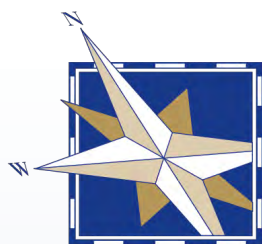


The Sentinel

August 2020



**2375 HARDING HWY. EAST
MARION, OHIO 43302**

Office: 740-387-6100
Transportation: 740-387-5444

CENTER HOURS
Monday–Friday: 8 AM–4 PM

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**The Center will
Remain Closed Until
Further Notice**

CHANGE *is* GOOD!

We all know change is sometimes hard. And change isn't always good... but as the saying goes: *"When things change inside you, things change around you!"* And that was the driving force behind the noticeable changes you'll see in this month's newsletter.

In a recent staff meeting, Barb Arms pointed out that several of our members had mentioned they were tired of seeing all the activities and trips listed that were postponed and/or cancelled due to the Center being closed. In short, it was a constant reminder of things they could no longer do. They appreciated the communication in the cover story and a few informative articles related to the pandemic each month, but wanted more. So, we're shaking things up a bit!

The result is in your hands... literally! In normal times, the Center is a vibrant place that promotes socializing with friends, keeps you physically active, and stimulates your mind. So, with that in mind we tried to think of content that could accomplish the same goal.

We brainstormed ideas to address: *"If members can't currently come to the Center, how can we bring the Center to our members?"*

I asked each staff member to help me develop the additional content necessary to make this change possible. **Cindy** put together some exercise articles (pg. 4 & 5), **Lisa** sourced activities like a crossword puzzle, Sudoku, and word find (pg. 6 & 7), **Jackie** created a "Quickie Quiz" (pg. 6), and **Barb** interviewed staff on what they've been doing during the stay-at-home time of the COVID-19 pandemic as well as shared member Phyllis Shirk's zucchini bread recipe (pg. 10 & 11).

For those of you who remember the *"Highlights for Children"* activity magazines in reception areas of doctor's offices... think of this as *"Highlights for Seniors"*. We hope you enjoy the new format and that it adds a little fun and enjoyment to lift your spirits during this unusual time. We look forward to the day when we can welcome you back to the Center. But until then... **embrace the change!**

Be Kind & Stay Well,
Steve Badertscher, Director

Senior Center Services

Elder Care Law

Certified elder law attorney, **Steve Roush**, representing the law firm of **Daniel P. Seink Co., Ltd.**, is available for **free** one-on-one consultations to discuss specific legal questions with our members each month. Steve specializes in estate planning, VA benefits planning, and Medicaid benefits planning. Please contact him at (740) 418-1840 or 1-800-393-2324 to schedule your free appointment.

Tech Time with TJ

T.J. Badertscher from **Center Street Community Health Center** will be here on the **last Wednesday each month** beginning at **10:30 am** to offer free assistance to anyone wanting to learn how to better use their Smartphones, tablets, iPads and other digital devices. Please call (740) 387-6100 to schedule a half hour appointment. **Postponed.**

Desserts & Memories

Sara Middleton from **Kindred Hospice Marion** hosts a monthly grief support hour the **2nd Wednesday** each month from **3 to 4 pm** in the **Game Room**. This support group is for adults who have experienced the death of a loved one and are looking for a safe space to process grief, assured they are not alone. This support group is free and open to the public. **Postponed.**

Food Box Program

If you or someone you know are in need of food assistance please contact **Cindy Jennings** at **740-387-6100** to see if you qualify for the **Commodity Supplemental Food Program (CSFP)**. The Center distributes each month in partnership with **Mid-Ohio Foodbank**. To qualify you must be age 60+, live in Marion county and income eligible.

LUNCH AT THE CENTER

Hot and cold delicious, nutritious meals are available at the Marion Senior Center for anyone age 60+ **every Tuesday-Friday at 11:30 am**. Call Life Care Alliance at **1-888-656-6831** for details. You do not need to be a Senior Center member to participate in the Dining Center program.

