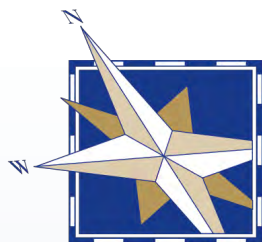


# The Sentinel

October 2020



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

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

**CENTER HOURS**  
Monday–Friday: 8 AM–4 PM

## INSIDE THIS ISSUE:

|                             |         |
|-----------------------------|---------|
| Highlights                  | Cover   |
| Senior Center Services      | 2 & 3   |
| Health & Fitness            | 4 & 5   |
| Classes, Clubs & Activities | 6 & 7   |
| Calendar/Birthdays          | 8 & 9   |
| Volunteer of the Month      | 10      |
| Movie/Upcoming Events       | 11      |
| Trips on the Horizon        | 12 & 13 |
| Life at the Center          | 14      |
| Ads                         | 15      |
| Directory                   | Back    |

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

## FROM THE OFFICE OF THE MAYOR

I wanted to reach out to communicate to each of you regarding the recent developments from Governor DeWine and the possibility of the Senior Center reopening.

My first concern is your health and safety as we navigate the COVID pandemic. Scientist are making great strides towards an eventual vaccine and we are hopeful that one will be developed in the not so distant future. Health experts are also making great strides in the treatment of those who contract the virus.

My Senior Staff and I have reviewed the Mandatory Guidelines for the possible reopening of Senior Centers throughout Ohio and especially our great facility in Marion.

The biggest hurdle in the mandate states in part: *Facilities shall implement COVID-19 testing of all participants and staff consistent with protocols and guidelines established by ODA, in consultation with ODH.*

As you are more than likely aware, the COVID test is not readily available to everyone at this time and with this in mind we are unfortunately unable to reopen at this time. We will continue to monitor the directives from the Governor’s Office, the Ohio Department of Health, as well as the experts on the virus.

Rest assured that we are doing everything we can to stop the spread, including mandatory facial coverings for all city staff, as well as those individuals entering any municipal building. Following the best practices of facial coverings and social distancing is our best defense to stop the spread so we may again return to our daily lives as we knew them before COVID.

It was and is not an easy decision to keep our center closed, but your health and safety is most important. We will keep monitoring the situation and continue with the advice and recommendations of the experts and we hope to soon be able to reopen and welcome you back. Please feel free to reach out to the staff at the center for anything you should need whether its supplies or just a chat. We are here for you.

Stay safe and healthy and we will see you soon.

**Mayor Scott Schertzer**

# 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

## Carol Kelly Honored as 2020 Marion County Outstanding Senior Citizen

Officials from *Area Agency on Aging - District 5* presented **Carol Kelly** with the **2020 Outstanding Senior Citizen Award for Marion County** at a ceremony hosted at the Center (fittingly near the gardens) on Wednesday, September 16. She was also presented a proclamation by State Representative Tracy Richardson. Congratulations Carol!



*(Top) Several of Carol's dearest friends were in attendance, including Becky Yannitell who submitted her nomination.*



*(Left) Teresa Cook from AAA5 hosted and emceed the award ceremony which was streamed live and can be viewed on our Facebook page.*



*(Right) Carol and her husband Larry share a moment prior to the event.*

## Staying Fit While Quarantined at Home

Thanks to social distancing and shelter-in-place orders amid the coronavirus pandemic, it is important to be flexible and creative in exercising. If you enjoyed exercise classes with friends or long walks, in order not to backslide and become sedentary that will affect your health, you now must be open to an exercise routine in your apartment no matter how small. You don't need a gym, expensive equipment, special clothing or a large space to do many activities at home. The goal during a pandemic is to maintain your fitness level, not increase it. Older adults should combine moderate aerobic activity with balance and muscle-strengthening exercises. Balance and muscle mass deteriorate as people age.

