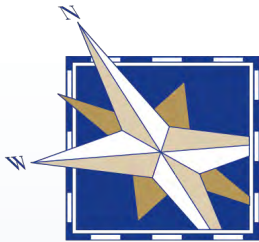


Volume 38 • Issue 1

The Sentinel

January 2021



**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**

HAPPY NEW YEAR

It brings me great joy to wish you all a Happy New Year!

The best thing about 2021 so far isn't that the Buckeyes were selected to play in the College Football Playoffs... it's the fact that 2020 is now in our rearview mirror!

Last year certainly brought us many unexpected challenges, so before we move on to celebrate the arrival of 2021, I want to publicly thank our staff, volunteers, and board members here at the Center for the outstanding effort, commitment, and perseverance they've shown as we adjusted in tough times from March of last year to the present. I appreciate all that they have done, including safety protocols they have embraced, new responsibilities they have welcomed, and the sacrifices they have made in their personal lives, to continue making a difference in the lives of others. Thank you, thank you, thank you!

We now look forward with optimistic anticipation at the new year ahead of us. A year ushered in with the recent good news that a vaccine is now available, along with the hope it will gain some control over the coronavirus. Stopping a pandemic requires using all the tools we have available. So, as experts learn more about how Covid-19 vaccination may help reduce spread of the disease in communities, we can't afford to let our guard down. I know we're all getting tired of this dreaded disease, but we need to remain vigilant about **washing our hands, wearing a mask, and social distancing.**

Nonetheless, the good news is there is light at the end of the tunnel. And hopefully it will continue to shine brightly throughout the new year. Be well. Be safe. And 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.**

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**. Next distribution date is to be announced.



MEMBERSHIP DUES UPDATE

As reported in our December newsletter, in consideration of the Senior Center continuing to remain closed due to the coronavirus pandemic, **at this time we will not be collecting 2021 membership dues** until a potential reopening date is announced. However, all members who paid for a membership in 2020 will continue to receive your **Sentinel** newsletter each month.



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

Moves 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://www.nextavenue.org/coronavirus-fitness-home); CNN exercise

Neck

- Stand with shoulders relaxed.
- Bring left ear towards left shoulder; resist the urge to raise your shoulder. Shoulder needs to remain relaxed.
- Move head over to other side so that your right ear is going towards your right shoulder.
- Repeat movement for 10 Reps.



Wall Sit

Chair recommended

- Stand with back against a wall.
- Slowly move each foot out in front of you 10"-14" from the wall.
- Bend knees allowing back to slide down wall. Only allow yourself to slide down to the point you still feel comfortable. Future "Goal" would be working to a point when your thighs are parallel to the floor. (This takes much practice!)
- Hold "sit" position 5-10 seconds-
- Stand back up to starting position and repeat 2-4 times
- Have armless chair beside you just in case you feel your legs getting weak.



Open Gate/Close Gate

Chair recommended for support

- Bring right knee up until parallel with the floor.
- Move right knee out to the side.
- Bring knee back to center position.
- Place foot back on the floor.
- Repeat 10 times per leg.



Dancer's Stretch

- Stand tall with legs together, arms relaxed and back straight.
- Step your right leg behind your left leg toes pointing forward and legs straight.
- Put your left hand on your hip and reach your right arm up in line with the shoulder.
- Breathe slowly and steadily as you push your hips towards the right and reach your right arm overhead and to the left.
- Hold stretch for 10-30 seconds
- Switch sides
- 3- Times on each side



Standing Oblique Crunch

Can be modified to a seated position

- Stand with back against wall for support, feet hip width apart.
- Do all in one swift movement- Bring left knee up until parallel with the floor while twisting at the waist and bringing right elbow towards raised knee.
- Hold abdominal muscles tight through the twist.
- Return to starting position.
- Do 10 on each side



Engaging Virtually

Tips for keeping older adults connected

Connection and a sense of community can be critical to well-being as people continue to distance and isolate. It can be challenging, especially for older adults, but there are ways to engage, explore and unwind.

There is no one-size-fits-all solution, so choose a few things that suit you and commit to them. Remember to pay attention to your social and mental health while taking care of your physical health and consider these ideas from the Administration for Community Living.

