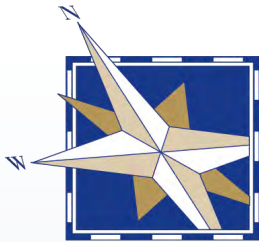


Volume 37 • Issue 12

# The Sentinel

December 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:**

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



## *Home for the Holidays*

‘Home for the Holidays’ will take on a different meaning for many during this Christmas season. The pandemic and the safety protocols have become polarizing for many. Celebrating holidays is certainly more enjoyable when we gather in person. However, this virus makes doing that dangerous for our most vulnerable community members.

The entire state of Ohio is at high incidence for coronavirus spread. Ohio’s rural areas are being hit especially hard. At the end of September, Ohio averaged 1,000 new cases a day. On November 23, Ohio reported 11,885 new cases in 24 hours.

A vaccine may be available as soon as next month, but members of our community must pull together until then. Everyone should recommit themselves to practice basic safety measures: **washing hands, wearing masks, social distancing, and avoiding gatherings.**

Wherever you decide to celebrate the upcoming holidays, whether it be by yourself or with family and friends, we encourage you to keep your health and wellness in mind. Each one of us plays a role in determining what the future holds. We must continue to live, but that doesn’t mean we have to be careless. If we each do the little things, we can avoid big problems.

We have been receiving calls from members regarding paying their 2021 dues. Our priority continues to be the health and wellness of our members, so in light of the high incidence of coronavirus spread we will continue to remain closed until further notice. **At this time we will not be collecting 2021 membership dues** until a potential reopening date is announced. However, all current paid members will continue to receive your *Sentinel* newsletter each month. Think of it as our Christmas gift to you!

All of us here at the Senior Center wish you a very Merry Christmas and a Happy New Year!

Steve Badertscher, Director, Marion Senior Center

# 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.**

## Senior Transportation Holiday Hours

Marion Senior Center Transportation will be closed and not available for scheduling rides - except for Dialysis - on the following days:

**Christmas** - December 24 & 25  
**New Year's** - Dec. 31 & January 1

## 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 be income eligible.

## FREE PRODUCE MARKETS

**Marion City Schools** is collaborating with **Mid-Ohio Food Collective** to offer **Free Produce** to income eligible families in the Marion area. An ID is required with a limit of two family pick-up per adult. The food will be distributed from **9 am to 11 am (while supplies last)** at **The Marion**

**County Fairgrounds** Main Entrance parking lot located at 220 East Fairground Street. This distribution is **drive-thru only** and will be available this month on **Wednesday, December 9.**



## K of C CHRISTMAS DINNER

We're happy to announce the annual **Knights of Columbus Christmas Dinner** is being offered **FREE** to area seniors again this year... with a slight twist. Due to an abundance of caution, all meals will be *delivered* this year. So if you would like a free dinner(s) delivered to your home on **Sunday, December 6**, please call the **K of C** at (740) 382-3671 for details!



## 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*



## HOME ENERGY ASSISTANCE PROGRAMS

Eligible low-income  
Ohioans can get help with  
Utility Bills (HEAP)

For details or a HEAP  
application, call the  
Consumer Assistance Unit

at 419-524-4144  
or 800-860-5799

Monday - Friday 9 a.m. - 5 p.m.

Those 60 & over can  
get in-home assistance  
with the application



**AREA AGENCY ON AGING**

Ohio District 5 | Serving North Central Ohio

2131 Park Avenue West, Ontario, Ohio  
[www.aaa5ohio.org](http://www.aaa5ohio.org)

## Stretches to Stifle Stiffness 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/](https://nextavenue.org/coronavirus-fitness-home/); CNN exercise*

### Side Stretch

#### Standing or Chair

- Sit with a natural spine.
- Interlace the fingers and reach them overhead (palms facing up).
- Slowly and gently reach the hands (still linked) to the right.
- Hold for 5 seconds then come back to center.
- Complete 5 sets per side.



