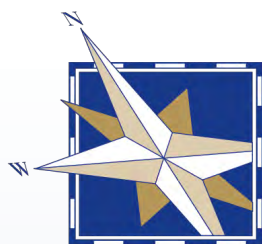


# The Sentinel

September 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**

## Some ‘Exciting’ News

Even though we continue to be closed to the public, we still have had some exciting things going on that impact the Center.

We recently learned our long-awaited Picnic Pavilion project will be the first project on the schedule when school resumes for Tri-Rivers Career Center this month. Instructor David Willey and his Construction Trade students will begin building the 32’ x 50’ structure which will be located on the east side of the facility, directly in front of the bus garage. The project is being paid for with \$11,365 raised over the past few years in myriad fundraising efforts (thank you, members), with additional funding being provided by your Senior Center Board.

In mid-August we received word from ODOT that we were awarded a specialized transportation grant that will enable us to purchase two new vans equipped with handicap-accessible lifts in 2021. We are ecstatic to receive this grant funding... and for the big, positive impact it will have on senior transportation in Marion County.

Other exciting news included an historic first! Bill Gossett, 90, has been playing golf regularly since 1954, but he achieved a first on the links on Thursday, July 30. Bill hit a hole in one on the 95-yard 18th hole at Green Acres using a 5-iron during Senior Golf League play. Witnessing the shot were Dale and Cathy Linstedt, Joe Clarke and Ron Walker. Congratulations, Bill (pictured above)!

And finally, in between the time spent discussing, researching and gathering information in our ongoing effort to keep everyone safe, we’ve also been doing a lot of “sprucing up” around the Center. We think you’ll really like the subtle changes in our ongoing effort to improve the place you know and love.

Oh, and one final bit of exciting news... my daughter Amanda and her husband Kyle welcomed their first son, Liam James Smithey into the world on August 14. (Yes, I’m now a grandpa x 2 for those scoring at home)! What a blessing, as mom and baby are both doing well.

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!*)

**Thank you**  
to our  
**ADVERTISERS**

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Local,  
**SUPPORT  
LOCAL**



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## 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.

### Single Leg Raises (Flamingo Stand)

*Chair needed. Supervision Recommended.*

- Hold lightly onto chair back or counter.
- Stand tall with feet directly under your hips.
- Lift left foot a couple inches off the floor; try not to lean to the right.
- Keep weight on right leg while keeping left foot raised for 10 seconds.



### Body Circles (Hula Hoop)

*Supervision recommended.*

- Place hands on hips.
- Move hips in a circular motion starting center-left-back-right.
- 5 Circles to the left.
- Reverse! Do 5 circles to the right.

### Woodpecker

*Supervision recommended.*

- Stand in a lunge position, hips squared, Left leg out front knee slightly bent
- Keep both feet facing forward
- Hinge at the hips, leaning forward with your chest.
- Bring arms behind you with thumbs out to side. (Hold 5-10 seconds)
- Slowly lift both arms in front of you with long straight arms. Palms facing each other. Do not hold-transition only.
- Keeping arms straight, Raise both arms up towards your ears. (Hold 5-10 seconds)
- Return to standing position, Repeat on right leg.
- Do 2 on each side.



### Seated Glute/ Low Back Stretch

*Chair needed.*

- Place left ankle on right knee.
- Hinge forward from the hips, chest coming forward slightly until you feel a good stretch.
- Hold for 10 seconds.
- Do 3 on each leg.



### Seated Side Stretch

*Chair needed, supervision recommended.*

- Sit with back several inches from back of the chair.
- Keep both feet flat on the ground.
- Lift right arm over head & to the left; hold 5 seconds
- Lift left arm over head & to the right; hold 5 seconds
- Repeat 3 times.



## 10 Steps to Prevent Slips, Trips, and Falls

Some of the most serious injuries among older adults, age 65 and older, are caused by falling. More than 1.6 million older Americans end up in the emergency room or hospital because of a fall, according to the National Institutes of Health. Seniors who have broken a hip by falling can have trouble recovering and regaining mobility.