NEW MEMBER MIXER

These quarterly gatherings are hosted on a **Friday at 11:30 am**. All recent new members are invited to join staff & volunteers for a free lunch, compliments of **DeWolfe Place**. If you are planning to attend, please call **Lisa Richardson** at (740) 387-6100 to RSVP.

ENERGY ASSISTANCE PROGRAM

The **Home Energy Assistance Program (HEAP)** can help income eligible Ohioans manage their utility bills. **March 2020** is the deadline to apply for extended payment plans or improving the energy efficiency of your home. See **Cindy Jennings** for an application or more information.



Senior Transportation

County-wide service is available on a donation basis every Monday through Friday from 8 am to 3:30 pm, with the exception of holidays. Pick-up times for dialysis appointments can be scheduled earlier than 8 am, but must be arranged at least one week in advance of your appointment time. All clients must be age 60+ and a Marion County resident.

We thank our drivers who've served tirelessly on the frontline throughout this pandemic. They are heroes who deserve special praise, going above and beyond in so many ways!

This service is made possible in part due to grant funding provided by Marion County Council on Aging (Senior Levy), Area Agency on Aging - District 5, and the City of Marion.



Improving Seniors Lives

"BEAT THE HEAT" program is back!

With the Dog Days of Summer looming ahead, **LifeCare Alliance, Marion County Council on Aging (Senior Levy), and Marion Senior Center** are teaming up to address the sweltering conditions and heat advisories by offering a **FREE** box fan to any Marion County resident age 60+ in need. We can even deliver a fan to those who qualify.

Simply call **Cindy** at (740) **387-6100** for details and to reserve your fan (*one fan per household while supplies last*).

Anyone wishing to donate a fan (or fans) for the program may simply drop them off at any **Marion City Fire Department** station. (*Newly purchased fans only!*)



Produce & Grocery Giveaway!

Mid-Ohio Foodbank in partnership with the National Guard is doing a produce distribution at the Marion County Fairgrounds from from **10 am to 1 pm** on the following **Thursdays**: July 16, August 6, August 13, and August 20. The National Guard will be distributing fresh produce for up to 300 families.

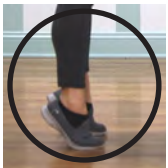


Mid-Ohio Foodbank just introduced a new website - **Freshtrak.com** - which allows clients to see if there are any pantries or produce markets available in their area and enables you to RSVP for a potential slot. Simply search by zip code 43302. This allows us to know exactly how many are coming, and to speed up distribution. While clients can come to the distribution without RSVPing a spot, this will help to get them in and out faster.

5 Balance Exercises for Seniors You Can Do at Home

If you have a problem coordinating your muscles, sitting around all day is not going to improve your condition! The best thing you can do to prevent falls and mobility related accidents is to get back on your feet and try a couple of balance exercises and maintain an active lifestyle. Maintaining a healthy weight can also help with balance.

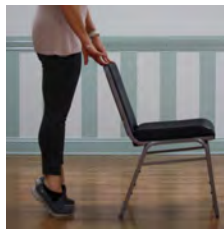
Whenever possible, have someone supervise you and stand next to a heavy chair or counter for support. You should do 2-3 sets of these exercises every day.



Heel Raises

Use Chair back to perform this exercise.

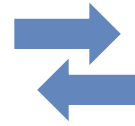
- Stand up-right; feet hip-width apart.
- Hands lightly on the chair back.
- Lift both heels off the floor so that you are only balancing on the balls of your feet.
- Lower heels gently back to the floor and then repeat the process. (8-15 Reps).



Sit/Stands

Chair must be used, supervision recommended.

- Stand in front of seat with back of legs touching chair.
- Feet should be hip width apart.
- Keep chest raised slightly, then lower hips back and down while bending at knees. (Sit)
- Avoid extending your knees past your toes.
- Stand back up and repeat process. (8-15 Reps)



Wall Pushups

Wall needed, supervision recommended.

