

Brown Bag Lunch:

Thurs., May 25, Noon-1:30 p.m.
WellWorks, Grover Center E124



This is a special Brown Bag *for Village members only*. WellWorks is a special gym facility inside Grover Center. It started as Ohio University's membership wellness program aimed at faculty and staff, but has opened to any community member. Silver

Sneakers members can use the facility at no extra cost. The new WellWorks director, Ms. Jenn Bennett (photo above), will give a tour of the facility, and maybe attendees will meet some of the instructors or therapists on staff.

This site visit in May was chosen specifically because campus parking is more plentiful in the summer. If you have an OU parking hangtag, you can park in lot 134 near Grover Center at no extra charge. There is also meter parking by Baker University Center lower level. You can also park at ACENet (94 Columbus Rd.), and either Sue Foster or Gregg will carpool. Call the office (740-447-0500) if you want to carpool; last car going to Grover Center will leave ACENet at 11:45 a.m. PLEASE RSVP for carpooling!!

May 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 lunch gathering of members and friends at Bob Evans Restaurant, hosted by Ellsworth Holden.
- Wed., May 3, 11 a.m.,** Public Information Team meeting, ACENet Conf. Room B.
- Mon., May 8, 1 p.m.,** Membership Team meeting, ACENet Conf. Rm. B.
- Mon., May 8, 2 p.m.,** Hearing Aid Interest Group, open to the public. **Special speaker!** ACENet, Conf. Rm. B or C (see p. 3)
- Tues., May 9, 10 a.m.,** Board meeting, Athens Community Center.
- Wed., May 17, 3 p.m.,** Health and Wellness Team, ACENet, Conf. Room B.
- Thurs., May 18, 10 a.m.-2 p.m.** Senior Safety Day, Athens County Fairgrounds (see story, below)
- Wed., May 24, 1 p.m.** Members' informal gathering with Gregg, ACENet conf. B.
- Thurs., May 25, noon,** Brown Bag Lunch meets at **WellWorks, in Grover Center** Free, *and for TAV members only*. See story at left.



Senior Safety Day at the Athens County Fairgrounds

Thursday, May 18, 10 a.m. to 2 p.m.

The Third Annual Senior Safety/Preparedness Day will be held at the Athens County Fairgrounds from 10 a.m. to 2 p.m., rain or shine. FREE admission and parking. TAV will again have an information table. There will be giveaways of all kinds of gift cards and baskets, announced over the PA. **If you're there when your name is called, you get the goods!** The names are culled from the registrations taken at the door.

Free information includes: talks by medical personnel and therapists, and free medical screenings; lunch of bean soup and hot dogs; coffee; demonstrations of fire and police equipment, and MORE!

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

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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

Website: <http://www.TheAthensVillage.org>

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From the President's Desk
Senior Safety Day



On the first page of this issue is a notice of Athens Senior Safety Day at the Athens Fairgrounds on May 18. Gregg also talks about it in his column. Maybe that should give you an idea of how important this event is to us.

This is the third year for this event. There are "freebies" including door prizes and things which various groups are giving away. More importantly, though, is a chance for us to check up on a variety of things which help make our lives more secure: vehicle safety inspections, medical screenings, and information on home safety, emergency preparedness, and regional senior resources. Gregg and some other Village members will be at the TAV information table. Thanks to the volunteers (Rita Oberholzer, Gladys Bailin Stern, Patty Mercer) who have come forward to help!

In addition there is a free lunch of bean soup and hot dogs. The Red Cross will provide free coffee. Unfortunately I will miss the lunch as I will be at the Emeriti Association meeting, but I will be at the fairgrounds immediately after that.

Maybe I will see you there.

Ed

May TAV Birthdays:

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

Ed Baum

Anne Braxton

Anne McClanahan

Izzy Urieli

Susan out of the office in May

Your office staff, Susan Gilfert, will be out of the office in May 2017. She is a member of the Ohio-Japan Exchange Program, which sends visitors from each country bi-annually to observe how the other country deals with its elderly citizens. Susan will be gone from May 12 through 31. Paperwork will be delayed and no weekly email reminders will be sent. The June 2017 newsletter will be delayed.