Connect

- Use social media to stay in touch with friends and loved ones or reconnect with people you haven't seen in a while.
- Take advantage of video call platforms to see faces of family and friends while you talk to them.
- Write letters to friends and reminisce about some of your favorite memories. Ask them to write back and share their own favorite memories.
- Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.

Explore

- Take free courses online. With subjects ranging from computers and cooking to studio arts and foreign languages, there is something for nearly everyone.
- Explore zoos and aquariums across the country through virtual tours and lessons. Many have live webcams that allow you to watch the animals in real time.
- Enjoy artwork from around the world. Thousands of museums and galleries are currently displaying their collections online through virtual tours.
- Tour one of the many national parks offering digital tours and experiences you can access anytime from the comfort of home.



Unwind

- Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- Host dinner or a game night with friends over a video chat. Word, trivia and acting games tend to work well virtually.
- Catch free performances online. Some opera houses and theaters are streaming plays and performances for digital audiences.
- Watch a TV show or movie while talking to a friend on the phone or over video chat. Many streaming services offer free trials and some even have a way to watch together online.

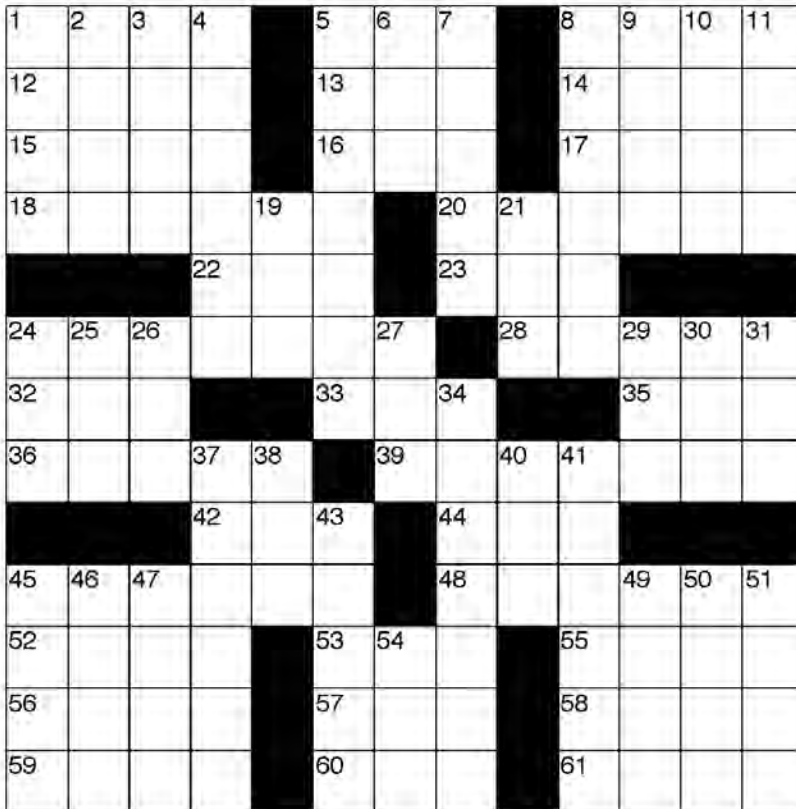


Courtesy of Family Features; Source: Administration for Community Living

Classes, Activities & Programs

CROSSWORD PUZZLE

Answers on Page 13



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A31

ACROSS

- 1 Woman's work basket
- 5 Laughter sounds
- 8 Polish border river
- 12 Arrow poison
- 13 Edible root
- 14 Killer (suf.)
- 15 Slushy ice
- 16 School course (abbr.)
- 17 Ancient Gr. city
- 18 Hog's guls
- 20 Mate of Adam
- 22 Mulberry of India
- 23 Carriage
- 24 Franchise
- 28 Book of maps
- 32 Antiaircraft artillery (abbr.)
- 33 Royal Air Force (abbr.)
- 35 Altar constellation
- 36 Avifaunae
- 39 Import
- 42 Right (Lat.)
- 44 Camel hair cloth
- 45 Fearful
- 48 Fitted garment
- 52 Applaud
- 53 Amer. Expeditionary Forces (abbr.)
- 55 Cranial nerves
- 56 Cloak
- 57 Hawaiian fish
- 58 Above (Ger.)
- 59 Ivory (Lat.)
- 60 To or from a distance (pref.)
- 61 Withered