- Stand with a arm's length in front of a wall.
- Hands flat on wall.
- Feet firmly on the floor as you attempt to bring your body towards the wall.
- Push yourself back up to the point where your arms are stretched out straight. (8-15Reps)



Side Leg Raise

Chair needed, supervision recommended.

- Stand upright behind chair back.
- Hold lightly onto chair back.
- Lift 1-leg out to the side then repeat on other leg. (10 Reps each leg)



Back Leg Raises

Chair needed, supervision recommended.

- Stand behind chair.
- Hold lightly onto chair back.
- Lift one leg behind you (squeeze glute muscle while doing lift).
- Repeat on other leg. (10 Reps on each leg)

How much physical activity do older adults need?

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, 5 days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow.

Stay active: It can make life better.

Move More and Sit Less

Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Older adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.

If you're 65 years of age or older, are generally fit, and have no limiting health conditions, you can follow the recommendations listed below.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



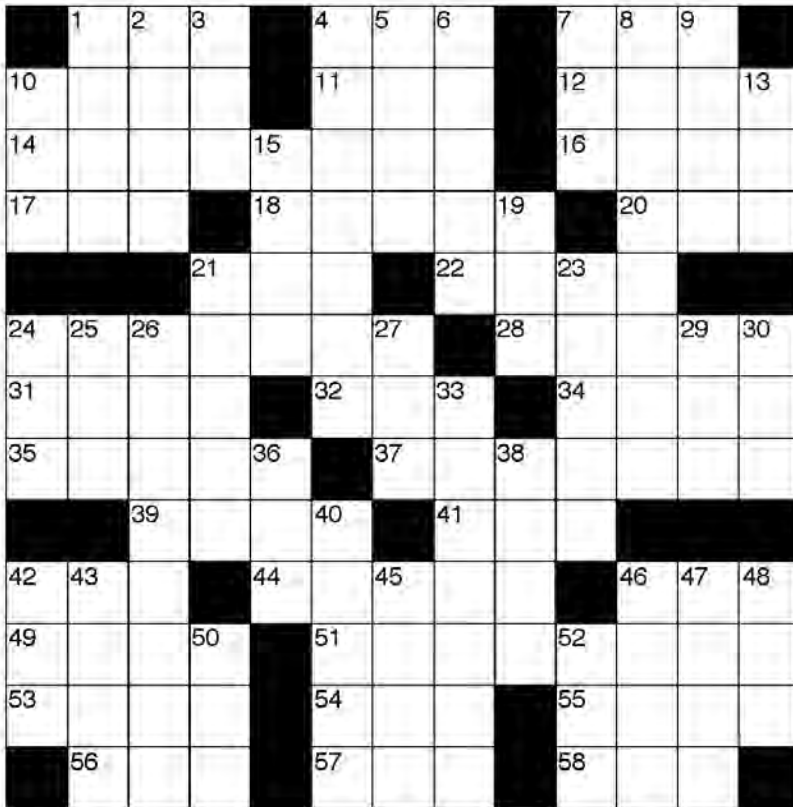
Break it up over the whole week however you want!

*This article is from Centers for Disease Control and Prevention; CDC 24/7: Saving Lives, Protecting People™
For more helpful information visit the CDC website at <https://www.cdc.gov/>