*Source: NextAvenue.org/coronavirus-fitness-home; CNN exercise*

I have mentioned the use of dumbbells in my instructions, however if you don't have dumbbells at home water bottles or soup/vegetable cans work great! Make sure they are the same weight. \*All arm exercises can be done in either standing position-works more muscle groups or sitting position helps stabilize the back.

### Bicep Curls

- Stand straight with dumbbell in each hand, feet shoulder width apart and hands at your sides.
- Squeeze the biceps and lift the dumbbells towards your shoulders.
- Keep elbows close to your body and upper arms stationary; only forearms should move.
- Once dumbbells are at shoulder level, slowly lower arms to the starting position.
- 10-15 Reps 3-Sets



### Dumbbell Overhead Press

- Hold dumbbells horizontally at the shoulders.
- Press dumbbells straight up towards the ceiling, until you have straight arms.
- Return to shoulders, repeat.
- 10-15 Reps 3-Sets



### Row

*If doing a standing Row supervision is recommended*

- Sit upright and plant your feet.
- Dumbbell in each hand, palms facing each other, and arms should be straight down.
- Bend slightly forward at your hips.
- Squeeze your shoulder blades together while bringing elbows back, keep arms close to your body.
- Pause and return to starting position.
- 10-15 Reps 3-Sets



### Lateral Raises

- Stand or sit with a dumbbell in each hand palms facing in towards your body and arms straight down your sides.
- Slowly with straight arms exhale as you raise the dumbbells out to the sides until your arms are parallel with the floor.
- Hold for a moment and inhale as you lower the dumbbells back to starting position.
- 10-15 Reps 3-Sets

### Chair Cycling

*Chair needed*

- Hold tightly to chair with both hands.
- Tighten your abdominal muscles
- Lift both feet off the floor.
- Alternate lifting knees up and pushing foot down as if peddling a bicycle.
- 10-15 second holds 3-Sets



## 7 Kinds of Exercise for Seniors

Exercise is important at every stage in life. It is essential for cardiovascular fitness, diabetes prevention or management, and maintaining muscle tone and core strength. Working out has proven benefits for not only your physical health but also your mental and emotional well-being.

Regular exercise allows you to sleep better, manage stress, maintain stronger bones, and protect brain health. It also helps promote better balance, which results in fewer falls among older adults.

What types of exercise should you explore if you are a senior? We have a few suggestions for you to consider and learn more about.



**1. Walking.** While walking may not seem like a very strenuous fitness activity, it is an excellent form of exercise. It can decrease stress and improve balance and cardiovascular health. And it requires only a pair of sturdy walking shoes to get started. These tips can be helpful as you begin your walking program.

**2. Go4Life.** If you prefer a more goal-oriented, structured exercise program, consider Go4Life. This free program, created by the National Institute on Aging at NIH, makes it easier to focus on fitness. It offers a variety of fitness resources for seniors, from workout videos to tools for tracking goals and progress.

**3. Swimming.** Another great form of exercise for older adults is swimming. If your local fitness center offers what is referred to as a warm therapy pool, all the better. It is easy on older joints and may be especially beneficial for those who suffer from osteoarthritis. Swimming also helps you relax and sleep better.

**4. Yoga.** One of the best things about yoga for seniors is how easy it is to practice from a seated position. Chair yoga helps build strength and endurance, while also protecting balance and mobility. Each of these is essential for avoiding falls.

**5. Tai Chi.** Tai chi is an exercise that combines slow, graceful movements with breath control. Because it is gentle, it is an excellent option for seniors who are just starting to incorporate exercise into their routine.

**6. SilverSneakers.** Participating in a fitness class designed for seniors can be less intimidating than exercising on your own, especially when you are first getting started. Many insurance companies offer their clients memberships to local fitness centers through a program known as SilverSneakers. Visit the SilverSneakers website to instantly check your eligibility and learn more.

**7. Cycling.** One final suggestion to explore is bike riding. It's a terrific way to enjoy the great outdoors. But for days when it's rainy or snowing, an alternate solution is an exercise bike. You can likely find a good used one for a reasonable price. Visit Cycling for Seniors for more tips, advice, and rules of the road.