The good news is many falls are preventable. One of the first things you can do if you take prescription medication is have your health care team review your medication.

“Some prescription medicines and over-the-counter drugs, or a combination of them, can make you dizzy or sleepy. Either can lead to a fall,” said Jaza Marina, M.D., a geriatrician at Kaiser Permanente in Atlanta. “If you fall, be sure to let your doctor know, even if you aren’t hurt. Sometimes falls are a sign of a new medical problem that needs attention.”

Many underlying causes of falls can be treated or corrected. Dr. Marina recommends these 10 proactive steps to reduce the risk of falling.



### Make your home safe:

1. Remove clutter, throw rugs, and electrical cords that might cause you to trip.
2. Store items on bottom shelves.
3. Add grab bars where necessary, in hallways, stairways and bathtubs.
4. Add a rubber bath mat in the shower or tub.
5. Make sure your home is well lit. Use night lights in hallways and bathrooms.
6. Keep a phone and flashlight by your bed.

### Take care of yourself:

7. Stay as physically active as you can.
8. Wear comfortable shoes with good support.
9. Have your vision and hearing checked.
10. Use a cane or walker if you feel unsteady.

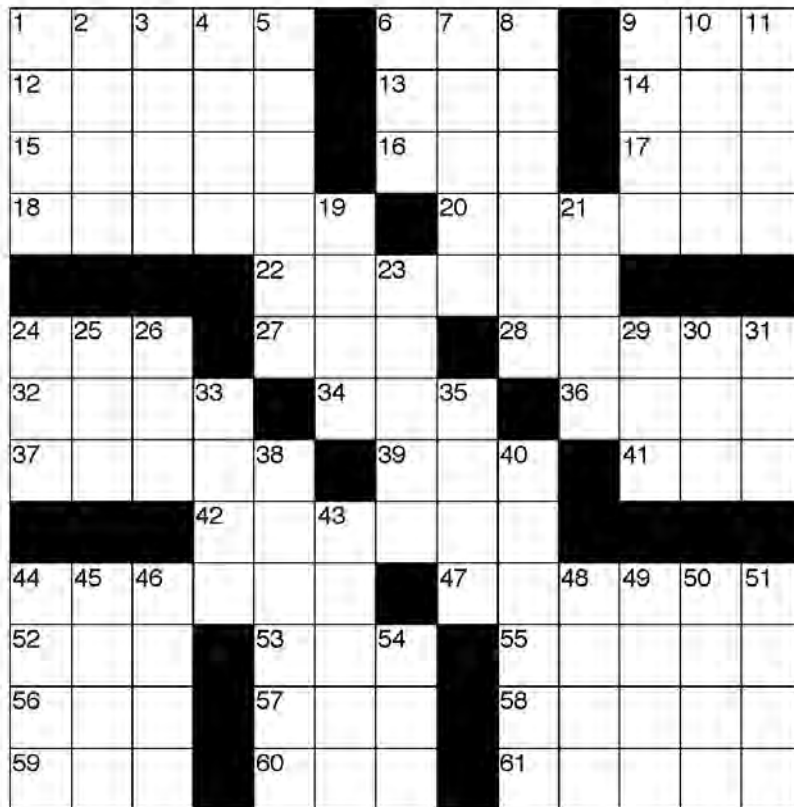
For more information on how to prevent falls, visit [share.kp.org/preventing-falls](http://share.kp.org/preventing-falls). Also check out [everybody-walk.org](http://everybody-walk.org) for tips on walking as an exercise. For questions or advice about a specific condition, talk to your physician.