Classes, Activities & Programs

CROSSWORD PUZZLE

Answers on Page 13



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A21

ACROSS

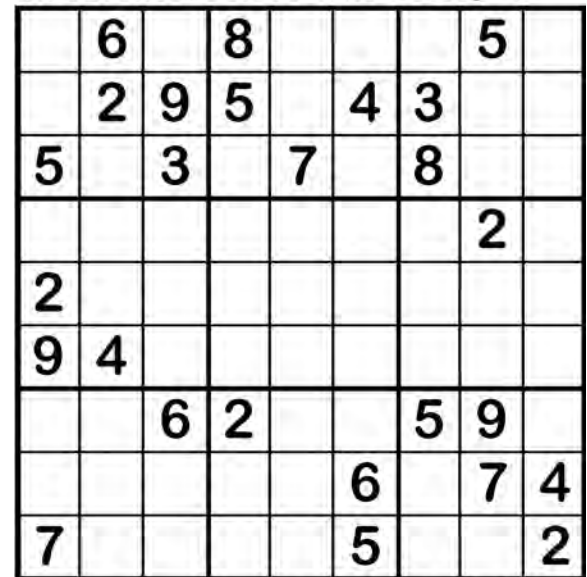
- 1 Sheep's cry
- 4 Certified Public Accountant (abbr.)
- 7 Wolfraimite
- 10 School residence
- 11 Own (Scot.)
- 12 Trolley
- 14 Poop (2 words)
- 16 7th incarnation of Vishnu
- 17 Limited (abbr.)
- 18 Agave fiber
- 20 Television channel
- 21 Pointed (pref.)
- 22 You (Ger.)
- 24 Elastic
- 28 One of the Beatles
- 31 Indian carpet
- 32 Bronze (Lat.)
- 34 River into the Yellow Sea
- 35 Dismay
- 37 Birthstone
- 39 Killer of Abel
- 41 Amer. Medical Assn. (abbr.)
- 42 Miles per hour (abbr.)
- 44 Last Imam
- 46 Barely get by
- 49 Oz books author
- 51 White wine
- 53 Hillside shelter
- 54 Military assistant
- 55 Knotted fibers
- 56 Rom. bronze
- 57 Bird's display area
- 58 Shak. contraction

DOWN

- 1 Disputable
- 2 Jack-in-the-pulpit
- 3 Danish county
- 4 Pause in poetry
- 5 Ancient Britain
- 6 Tarsus
- 7 Center (abbr.)
- 8 Mite
- 9 Young sheep
- 10 Double (abbr.)
- 13 But (Sp.)
- 15 Gaming cubes
- 19 Europe (abbr.)
- 21 Cordage fiber
- 23 Eyelashes
- 24 Eth. title
- 25 Exclamation
- 26 Booklet
- 27 Affirmative
- 29 General Accounting Office (abbr.)
- 30 Out (Scot.)
- 33 Eider (2 words)
- 36 Kipling hero
- 38 Exude
- 40 Skull bone
- 42 Master of Business Administration (abbr.)
- 43 Para-aminobenzoic acid
- 45 Geological vein angle
- 46 Winged god
- 47 Unite
- 48 Conger
- 50 Badly (pref.)
- 52 Alfonso's queen

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★☆☆☆☆

Quickie Quiz

Know Your History - Presidents

A.) Name the four presidents whose faces are carved on Mount Rushmore:

1. _____
2. _____
3. _____
4. _____

B.) Who was the artist, who carved the faces?

C.) Who was the artist, who completed the work?

D.) Which president served two non-consecutive terms?

E.) Which Amendment to the Constitution limits the number of terms a president can serve and when was it approved by Congress?

Answers on Page 13

Classes, Activities & Programs

We All Scream for Ice Cream!

S A L T E D C A R A M E L Y R R E H C H
 B N A T I L O P A E N B L U E M O O N G
 U C U P Y R R E B W A R T S P O O C S U
 N E E M A E R C D N A S E I K O O C A O
 N O A R T I L P S A N A N A B M A L T D
 Y T P I S T A C H I O W A F E R C O N E
 T B U R P E A N U T B U T T E R C U P I
 R S L N E T A L O C O H C C O F F E E K
 A E H A L R R B U T T E R P E C A N O O
 C U A A C A I T T U R F I T T U T B I O
 K E A R K K W A E L P P A L E M A R A C
 S U N D A E R E I M I D A O R Y K C O R
 E P I H C E T A L O C O H C T N I M O H
 S E L K N I R P S P M U G E L B B U B O
 S U G A R C O N E P A I N O M U P S E T
 E N I S I A R M U R B M V A N I L L A F
 M O O S E T R A C K S E T U N O C O C U
 E A E N A C Y D N A C I R S Y R U P T D
 T E B R E H S W O B N I A R T A O L F G
 B F U D G E R I P P L E A A Y I O O T E