### Single Leg Circles

#### Use a Chair or Wall for Support if Needed

- Stand firmly on one of your feet and raise the opposite foot directly to the side.
- Your foot should be 1-2 inches off the floor and pointed forward.
- Brace your core and maintain an upright position.
- Make 10 small circles with the left foot in a clockwise motion and 10 small circles in a counterclockwise direction.
- Switch legs and repeat.



### Back Extensions

#### Standing or Sitting

- Stand or sit with back in a neutral position.
- Relax your shoulders.
- Place both hands on your hips and push elbows back to open the chest.
- Slowly and gently lean back a couple of inches to arch the back and open the chest.
- Hold for 5 seconds, release, then repeat two more times.



### Hamstring Stretch

#### Chair Needed

- Slide towards the edge of your chair.
- Extend your leg, straight out in front of you.
- Bend forward at the hips to reach for the toes.
- Hold 20 seconds, release, and repeat 3 times on each leg.



### Chair Twists

#### Chair Needed

- Sit with neutral spine and feet flat on the floor.
- Place one of your hands on the opposite knee and apply a gently pressure.
- As you apply pressure twist your spine and open your chest.
- Hold for 15 seconds, switch sides.
- Do 3 on each side.





## Diabetes Awareness

Many people live with diabetes each day. While there is no current cure, there are steps you can take to prevent or manage diabetes, including diet, activity, and in some cases, medicine.

### Know the risk factors for preventing diabetes.

Certain factors can increase your risk of diabetes. Common risk factors include: family history of diabetes, being overweight, being 45 years or older, and being physically inactive. If you are at risk for diabetes you can make changes in your diet and activity level to prevent or delay the onset of the disease.

### One diet does not fit all.

During the pandemic, many medical providers are offering telehealth visits to limit your need to come into the office. Consider scheduling a telehealth visit to talk with your doctor about your diet and eating habits. Your doctor may refer you to a registered dietitian who can help you develop a healthy nutrition plan to meet your needs.

### Move your body daily.

Regular exercise can help you prevent or manage diabetes. Weight loss may even improve your blood sugar control. Even though the weather is becoming colder and some traditional activities may be harder to access due to the pandemic, there are still many ways to stay active. Taking walks around your neighborhood or doing light exercising in your home are examples of some ways to keep moving. Try to engage in some type of physical activity at least three to five days each week. It is important to talk with your doctor before you start a new exercise habit.

### Take a deep breath and don't be afraid to ask for help.

Remember, you are not alone. Many people live with diabetes and are going through similar experiences. It is important to address your emotions. Your doctor can help you find a mental health professional to meet your needs. Learning more about diabetes can benefit you and your loved ones.

*Source: Ohio Department of Aging: Health & Wellness Newsletter*

## Gifts for Falls Prevention

It's the season for gift-giving. There are a lot of ads suggesting toys and games children will love, but you won't get many suggestions on the perfect gift for older adults from commercials. Consider giving a present that helps to prevent a fall. It is always appropriate and has the added benefit of peace of mind for you and your loved one.



### Falls prevention gift ideas include:

- Tiny flashlights to attach to keys, purses, and coat buttons;
- Attractive night lights; and
- Spike-less shoe gripper sole covers for shoes for extra stability when walking on slippery surfaces (available at sporting goods stores).

### To make the home safer, invest in:

- Fall alarm systems that are motion triggered without hitting a button;
- Higher toilets;
- Grab bars in the bathroom and next to outside steps or inside thresholds;
- Firm stair railings on both sides of stairways and automatic lights over stairways and by outside entrances;
- A folding step-stool with a hand rail to access out-of-reach places; and
- A cordless phone or cell phone so that your loved one does not have to rush to answer.

There are many simple and inexpensive changes that can significantly reduce the risk of falling. Remember to include your loved one in any decision about changes to their home.

