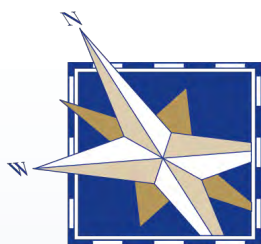


Volume 38 • Issue 3

The Sentinel

March 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:

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

Spring is Around the Corner!

Well, we certainly experienced a heavy dose of winter weather last month, including the most snow accumulation we've seen in quite some time (despite Buckeye Chuck predicting an early spring). However, the coming days should be getting warmer and will also be getting longer. More daylight — especially sunshine — is always a welcome sight... and a sign that spring is right around the corner.

There has been a lot of activity as it relates to area seniors receiving the COVID-19 vaccine. It has been a difficult and sometimes confusing process for seniors trying to schedule appointments locally to receive the vaccine. There is some really good information about vaccines and the scheduling process located on page 5 of this issue of the Sentinel. And if you still have questions, or would like to talk to a “real human” directly, feel free to call a staff member here at the Center any Monday through Friday between **8 am** and **3:30 pm**. Please call using the main line at **(740) 387-6100**.

I'm serving on the COVID-19 Defense Team for Marion County, and on February 22 we received the following encouraging updates:

- Case counts have dropped, seeing around 20 cases per day.
- The total vaccine count has surpassed 2,900.
- MPH to host three vaccine clinics this week.
- OhioHealth seeing fewer cases and has received 500 doses to administer this week.

As a member of Marion County's COVID-19 Defense Team, it's our job to ensure accurate information is shared with residents in our community. Visit **Marion Public Health's** new **FAQ** page for answers to commonly asked questions on the coronavirus and its vaccine distribution at <https://covid19.marionpublichealth.org/faq>

And finally, it is with deep sadness that I inform you my mom lost her courageous year and half battle with cancer on February 20, passing away peacefully with her loving family by her bedside. Thanks for all the prayers, love and support during this difficult time.

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

A Balanced Workout

I hope you have all been following along the last few months with my exercise at home articles.

If not, now is a great time to start! Spring is right around the corner and you will want to be fit to work in those gardens or perhaps play a round of golf. For the next 2-3 months I will take exercises from different articles that you have already been doing and mix them around to give you a “balanced workout” that has all the elements.

Cardio, Balance, Stretching and Strength... Do 3 Sets of each exercise.

March in Place - Cardio

- Bring one foot off the ground 3 to 4 inches and swiftly bring it back down and raise the opposite foot off the ground 3 to 4 inches.
- Keep this movement up at a swift pace for 30 seconds. Rest 30 seconds, go to next exercise.



Sit/Stands - Cardio, Balance & Strength

Chair Needed; Supervision Recommended

- Stand in front of seat with back of legs touching chair.
- Feet should be hip width apart.
- Keep chest raised slightly, then lower hips back and down while bending knees. (Sit)
- Avoid extending your knees past your toes.
- Stand back up and repeat process. (8-15 Reps)
- Go to next exercise.



Bicep Curls Into Overhead Press - Strength

Water Bottle or Weights Needed

- Stand straight with dumbbell in each hand, feet shoulder width apart and hands at your sides.
- Squeeze the biceps and lift the dumbbells towards your shoulders.
- From shoulder press dumbbells straight up towards the ceiling, until you have straight arms.
- Return to starting position and repeat 10-15 Reps.
- Move to next exercise



Chair Cycling - Cardio, Core Strength

Chair Needed

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



Dancer's Stretch - Balance, Stretching

- 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.



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

5 Tips for Healthy Eating

1. Avoid empty calories.

Foods with empty calories may contain very few vitamins and minerals. “Convenience foods,” such as packaged snacks, chips and sodas, are common sources of empty calories. Avoid the “bad” carbs — foods that have white flour, refined sugar, and white rice.

