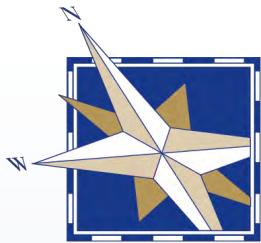


The Sentinel

May 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**



COMMUNITIES OF STRENGTH: MAY 2021

There's lots to celebrate as May arrives. Along with the flowers, there is Mother's Day, Cinco de Mayo, Memorial Day and the national observance month honoring older Americans.

When "Older Americans Month" was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, we have celebrated "Senior Citizens Day" with a big annual dinner event during the month of May to acknowledge the contributions of past and current older persons in our community. Unfortunately, we won't be hosting that fun event this year.

Even though we are unable to get together with a formal dinner this year, there is still much to celebrate and honor. As Older Americans Month is celebrated across the country through 'virtual' ceremonies, events, and other such activities, please know that we will be thinking of you — our members — and how much you mean to us and the community. And we look forward to celebrating with you in person in the better days ahead. But until then, we wish you all...

"Happy Older Americans Month!"

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.**

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.



HEMEN: Helping Elderly Meet Essential Needs

HEMEN is a funding source that is available to assist consumers who are 60 and older in obtaining assistance with needs they may need to remain safe in their home, such as: Washing Machine, Dryer, Refrigerator, Stove, Mattress Set, etc. Call Area Agency on Aging at **800-860-5799** for details.

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.

A composite image showing a blue Ford Transit Connect van with "387-5444 Transportation" branding, its rear hatch open to reveal interior equipment, and a wheelchair being loaded or unloaded from the side. A blue oval graphic contains the phone number "740-387-5444".

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

REMEMBER & HONOR

MEMORIAL DAY

©LPI

A Balanced Workout 3

This is the third in a 3-part series of a “balanced workout” that has all the elements: **Cardio, Balance, Stretching & Strength.** Do 3 sets of each exercise.

Wall Pushups - Strength

Wall Needed; Supervision Recommended

- Stand with an arm’s length in front of a wall.
- Hands flat on the wall.
- Feet firmly on the floor as you attempt to bring your body towards the wall, bend elbows as chest goes forward.
- Push yourself back up to the point where your arms are stretched out straight.
- 8-15 Reps



Woodpecker - Balance, Stretch

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.

Row - Strength

If Doing a Standing Row, Supervision is Recommended if you have Poor Balance.

- Sit upright and plant your feet.
- Dumbbell/Water bottle in each hand, palms facing in towards body, arms should be straight and down at an angle.
- Bend/Hinge slightly forward at your hips.
- Squeeze your shoulder blades together while bringing elbows up and back. Keep arms next to body.
- Pause 2-3 seconds and return to starting position.



High Knees March/Add Overhead Reach

- Cardio, Strength, Balance & Stretch

- Bring left knee up 8-12” off the floor while simultaneously raising your right arm towards the ceiling, return left foot to floor, lower right arm and then bring your right knee up off the floor 8-12” while simultaneously raising your left arm towards the ceiling.
- Repeat these movements for 30 seconds at a swift pace.
- Rest 30 seconds and start over from the top, do 3 sets.
- Challenge: Add 1-pound weights or water bottles to overhead press.



Neck - Stretch

- Stand with shoulders relaxed.
- Bring left ear towards left shoulder; resist the urge to raise your shoulder. Shoulder needs to stay relaxed. Pause 2 seconds.
- Move head over to other side so that your right ear is going towards your right shoulder. Pause 2 seconds.
- Repeat movement for 10 Reps.



Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

Health & Fitness

Green Acres to Host Senior Golf League

Green Acres Golf Course will be hosting a Senior Golf League on Thursday mornings this summer. The league is scheduled to begin on **Thursday, May 13** and is open to all area seniors. Golfers should arrive at **8:30 am for pairings** and play will begin at 9 am with a shotgun start. Costs for league play are **\$18** (9 holes with a cart) or **\$9** (9 holes walking). There is also a one time fee of \$10 that goes towards prizes. Steve Grimes is the league coordinator. For more information call Green Acres at 740-387-6114.



STAYING SAFE: Thriving Through the Pandemic

The Ohio Attorney General's Elder Abuse Commission is presenting a free virtual forum for older adults, their family members and caregivers on **STAYING SAFE: Thriving Through the Pandemic**, on **Monday, May 17** from **10 a.m. to 12 p.m.** via the WebEx online platform.

