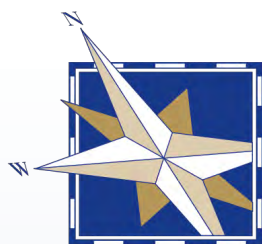


Volume 38 • Issue 2

The Sentinel

February 2021



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

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

CENTER HOURS

Monday–Friday: 8 AM–4 PM

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

Winter is indeed a **Wonderland**

Winter is here! And if you don't mind the cold temperatures, it can be a very beautiful time of year here in Ohio. There is just something very calming and picturesque about watching the snow gently falling to the earth, covering everything in a crisp, clean blanket of white fluff. Everything outdoors appears serene and pure after a fresh winter snow.



It unfortunately is also a time when steps and sidewalks can become slippery, making falls a concern. So please use caution whenever having to venture outdoors this winter. And bundle up, as well!

This particular winter is also an exciting time in Ohio due to the rollout of the Covid-19 vaccine that began in January. On **page 11** you'll find a press release from Marion Public Health containing details of the vaccine distribution options in Marion County. We were fortunate to have the majority of our senior transportation drivers receive the vaccine last month. It will provide added protection for these dedicated individuals who provide essential rides for the most vulnerable population of our community. If you are interested in getting vaccinated and have questions about getting registered, please feel free to call the Senior Center at **(740) 387-6100** and we'll try to help answer those questions.

Even though the vaccine has been developed, tested and rolled out in record time, it didn't seem like it could arrive here fast enough. Now that it is here and available, it brings with it renewed hope. Similar to the fresh new hope symbolized by each winter snowfall. Our hope is that the vaccine helps get a handle on the spread of this virus in our community so we can someday welcome you safely back inside again. Please keep being vigilant. It will take time to get everyone fully vaccinated. Until then, we need to keep being very careful. The basics still apply: wearing masks when you're out and about, diligently washing hands and trying to avoid large gatherings.

Be Kind & Stay Well,
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.



AREA AGENCY ON AGING
Ohio District 5 | Serving North Central Ohio

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.



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

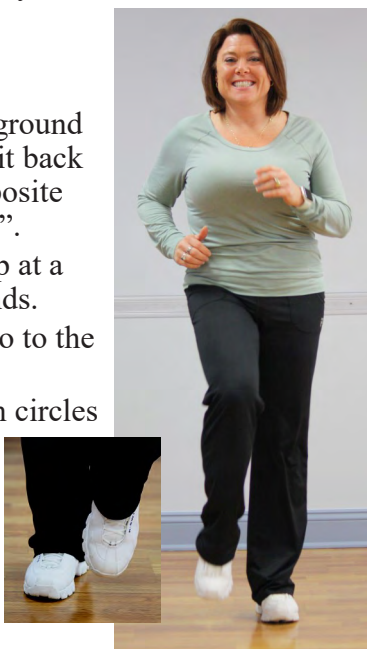
2131 Park Avenue West, Ontario, Ohio
www.aaa5ohio.org

Cardio at Home

Cardio exercise is anything that gets you moving and your heart pumping. You should do at least 30 minutes of cardio a day. You do not have to do all 30 minutes at once. Breaking up cardio into 3- 10 minutes sessions a day has shown to have the same benefits as doing 30 minutes at once. Have water bottle handy to keep you hydrated and cool.

March in Place

- Bring one foot off the ground 3-4" and swiftly bring it back down and raise the opposite foot off the ground 3-4".
- Keep this movement up at a swift pace for 30 seconds.
- Rest 30 seconds then go to the next exercise.
- **Challenge:** Add in arm circles out to the side.



Wide/Narrow March

This one will work your mind as well!

- March right foot out and forward, March left foot out and forward, return right foot back starting position, return left foot back to starting position.
- Repeat these motions at a swift pace for 30 seconds. Rest 30 seconds and go to next exercise.