Visit [www.steadyup.gov](http://www.steadyup.gov) to find more falls prevention tips and resources.

*Source: Ohio Department of Aging: Health & Wellness Newsletter*

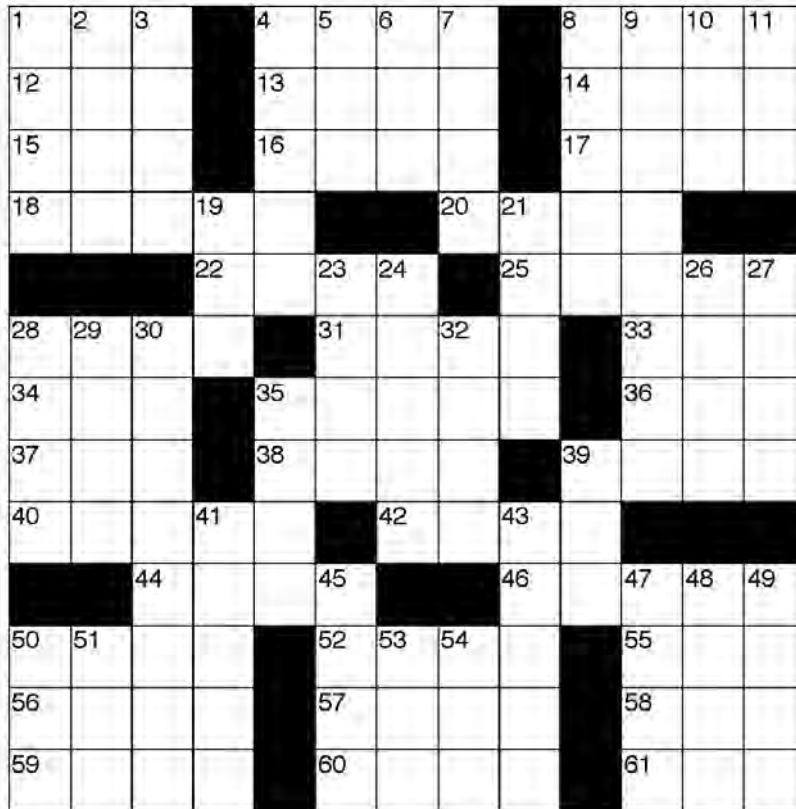
**"May you never be too grown up to search the skies on Christmas Eve."**



# Classes, Activities & Programs

## CROSSWORD PUZZLE

Answers on Page 13



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A28

### ACROSS

- 1 School course (abbr.)
- 4 Gem
- 8 Scientific name (suf.)
- 12 Office of Economic Development (abbr.)
- 13 Of the ear
- 14 Book of hours
- 15 Recommended daily allowance (abbr.)
- 16 Ger. philosopher
- 17 Sicilian resort
- 18 Disprove
- 20 Norwegian king
- 22 Journey
- 25 Rom. official
- 28 Divination by lots (Lat.)
- 31 Czarist Russ. council
- 33 East of Eden country

- 34 Mature
- 35 Radium emanation
- 36 Yale student
- 37 Foot (pref.)
- 38 Berserk
- 39 Malay law
- 40 Gr. author
- 42 John, Irish
- 44 Waste allowance
- 46 Alluvial deposit
- 50 Footless
- 52 Indian red powder
- 55 Fiddler crab genus
- 56 Bowling alley
- 57 Berne's river
- 58 Dismiss from a job
- 59 Maple genus
- 60 Flavor
- 61 Television channel