Older adults may have unique concerns during the pandemic, including experiencing separation from family, friends and caregivers as well as including being targeted by scammers. Our expert presenters will cover topics that include sessions on wellness and isolation issues during COVID, financial exploitation, and staying physically and mentally healthy.

This virtual event is brought to you free of charge through a partnership with the Ohio Association of Senior Centers, the Ohio Association of Area Agencies on Aging, and the Ohio Department of Aging. **For more information about this event, call 614-728-8461**

COVID VACCINE NOW AVAILABLE AT WALMART

Walmart now has the Pfizer COVID vaccine available (2 shots).

Those that are computer savvy can register at:

Walmart.com/covidvaccine

But for those seniors who prefer scheduling by phone please call **740-389-4573** and tell the associate

you do not have access to a computer or internet and they will register you over the phone. You can also call that same number and push option 1 to ask COVID vaccine related questions.



Walmart is currently establishing a "Waste Avoidance List". This means anyone of any age can register and if they have any vaccine doses left over due to no-shows they will contact people on that list so nothing goes to waste.

Our list of local vaccine providers has expanded!

Eligible Marion residents can now schedule an appointment with:

Walmart at 740-389-4573 or visiting Walmart.com

Meijer at 740-389-5402 or Meijer.com

Kroger at 866-211-5320 or Kroger.com

OhioHealth at 614-533-6999 or OhioHealth.com

You can also schedule an appointment with **Marion Public Health** by calling our office at 730-387-6520 or emailing appointments@marionpublichealth.org.

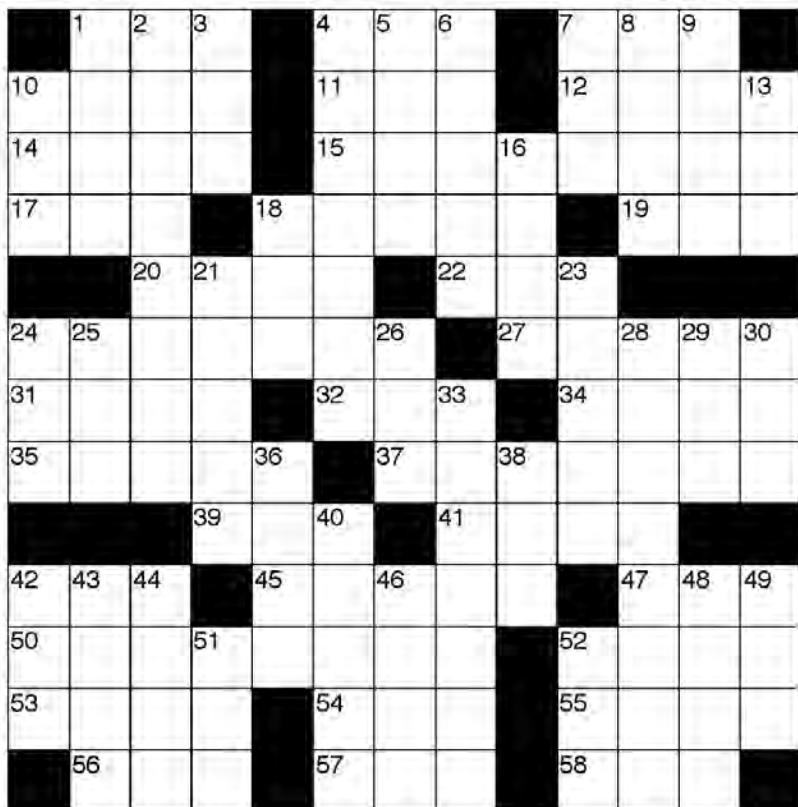
Do You Have Vaccine Questions?

Do you have questions about the COVID-19 vaccine? Let us help you find the answers you are looking for. Contact the Ohio District 5 Area Agency on Aging Vaccine Information line at **567-247-6503**. Calls are answered and returned Monday – Friday from 9am until 5pm.