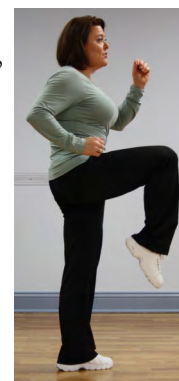
Normal March in Place & Shoulder Rolls

- Bring one foot at a time off the ground 3-4" while rolling shoulders up and then back in a circular motion keep these motions up at a swift pace for 30 seconds.
- Rest 30 seconds then go to next exercise.



High Knees March

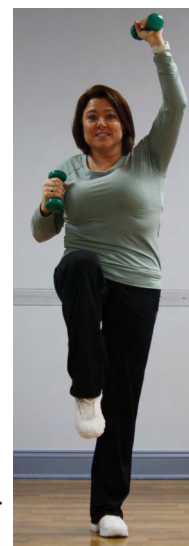
- Bring right knee up until foot is 8-12" off the floor, return right foot to floor and bring the left knee up until foot is 8-12" off the floor.
- Keep this movement up at a swift pace for 30 seconds.
- Rest 30 seconds and move on to the next exercise.



High Knees March/Add Overhead Reach

Will Resemble Climbing a Ladder
***Note: Do Not Actually Climb a Ladder!**

- 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 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 of each exercise.
- **Challenge:** Add 1-pound weights or water bottles to overhead press.



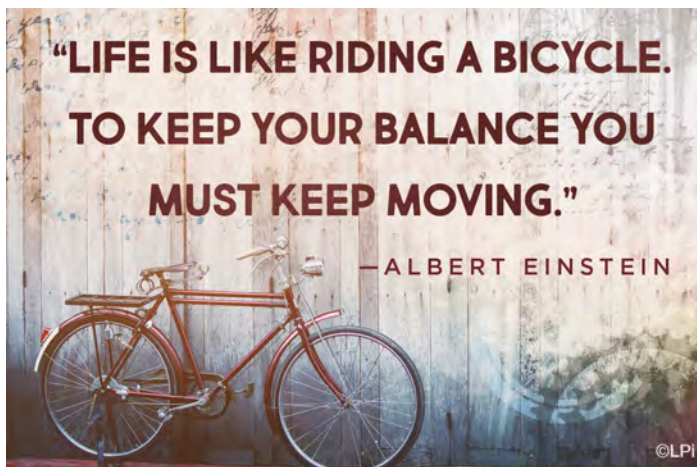
Ways to Avoid a Life-Changing Fall

Advances in healthcare and other technology are increasingly allowing aging Americans to live longer at home. However, many are unable to continue to do so once they take a serious fall at home. The following steps can be taken to prevent debilitating falls from ever taking place:



- **Recognize Your Risk.** Various health issues, medications, alcohol, or dehydration may increase your risk for a fall. Being aware helps you prepare.
- **Optimize Your Health.** Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking, and eating a healthy diet with plenty of calcium and vitamin D.
- **Fall-Proof Your Home.** Walk through your home to identify and fix any possible dangers. You can find great resources for this in the AAOS and Orthopaedic Trauma Association Falls Awareness and Prevention Guide (<https://www.orthoinfo.org/globalassets/pdfs/aaosfallprevention.pdf>).
- **Wear the Right Shoes.** Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces.

©LPi



Fall Facts

- Every second of every day, an older adult (age 65+) suffers a fall in the U.S. — making falls the leading cause of injury and injury death in this age group.
- Thirty million older adults fall each year — resulting in about 30,000 deaths
- Each year, 3 million older adults are treated for a fall injury and at least 300,000 seniors are hospitalized for hip fractures.
- Women fall more often than men and account for three-quarters of all hip fractures.

Source: 2020 CareTrust Publications/Ohio District 5 Area Agency on Aging, Inc.