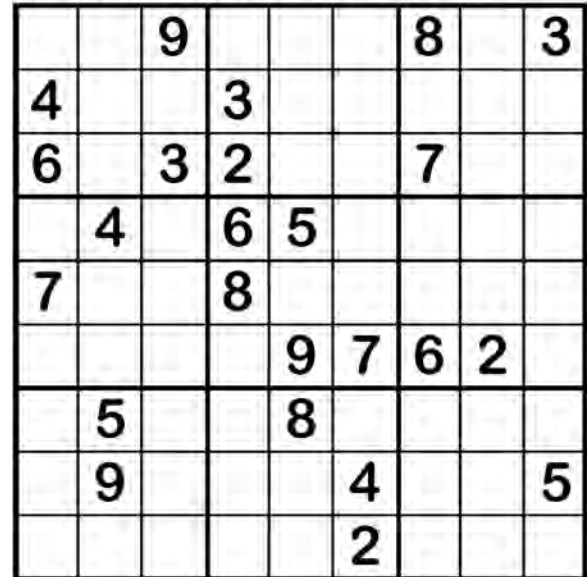
DOWN

- 1 Son of Ham
- 2 Samoan port
- 3 Singing voice
- 4 Square-cut stone
- 5 Stableman
- 6 Atl. Coast Conference (abbr.)
- 7 Canvas
- 8 Spotted cat
- 9 Port. Timor's capital
- 10 Blue-pencil
- 11 Hebrew letter
- 19 Sup
- 21 Mountain on Crete
- 24 Vehicle compartment
- 25 Yellow Sea arm
- 26 Rhine tributary
- 27 Pack down
- 29 Indo-Chin. language
- 30 Scot. alder tree
- 31 Wilt
- 34 Dire
- 37 Diddy
- 38 Sub (pref.)
- 40 Presidential nickname
- 41 Mole
- 43 State (Ger.)
- 45 Land measure
- 46 Amorphous mass
- 47 Ryukyu islands viper
- 49 Gooseberry
- 50 Elbe tributary
- 51 Laugh (Fr.)
- 54 Barely get by

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: "G" = "P"

"JMF WFD ZHNNRJ YF GRQOIMFE
SOJMRBJ AVOZJORN, NRV H DHN
GFVAFZJFE SOJMRBJ JVOHQI"
- ZMONFIF GVRTFVY

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E033

ENIGMA™ CRYPTOGRAM

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

"GWANA LO KU JLMUF OU OUQG
TO T ZMATN ZUKOZLAKZA"
- QNAKZW JNUHANE

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E034

Classes, Activities & Programs

Super Bowl

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

Word List:

AUDIBLE	BLITZ	CHEERLEADERS	CLOTHESLINE
COACHES	COMMERCIALS	ENDZONE	EXTRAPPOINT
FAIRCATCH	FANFARE	FEBRUARY	FIELDGOAL
FIRSTDOWN	FOOD	FOOTBALL	HAILMARY
HALFTIMESHOW	INTERCEPTION	INTERFERENCE	KICKOFF
LINEOFSCRIMMAGE	MOSTVALUABLEPLAYER	PARTIES	PLAYERS
PREGAME	PUNT	QUARTERBACK	SACK
SAFETY	SNAP	STADIUM	STARSPANGLEDDBANNER
SUNDAY	SUPERBOWL	TACKLE	TELEVISION
THEBIGGAME	TOUCHDOWN	TROPHY	VINCELOMBARDI

Answers on Page 12

January 2021 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
11	12	13	14
SENIOR CENTER WILL REMAIN CLOSED UNTIL FURTHER NOTICE			
18	19	20	21
25	26	27	28