Classes, Activities & Programs

CROSSWORD PUZZLE

Answers on Page 13



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A29

ACROSS

- 1 Voice of America (abbr.)
- 4 Shake
- 7 Yorkshire river
- 10 Tire
- 11 Adopted son of Mohammed
- 12 Madam
- 14 Building (abbr.)
- 15 Feud
- 17 But (Lat.)
- 18 Let
- 19 Eur. Economic Community (abbr.)
- 20 Italic (abbr.)
- 22 Tip
- 24 Imitation
- 27 Health (Fr.)
- 31 Maple genus
- 32 Compass direction
- 34 Nipple
- 35 Jewish month
- 37 Native
- 39 Laughter sounds

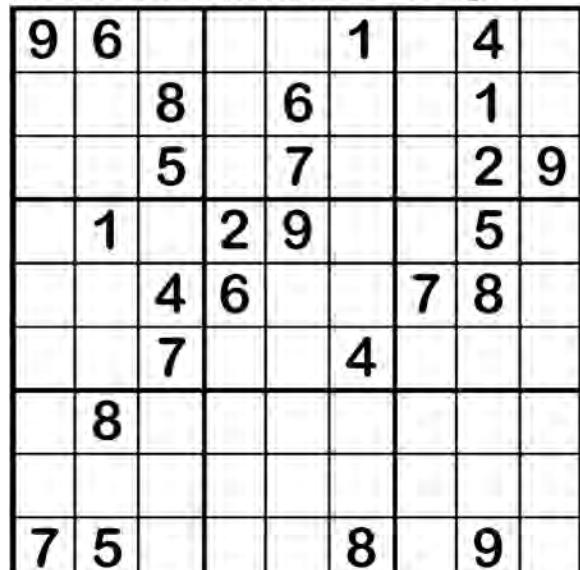
DOWN

- 41 Priest (Sp.)
- 42 Marsh
- 45 Atomic physicists
- 47 Limited (abbr.)
- 50 Huntress
- 52 River into the Yellow Sea
- 53 Leek
- 54 Hebrew letter
- 55 In the matter of (2 words)
- 56 Absolute (abbr.)
- 57 Carbohydrate (suf.)
- 58 Gamble
- 1 Valley
- 2 Eld (2 words)
- 3 School course (abbr.)
- 4 Spear
- 5 Title of Athena
- 6 Wash
- 7 Uncle (Scot.)
- 8 Glut
- 9 Shak. shrew
- 10 Public Broadcasting Service (abbr.)
- 13 Son of (Scot.)
- 16 Tooth (Lat.)
- 18 Sp. article
- 21 Father of Abraham
- 23 Stamping machine
- 24 Fortify
- 25 Here (Fr.)
- 26 Compass direction
- 28 Threadlike
- 29 Indo-Chin. people
- 30 List-ending abbreviation
- 33 Encircled area
- 36 Calif. wine country
- 38 Drunk driving (abbr.)
- 40 Saint (Sp.)
- 42 Exclamation
- 43 Great Barrier island
- 44 Dress
- 46 Eight days after feast
- 48 Pastry
- 49 Female deer
- 51 Pounds (abbr.)
- 52 Freedom, briefly

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: "Z" = "E"

"DNWXZVY NWZ VTK BNXZ SP
YIVDIVD 'TC CTU SZNMKIRMJ',
NVX YIKKIVD IV KCZ YCNXZ."
- WMXPNWX GIOJIVD

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E024

ENIGMA™ CRYPTOGRAM

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

"LKS EAUS VG O WON'E DKOTODLST
DON ZS EKVPN ZM LKS LKANFE
LKOL WOQS KAW ONFTM"
- OXLKVT XNQNVNP

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E025

Classes, Activities & Programs

What's In Your Garden

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

Word List:

CARROTS	PARSNIPS	PEAS	BEANS
PEPPERS	ZUCCHINI	HONEYDEW	BROCCOLI
CUCUMBER	RADISH	PUMPKIN	SPINACH
TURNIP	ARUGULA	KALE	BEET
ONION	GARLIC	SHALLOT	KOHLRABI
POTATO	RHUBARB	CORN	CHARD
OKRA	SQUASH	COLLARDS	ASPARAGUS
LETTUCE			

Answers on Page 12

May 2021 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
10	11	12	13
17	18	19	20
SENIOR CENTER WILL REMAIN CLOSED UNTIL FURTHER NOTICE			
24	25	26	27
31  MEMORIAL DAY			