Tips for Winter Wellness

©LPi

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

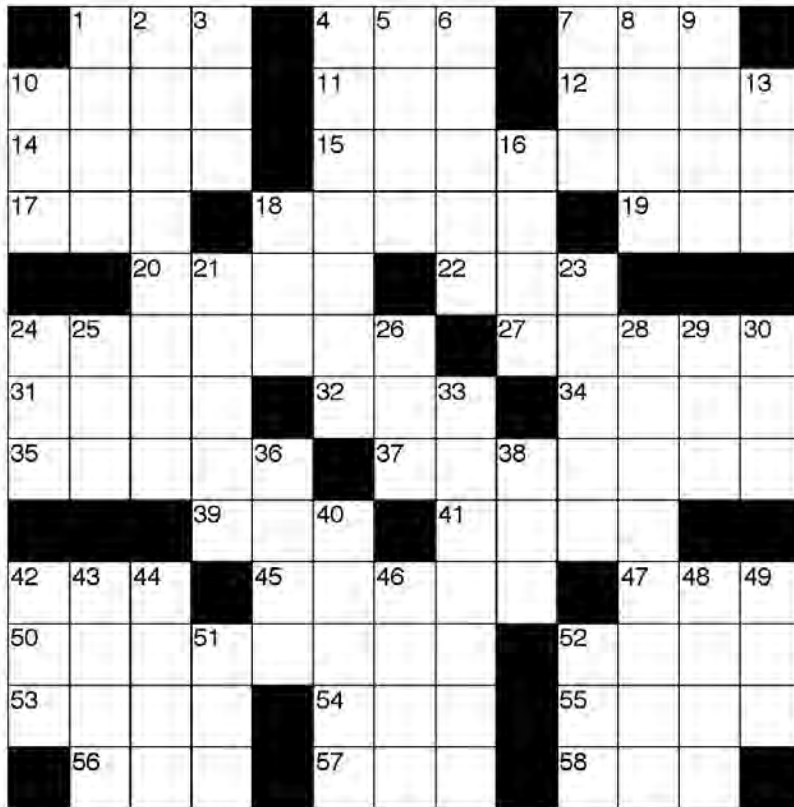
During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

©LPi

Classes, Activities & Programs

CROSSWORD PUZZLE

Answers on Page 13



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A32

ACROSS

- 1 Compass direction
- 4 Love (Lat.)
- 7 Amer. Bar Assn. (abbr.)
- 10 Cholera
- 11 Eth. title
- 12 Row
- 14 Cruising
- 15 Orris (2 words)
- 17 Bronze Roman money
- 18 Musical direction
- 19 Field
- 20 S. Afr. town
- 22 Rapid eye movement (abbr.)
- 24 Mating
- 27 Hag
- 31 Caen's river
- 32 Sup
- 34 Irish nobleman
- 35 Fr. artist
- 37 Naut. instrument
- 39 S. Afr. hyrax
- 41 N.Z. island
- 42 Turk. title
- 45 Brain tissue
- 47 For your information (abbr.)
- 50 Tea box
- 52 S. Afr. Boer assembly
- 53 Offspring
- 54 Fr. pronoun
- 55 Ironwood
- 56 Ancient (abbr.)
- 57 Dance step
- 58 Price