Word List:

BANANASPLIT
 BUNNYTRACKS
 CHERRY
 COOKIEDOUGH
 FUDGERIPPLE
 MINTCHOCOLATECHIP
 PISTACHIO
 SALTEDCAMEL
 SPUMONI
 SYRUP

BLACKRASPBERRY
 BUTTERPECAN
 CHOCOLATE
 COOKIESANDCREAM
 HOTFUDGE
 MOOSETRACKS
 RAINBOWSHERBET
 SCOOP
 STRAWBERRY
 TUTTIFRUTTI

BLUEMOON
 CANDYCANE
 COCONUT
 CUP
 MALT
 NEAPOLITAN
 ROCKYROAD
 SHAKE
 SUGARCONC
 VANILLA

BUBBLEGUM
 CARAMELAPPLE
 COFFEE
 FLOAT
 MAPLEWALNUT
 PEANUTBUTTERCUP
 RUMRAISIN
 SPRINKLES
 SUNDAE
 WAFERCONC

Answers on Page 12

August 2020 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
10	11	12	13
17	18	19	20
SENIOR CENTER IS CLOSED UNTIL FURTHER NOTICE!*			
24	25	26	27
31			

Birthdays & Anniversaries

FRIDAY

7

14

21

28

August Birthdays

Anne Marie Bailey	Aug 01	Walter Oehler	Aug 11	Ray Hughes	Aug 24
Fred Malone	Aug 01	Tilly Gresh	Aug 11	Roberta Volz	Aug 24
Pat Mantey	Aug 02	Karolyn Frasure	Aug 11	Polly Burge	Aug 24
Kate Hoffer	Aug 03	John Shore	Aug 12	John Probst	Aug 24
Phoebe House	Aug 04	Janine Williams	Aug 14	Idelphia Hughes	Aug 27
Jerry Sopher	Aug 04	Steve Ward	Aug 15	Betty Lou Kreg	Aug 27
Loretta Murphy	Aug 05	Steve Welch	Aug 15	Jimmy Harris	Aug 27
Alfreda Layne	Aug 07	Bill Williamson	Aug 15	Marcella Brown	Aug 27
Janice Linstedt	Aug 07	Robert Miller	Aug 16	Sandy Lust	Aug 27
Phyllis Shirk	Aug 07	Vicki Van Gilder	Aug 17	Norma Vanderboegh	Aug 28
Dale Rapp	Aug 07	Larry Knapp	Aug 18	Betty Dietsch	Aug 29
Gary Dible	Aug 08	Judy Bill	Aug 19	Barbara Mead	Aug 29
Raymond, Sr. Haines	Aug 08	Paula Barron	Aug 20	Sheila Barry	Aug 29
Merle Smith	Aug 08	Randy Seaburn	Aug 21	Brenda Jones	Aug 29
Tom Fetter	Aug 08	Winnie Mallett	Aug 23	Karen Kirts	Aug 31
Larry Bradley	Aug 09	Sue McClaren	Aug 23		
Eugene Gear	Aug 10	Monica Granger	Aug 23		

August Anniversaries

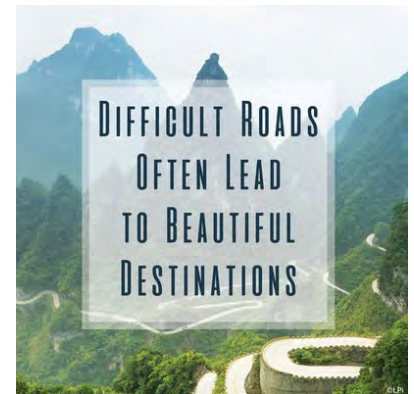
Raymond & Carol Haines	August 31, 1959	61 years
Larry & Barbara Fairchild	August 12, 1963	57 years
James & Sandra Thompson	August 25, 1963	57 years
Bob & Terry Kern	August 08, 1964	56 years
Mike & Toni Alic	August 07, 1965	55 years
Marion & Maureen Brown	August 09, 1969	51 years
Lacy & Eva Blankenship	August 10, 1970	50 years
Mark & Annette Hartman	August 23, 1987	33 years
Bill & Kay White	August 14, 1994	26 years
Jerry & Tammy Webber	August 12, 1998	22 years
Larry & Mary Geissler	August 31, 2002	18 years
Jon & Virginia Yarger	August 18, 2019	1 year

Volunteer of the Month

Physical Distancing NOT Social Distancing.... What have you been doing during COVID 19?