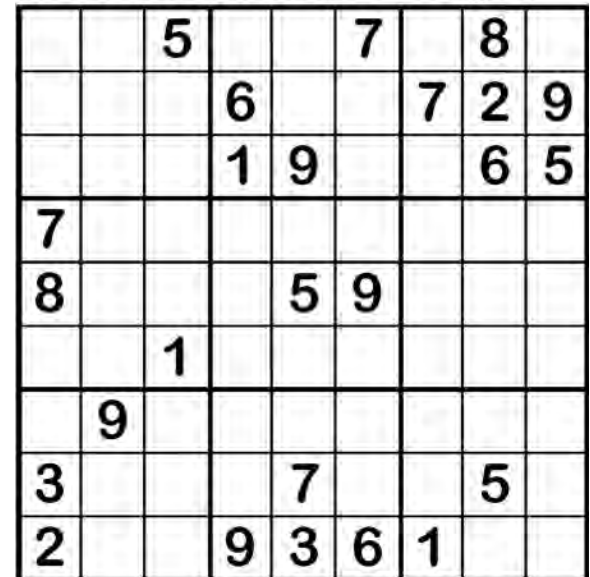
### DOWN

- 1 Service tree fruit
- 2 Surrender
- 3 Adjective-forming (suf.)
- 4 Clown
- 5 Luzon people
- 6 Hubbub
- 7 Outer (pref.)
- 8 Forward
- 9 Pent
- 10 Sea eagle
- 11 Antiaircraft artillery (abbr.)
- 19 Possessive pronoun
- 21 Slender
- 23 Dutch cheese
- 24 Honor
- 26 Mascagni heroine
- 27 Blue-pencil
- 28 Grape syrup
- 29 Pointed arch
- 30 Sard (2 words)
- 32 Donkey
- 35 Sexual assault
- 39 Donkey (Fr.)
- 41 Bid
- 43 Acquiesce
- 45 S. Afr. language
- 47 You (Ger.)
- 48 Wound crust
- 49 Pueblo Indian
- 50 Alabama (abbr.)
- 51 Half-boot
- 53 Sheep's cry
- 54 Internat'l Red Cross (abbr.)

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: ★★☆☆☆

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter.  
*Hint: "K" = "B"*

"OSKMLG SFI DXKTIKG SL  
NMFGL; DSKBIG SL BSGL."  
- DOMCIGI QFXAIFK

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E029

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter.  
*Hint: "G" = "N"*

"KO KT GAO NGAJMF OA CN  
KGZJTOVKAJT; TA BVN BGOT.  
HFBO BVN DAJ KGZJTOVKAJT  
BCAJO?"  
- FNGVD ZBRKZ OFAVNBJ

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E035

# Classes, Activities & Programs

## Winter Wonderland

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

### Word List:

BELOWZERO  
BOOTS  
COCOA  
FIREPLACE  
FROZEN  
HIBERNATE  
JACKFROST  
SHIVER  
SLED  
SNOWSTORM

BLANKET  
CABINFEVER  
COLD  
FLURRIES  
GLOVES  
ICICLE  
MITTENS  
SHOVEL  
SLIPPERY  
SNOWSUIT

BLIZZARD  
CHILLY  
EARMUFFS  
FROSTY  
HAT  
ICY  
PLOW  
SKATING  
SNOW  
WINDY

BLUSTERY  
COATS  
FEBRUARY  
FROSTY  
HEATER  
JANUARY  
SCARF  
SKIING  
SNOWMAN  
WINTER

Answers on Page 12

# December 2020 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
7	8	9	10
14	15	16	17
<b>SENIOR CENTER WILL REMAIN CLOSED UNTIL FURTHER NOTICE</b>			
21	22	23	24
28	29	30	31