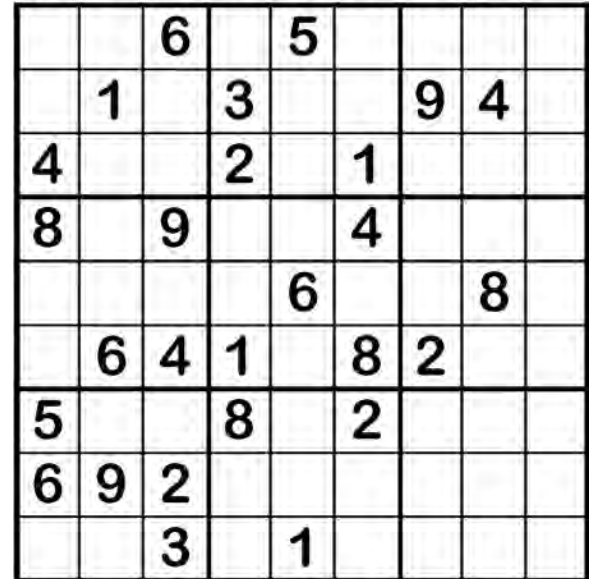
DOWN

- 1 Smear
- 2 Benediction
- 3 Nat'l
- 4 Endowment for the Arts (abbr.)
- 4 Daughter of Minos
- 5 Grape refuse
- 6 Withe
- 7 Africa (abbr.)
- 8 Biological (abbr.)
- 9 Agave
- 10 Sheep's cry
- 13 Greek letter
- 16 Meat dish
- 18 Indo-Chin. people
- 21 Step part
- 23 Cat's cry
- 24 Group of whales
- 25 One hundred square meters
- 26 Opening
- 28 Tread (2 words)
- 29 Raw (Fr.)
- 30 Pronoun contraction
- 33 Decare (2 words)
- 36 College entrance exams
- 38 Taradiddle
- 40 Organization
- 42 Atl. Coast Conference (abbr.)
- 43 Earth personified
- 44 Anonymous (abbr.)
- 46 Conrad's "Victory" heroine
- 48 U.S. mountain
- 49 Cyprinoid fish
- 51 Incorporated (abbr.)
- 52 Royal Air Force (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: "J" = "H"

"LMN LJZHFO ZHQZPILC MCIWHCOO:
LN RC OZBCHL MJCH KNA OJNABQ
OXCIW, IHQ LN OXCIW MJCH KNA
OJNABQ RC OZBCHL."
- XCSOZIH XSNYCSR

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E030

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter.

Hint: "O" = "R"

"LND CDAATFA JD VDG LTRR
CDAATF QPDGJ VDG"
- JGOYTAN FODKHOP

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E032

Classes, Activities & Programs

Valentine Words

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

Word List:

ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
 TENDERNESS

Answers on Page 12

February 2021 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10	11
15	16	17	18
SENIOR CENTER WILL REMAIN CLOSED UNTIL FURTHER NOTICE			
22	23	24	25

Birthdays & Anniversaries

FRIDAY

5

12

19

ED

26

February Birthdays

Ronald Scheff, Sr.	Feb 01	Dave Elliott	Feb 09	Jo Rose	Feb 21
Carolyn Stockdale	Feb 02	Kay Crabtree	Feb 10	Jackie Hamilton	Feb 21
Donald Wilson	Feb 02	Nancy Riley	Feb 10	Sandra Thompson	Feb 21
Nick Wisda	Feb 02	Thelma Hawkins	Feb 10	Frank Isaacs	Feb 23
Sandy Love	Feb 04	Deborah Browning	Feb 10	John Edward Kosto	Feb 24
Karen Zimmerman	Feb 04	Dennis Doyle	Feb 10	Patricia Wren	Feb 24
Evelyn Lowry	Feb 04	Avon Ault	Feb 10	Sharon Hart	Feb 24
Bonnie Cunningham	Feb 05	Judith Baker	Feb 11	Barbara Purcell	Feb 24
Lesa Williams	Feb 05	Carl Mounts	Feb 12	Harvey Erlewine	Feb 25
Linda Holliday	Feb 06	Phyllis Thatcher	Feb 13	Mary White	Feb 25
Jeff Ruth	Feb 06	Eva Foos	Feb 14	Sandra Armbruster	Feb 26
Patricia Fortney	Feb 08	Mary Brelsford	Feb 14	Linda Jenkins	Feb 26
Cathy Linstedt	Feb 08	Nancy Moser	Feb 16	Chuck Blankenship	Feb 26
Diane Morgan	Feb 08	Bradley Boston	Feb 16	John Kyle	Feb 27
Barbara Seitter	Feb 08	Bob Shaw	Feb 20	Doyle McGlothlin	Feb 29
Marian Crile	Feb 09	Linda Kayatin	Feb 20		
Sharon Callahan	Feb 09	Tracy Phillips	Feb 20		