During the “house arrest” of March & April, some of the staff at Marion Senior Center spent time working at home, while Steve and the transportation team worked in their offices. Do you have any idea how quiet this building is when there are only two people in it? Our drivers continued to drive every day, making sure our seniors arrived at all their essential appointments while keeping everyone safe.

We wanted to share with you what we have been doing to keep busy while at home, during the last several months:



Steve – Keeping and Staying Safe

- Calling my Mom and Dad every day and shopping for them online, while they stayed at home
- Taking lots of walks and bike rides outdoors with my wife = quality time together
- Praying for family, our community, our country, and the seniors we serve
- Helped our daughter & her husband move closer to their new home in Delaware and painted their nursery
- “Paint therapy”...lots and lots of painting!

Jackie –

- Burning up my phone while making over 800 calls to members while working from home
- Busy crocheting 3” snowflakes for Christmas
- Relaxing while reading books that I have not had time to read

Cindy –

- Playing with and potty training our new puppy Bella
- Cleaned out several closets and my bakery kitchen
- My husband enjoyed more home cooked meals
- Planning future vacations and attending my sister’s wedding

Lisa –

- Brad and I enjoyed doing Jigsaw puzzles together
- Facetime with kids and the grands, and then finally visits!
- Watching our Church Service Sunday morning, then catching our friend’s recorded Church Services during the week
- With the warmer weather being outside in the garden and walks in the park

K.C. – Always wearing a mask

- Window visited with friends in a nursing home and keeping their bird feeder full
- Taking a mix of my friend’s favorite treats each week to their nursing home
- Enjoying sitting on my porch and appreciating God’s gifts

Barb –

- Talking, not texting, with family and friends
- Making over 400 masks for neighbors, friends & family, which turned into a small business
- Finished my daughter’s king size wedding quilt, and 3 quilts for the Veteran’s Christmas Party
- I enjoyed watching our Church Service on-line in my recliner, but missing my church friends
- Afternoon naps!

We hope that you will call or e-mail us with your COVID 19 stories. We would enjoy hearing from you!
Please send your emails to: info@marionseniorcenter.com

Simple Ways to Check In and Show Up for Yourself

By Pam Covarrubias

Can you actually show up for yourself like you show up for others? The Rose of Jericho is a plant used differently in cultures all over the world. At first look, the plant appears gray and dry, as if nearing death. However, the power of the plant shows up the moment it is submerged in water, springing back to life. As we navigate these difficult times, you might feel depleted and tired like the Rose of Jericho—but you, too, can spring back.



In these trying times, it can be easy to wear ourselves out when trying to support those around us. Take 5 minutes to check in on yourself with these questions:

- **Am I thirsty or hungry?** Hydration and food are important to our physical well-being, which affects our mental health, too.
- **Do I feel safe?** Safety is a fundamental need we all have. Once safety is compromised, we may feel unbalanced without realizing it.
- **Do I need rest?** We are in a global crisis affecting everyone in different ways. Sleep restores our energy and is an oft-overlooked option for helping us manage our days.
- **Do I need to breathe?** Allow yourself to take three deep breaths—make them the deepest you've taken.

Checking on these basic parts of life will help you meet your cognitive needs. In order for you to show up as a caregiver, friend, or spouse for someone else, self-care is necessary for avoiding burnout and exhaustion. With these simple questions, you can build resilience and strength, like the Rose of Jericho after touching water all day. Remind yourself we inhale life and exhale exhaustion.