# Birthdays & Anniversaries

FRIDAY

4

11

18

ED

25



## December Birthdays

Louella Ash	Dec 01	Carole Smart	Dec 09	Donna Ruth Wade	Dec 18
Dewey Kugler	Dec 01	Vearl Gamble	Dec 09	Linnea Velasquez	Dec 18
Marjorie Schorr	Dec 02	Lynda Ault	Dec 10	Connie Thomas	Dec 19
Lynn Foust	Dec 03	Polly Kilgore	Dec 10	Lacy Blankenship	Dec 19
Madelyn Litzenberg	Dec 03	Shelby Needham	Dec 10	Bill White	Dec 20
Diane Shaul	Dec 03	Krystyna Clarke	Dec 14	John Emens	Dec 21
Elaine Renn	Dec 05	Chester Harrah	Dec 14	Virginia Dawson	Dec 21
Barb Rush	Dec 05	Regina Hillenbrand	Dec 14	Bonnie Bowen	Dec 22
Shirley Biederman	Dec 06	Jerry Laucher	Dec 14	Chris Lingo	Dec 22
Bessie Brammer	Dec 06	Steve Longberry	Dec 14	Harry Uber	Dec 22
Phyllis Simmons	Dec 06	Alana Wamack	Dec 15	Stephan Markley	Dec 23
Armida Callahan	Dec 07	Barbara Reece	Dec 15	Judy Boger	Dec 24
Bonnie Hamblin	Dec 07	Sandy Seiter	Dec 15	Anna Lamb	Dec 25
Mary Howell	Dec 07	Vicki McCombs	Dec 15	Barbara	
Calvin Miller	Dec 07	Carl Robinson	Dec 15	Ramsey-Erlewine	Dec 26
Lori Strobel	Dec 07	Allen Merritt	Dec 15	Barry Miller	Dec 26
Annette Hartman	Dec 08	Ruth Gamble	Dec 16	Jon Yarger	Dec 30
Sherri Wilson	Dec 08	Soog Park	Dec 16	Dottie McGinty	Dec 30
Barbara Tackett	Dec 08	Joel Bolander	Dec 16	Paula Akers	Dec 31
Joyce Rider	Dec 09	Jerry Webber	Dec 17		
Becky Williamson	Dec 09	Alice Loving	Dec 17		

## December Anniversaries

Dale & Cathy Linstedt	December 16, 1966	54 years
Bill & Becky Williamson	December 18, 1971	49 years
Richard & Karen Gorenflo	December 31, 1971	49 years
Larry & Janet Elliott	December 08, 1972	48 years
Skip & Pat Miller	December 05, 1975	45 years
Mike & Sharalee Lore	December 31, 1994	26 years
Michael & Judy Bowe	December 05, 2003	17 years

# Volunteer of the Month

## 5 Ways to Get Your Home Ready for Winter

Some people love the beauty and serenity of winter while others simply tolerate it until spring returns once more. Whatever your feelings about winter, the change of weather means it's time to prepare your home — or the home of a senior

loved one — for the cooler days ahead. Here is a list of winterizing tasks to help you get started.



### 1. Shut off outdoor water faucets

No one wants to deal with the aftereffects of burst pipes during the coldest days of winter. That includes outdoor water faucets. Most homes have at least one or two. Take time to drain those pipes of standing water and turn off the tap before the first freeze arrives.

### 2. Have the furnace inspected

Having a furnace that works well is important for more than just heating the home. If your furnace has a crack or leak, it can put the entire household at risk for deadly carbon monoxide poisoning. Be sure to schedule the inspection before the temperature falls and you need to turn the furnace on.

### 3. Develop a snow removal plan

Shoveling snow can be dangerous for older adults, as can maneuvering on icy sidewalks and driveways. Before the first snow flies, have a solid plan in place for removing snow and salting walkways. If you don't know anyone who can handle these tasks, call your local senior center or agency on aging. Both often maintain a list of trusted vendors you can call for pricing.

### 4. Stock up on basic supplies

Don't wait to head to the grocery store until your local meteorologist predicts an ice or snow storm. Stock up now. Have a stash of basic food supplies in your pantry and freezer, such as bottled water, canned goods, bread, peanut butter, and other non-perishables. Don't forget to keep extra pet food on hand, too.

Then there are safety supplies to organize in case of a winter emergency. Flashlights, a battery-operated cell phone charger, extra batteries, blankets, paper towels, and a battery-operated weather radio are a few suggestions. Also be mindful of your medication supply. Don't let them get too low before getting refills.