### Talk with Your Doctor First

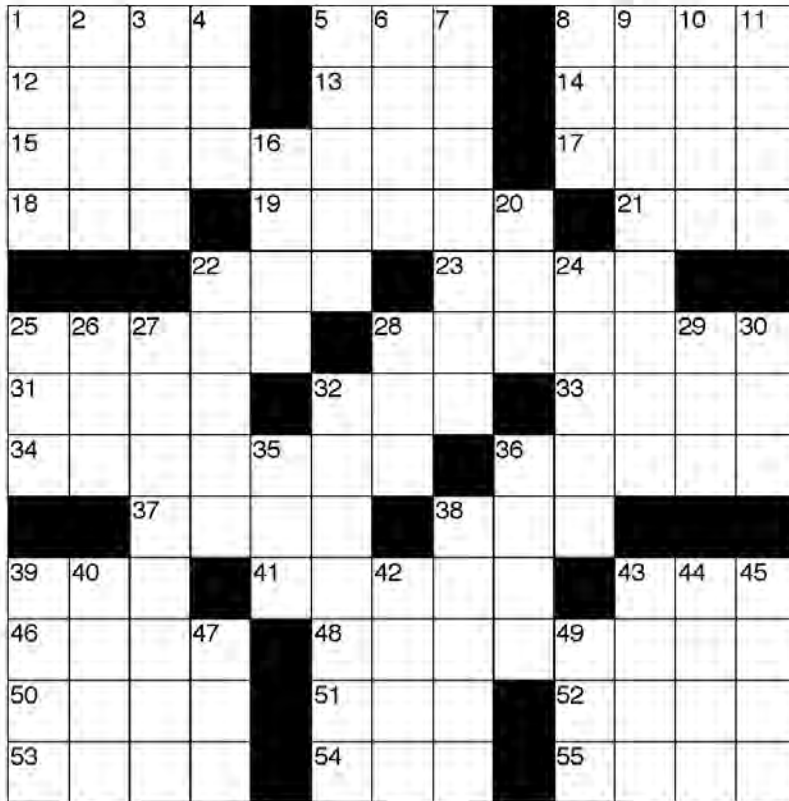
If you've been living a fairly sedentary life, we suggest you discuss each of these options with your primary care physician. They can help you set safe, realistic goals for beginning your exercise program.



# Classes, Activities & Programs

## CROSSWORD PUZZLE

Answers on Page 13



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A27

### ACROSS

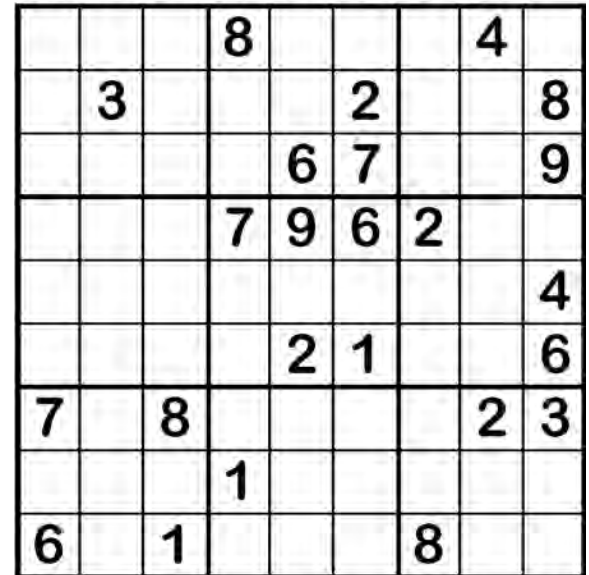
- 1 Scot. island
- 5 Have debts
- 8 Diplomacy
- 12 Time period
- 13 Bled
- 14 Three-banded armadillo
- 15 Vega (2 words)
- 17 Eelworm
- 18 Month abbr.
- 19 Pokeweed
- 21 King (Sp.)
- 22 Move a camera
- 23 Nub
- 25 Yellow
- 28 Poseidon
- 31 Bare
- 32 Lugubrious
- 33 Of the mouth
- 34 Shaped like a club
- 36 Realm
- 37 Wither
- 38 Chairman (abbr.)
- 39 Tablespoon (abbr.)
- 41 Father of Oedipus
- 43 Jap. fish
- 46 Quod demonstrandum
- 48 Hades
- 50 Air (pref.)
- 51 One (pref.)
- 52 Recent (suf.)
- 53 Arabian judge
- 54 Sheep's cry
- 55 Stone (pref.)