This article was recently featured as a National Council on Aging website Blog. Author Pam Covarrubias is a confidence and productivity coach and founder of Spread Ideas, Move People. You can read more interesting and informative Blog posts by visiting www.ncoa.org/blog



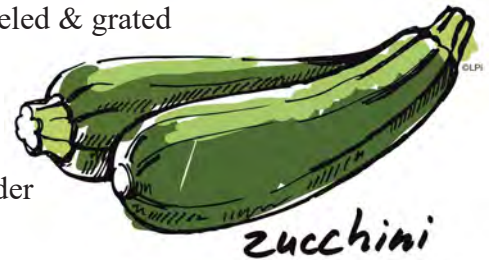
Zucchini Bread Recipe

by Phyllis Shirk

This is a delicious bread—very moist. Serve with cream cheese.

Ingredients

- 3 eggs
- 1 c. vegetable oil
- 2 ½ c. sugar
- 3 c. zucchini—peeled & grated
- 3 t. vanilla
- 3 c. flour
- 1 t. baking soda
- 1 t. salt
- 1 t. baking powder
- 3 t. cinnamon
- 1 ½ t. nutmeg
- 1 c. chopped nuts (optional)
- 1 ½ c. raisins (optional)



Directions

Beat oil, eggs, sugar & vanilla. Mix well. Add zucchini. Combine dry ingredients and mix well with zucchini mixture, blending thoroughly. Add nuts and raisins if desired and blend.

Bake at 350 degrees for 40-60 minutes depending on size of loaf pan. I use 4x8x2 inches deep. I get 4 loaves out of 1 batch.

Trips on the Horizon

***Unfortunately, All Senior Center Sponsored Trips are Cancelled for the Remainder of 2020 Due to the COVID-19 Pandemic.**

The Lighter Side



Losing His Memory

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him.

"Well, to tell the truth, Doc, yes," answered the patient. "You see, I seem to be getting forgetful. No, it's actually worse than that. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there — if I get there. So, I really need your help. What can I do?"

The doctor mused for a moment, then answered in his kindest tones, "Pay me in advance."

The Wrong Wish

A married couple, both 60 years old, were celebrating their 35th anniversary. During their party, a fairy appeared to congratulate them and grant them each one wish.

The wife wanted to travel around the world. The fairy waved her wand and poof — the wife had tickets in her hand for a world cruise.

Next, the fairy asked the husband what he wanted. He said, "I wish I had a wife 30 years younger than me."

So, the fairy picked up her wand and poof — the husband was 90.

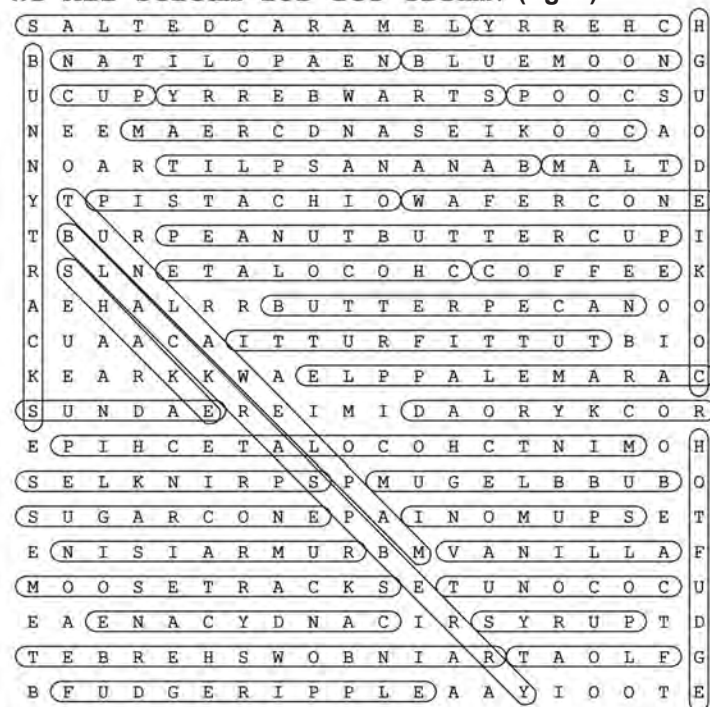
The Olden Days

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter, we'd ice skate on our pond. In the summer, we would swim in the pond and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed and sat silently for a minute. Finally, he said, "Grandpa, I wish I'd gotten to know you a lot sooner!"