February Anniversaries

Joseph & Krystyna Clarke	February 4, 1961	60 years
Tim & Pat Mantey	February 5, 1983	38 years
Randy & Janie Moore	February 9, 1973	48 years
Paul & Becky Oehler	February 13, 1965	56 years
Barry & Carol Miller	February 13, 1971	50 years
Rick & Vicki Van Gilder	February 17, 1980	41 years
Bradley & Rebecca Boston	February 18, 1968	53 years
Russell & Janis Miley	February 19, 1952	69 years
Dennis & Cecilia Witsberger	February 25, 1977	44 years

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

Important Update from AARP Foundation Tax Aides of Marion County

Due to the Covid-19 Virus we are unable to guarantee any Tax Preparation services at our Marion County AARP Tax Aide Site for this coming tax season. We advise you to seek other means to have your 2020 Tax Returns completed as it does not appear at this time that the Virus will be going away any time soon. Looking forward to healthy times for all and a return of tax services to the taxpayers of Marion County. Stay safe.

COVID-19 VACCINE DISTRIBUTION HAS BEGUN IN MARION COUNTY

In conjunction with Ohio's statewide efforts to distribute COVID-19 vaccines to Ohioans in Phase 1B starting the week of January 19, Marion Public Health and Marion County Emergency Management Agency are partnering to lead the vaccination efforts. The combined knowledge and decades of training will allow these agencies to continue to serve our local community as we work to vaccinate Ohioans in our community. With the Phase 1B initial availability of 800 doses community wide



Marion Public Health, OhioHealth Marion General Hospital and the local **Meijer** and **Kroger Pharmacies** will be **scheduling appointments** for vaccinations beginning with those who are 80 or older. The tiered system is as follows:

The week of Jan. 19: Ohioans **80 years** of age and older.

The week of Jan. 25: Ohioans **75 years** of age and older; those with severe congenital or developmental disorders.

The week of Feb. 1: Ohioans **70 years** of age and older; employees of K-12 schools that wish to remain or return to in-person or hybrid models.

The week of Feb. 8: Ohioans **65 years** of age and older.

How to register through one of these community resources:

Send an email request to **Marion Public Health** at: appointments@marionpublichealth.org;

Visit **Kroger.com** or call **866-211-5320**

Visit **Meijer.com** or call **740-389-5402**

OhioHealth eligible patients will be notified when they can self-schedule their vaccine online at **MyChart.OhioHealth.com** or the OhioHealth app.

Source: Marion Public Health

Strawberry Cheesecake Pudding

Recipe by Barb Arms

Pre-Bake the Brownies:

(1) box Pillsbury Valentine Brownie Mix. Line a 9x13 pan with aluminum foil, then follow box directions and pour batter into the lined pan. After letting the brownies cool, place in freezer for 30 minutes. After 30 minutes, pull the brownies out by the foil. Next, using a cookie cutter, press heart shape into brownie to create a heart shape. Keep the extra brownie pieces for layering.



Ingredients:

- 1 1/2 pt. Fresh Strawberries
- 1/2 cup Strawberry Syrup
- 1 can Condensed Milk
- 1 sm. pkg. Cheesecake Pudding
- 1 sm. pkg. Vanilla Pudding
- 3 cups Cold Milk
- 1 (8 oz. pkg) Cream Cheese
- 2 containers Cool Whip Topping
- 1 teaspoon Vanilla Extract

Preparation Steps:

In a small bowl cut half of the strawberries and pour 1/4 cup of strawberry syrup over. Place in fridge for later. In another mixing bowl, mix together cream cheese, condensed milk, milk, pudding mixes and vanilla extract. Stir in one container of Cool Whip and 1/4 cup of strawberry syrup.