©LPi (Courtesy of NewsUSA)

# Classes, Activities & Programs

## CROSSWORD PUZZLE

Answers on Page 13



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A22

### ACROSS

- 1 Siberian antelope
- 6 Exclamation
- 9 Gross (abbr.)
- 12 Dirge
- 13 Underwear
- 14 Science class
- 15 Cattle breed
- 16 Egypt, god of pleasure
- 17 Sp. article
- 18 Wobble
- 20 Of a nation
- 22 Group of six
- 24 Old (Ger.)
- 27 Juice
- 28 Alcove
- 32 Recline
- 34 "\_\_\_ Abner"
- 36 Woman's work basket
- 37 Lawful
- 39 Old Irish counterfeit coin
- 41 Jap. festival
- 42 Melodious
- 44 Sugar cane shoot

- 47 Honor
- 52 Antiaircraft artillery (abbr.)
- 53 School organization (abbr.)
- 55 Polishing material
- 56 Altar
- 57 Hours (abbr.)
- 58 Forbidden City
- 59 Ancient stringed instrument
- 60 Defiant shout
- 61 Avesta division

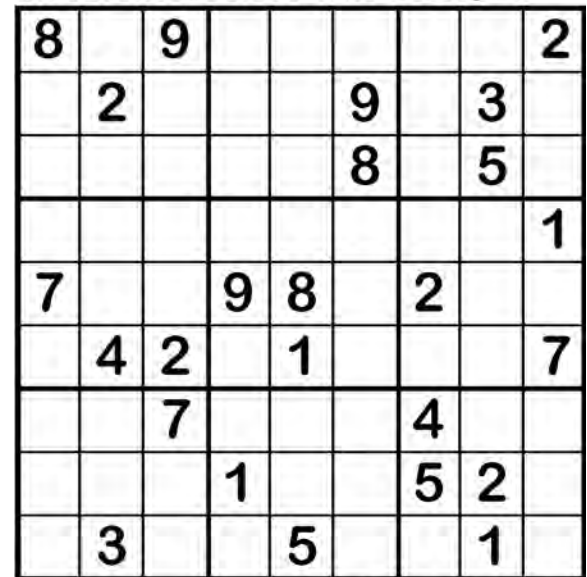
### DOWN

- 1 Lath
- 2 Senior (Fr.)
- 3 "Bus Stop" playwright
- 4 Form of arthritis
- 5 Tax
- 6 Warp yarn
- 7 Zenith
- 8 Dash
- 9 Overflow
- 10 Hindu princess
- 11 Old Gr. coin
- 19 Actual
- 21 Of the kind of (suf.)
- 23 Coil (pref.)
- 24 Aggregate
- 25 Law (Fr.)
- 26 Tender loving care (abbr.)
- 29 Civil Aeronautics Board (abbr.)
- 30 Television channel
- 31 Belonging to (suf.)
- 33 River into the Yellow Sea
- 35 Tie
- 38 Cup
- 40 Ill
- 43 Within (Lat.)
- 44 Thunderfish
- 45 Berne's river
- 46 S. Afr. dialect
- 48 Ceylonese langur
- 49 Down with (Fr., 2 words)
- 50 Deep cut
- 51 State (Fr.)
- 54 Hardwood

Answers on Page 13

## 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 II

1. Which President was in office for the longest time?
2. Which president was in office for the shortest time?
3. Who was the smallest president?
4. Which president held the office of sheriff and was a hangman?
5. Who was the first president born in the United States and not a British subject?
6. Which Amendment defines limits on the number of terms a president can serve?
7. When was the limiting term Amendment approved by Congress?
8. Why does the 'S' in Harry S Truman's name not have a period after it?



# Classes, Activities & Programs

## All About Autumn

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

### Word List:

APPLES  
 CHESTNUTS  
 COOL  
 ELECTIONS  
 FOOTBALL  
 HALLOWEEN  
 MAIZE  
 PEARS  
 SCARECROW  
 THANKSGIVING


AUTUMN  
 COBWEB  
 CORNUCOPIA  
 FALL  
 FROST  
 HARVEST  
 NOVEMBER  
 PIE  
 SCARF  
 TREES

BOUNTY  
 COLORS  
 COSTUMES  
 FEAST  
 GHOSTS  
 HAYRIDE  
 NUTS  
 PUMPKINS  
 STUFFING  
 TURKEY

BRISK  
 COLUMBUS  
 CRANBERRIES  
 FOLIAGE  
 GOURDS  
 LEAVES  
 OCTOBER  
 RAKE  
 SWEATERS  
 VETERANS

Answers on Page 12

# September 2020 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
<div>7</div> 	8	9	10
14	15	16	17
<b>SENIOR CENTER IS CLOSED UNTIL FURTHER NOTICE!*</b>			
21	22	23	24
28	29	30	