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!

Brown Bags, Etc. Planned for 2017



- > June 22: Ohio Attorney General's office presentation on senior scams and elder fraud. Venue: O'Bleness Room 10.
- > **July 13:** Potluck picnic at the Lions Picnic Shelter in The Plains. Athens OnDemand! Please bring a dish to share. No Brown Bags planned for August.
- > **Sept. 28:** Robert Gall, J.D., Your End-of-Life Legal Questions. Please send questions to office by Sept 20. Personal questions might not be appropriate. Venue: O'Bleness Room 10.
- > Oct. 26: FairHoPe Hospice: Advance Directives workshop. Venue: O'Bleness room 10
- > **Nov. 2:** Bill Wooddell, realtor with Hayes Real Estate, will answer questions submitted in advance to TheAthensVillage@gmail.com, subj: Bill Wooddell Q. Personal questions might not be appropriate. Venue: O'Bleness room 10.

Highlights from the 4/27 BBL

Roger Wilkens shared his insights and information garnered from a conference held in Oberlin Ohio last fall. There are many energy-aware initiatives ongoing in South-Eastern Ohio. Roger wants to share that information with Village members.

Would you like to speak about a trip, or any other activity that you love, with TAV members? Please contact Susan at the office (740-447-0500) if you would like to present at a monthly Brown Bag lunch. Please see planned BBLs on this page (**Save the Date**). In July, we have our annual potluck picnic, and in August there is no BBL. December is presently open to suggestion.

Dr. Atul Gawande's webinar has been rescheduled for **Mon. Sept 25 at 5:30 p.m.** BUT the big room at O'Bleness is not available at that date and time. Darn! We are working a number of contacts to find another venue big enough and with the necessary technical expertise available for a webinar viewing party.



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 eight member households signed 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.

Hearing Aid Interest Group



Next meeting: Mon, May 8, 2 p.m.,
94 Columbus Road,
Conference Room B or C
Open to the public.

Dr. Dean has scheduled Ms. Rebecca Maier, an expert on the cochlear implant technique and mechanics, to speak at the May 8 meeting. If the participant number is small, the venue will be Conference Room C, as usual. If the number of participants grows to over 8, the venue will move to the conference room in Building C. Go through the red door design studio, then turn left down the hall to find the conference room.

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., 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., 1 p.m. at ACEnet.

Health and Wellness Team

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

Membership Team Update

On April 10, the Team discussed 1) overlap of Membership Team duties with other Teams; issue somewhat resolved by meeting with Public Information Team leader. 2) discussion of what happens to data collected in monthly phone surveys. Apr-May's phone calls will be to confirm members' contact and emergency information on file in the office.

As always, we need people who are willing to regularly call a short list of members so we can continue to maintain regular contact with our full membership. If you would like to assist in this important work, please contact either Gregg or Susan at the Village office.

Next meeting: Mon., May 8 at 1 p.m.,
at ACEnet.

The Athens Village Vital Statistics

As of Apr. 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.

Health & Wellness

Team Update

By Gladys Bailin Stern

••••• Topics at the April 19 H&W Team Meeting •••••

- > Discussion of senior housing and OU Master Plan.
- > Discussion of Liberty, a new Uber-like service coming to Athens.
- > Presentation of new vendor in Athens:
 - Athens In Home Services (AIHS) is a new family business offering grocery shopping and delivery service. They can shop any store in the Athens area and deliver to your home. They cover Kroger, Walmart, ALDI, Seaman's, the Farmers Market, pet stores, and Lowe's, among others.
 - They can even pick up most pharmacy orders. They will work closely with you to meet or exceed your shopping standards.
- AIHS met with the Health and Wellness Team on Weds 4/19. The Team think this service is a perfect fit for The Athens Village community's mission of making it easier and safer to live at home with greater independence.
- AIHS will be offering more services in the near future, like housekeeping, pet care, plant care, etc., but for now AIHS look forward to meeting with you to discuss your shopping needs! Thaden Brient & Luisa Lescano (740) 818-9277 (text or call)

- > *Team member Bobbie Thibault is now back home without a vehicle. Athens OnDemand is good, but they don't run on weekends. She would appreciate rides to the Farmer's Market on Saturday mornings. Phone 740-856-8755.*