To Construct:

Place heart shaped brownies along the bottom of a medium trifle bowl and fill the center with brownie pieces. Gently pour Strawberry pudding until it reaches the top of the heart brownies. Then layer with strawberry/syrup mixture and brownies. Layer again, with Strawberry pudding. Last, place fresh strawberries on top with a heart shaped brownie in the center.

Trips on the Horizon

The Lighter Side



The Earthworm

One day, a boy and his grandma were digging for fishing bait in the garden. Uncovering a many-legged creature, the boy proudly dangled it before his grandma.

"No, honey, he won't do for bait," his grandma said. "He's not an earthworm."

"He's not?" the boy asked, his eyes wide. "What planet is he from?!"

Wedding Regrets

A woman awoke during the night to find that her husband was not in bed. She put on her robe and went downstairs. He was sitting at the kitchen table with a cup of coffee in front of him. He appeared to be in deep thought, just staring at the wall.

She saw him wipe a tear from his eye and take a sip of his coffee.

"What's the matter, dear? Why are you down here at this time of night?" she asked.

"Do you remember twenty years ago when we were dating and you were only 16?" he asked.

"Yes, I do," she replied.

"Do you remember when your father caught us in the back seat of my car kissing?"

"Yes, I remember."

"Do you remember when he shoved that shotgun in my face and said, 'Either you marry my daughter or spend twenty years in jail!'"

"Yes, I do," she said.

He wiped another tear from his cheek and said, "You know ... I would have gotten out today."

Bump on His Head

A man, who had just undergone a very complicated operation, kept complaining about a bump on his head and a terrible headache.

Since his operation had been an intestinal one, the nurse couldn't figure out why his head hurt so much. Fearing that the man might be suffering from some post-operative shock, the nurse spoke to the doctor.

The doctor assured the nurse, "Don't worry about a thing. He really does have a bump on his head. About halfway through the operation, we ran out of anesthetic."

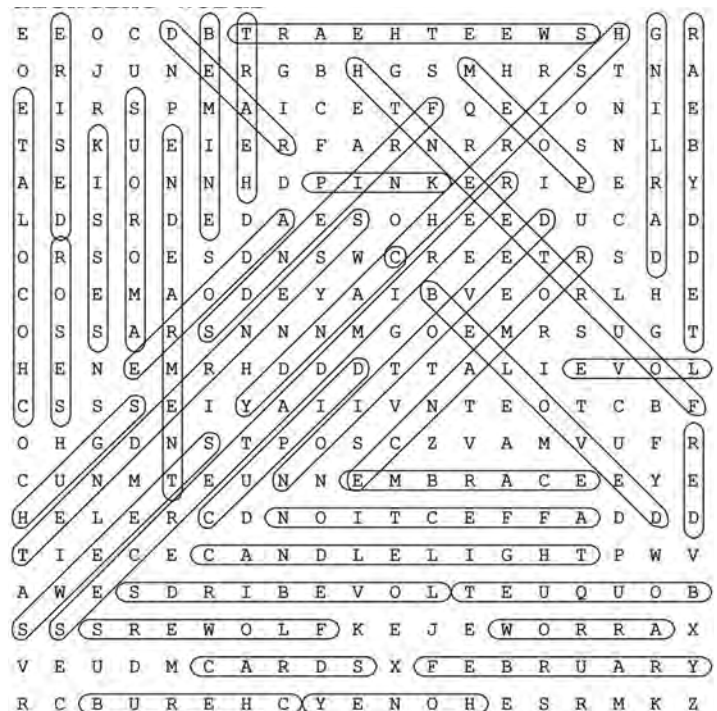
Quote

"Getting old is like climbing a mountain — you get a little out of breath, but the view is much better!"

-- Ingrid Bergman

©LPi

WORD FIND ANSWERS (Pg. 7)



CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

SUDOKU ANSWERS (Pg. 6)

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

ENIGMA Cryptogram Answers

E030: “Two things indicate weakness: to be silent when you should speak, and to speak when you should be silent.”

E032: “Who gossips to you will gossip about you.” - Turkish Proverb

- Persian 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.