Birthdays & Anniversaries

FRIDAY

1



8

January Birthdays					
Sharon McFadden	Jan 01	Mike Lore	Jan 12	Paul Kennedy	Jan 24
David Schaber Sr.	Jan 01	Roxanna Craft	Jan 12	Barbara Patrick	Jan 25
Barb Drake	Jan 01	Terry Kern	Jan 13	Joann Begley	Jan 25
Judy Ulsh	Jan 02	Patricia Thomas	Jan 13	Ralph Brown	Jan 25
Susan Davis	Jan 03	Karen Pickett	Jan 14	Joseph Clarke	Jan 25
Ken Estes	Jan 03	Eva Blankenship	Jan 15	Delores Doyle	Jan 25
Martha Cocherl	Jan 04	Regina Hunt	Jan 15	Michael Kline	Jan 25
Marlene Huber	Jan 04	Mary Koch	Jan 16	Julianne Kyle	Jan 26
Sue Haskins	Jan 04	Steve Badertscher	Jan 16	Cynthia Bentley	Jan 26
Carla Campton	Jan 04	Jane Porter	Jan 18	Leslicann Crabtree	Jan 27
Cora Gulliford	Jan 05	Gloria Caprino	Jan 18	Nicki Landfried	Jan 27
Ruth Silvers	Jan 05	Mary Martin	Jan 18	Rosalie Dale White	Jan 27
Les Yager	Jan 05	Lowell Harrah	Jan 19	Patricia Hill	Jan 27
Jeanne Yoakam	Jan 06	Ann Thomas	Jan 19	Nancy Eilerman	Jan 28
Denny Byrd	Jan 07	James Bolinger	Jan 20	Cheryl Waugh	Jan 28
Carolyn Heimlich	Jan 07	Barbara Fleming	Jan 20	Donna McPeck	Jan 28
Joyce Cumston	Jan 07	Nancy Whitaker	Jan 21	Terry Fortney	Jan 29
Karen Winders	Jan 09	Tim Mantey	Jan 21	Virginia Dunlap	Jan 29
Carolyn Steffey	Jan 10	Janis Holbrook	Jan 23	Ken Norris	Jan 30
Beverly Crist	Jan 11	Louis Hughes	Jan 23	Mark Hartman	Jan 31
Georgianna Darst	Jan 11	Gerald Waugh	Jan 23	Debra Coble	Jan 31

15

ED

January Anniversaries

Steve & Karen Ward	January 8, 1966	55 years
Steve & Marlene Renick	January 22, 1982	39 years
David & Elaine Dunlap	January 30, 1987	34 years

22

29

Volunteer of the Month



Tax Preparation assistance for the coming tax season is still an uncertainty at this time.

The Tax Preparation Method (Modified-In Person) we are hoping to make use of to prepare tax returns is dependent on the stage of the corona virus within our community.

The virus would need to be in a much more controlled stage than what it is presently for a period of time that would indicate that the virus breakout is controlled within the community.

AARP Foundation Tax Aide uses the John Hopkins Covid-19 Trends for U. S. Counties Map as their reference to track the stages of corona virus within a community.

We are also obliged to consider local rules and regulations within our communities before opening for In-Person tax assistance of any kind.

The only tax preparation assistance that will be approved at this time by The National Organization of AARP Foundation Tax Aides is a NO-Contact Virtual Method of tax preparation. (This method would assure that both Taxpayer and Volunteers are safe while preparing a tax return)

The No-Contact Method requires tax documents and



identity verifications to be scanned and/or encrypted in an email to be sent to AARP Tax Aides by taxpayers to just begin a tax return. One would

need to be computer savvy to successfully navigate this method of tax preparation for themselves.

We will not be participating in the No-Contact Virtual Method of Tax Preparation or any other Virtual Methods of Tax Preparation at our Marion Site.

We are hoping and praying with the coming vaccine and cooperation of Ohio Citizens working together to contain the virus spread, that by February or March of 2021 we will be able to open our site for Modified-In Person Tax Preparations with safety practices in full force to protect our Taxpayers and Volunteers. We are all training to be ready if and when we are cleared to prepare tax returns in our community.

In the meantime, the reality at this time is that we can't guarantee our tax services for this coming tax season so please make plans to have your tax returns prepared as you see fit.

We hope to see you sometime this coming filing season. Stay well and know we care. You are all very important to all of us.