••••• **Next meeting on Wed., May 17, 3 p.m.
at ACEnet.** •••••

Public Information Team Update

On April 5, the team discussed 1) a new chair for this Team, 2) venues for the Team to present at. *The Public Information Team wants to speak at club meetings and other gatherings. Please invite us!*

Next meeting is **Wed., May 3 at 11 a.m. at ACEnet.**

Notes from Gregg



May 18 is Athens County Senior Safety & Preparedness Day event at the County Fairgrounds. The event runs from 10 a.m. to 2 p.m. Assuming good weather, I would encourage you to attend. There are 25 vendors listed on the program brochure and others are expected. I attended last year and found the event to be useful and entertaining, not to mention they offer a free lunch. There will be door prizes, many free giveaways, medical screenings, vehicle safety inspections (vehicles, not drivers), information on emergency preparedness, special needs and mass transportation information, home safety, crime prevention and other senior resources. I think you will find the visit worthwhile.

Also, should you call the Village phone number and not get an answer, *please leave me a message*. Sometimes I am in a meeting, or may be driving and cannot answer, but I do want to return your call. On the other hand, you may not want a return call. That is fine; of course, just leave a message letting me know that.

ALZHEIMER'S ASSOCIATION

A local representative is usually in the Village office twice a month, on 1st and 3rd Friday mornings from 10 a.m. to 1 p.m.. However, he is taking parental leave in May to enjoy the arrival of his first child. We wish Morgan and his wife well! There may or may not be an alternative representative in Athens during May.

The Alzheimer's Association contact is 800-272-3900.



Support Local Theater

Wed., May 3, 7:30 p.m., ARTS/West, 132 W. State St. Staged reading of *The Laramie Project*, a 2000 play by Moises Kaufman about the reaction to the 1998 murder of University of Wyoming gay student Matthew Shepard in Laramie, Wyoming. Free.

May 11-13, 7 p.m. each night and Sun., May 14, 2 p.m., Stuart's Opera House, Nelsonville

Joe Balding directs *The Dixie Swim Club*, a comedy in which five Southern women who met on their college swim team gather every August over a period of 33 years to catch up and share their lives. Tickets \$??. Call Stuart's 740-753-1924.



ADVOCACY CORNER

There are many issues affecting our daily lives, including Medicare, taxes, and state and federal budget cuts. Tell your elected representatives how you feel about them! If you want to reach your elected representatives, here's e-mail, phone numbers and addresses to do so. Postal mail is slow because of scanning for white powders, unless you send a postcard.

Ohio House (district 94): Jay Edwards, 77 S High St., 10th floor, Columbus OH 43215, phone 614-466-2158; email: <http://www.ohiohouse.gov/jay-edwards/contact>

Ohio Senate (district 30): Frank Hoagland, 1 Capitol Square, 1st floor, Columbus OH 43215; phone 614-466-6508; email: frank.hoagland@ohiosenate.gov

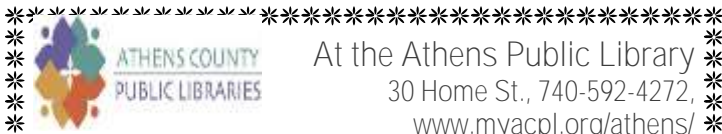
Governor: John Kasich email : <http://governor.ohio.gov/Contact/ContacttheGovernor.aspx> or call 614-466-3555

U.S. House (district 15): Steve Stivers, DC phone: 202-225-2015; *Lancaster office:* 123 S. Broad St., Suite 235, Lancaster OH 43130, phone: 740-654-2654; email: <http://stivers.house.gov/contact/>

U.S. Senate:

Sherrod Brown, phone in DC: 202-224-2315 or 888-896-6446; *Columbus office:* 200 N. High St., Room 614, Columbus OH 43215, phone 614-469-2083; email: <https://www.brown.senate.gov/contact/email>
Rob Portman, phone in DC: 202-224-3353; *Columbus office:* 37 W. Broad St., room 300, Columbus OH 43215, phone 614-469-6774 or 800 205-6446; email: <https://www.portman.senate.gov/public/index.cfm/contact-form>