2. Choose nutrient-rich foods.

Eat a variety of foods. The more you vary the foods you eat, the more vitamins, minerals, and other nutrients you get. For example:

- **Eat lots of fruits and vegetables.** Choose fresh, frozen, or no-salt canned vegetables and fruits in their own juice or light syrup.
- **Eat foods with protein.** Protein is found in lean meat, fish, poultry, eggs, and cheese, cooked beans, peanut butter, and nuts and seeds.
- **Get enough calcium and vitamin D.** Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.
- **Include foods high in vitamin B12.** After 50, the body produces less gastric acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish, and eggs.
- **Eat high-fiber foods.** This includes fruits, vegetables, cooked dried beans, and whole grains.

3. Drink plenty of fluids.

Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

4. If your appetite is poor.

Try eating smaller meals, several times a day, instead of one or two large meals. Eating while socializing with others may help your appetite. You might also ask about changing medicines. Medication can cause appetite or taste problems.

5. Eat soft foods.

As we approach our senior years, chewing food is sometimes difficult. Choose low-sodium canned vegetables or cooked fruits and vegetables. These are often softer. Chop or shred meat, poultry, or fish and then add sauce or gravy to the meat to help keep it moist.

For healthy recipe ideas, check out Kaiser Permanente’s Food for Health blog at :

foodforhealth.kaiserpermanente.org. (Courtesy of NewsUSA) ©LPi

COVID-19 VACCINE UPDATES

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.

What do you need to know about the COVID-19 Vaccines in Ohio?

COVID-19 vaccines are being administered in Ohio, and we know that you may have questions about them. Will they be required? How will I know when it is my turn? Are they safe and effective? Having access to accurate information is key to making an educated decision about choosing to be vaccinated against COVID-19, so AAA5 has compiled some helpful information from reliable sources to some of the most commonly-asked questions at:

<https://www.aaa5ohio.org/covid19/>

When can I get my vaccine?

Vaccines for older Ohioans will be given by physicians, local health departments, hospitals, federally-qualified health centers, in-home health service providers, and some retail pharmacies. How and where to get vaccinated will vary depending on where you live. As more vaccine providers receive shipments, they will be added to this page:

<https://vaccine.coronavirus.ohio.gov/>.

This will allow all Ohioans to search by county, ZIP code, and category to find a provider in their area to administer the vaccine.

How to register in Marion County:

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**

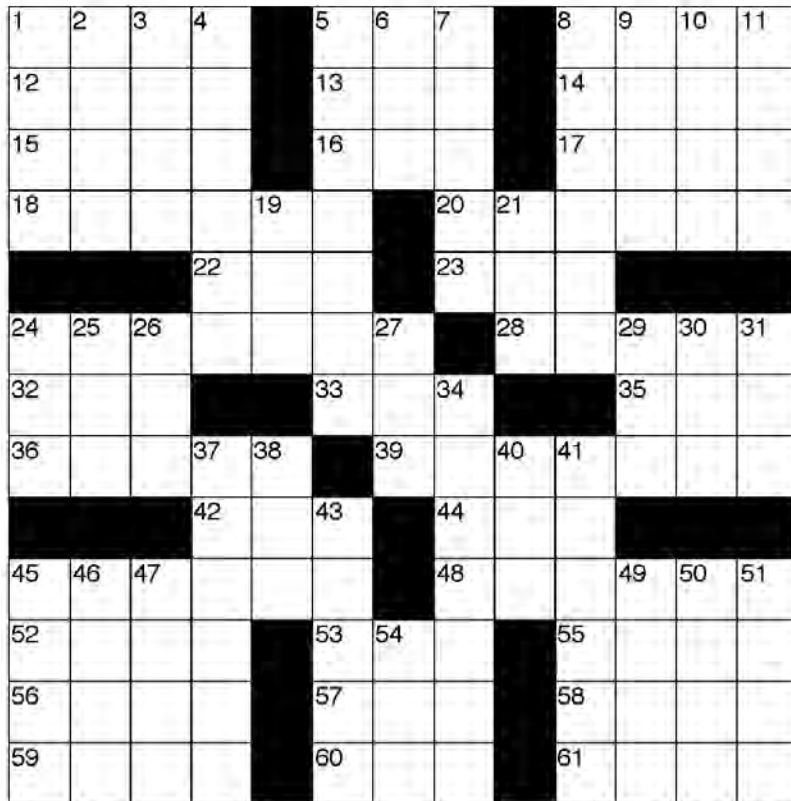
OhioHealth eligible patients will be notified when they can self-schedule their vaccine online at **MyChart.OhioHealth.com** or the OhioHealth app.