# Birthdays & Anniversaries

FRIDAY

4

11

18

25

## September Birthdays

Karl B. Landon	Sep 01	Colleen Hempstead	Sep 12	Belinda Guinther	Sep 20
Imogene Postell	Sep 01	Priscilla JoKreis-Isaacs	Sep 13	Darlynn Blessing	Sep 21
Rhodella Metz	Sep 02	Lois Lucas	Sep 14	Donna Franklin	Sep 22
Cindy Mahon	Sep 04	Gloria Baker	Sep 15	Jeff Smith	Sep 22
Marty Beaver	Sep 05	Lou Hartley	Sep 15	Bobb Davies	Sep 23
Joan Cones	Sep 05	Alice Lucille Norton	Sep 15	Bonnie Burggraf	Sep 23
Rita Sayre	Sep 07	Karen Ward	Sep 15	Brenda Sykes	Sep 24
Judith Miller	Sep 07	Diane Fetter	Sep 15	Robert King	Sep 25
Deborah Cramer	Sep 07	Flora B. Kyle	Sep 16	Larry Rodman	Sep 25
Gwendolyn Wilson	Sep 08	Pauline King	Sep 16	Elizabeth Orthmeyer	Sep 26
Patti Crane	Sep 09	Jackie King	Sep 18	Kenneth Linstedt	Sep 27
Carol Loeffler	Sep 10	Barbara Truka	Sep 18	Donald Bentley	Sep 27
Kathy Sherman	Sep 10	Mollie Birnbaum	Sep 19	Jean Merritt	Sep 28
Arlene Hopkins	Sep 10	Janis Miley	Sep 20	Jana Schelb	Sep 30
Debbie Harris	Sep 12	Linda Hollanshead	Sep 20	Janet Elliott	Sep 30

## September Anniversaries

Robert & Carolyn Frasure	September 26, 1964	56 years
Nick & Diane Wisda	September 09, 1972	48 years
Jim & Marty Beaver	September 14, 1974	46 years
Thomas & Rosemary Utley	September 20, 1981	39 years
Duane & Debb Henderson	September 28, 1991	29 years
Robert & Claudia DeVore	September 25, 1993	27 years
Randy & Jean Seaburn	September 06, 1997	23 years
Donald & DelRita Beeney	September 14, 2002	18 years
Allen & Jean Merritt	September 12, 2008	12 years
Roy & Donna Ferguson	September 21, 2013	07 years
Bob & Becky Turner	September 23, 2019	01 years

# Volunteer of the Month

## Marion County Council on Aging... taking care of those who took care of us.

In 2005, a group of concerned citizens banded together to find solutions to meet the growing needs of Marion County's seniors. The Senior Services Levy was placed on the 2005 ballot, and when it passed, the Marion County Council on Aging was established. JoEllen King had spent 25 years as a social worker when the Council on Aging got its start. From the very beginning, she served on the board and believed in the mission of the organization. When the director was looking to retire in 2018, JoEllen was ready to step up and take over. She had big shoes to fill, but her passion for the mission and experience from her years in social work have been the perfect recipe for success.



**Jo Ellen King**

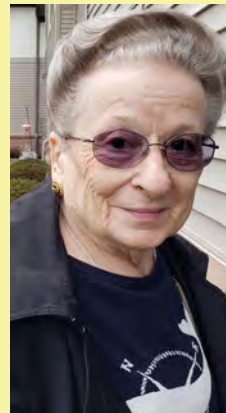
The Marion County Council on Aging provides both resources and services to senior citizens in need all over Marion County. Director JoEllen explains, "We are an entry point for seniors and family members in Marion County that know they need help, but don't know where to begin. Whether seniors need transportation or have questions about Medicare or other services, we are here to help every step of the way." The organization is funded through the **Senior Services Levy** and receives no federal or state funds.