### 5. Test smoke alarms and carbon monoxide detectors

Smoke alarms can reduce your risk of dying in a fire by 50 percent. Any experienced firefighter can tell you story after story of injuries and fatalities in homes without a working smoke detector.



The same is true for carbon monoxide detectors. These safety devices reduce the risk of carbon monoxide poisoning. Before winter weather arrives, check all these devices in your home and the home of your senior loved one's to make sure they work.

If you are looking for more advice on preparing for winter, the Centers for Disease Control and Prevention (CDC) has some very detailed suggestions. From weather stripping to cleaning out the gutters, visit [CDC.gov](https://www.cdc.gov) to learn more ways to get ready for winter.

©LPi



## Grocery Shopping in the Time of COVID-19

The safest way to shop is online delivery. You can pay ahead of time online and have the groceries delivered outside your door with no face-to-face contact. However, if you do go to the grocery store follow these tips:

- Take a disinfectant wipe with you each time you go out. This will remind you not to touch your face and will enable you to avoid touching surfaces, like door handles, that might contain Covid-19.
- When you get home, before touching anything in your house, wash your hands. Then use disinfectant wipes to wipe down your keys, phone case, and door handles. Periodically disinfect your computer keyboard, faucet handles, light switches, and countertops.
- When bringing home take-out food, wipe down all containers. Consider avoiding foods that aren't cooked (like salads and uncooked vegetables). Wipe down all grocery items



## Apple Cranberry Bake

*Recipe by Betty Crocker*

*(Submitted by Glenette Garver, aka, GiGi)*

### Ingredients:

- 5 cups sliced peeled all purpose apples
- 1 cup fresh or frozen (thawed) cranberries
- $\frac{1}{3}$  cup granulated sugar
- 2 tablespoons Original Bisquick™ mix
- 1 teaspoon ground cinnamon

### Topping:

- 1 cup Original Bisquick™ mix
- $\frac{1}{2}$  cup chopped nuts
- $\frac{1}{4}$  cup packed brown sugar
- $\frac{1}{4}$  cup butter or margarine, softened

### Steps:

1. Heat oven to 375 degree F
2. Stir together apples, cranberries, granulated sugar, 2 T Bisquick and the cinnamon in medium bowl
3. Stir together topping ingredients; sprinkle evenly over apple mixture
4. Bake 35 to 40 minutes or until topping is brown

Source: The Comfort of Home: Caregiver Series; © 2020 CareTrust Publications



# *Trips on the Horizon*

## **The Lighter Side**



### **Crowd Control**

A rookie police officer was assigned to ride in a cruiser with an experienced partner. A call came over the car's radio telling them to disperse some people who were loitering.

The officers drove to the street and observed a small crowd standing on a corner. The rookie rolled down his window and said, "Let's get off the corner."

No one moved, so he barked again, "Let's get off the corner!"

Intimidated, the group of people began to leave, casting puzzled glances in his direction.

Proud of his first official act, the young policeman turned to his partner and asked, "Well, how did I do?"

"Pretty good," replied the veteran, "especially since this was a bus stop."

### **The Slacker**

A company, feeling it was time for a shake-up, hired a new CEO. This new boss was determined to rid the company of all slackers. On a tour of the facilities, the CEO noticed a guy leaning on a wall. The room was full of workers, so the CEO thought this was his chance to show everyone he meant business.

The CEO walked up to the guy and asked, "And how much money do you make a week?"

Undaunted, the young fellow looked at him and replied, "I make \$200.00 a week. Why?"

The CEO then handed the guy \$200 in cash and screamed, "Here's a week's pay. Now GET OUT and don't come back!"

*(Continued top of next column)*

Feeling pretty good about his first firing, the CEO looked around the room and asked, "Does anyone want to tell me what that slacker did here?"