### DOWN

- 1 P.I. food
- 2 Iodine source
- 3 Possessive pronoun
- 4 Compass direction
- 5 Eng. dramatist
- 6 Women's Army Aux. Corps (abbr.)
- 7 Irrate
- 8 Buff
- 9 Gap
- 10 Window lead
- 11 Salver
- 16 Rod
- 20 Drink of liquor
- 22 Irk
- 24 Fume
- 25 Television channel
- 26 Honey
- 27 Armband
- 28 No (Scot.)
- 29 Bobbsey twins
- 30 Guido's note (2 words)
- 32 Layer
- 35 Mulberry of India
- 36 Alaska Hawaii Std. Time (abbr.)
- 38 Papal court
- 39 Tree
- 40 Mineral tar
- 42 Sayings (suf.)
- 43 Linden
- 44 Family relative
- 45 Elbe tributary
- 47 Thou (Fr.)
- 49 Amer. College of Physicians (abbr.)

## 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

Match the President to his Vice President.

- |                    |                    |
|--------------------|--------------------|
| Lyndon B. Johnson  | Albert Gore        |
| Richard M. Nixon   | Michael Pence      |
| Richard M. Nixon   | Dick Cheney        |
| Gerald R. Ford     | Joseph Biden       |
| James Earl Carter  | George Bush        |
| Ronald Reagan      | Spiro Agnew        |
| George Bush        | Hubert H. Humphrey |
| William J. Clinton | Walter Mondale     |
| George W. Bush     | Nelson Rockefeller |
| Barack H. Obama    | Dan Quayle         |
| Donald J. Trump    | Gerald Ford        |

Answers on Page 13

# Classes, Activities & Programs

## Bird Watching

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

### Word List:

CROW

SPARROW

WARBLER

SANDPIPER

SWALLOW

WREN

MAGPIE

PARAKEET

BLACKBIRD

EGRET

KESTREL

HUMMINGBIRD

ORIOLE

EAGLE

OWL

FINCH

CUCKOO

BLUETHROAT

HAWK

CRANE

ROBIN

FALCON

THRUSH

BANANAQUIT

GOOSE

TERN

CHICKADEE

GRACKLE

SANDPIPER

WOODPECKER

LOON

MOCKINGBIRD

PIGEON

KINGFISHER

VULTURE

GULL

BOBOLINK

CONDOR

Answers on Page 12

# October 2020 • Calendar of Events

| MONDAY  | TUESDAY | WEDNESDAY | THURSDAY |
|---|---------|-----------|----------|
|   |         |           | 1        |
| 5   | 6       | 7         | 8        |
| 12  | 13      | 14        | 15       |
| <b>SENIOR CENTER IS CLOSED<br/>UNTIL FURTHER NOTICE!*</b> |         |           |          |
| 19  | 20      | 21        | 22       |
| 26  | 27      | 28        | 29       |



