.-THURS. 10 A.M. TO 2 P.M.  
AND 2ND, 4TH, AND 5TH FRIDAYS EACH  
MONTH, 10 A.M. TO 2 P.M.

**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

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### **From the President's Desk**

Thank you, TAV Members!



As I write this, I am in Birmingham, Alabama, attending the annual Civitan International convention as we celebrate the 100<sup>th</sup> anniversary of our founding. Like other service clubs organizations—Rotary, Kiwanis, Sertoma, or Optimists—we are dedicated to being of service to others in our communities. This led me to think about the service that we as both members of TAV (The Athens Village) and our communities render to make our lives and those around us better.

It is not only service clubs that attract our efforts to help improve our communities. Each TAV member has been active in a variety of community activities including garden clubs, the alumni association, the Emeriti Association, Habitat for Humanity, local churches, O'Bleness Hospital, and the Red Cross. It is our way of paying back, and paying forward, for being part of our community and our society.

It is also a way for us to continue to be of service and to help make Athens County a better place to live.

Thank you for all that you do.

*Ed*

### **The Athens Village Vital Statistics**

As of June 27, there are **98** members: 26 men and 72 women. The average age of members is 79.30 years, with 8 members over 90 years of age; 36 members, aged 80-89; 45 members, aged 70-79; 8 members aged 60-69; and 1 member age unknown.

### **July TAV Birthdays:**

If you see any of these TAV members, please wish him or her a Happy Birthday!

- Gregg Andrews    Patty Mercer
- Chuck Atkins    Lorraine Myers
- Jean Drevenstedt    Michael Rowe
- Don Fucci    Don Shamblin
- Sharon Fales    Natsu Taylor

Members and guests can look for **THE ATHENS VILLAGE "EVENT HERE TODAY"** sign, which indicates where events are being held. George Weckman graciously donated this TAV signage.



Thanks a million, George!

Events Planned for 2017



Due to lack of participation, Brown Bags will be discontinued after July. If members want a speaker, please notify the office (740-447-0500). Most speakers want an audience of at least 10 people. Please allow at least two months for the scheduling of speaker and venue.

**Wed., Sept. 6:** Changes in Medicare presentation by Alicia Nighland, Ohio Senior Health Insurance Information Program. Venue: O’Bleness Room 10, noon.

**Thurs., Sept 21, 5 p.m., United Methodist Church, Pomeroy Rd.** Annual Meeting of the Village.

**Mon., Sept. 25, 5 p.m.:** Dr. Atul Gawande webinar viewing party, OU HCOM, 199 Irvine Hall. Free and open to the public. Reception with light refreshments to follow, in Irvine Hall lobby, 6 to 7 p.m.

**Every 2nd Wednesday, 4 p.m., Athens Uncorked,** 14 Station St. Informal, host-free social gathering.

**Highlights from the 6/22 BBL**

Members got a rare chance to meet with a representative from the Ohio Attorney General’s office. Ryan Lippe, an OU graduate, spoke to 9 members about scams perpetrated against seniors. There are a variety of fraudsters preying on the elderly, and he gave several examples of successful prosecutions against such tricksters.

The most important point is REPORT any suspicious activity. Both the Athens County Sheriff and the Ohio AG’s office want to know. The Sheriff’s phone is 740-593-6633, and the Ohio AG can be contacted online at <http://www.ohioprotects.org/>.

By the way, Mr. Lippe was very happy to return to OU for the day.

Please see other planned events on this page (Save the Date). In July, we have our annual potluck picnic, and In September we have our annual meeting at the United Methodist Church, off old Route 33, near the South Y.

Want a speaker? Tell the office! 740-447-0500


**Free Technical Assistance at the Library**

**Athens:** Wed.: 2-7 p.m. and Fri.: 10 a.m.-1 p.m.


**The Plains:** Tues.: 10 a.m.-1 p.m.

**Albany:** Thurs.: 2-6 p.m.

Or phone Connor at 740-249-9422 to make an appointment. Bring your own device.



**TAV Now a Kroger Beneficiary**



The Athens Village has been added to the list of beneficiaries of Kroger Community Rewards Program. This means that TAV members and friends can continue shopping at Kroger as usual. However, through *your* efforts, Kroger can share its profits with TAV. There are now nine member households signed up, and TAV **received \$44.54 in June**. Thanks for signing up!

**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 help. If you would like help in receiving a points card and/or registering it, please call the office (740-447-0500). Susan Gilfert, TAV administrative assistant, can come to your home and/or computer to assist you in this process. Alternatively, please supply Susan with your Kroger card number, and she will get you registered. You need do nothing else.

## It Takes TeamWork

### All TAV teams need new members!

### Please volunteer!

#### Public Information Team

Task: Charged with keeping The Athens Village before the eyes of the Athens County public in whatever ways possible. Meets 1st Wed. at 11 a.m. at ACEnet.