The goal of these services is to enrich the lives of the senior citizen community, taking care of those that spent their lives taking care of us. Many seniors in the county are living on their own with no family nearby to help, desperate to keep their independence. Providing services like shopping assistance and delivered hot meals gives seniors the freedom to stay in their homes. Another service the organization provides is arranging transportation. Whether it's a visit to a local doctor, a quick trip to the grocery store, or an appointment at larger hospitals in Columbus, the Marion County Council on Aging helps



*\*Photo taken before pandemic protocol*

seniors get where they need to go. The transportation services have given Cindy M. freedom she never thought she'd have without a driver's license. She explains, "I am very grateful for the much needed help the Council on Aging has given me. I am elderly and do not drive. My closest family is over 40 miles away so I depend on the transportation services for everything from appointments to grocery store trips. The people on the phone lines have always been helpful and friendly, and the drivers are just wonderful. They are truly my life line."



*"I am very grateful for the much needed help the Council on Aging has given me. My closest family is over 40 miles away so I depend on the transportation services for everything from appointments to grocery store trips. The people on the phone lines have always been helpful and friendly, and the drivers are just wonderful. They are truly my life line." - Cindy M.*

Other services the Marion County Council on Aging provides are organized in-home help for those in need. Charlotte was taking care of her older sister with dementia. Doing everything she could to keep her sister from having to live in a nursing home, she sacrificed a lot before reaching out to the Council on Aging. They were able to arrange meals, home health aides, light house cleaning, and more to give Charlotte the support she needed. JoEllen explains, "When you are a caregiver, 95% of your time is devoted to providing care, leaving little to no time for yourself. We were honored to give Charlotte her life back. That's why we're here."

Whether you or a loved one are in need of specific services, have questions about Medicare or other programs, or anything in between, the Marion County Council on Aging can walk you through it. For information, services, and more, call the Council on Aging at 740-387-0401 or visit the office at 125 Executive Drive, Suite 102, in Marion.



## Fresh Tomato Bruschetta

*Recipe passed on from a friend to Lisa Richardson*

### Ingredients

4 ripe tomatoes, seeded and chopped  
¼ c minced fresh basil  
½ c shredded Parmesan cheese  
3 Tbs. olive oil  
2 Tbs minced parsley  
3 cloves minced garlic  
2 tsp balsamic vinegar  
1/8 tsp salt  
1/8 tsp pepper  
¼ c softened butter  
1 french bread baguette (approx.. 10 oz)-cut into ½-inch slices  
8 oz. sliced mozzarella cheese

### Directions

Mix first 9 ingredients, set aside. Spread baguette slices with butter and top each with a cheese slice. Place on baking sheets and broil for 3-5 minutes until cheese is melted. With a slotted spoon, top each slice with tomato mixture.

++You may add 1/8 tsp crushed red pepper flakes if desired

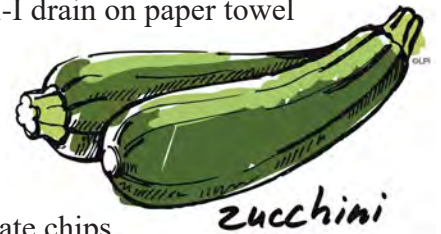


## Zucchini Chocolate Chip Cookies

*by Janie Moore*

Moist and cake-like, these chocolate chip zucchini cookies are sure to please any cookie lover!

1 stick butter, softened  
1 egg  
1 tsp vanilla  
1 c shredded zucchini-I drain on paper towel  
1 c brown sugar  
2 c flour  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp salt  
1 c semi-sweet chocolate chips



### Directions

Cream butter and brown sugar. Beat in egg and vanilla. Add zucchini and beat well.

In a separate bowl, combine flour, baking soda, cinnamon, and salt. Gradually add to zucchini mixture. Add chocolate chips.

Spoon onto a greased baking sheet

Bake 10 or 11 minutes at 375\*. Makes about two dozen.



# *Trips on the Horizon*

## **The Lighter Side**



### **Wake-Up Call**

Bernard, who is noted for his gracious manners, was awakened one morning at 4:40 a.m. by his ringing telephone.

“Your dog’s barking, and It’s keeping me awake!” yelled an angry voice.