Sincerely,

AARP Foundation Tax Aides of Marion
Linda Loescher-LC

MY MOTHER USED TO SAY, 'THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'

BETTY WHITE

GLPI



Protect Yourself from Scams Regarding the Covid-19 Vaccine

Tips on how to avoid these scams:

- It is likely you will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number, your credit card, or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your healthcare provider before paying for or receiving any Covid-19-related treatment.
- If you get a call, text, email - or even someone knocking on your door - claiming they can get you early access to the vaccine, **STOP. That's a scam.**



Breakfast Casserole

Recipe by Kim Badertscher

Ingredients:

- 1 dozen eggs
- 3 cups milk
- 10 slices of white bread
- 12 oz. shredded mild cheddar cheese
- 32 oz. Bob Evans Original Pork Sausage

Preparation Steps:

1. Brown the sausage in a skillet, drain and set aside.
2. Combine dozen eggs and milk together in large bowl, stir together and set aside.
3. Lightly coat a 9" x 13" casserole dish with PAM Cooking Spray.
4. Tear 5 slices of bread apart in small pieces (approximately 2 inches) and sprinkle in a layer to cover bottom of casserole dish.
5. Sprinkle half (16 oz) of the browned sausage in a layer over the bread.
6. Sprinkle half (6 oz.) of the shredded cheese in a layer over the sausage.
7. Repeat Steps 4, 5 and 6 in the same order (another layer of bread pieces, then sausage, then cheese).
8. Slowly pour the mixture of eggs and milk evenly over all ingredients in casserole dish.
9. Cover dish with aluminum foil and place in refrigerator overnight.

Baking Steps:

- Preheat Oven to 350 degrees F.
- Bake 60 minutes at 350 (covered with aluminum foil).
- Remove aluminum foil and bake an additional 30 minutes (or until topping is brown).
- Cut into slices and serve.

Source: Area Agency on Aging—Ohio District 5

Trips on the Horizon

The Lighter Side



Secret of a Long Life

Grandpa Jones was celebrating his 100th birthday, and everybody complimented him on how athletic and well-preserved he appeared.

"I'll tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now."

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime.

"Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a long walk."

The End Is Near

Farmers Fred and Sam were fishing on the side of the road. As each car passed by, they held up a sign that read, "The End is Near! Turn yourself around now before it's too late!"

Car after car stopped suddenly and turned around. But one driver didn't appreciate the sign and sped past shouting, "Leave me alone, you religious nuts!"

All of a sudden, Fred and Sam heard a loud splash.

Fred asked Sam sheepishly, "Do you think we should have had the sign read 'Bridge Out Ahead' instead?"

The Wrong Way

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Highway 401. Please be careful!"

"Ruth," said Herman in disbelief. "It's not just one car. It's hundreds of them!"

Getting Even

A man had six children. Because he was very proud of this achievement, he started calling his wife "Mother of Six" in spite of her objections.

One night they went to a party. When the man was ready to go home, he shouted to his wife across the room, "Shall we go home, Mother of Six?"

His wife, irritated by her husband's lack of discretion shouted back, "Anytime you're ready, Father of Four!"

Quote

"By the time you're 80 years old, you've learned everything. You only have to remember it."

-- George Burns

©LPi

WORD FIND ANSWERS (Pg. 7)

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

CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

SUDOKU ANSWERS (Pg. 6)

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

ENIGMA Cryptogram Answers

E033: "The gem cannot be polished without friction, nor a man perfected without trials." - Turkish Proverb

E034: "There is no pillow so soft as a clear conscience." - French Proverb

On a Positive Note

Fashionable Face Masks!

With wearing face coverings being mandatory when in public these days, your Senior Center board members thought it would be nice idea to create a face mask that promoted the Center, as well as good health... and then make them **available for purchase** to members and friends of the Center. Local vendor *River's Edge* produced these trendy Navy Blue masks which proudly display the Marion Senior Center logo, imprinted in old gold.

The masks are available for **\$9 each** (includes shipping). If you would like to purchase one - or more - simply send us the **quantity** you would like, the **name and address** you would like the order mailed to, and a **check** made payable to:

Marion Senior Center
2375 Harding Highway E.
Marion OH 43302

**Please allow 2 weeks for delivery*



Board Member Kathy Sherman is pictured here proudly wearing one of our trendy new Marion Senior Center masks, available for purchase by members and friends of the Center.



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

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.