#### Membership Team

Task: Charged with member retention and recruitment; identifying the needs and methods to provide support to members to build relationships; conducting phone surveys of members; meeting with potential and new members. Meets 2nd Mon. at 1 p.m. at ACEnet.

#### Health and Wellness Team

Task: Charged with assessing member needs and creating programs concerning safety/wellness; assisting with development and maintenance of projects/events for the membership. Meets 3rd Wed. at 3 p.m. at ACEnet.

**Membership Team Update:** Meeting was cancelled in June. Next meeting will be on **July 10, at 1 p.m.**

## Health & Wellness Team Update

- On June 21, the Team discussed 1) a list of project ideas, including making an appointment to discuss retirees' interests with incoming OU President Duane Nellis and 2) preparing some questions to ask membership at the Sept. 21 Annual Meeting.
- Next meeting: **Wed., July 19, 3 p.m. at ACEnet.**
- **The August meeting will be cancelled.**

## Public Information Team Update

On June 7, the team welcomed Dru Evarts as the new Chair for the Team. They also discussed the May 18 Senior Safety Day, and potential projects. The Chair is interested in raising the village profile in Athens County.

Next meeting is **Wed., July 5, 11 a.m. at ACEnet.**

## Hearing Aid Interest Group

Next meeting: Mon., June 12, 2 p.m., 94 Columbus Road, Conf. Room B  
Open to the public.



At each meeting, facilitator Richard Dean addresses issues raised by participants concerning hearing aids. He has information on a new type of cochlear implant that can replace hearing aids. Users have found that it is of great help to their hearing. **The new device has full Medicare coverage!**

## Request for community assistance: Mentor an OU student



**OHIO**  
UNIVERSITY

The Senior Mentor Program is a component of a gerontology course at Ohio University. The program involves pairing each student with an adult (age 60+) within the Athens community and requires a **total** of 20 hours of interaction between the adult (mentor) and the student (mentee) **during the semester**. This opportunity begins by the last week of August. Mentors/mentees *typically* meet for about two hours each week. The pairs are encouraged to engage in mutually enjoyable, self-selected activities together, such as cooking dinner, creating a photo album, visiting

the Athens Farmer's Market, attending a social event, *etc.* The instructor of the course, Dr. Julie Brown, corresponds with the mentors throughout the semester and provides information about topics being discussed in class. In addition, group activities involving all mentors and mentees are typically planned, such as breakfast at Bob Evans or a picnic. If you would like to learn more about this opportunity, please contact Julie Brown at [brownj14@ohio.edu](mailto:brownj14@ohio.edu). TAV members Gladys Bailin Stern, Jane Woodrow, and Sara Gilfert recommend the experience highly.



## Notes from Gregg

At the Athens Uncorked gathering on June 14, we took an informal poll concerning the Brown Bags. Since the response suggested discontinuing these events, we have cancelled all Brown Bag events after July.

We are preparing to welcome an intern from the Ohio University School of Social Work, Ms. Veronica Borja. She will be with us from the end of August through the entire OU school year! Her first project will be to manage the TAV Annual Meeting, planned for September 21, at the Richland Avenue United Methodist Church. We hope that you can find time in your busy schedule to attend this meeting, as issues concerning your membership will be discussed and voted on by the participants. Other projects under discussion for Veronica are for her to call or visit with each member of the Athens Village at some point in her internship, and to create a Facebook page for the Village. We hope you will welcome Ms. Borja as we learn more about each other.

Ms. Borja's interests include singing, crafting, and acting. She speaks Italian and has travelled in Europe.

## ALZHEIMER'S ASSOCIATION WORKSHOPS

- Friday, July 7, 10 a.m. "Know the 10 Signs of Alzheimer's Disease"**  
**Fri., July 21, 11 a.m. "Dementia Conversations"**  
**Fri., Aug. 4, Noon "Effective Communication Strategies"**  
**Fri., Aug. 18, 10 a.m. "The Basics of Alzheimer's Disease"**

All workshops are free; please pre-register at 800-272-3900 to ensure sufficient materials are prepared.



## HELP WITH RESEARCH

**Wed., July 26, noon to 1 p.m.,** Athens Community Center, Dr. Clark will be giving a talk about an upcoming pharmaceutical trial for seniors. Lunch will be provided. RSVP to Megan at 740-593-2443.




## Hey! It's Time: Another MILO'S FREEZER RAID

*Thursday, July 20, 4-6 p.m. ACENet, 94 Columbus Rd.*

What an opportunity! You can come on in and purchase delicious, gourmet, complete frozen meals prepared by that delightful Chef Milo. All purchases benefit Civitan.

<http://www.gourmetyourway.biz>

**Thurs., July 6, 6:30 to 7:30**

**p.m., Forum Theater (inside the RTV building).** Sneak Peek of  *Hairspray the Musical*, presented by OVST. Director talk, a song by the cast, discussion with actors and technicians, and light refreshments. Contest for the highest, slickest, or most creative hair at this event. Free and open to the public. Bring a heavy jacket or blanket—the theater is CHILLY!