# Birthdays & Anniversaries

FRIDAY

2

9

16

23

30

## October Birthdays

|                      |        |                    |        |                     |        |
|----------------------|--------|--------------------|--------|---------------------|--------|
| Jeanette White       | Oct 01 | Elizabeth Hoy      | Oct 14 | Faye Ruby           | Oct 22 |
| Judy Zimak           | Oct 01 | Pat Gattshall      | Oct 15 | Lewis Smith         | Oct 22 |
| Richard Lust         | Oct 01 | Thomas Utley       | Oct 16 | Kenneth Allen       | Oct 22 |
| Deloris Bills        | Oct 02 | Paul Oehler        | Oct 17 | Boyd Tackett        | Oct 23 |
| Larry Fairchild      | Oct 02 | Susan Shifflet     | Oct 17 | Sue Bays            | Oct 24 |
| Rosemary Curren      | Oct 04 | Ed Little          | Oct 17 | Yolly De Los Reyes  | Oct 25 |
| Mary Ellen Dune      | Oct 04 | Ermita Allen       | Oct 17 | Gary VanBuskirk     | Oct 25 |
| Jan Blevins          | Oct 06 | Mary Geissler      | Oct 18 | Marcia Weir         | Oct 26 |
| Becky Oehler         | Oct 07 | Shirley Marshall   | Oct 18 | Linda Shafer        | Oct 26 |
| Dorothy Hughes       | Oct 07 | Jo Ann Zimmerman   | Oct 18 | Nancy Beckel        | Oct 27 |
| Jackie Taylor        | Oct 09 | Peggy Rowland      | Oct 19 | Marjorie Armbruster | Oct 27 |
| Rudy Schneider       | Oct 10 | Lisa Markley       | Oct 19 | Jim Bowman          | Oct 27 |
| Jerry Wood           | Oct 10 | Dianna Fry         | Oct 20 | Virginia            |        |
| Becky Yannitell      | Oct 10 | Richard Gorenflo   | Oct 20 | Rowland-Yarger      | Oct 28 |
| Mike Hampel          | Oct 11 | Janis Hanshaw      | Oct 20 | Lynn Strickland     | Oct 29 |
| Marie Bentley-Redmon | Oct 12 | Marlene Renick     | Oct 21 | Gary Drake          | Oct 29 |
| Shirley Anderson     | Oct 13 | Patricia Baldinger | Oct 22 | Sharon Davis        | Oct 30 |
| Martin Cunningham    | Oct 13 | Beatrice Okray     | Oct 22 | Paula Kline         | Oct 31 |

## October Anniversaries

|                           |                  |          |
|---------------------------|------------------|----------|
| Louis & Betty Hughes      | October 05, 1946 | 74 years |
| Paul & Lucille Kennedy    | October 06, 1951 | 69 years |
| Wallace & Nancy Beckel    | October 30, 1960 | 60 years |
| Larry & Barbara Fairchild | October 12, 1963 | 57 years |
| Gary & Armida Callahan    | October 29, 1965 | 55 years |
| Larry & Pam Gandee        | October 01, 1967 | 56 years |
| Jerry & Pebble Wyant      | October 11, 1975 | 45 years |
| Connie & Lynn Thomas      | October 19, 1979 | 41 years |
| Steve & Sue Schuler       | October 18, 1980 | 40 years |
| Jimmie & Debbie Harris    | October 13, 2001 | 19 years |

# Volunteer of the Month

## Volunteers Assemble 870 Wellness Kits at Area Agency on Aging - District 5

A small army of Marion Senior Center volunteers and staff traveled to Area Agency on Aging - District 5 headquarters in Ontario, OH where we assembled 870 Wellness Kits for Marion County seniors. Each Wellness Kit includes cloth masks, hand sanitizer, hand lotion, lip balm, and some health & wellness literature.

The Center will be distributing these complimentary Wellness Kits to Marion area seniors in the very near future. Special thanks to the following volunteers and staff:

- Jo Ellen King (Marion Co. Council on Aging)
- Barb Klee (MSC board)
- Becky Yannitell (MSC board)
- Kathy Sherman (MSC board)
- Mike Hampel (MSC volunteer)
- Tim Mantey (MSC volunteer)
- Pat Mantey (MSC volunteer)
- Steve Badertscher (MSC staff)
- Lisa Richardson (MSC staff)



Also thanks to Carol Loveless and Nicole Williams from Area Agency on Aging for coordinating everything for our visit (and thanks, Nicole, for taking these photos)!