Bernard thanked the caller and politely asked his name and number before hanging up

The next morning at precisely 4:40 a.m., Bernard called his neighbor back and said, “Good morning, Mr. Williams. I just called to say that I don’t have a dog.”

### **No Returns**

A fellow bought a new Mercedes and was out on an interstate road for a nice evening drive. The top was down, the breeze was blowing through his hair, and he decided to open her up. As the needle jumped up to 80 m.p.h., he suddenly saw a flashing red and blue light behind him.

“There ain’t no way they can catch a Mercedes,” he thought to himself and opened her up further. The needle hit 90, 100 110, and finally 120 with the lights still behind him.

“What am I doing?” he thought. Coming to his senses, he pulled over.

The cop came up to him, took his license without a word, and examined it and the car. “I’ve had a tough shift, and this is my last pullover. I don’t feel like more paperwork, so if you can give me an excuse for your driving that I haven’t heard before, you can go.”

The man thought for a while and finally said, “Last week my wife ran off with a cop, and I was afraid you were trying to give her back!”

### **A Nickle or a Dime**

There was a little fellow named Junior who hung out at the local grocery store. Some other boys who also frequented the store liked to tease Junior who they thought was a little dense.

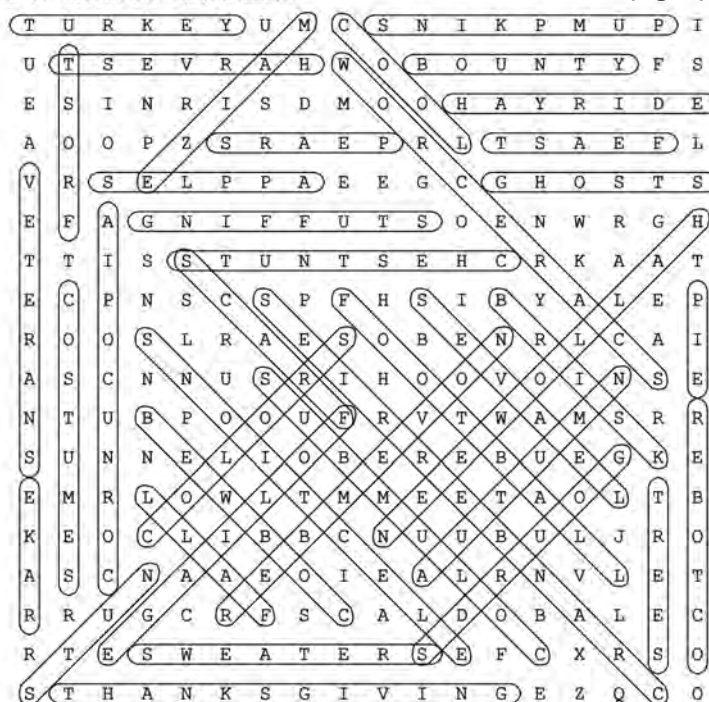
To prove it, sometimes the boys offered Junior his choice between a nickel and a dime. Without fail, he always took the nickel.

One day after Junior grabbed the nickel, the store manager took him off to one side and said, “Junior, those boys are making fun of you. They think you don’t know the dime is worth more than the nickel. Are you grabbing the nickel because it’s bigger, or what?”

Junior said, “No, sir. You see, if I took the dime, they’d quit doing it!”

### **All About Autumn**

(Pg. 7)



# CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

# SUDOKU ANSWERS (Pg. 6)

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

**Quickie Quiz Answers (pg. 6):** 1) Franklin D. Roosevelt - 4,422 Days (1933 - 1945);  
 2) William Henry Harrison - 31 Days (1841); 3) James Madison (5' 4" 110 lbs.); 4) Grover Cleveland;  
 5) Martin Van Buren; 6) 22nd; 7) March 21, 1947; 8) It is not an initial. He did not have a middle name.

## *On a Positive Note*

# 5 Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs and COVID-19. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

**Follow these five steps every time:**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Source: [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)





## 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  
PAID  
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](http://www.marionseniorcenter.com)

Email: [info@marionseniorcenter.com](mailto: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.*