We All Scream for Ice Cream! (Pg. 7)



CROSSWORD PUZZLE ANSWERS (Pg. 6)

	M	A	A		C	P	A		C	A	L	
D	O	R	M		A	I	N		T	R	A	M
B	O	A	T	D	E	C	K		R	A	M	A
L	T	D		I	S	T	L	E		C	B	S
			A	C	U		E	U	C	H		
R	U	B	B	E	R	Y		R	I	N	G	O
A	G	R	A		A	E	S		L	I	A	O
S	H	O	C	K		P	E	R	I	D	O	T
		C	A	I	N		A	M	A			
M	P	H		M	A	H	D	I		E	K	E
B	A	U	M		S	A	U	T	E	R	N	E
A	B	R	I		A	D	C		N	O	I	L
	A	E	S		L	E	K		A	S	T	

SUDOKU ANSWERS (Pg. 6)

4	6	7	8	9	3	2	5	1
8	2	9	5	1	4	3	6	7
5	1	3	6	7	2	8	4	9
6	3	1	7	5	9	4	2	8
2	7	8	4	6	1	9	3	5
9	4	5	3	2	8	7	1	6
1	8	6	2	4	7	5	9	3
3	5	2	9	8	6	1	7	4
7	9	4	1	3	5	6	8	2

Quickie Quiz Answers (pg. 6): *A) George Washington, Thomas Jefferson, Teddy Roosevelt, Abraham Lincoln; B) Gutzon Borglum; C) Abraham Borglum (son); D) Grover Cleveland; E) 22nd Amendment, approved March 21, 1947*

A photograph of a field of red poppies and green foliage. The poppies are in various stages of bloom, some fully open and others as buds. The greenery consists of tall, feathery leaves, possibly from a fern or similar plant. The background shows a cloudy sky. The overall mood is serene and natural.

Every day may not
be good, but there is
something good in
every day.

Marion Senior Center

2375 Harding Hwy. E.
Marion, Ohio 43302

8:00 a.m. to 4:00 p.m.
Monday through Friday
Office: 740-387-6100
Transportation: 740-387-5444

NON-PROFIT
U.S. Postage
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Marion, OH
Permit #23

Directory

Director: Steve Badertscher

Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Cindy Jennings

Transportation Coordinator: Barb Arms

Bookkeeper: Jackie King

Maintenance Supervisor:

Visit the Marion Senior Center
website at: www.marionseniorcenter.com

Email: info@marionseniorcenter.com
or follow us on Facebook



Need a Ride? Transportation Available for Seniors

If you, or someone you know age 60 and older, are seeking transportation for needs-based appointments, the Marion Senior Center is here to help. We provide transportation (on a donation basis) to and from appointments in Marion County. Transportation is available every **Monday through Friday between the hours of 8:00 am & 3:30 pm**, excluding holidays. **To learn more, contact the Center's Transportation Desk at (740) 387-5444 or Ohio District 5-Area Agency on Aging at 1-800-522-5680.**

****Handicap-accessible transportation is now available!***

Need a Personal Shopper?

We have a personal shopper available to help homebound Seniors age 60+. If you, or someone you know, could use ongoing assistance with shopping needs, **please contact Social Services Coordinator Cindy Jennings at (740) 387-6100.**

Sponsored by a Title III Grant under the Older Americans Act, administered through the Ohio Department of Aging and District 5 Agency on Aging with local funding through the City of Marion and the Marion County Council on Aging (Senior Services Levy). The Marion Senior Center and its programs are open to all persons 50 years of age or older regardless of their sex, race, income, national origin, religion or handicap.