With a sheepish grin, one of the other workers muttered, "He was the pizza delivery guy."

### **Ugly Baby**

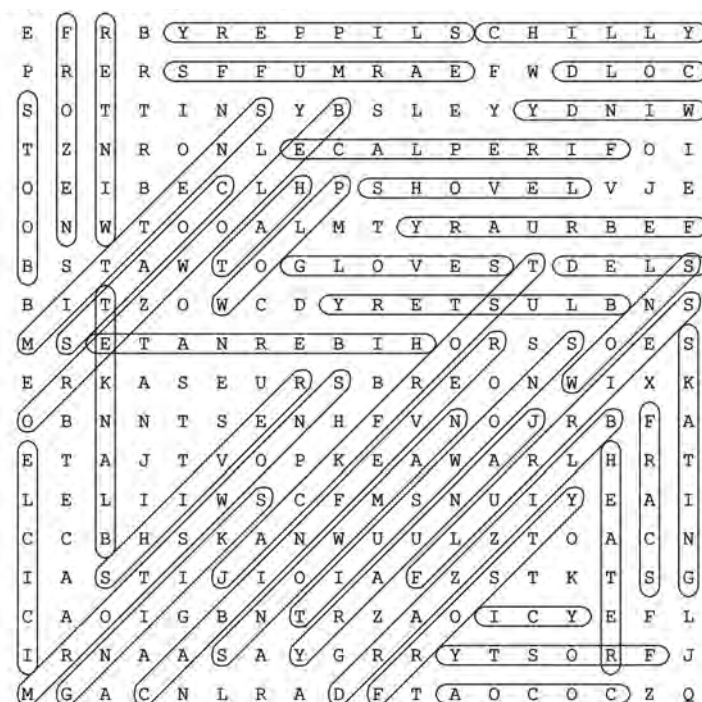
When a woman got on a bus with her baby, the bus driver exclaimed, "That's the ugliest baby that I've ever seen!"

The woman walked to the rear of the bus and sat down, fuming. She said to a man next to her, "The driver just insulted me!"

The man said, "You go right up there and tell him off. Go ahead, I'll hold your monkey for you."

©LPi

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



### CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

### SUDOKU ANSWERS (Pg. 6)

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

### ENIGMA Cryptogram Answers

**E029:** “Habits are cobwebs at first; cables at last.” - Chinese Proverb

**E031:** “It is not enough to be industrious; so are ants. What are you industrious about?” - Henry David Thoreau

## On a Positive Note

### Thanks for Giving, Salvation Army!

Salvation Army's mission is helping others, and recently they demonstrated that by providing Thanksgiving dinners to seniors that participated in our Food Box distribution on Monday, November 23. The first 150 seniors to pick up their food box that day also received a turkey and all the trimmings for a nice holiday meal. During this particularly difficult year, the Salvation Army staff felt area seniors needed a little bit of cheer before we reached the Salvation Army's traditionally impactful time of year around the Christmas holiday, and thus the idea for the "Thanksgiving Dinner Giveaway" was born as a way to reach out to seniors in the community they don't usually serve. And although they don't serve a large number of seniors, they knew the Marion Senior Center does. So they reached out to our Social Service Coordinator Cindy Jennings and the Center staff helped coordinate the distribution details. Salvation Army budgeted the limited funds they had available and then put out an appeal to the Marion community seeking donations. As usual, our big-hearted community responded! Donations from individual community members included turkeys, pies, noodles and plenty of canned goods, along with a generous donation of bread and rolls from our local Kroger.



**Salvation Army staff members delivered and distributed 150 complimentary Thanksgiving Dinners to area seniors during our Food Box Day on Monday, November 23. Staff members pictured (l to r): Rick Foster (volunteer), Captains Kristin & Jason Price, Crystal Van Buskirk (social services director), and Brice Lowry (kettle coordinator).**





## 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

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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](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.*