If you or someone you know age 60+ would like to receive a complimentary Wellness Kit, simply give us a call at **(740) 387-6100** to make arrangements.







## Lemon-Blueberry Bread

*Recipe by Anne Marie Bailey*

### Ingredients

1 ½ c plus 1 Tbsp flour, divided  
2 tsp. baking powder  
½ tsp. salt  
3 eggs  
1c sugar  
1 c sour cream  
½ c oil  
1 tsp. lemon zest  
½ tsp. vanilla  
1 c blueberries

### Directions

Heat oven to 350 degrees.

Combine 1 ½ c flour, baking powder and salt in large bowl. Whisk eggs, sugar, sour cream, oil, lemon zest and vanilla until blended.

Toss blueberries with remaining flour; stir gently into batter. Pour into greased and floured 9x5 inch loaf pan.



## Maple Butterscotch Brownies

*Recipe by Rhodie Metz*

### Ingredients

1 ½ c packed brown sugar  
½ c butter or margarine, melted  
1 ½ tsp maple flavoring  
2 eggs  
1 ½ c flour  
1 tsp baking powder  
1 c chopped walnuts  
confectioners sugar, optional

### Directions

In a bowl, combine sugar, butter and maple flavoring. Beat in the eggs one at a time. Combine flour and baking powder; add to egg mixture. Stir in walnuts. Pour into a greased 9 in. square baking pan.

Bake at 350 degrees for 30 minutes or until brownies test done. Cool. Dust with confectioners sugar if desired.



# *Trips on the Horizon*

## **The Lighter Side**



### **Seat Hog**

A man lay sprawled across three entire seats in a posh theater. When the usher came by and noticed this, he whispered to the man, "Sorry, sir, but you're only allowed one seat."

The man groaned but didn't budge. The usher became impatient.

"Sir, if you don't get up from there, I'm going to have to call the manager."

Again, the man just groaned, which infuriated the usher who turned and marched briskly back up the aisle in search of his manager. In a few moments, both the usher and the manager returned and stood over the man.

Together the two of them tried repeatedly to move him, but with no success. Finally, they summoned the police.

The cop surveyed the situation briefly then asked, "All right buddy, what's your name?"

"Sam," the man moaned.

"Where ya from, Sam?"

With pain in his voice, Sam replied, "The balcony."

### **My Knee Hurts**

An old man limped into the doctor's office and said, "Doctor, my knee hurts so badly, I can hardly walk!"

The doctor slowly eyed him from head to toe, paused and then said, "Sir, how old are you?"

"I'm 98 years young!" the man announced proudly.

The doctor just sighed and said, "Sir, I'm sorry. I mean, just look at you. You are almost 100 years old, and you're complaining that your knee hurts? What did you expect?"

The old man said, "Well, my other knee is 98 years old too, and it doesn't hurt!"

### **The Mechanical Doctor**

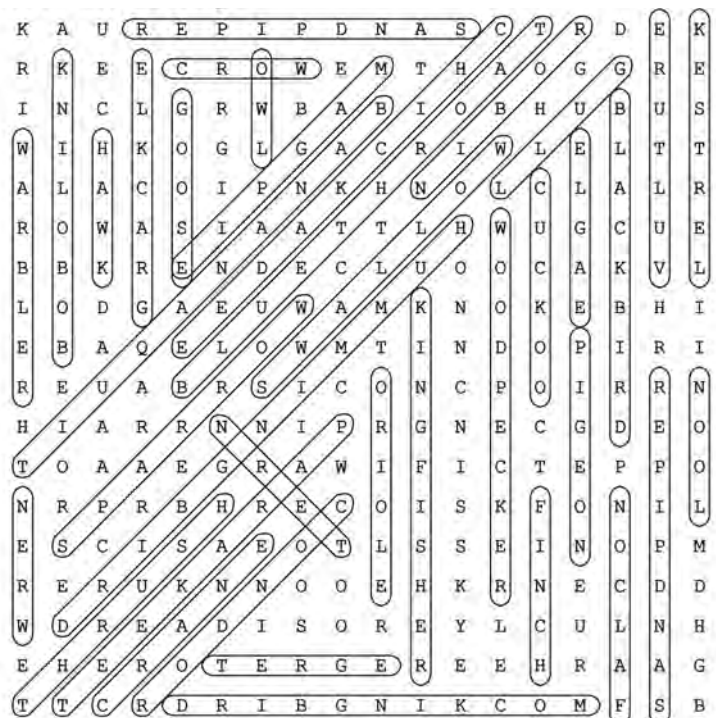
A mechanic was removing a cylinder head from the motor of a motorcycle when he spotted a well-known heart surgeon in his shop.