## Request for Research Participants

**Research Participants Wanted**  
for a study on linguistic processing

### You may participate if:

- ▶ You are from 18 to 89 years old; especially 70 to 89-year-olds are actively sought
- ▶ You have at least a high school diploma
- ▶ Your native language and the language you use on a daily basis is American English
- ▶ You have no history of speech, language, learning, or developmental impairment
- ▶ You have no history of stroke or brain injury
- ▶ You pass a hearing, vision, and cognitive screening

**Participation in the study will last for about 50 to 75 minutes.**

**Testing will take place in the Neurolinguistics Laboratory, W240 Grover Center, on the Ohio University campus.**

**Participants will receive \$10 in compensation.**


### Contact Info:

**The Ohio University Neurolinguistics**

**Laboratory: 740-805-0310**

**Email: [ouneurolinguistics@gmail.com](mailto:ouneurolinguistics@gmail.com)**

## 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/)  
**All Athens County Libraries will be closed on Tuesday July 4.**  
**Thursdays in July, 7-8 p.m.,** Dominican Dances: Bachata and Merengue! Led by Jane Tompkins. Registration required; limited to 10 couples. You must register with a partner, different gender not required. Free.  
**Wednesdays, 10 a.m. and 2 p.m.,** Yoga for people 50 and up. Bring your own mat, or mats available at the library.

### OTHER EVENTS IN AND AROUND ATHENS

- Every Mon., Wed., and Fri. from 3 to 4 p.m., the pool at Beacon School is open for senior swimmers. \$2 per person to pay for the lifeguard. *Arthritis Swim* Mon. and Thurs. from 5:30 to 6:30 p.m. Cost is unknown.
- July 20-23, July 27-30 and Aug. 3-6. **Forum Theater.** OVST presents *Hairspray, the Musical*. More info at <https://ovstdotorg.wordpress.com/2017-show-information/>.

### TAV is still stretching

Marcia Goldstein has taken on the role left vacant when Molly Hajjar graduated and left Athens. She is excited to be leading the gentle yoga stretching group on Tuesdays at 10:30 a.m. Marcia currently also leads two other groups in Nelsonville. She is passionate about movement of all types and enjoys gardening, biking and hiking in addition to gentle yoga stretches. This group continues to meet on Tuesdays at 10:30 a.m. at the OSU Extension office on 280 West Union Street (behind the City-County Health Building, next to the county fairgrounds, across the street from Seaman's grocery and a Marathon gas station). There is a suggested \$5 donation per session. Space is available for up to four additional TAV members to join the group. Come explore and see if it is right for you!



### O'Bleness SeniorBEAT Activities

Become a member of SeniorBEAT! It's FREE!

- \*Book Club, **Mon., July 10, 10 a.m.**, discussing *The Siege of Krishnapur* by J.G. Farrell, **O'Bleness Cafeteria.**
- \*History Group, **Thurs., July 13, 1 p.m.** *Athens County's Changing Borders* with Cyrus Moore III, **O'Bleness room 8**
- \*Speakers Program, **Thurs., July 20, 2 p.m.** Andrew Bryant will speak about the aging brain and common medical conditions, in the **Heritage Community Room, Nelsonville OhioHealth**
- \*Lunch Group, **Fri., July 28, 11:30 a.m.** Meet at **Lion's Club Picnic Shelter, The Plains**, for a potluck picnic.

For more details, call Joy MillerUpton at 740-385-8451 or email [jmillerupt@aol.com](mailto:jmillerupt@aol.com)


**Senior Fitness classes**  
 Free to members  
 Wednesdays, starting July 12  
 Core and Balance 9:30 a.m., Chair Strength 10:30 a.m.

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

<http://athenagrands.com/>

- Movie times recording 740-593-8822**  
**Office 740-593-8800 (best time to call is 12 noon)**  
**Mon., July 18, 7:30 p.m.** Shark Week 2017, All tickets \$15  
**Mon., July 24, 7 p.m.** *Kiki's Delivery Service* (1989, subtitled Japanese animation). All tickets \$12.50  
**Sun., July 30, 7 p.m.** *Fast Times at Ridgemont High* (1982). All tickets \$12.50

### Athena Cinema, 20 S. Court St., 740-594-7382

- Sat., July 1, 3 p.m.** *Muppets Take Manhattan* (1984)
  - Sat., July 8, 3 p.m.** *Homeward Bound* (1993)
  - Sat., July 15, 3 p.m.** *The Black Stallion* (1979)
  - Sat., July 29, 3 p.m.** *The Secret Garden* (1993)
- All screenings above benefit Big Brothers Big Sisters of Athens County. Suggested donation of \$2 per person.