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/

All Athens County Libraries will be closed
on Monday May 1

- * **Thurs., May 4, 7 p.m.** *Landscaping for Energy Efficiency and Sustainability* with John Knouse.
- * **Sat., May 6, 2 p.m.** *La Primavera Open House*. Celebrate Spring with music, crafts and snacks.
- * **Tues., May 16, 5:30 p.m.**, Art in the Library Reception for artists Paul Tescher (calligraphy), Megan McStevens (acrylics) and Karen McManaway (quilts).
- * **Sat., May 20, 2 p.m.** Author Talk and Book Signing with local author E.A. Copen.
- * **Thurs., May 25, 7 p.m.** *The Age of Aquarius: Astrology Fun!* Sue Zano, former Pharmacy owner, will talk about astrology and history.

OTHER EVENTS IN AND AROUND ATHENS

- **Fri., May 5, all day, Hocking College.** ACENet's 2017 *Women in Business* conference. Free, but preregistration requested. More info at <http://acenetworks.org/community/2017-women-business-conference/>
- **Sat., May 6, 9 to 11 a.m., 44 Elmwood Place** Athens Garden Club Annual Plant Sale
- **Sat., May 6, 7:30 p.m. and Sun., May 7, 4:30 p.m.** ARTS/West, 132 W. State St. Calliope Feminist Choir annual concert. Sliding admission scale, \$10-\$30. Email calliopefeministchoir@gmail.com for info and tickets.
- **Fri. May 12, 5 p.m., Dairy Barn.** Reception for *Moments Between: The Annual Athens Photographic Project Juried Exhibition*. Free and open to the public.
- **Wed. May 17 through Sun. May 21, Ohio University** *On The Green* weekend. Alumni events. Info at <https://www.ohio.edu/alumni/onthegreen/>
- **Sat., May 20, 11:30 a.m. to 2 p.m., Tailgreat Park (next to Convo)** Food Truck Festival. \$15 for all-you-can-eat pass.

O'Bleness SeniorBEAT Activities
Become a member of SeniorBEAT! It's FREE!!!!

- *Book Club, **Mon., May 8, 10 a.m.**, discussing *Clementine* by Sonia Purnell. **O'Bleness Cafeteria.**
- *History Group, **Thurs., May 11, 1 p.m.** Talk by Dr. Katherine Jellison, **O'Bleness Room 8.**
- * Wednesday Wellness, **Wed., May 17, 6 p.m.** Avoiding falls with Anne Goodman, MPH. **O'Bleness cafeteria.**
- *Speakers Program, **Thurs., May 18, 10 a.m. to 2 p.m.** Senior Safety Day at the Athens County Fairgrounds.
- *Lunch Group, **Fri., May 26, 11:30 a.m.** Meet at Albany Café, 5196 Washington Rd.. In the renovated schoolhouse in Albany.

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

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., May 7 and Wed., May 10, 7 p.m. *Saturday Night Fever* (1977) All tickets \$12.50
- Tues., May 9, 6:30 p.m. National Theater Live: *Rosencrantz & Guildenstern are Dead*. All tickets \$15
- Sat., May 13, 12:30 p.m. and Wed., May 17, 6:30 p.m. The Metropolitan Opera: *Der Rosenkavalier*. Adult \$24 Senior \$22
- Sun. May 21 and Wed. May 24, 7 p.m. *Smokey and the Bandit* (1977). All tickets \$12.50
- Tues., May 23, 6:30 p.m. National Theater Live: *Obsession*. All tickets \$15

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

- Thurs., May 4, 7 p.m.** *Searching for Sugar Man* (2016) Documentary abt an artist who will play at Nelsonville Music Festival in June. Free.
- Thurs May 11, 7 p.m.** *Occupants* and *The Assassin's Apprentice*. RathaCon special screening. Director talkback follows screening. Cost?
- Thurs., May 18, through Sat. May 20, 5 p.m. and 7 p.m.** Films from 1967, 1977 and 1987 will be screened; part of On The Green OU alumni event. Cost for individual films unknown. Info at <https://www.ohio.edu/alumni/onthegreen/>