The mechanic shouted across the garage, "Hey Doc, can I ask you a question?"

The surgeon, a bit surprised, walked over to the mechanic.

The mechanic straightened up, wiped his hands and said, "So Doc, look at this engine. I open its heart, take valves out, fix them and put 'em back in. When I finish, it works just like new. So how come I get such a small salary, and you get the really big bucks, when you and I are doing basically the same work?"

### **WORD FIND ANSWERS (Pg. 7)**



**CROSSWORD PUZZLE ANSWERS (Pg. 6)**

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | K | Y | E |   | O | W | E |   | T | A | C | T |
| A | E | O | N |   | R | A | N |   | A | P | A | R |
| B | L | U | E | S | T | A | R |   | N | E | M | A |
| A | P | R | 5 | P | O | C | A | N |   | R | E | Y |
|   |   |   | P | A | N |   | G | I | S | T |   |   |
| A | M | B | E | R |   | N | E | P | T | U | N | E |
| M | E | R | E |   | S | A | D |   | O | R | A | L |
| C | L | A | V | A | T | E |   | A | R | E | N | A |
|   |   | S | E | A | R |   | C | H | M |   |   |   |
| T | B | S |   | L | A | I | U | S | H | T | A | I |
| E | R | A | T |   | T | A | R | T | A | R | U | S |
| A | E | R | O |   | U | N | I |   | C | E | N | E |
| K | A | D | I |   | M | A | A |   | P | E | T | R |

**SUDOKU ANSWERS (Pg. 6)**

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

**Quickie Quiz Answers (pg.6):** Lyndon B. Johnson/Hubert H. Humphrey; Richard M. Nixon/Spiro Agnew;  
 Richard M. Nixon/Gerald Ford; Gerald R. Ford/Nelson Rockefeller; James Earl Carter/Walter Mondale;  
 Ronald Reagan/George Bush; George Bush/Dan Quayle; William J. Clinton/Albert Gore;  
 George W. Bush/Dick Cheney; Barack H. Obama/Joseph Biden; Donald J. Trump/Michael Pence

## On a Positive Note



### **PICNIC PAVILION PROJECT BEGINS!**

Tri-River Construction Trades students broke ground on our much-anticipated picnic pavilion project on September 17. The pavilion will be located on the east side of the Center, and will provide great outdoor space for programs and activities.

## **Safety Tips: COVID-19 Face Masks**

The CDC recommends wearing cloth face coverings in public where social distancing is difficult to maintain. Cloth face coverings should fit snugly but comfortably against the side of the face and be secured with ties or ear loops. They should include multiple layers of fabric and allow for easy breathing and be able to be laundered and machine dried without damage to shape.



### **Follow these tips to stay safe:**

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Put it over your nose and mouth and secure it under your chin
- Do not touch the front of the mask when you take it off.
- For apartment dwellers, put the mask on and remove it while inside your home. Elevator and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.
- Be careful not to touch your eyes, nose, and mouth when removing face covering and wash hands immediately after removing.

Source: [www.cdc.gov/coronavirus](http://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.*