Birthdays & Anniversaries

FRIDAY

7

14

21

ED

28

May Birthdays

Debra Page	May 01	Patricia Stevens	May 12	John King	May 22
Jodie Shafer	May 01	Karen Hall	May 13	Marsha Velazco	May 23
Dale McGinnis	May 02	Marietta Wood	May 13	Darlene Goad	May 24
Jane Brown	May 04	Shaun Straw	May 15	Diane Wisda	May 24
Meredithe Predmore	May 04	Leonard Janchar	May 16	Judy Bowe	May 24
Patricia Edens	May 04	Judy Miller	May 17	Joyce Geissler	May 25
Richard Jones	May 04	Bill Gossett	May 18	Phyllis Patrick	May 26
Paul Shaul	May 04	Carol Haines	May 18	William Weir	May 26
Clair Zimmerman	May 06	Janet Schiefer	May 18	Pebble Wyant	May 26
Delores Abbott	May 07	Frank Bosart	May 20	Lanny R. Phelps	May 27
Donna Harrah	May 08	Sue Schuler	May 20	Ronald Walker	May 27
Lucille Kennedy	May 09	Melba Miller	May 20	Sandy Winland	May 29
Della Patton	May 09	Rosanna Becker	May 21	Betty Woodruff	May 30
Edith Craycraft	May 10	Elaine Rice	May 21	Jodene Southward	May 31
John Heimlich	May 11	Kathleen Kelleher	May 22		
Dorothy Janchar	May 12	Stephanie Watson	May 22		

May Anniversaries

John & Julianne Kyle	5/1/1965	56 years
Dale & Doris Rapp	5/6/2011	10 years
Bob & Nancy Shaw	5/16/1959	62 years
Harvey & Barbara Erlewine	5/26/1995	26 years
Daniel & JoAnne Zimmerman	5/27/1995	26 years
Gabe & Ednita Vaflor	5/28/1963	58 years

Volunteer of the Month



Free Grab and Go Senior Meals

LifeCare Alliance is bringing nutritious and delicious meals to Marion County for a safe drive thru lunch!

Every Thursday 11am - Noon (*starting May 13*)

Marion Senior Center Parking Lot
2375 Harding Highway E., Marion

Stay in Your Car, Lunch Will Be Passed to You

All participants 60 years and over will get two meals to-go!

- Everyone 60 years and over eligible for the meals
- No RSVP required.
- No income guidelines – all are welcome!
- Masks required for service
- No cost, but donations welcome
- One time paperwork will need completed if you have not received services with LifeCare. Paperwork can be completed onsite, same day.
- If you get Meals-on-Wheels you can still get this lunch!

For more information, contact:
Margaret Rembert • 614-437-2850 • mrembert@lifecarealliance.org

Food for Thought



No-Bake Lemon Pie

*Recipe Submitted by Barb Arms
via allrecipes.com*

1 (8oz.) Package cream cheese, softened

1 cup milk

1 (3.4 oz.) package instant lemon pudding mix

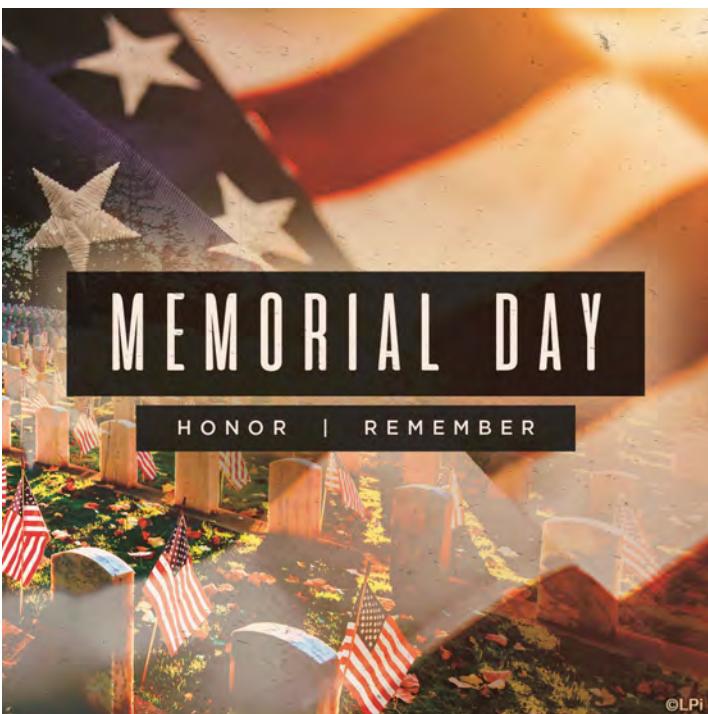
2 cups frozen whipped topping, thawed and divided

1 (9 inch) prepared graham cracker crust

Mix cream cheese, milk, and pudding mix together in a bowl until smooth. Slowly fold in 1 cup whipped topping. Pour mixture into the graham cracker pie crust. Add remaining whipped topping to the top.

Refrigerate for 3 hours before serving.

Cook's Note: May also top with fresh fruit, or lemon zest for extra color and flavor.



Trips on the Horizon

The Lighter Side



A Rose By Any other

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Black and White

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?"

"Because white is the color of happiness, and today is the happiest day of her life," replied her mother.

The child thought about this for a moment, then said, "So why is the groom wearing black?"

©LPI

Universal Solvent

A father was very proud when his son went off to college. He came to tour the school on Parents' Day and observed his son hard at work in the chemistry lab.

"What are you working on, son?"

"A universal solvent," explained his son, "A solvent that'll dissolve anything."

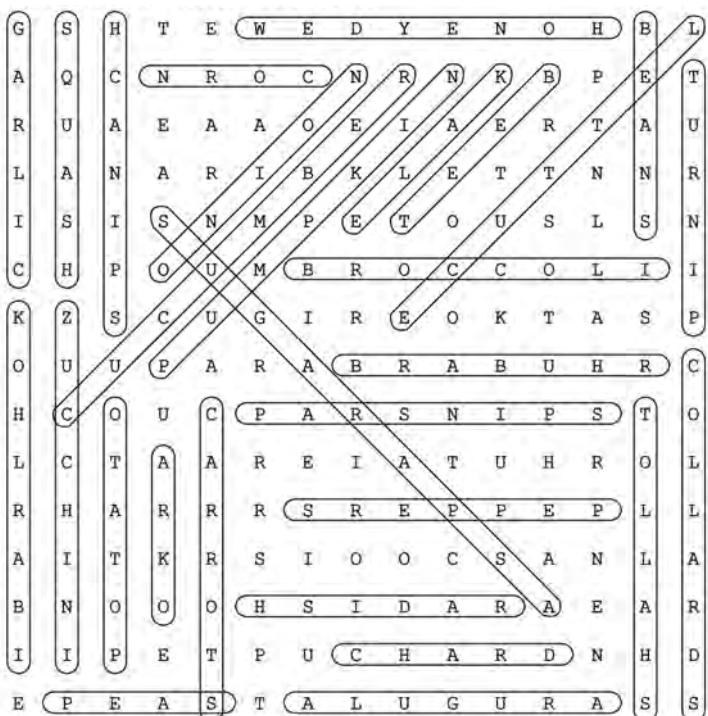
His father whistled, clearly impressed, then wondered aloud, "What will you keep it in?"

Quote

"In the end, it's not the years in your life that count. It's the life in your years." -- Abraham Lincoln

©LPI

WORD FIND ANSWERS (Pg. 7)



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

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

ENIGMA Cryptogram Answers

E024: "Gardens are not made by singing 'Oh how beautiful', and sitting in the shade." - Rudyard Kipling

E010: "The size of a man's character can be shown by the things that make him angry." - Author Unknown

On a Positive Note

LifeCare Seeking Volunteers

Looking to Volunteer? With lots of time on their hands and very few places to go, many folks are looking for something fun and meaningful to do these days. The new “**Grab & Go**” lunch beginning on Thursday, May 13 (*see the article on page 10*) might just be the perfect opportunity for you to get out of the house for a couple hours one time per week to help others in need. The program will take place entirely outdoors at the Marion Senior Center parking lot, following all safety protocols. What’s more, you can volunteer as often (or as little) as you’d like!

For more information, contact Margaret Rembert at (614) 437-2850. Or email her at: mrembert@lifecarealliance.org



Center Updates

We need your help! With the Center remaining closed and staff having no day-to-day contact with members, information often times shared in person is no longer occurring. Please help keep us updated on any Membership illnesses and/or deaths you may become aware of. Information and updates can be communicated to Center staff Monday through Friday from 8 am - 3:30 pm by calling **(740) 387-6100**.

Staff will then communicate the info to the Board’s Corresponding Secretary to ensure an appropriate rose bud vase and/or card are sent depending on the circumstance.



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.