Source: Area Agency on Aging - District 5

Classes, Activities & Programs

CROSSWORD PUZZLE

Answers on Page 13



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A33

ACROSS

- 1 Fr. month
- 5 Sinbad's bird
- 8 S. Afr. dialect
- 12 Forest ox
- 13 Fiddler crab genus
- 14 Scientific name (suf.)
- 15 Sacred image
- 16 Daughters of the American Revolution (abbr.)
- 17 Gain
- 18 Tenant
- 20 Attic
- 22 Sound perception
- 23 Office of Economic Development (abbr.)
- 24 One of the Seven Hills of Rome
- 28 Joint part
- 32 Father of Jehoshaphat
- 33 Science class
- 35 Presidential nickname
- 36 Stair post
- 39 Fire basket (torch)
- 42 Month abbr.
- 44 Last Queen of Spain
- 45 Wading bird
- 48 Suitcase
- 52 Firstborn of Benjamin
- 53 Yale student
- 55 Design
- 56 Elbe tributary
- 57 Female ruff
- 58 Death (pref.)
- 59 Eucalyptus secretion
- 60 Row
- 61 Starch (pref.)

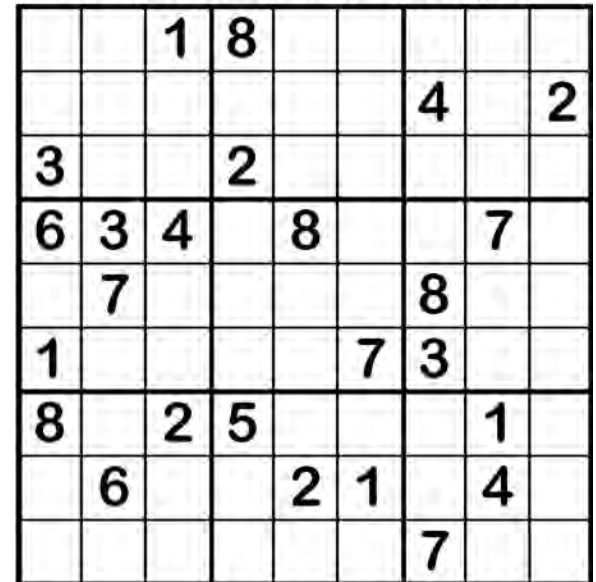
DOWN

- 1 Metal suit
- 2 Quality (suf.)
- 3 Ger. landscape painter
- 4 Jap.-Amer.
- 5 Waste growth
- 6 Wood sorrel
- 7 Load
- 8 Fencing guard position
- 9 City in Judah
- 10 Rhine tributary
- 11 Penitential season
- 19 Belonging to (suf.)
- 21 At the age of (Lat.)
- 24 Foremost part
- 25 Honshu bay
- 26 Stomach
- 27 Resin
- 29 Nose (pref.)
- 30 Laconian clan group
- 31 Ensnare
- 34 Type size
- 37 Ditchside fortification
- 38 Shelter
- 40 Alfonso's queen
- 41 Salt pond
- 43 Wing (pref.)
- 45 Brother of Cain
- 46 Blue star
- 47 Olive genus
- 49 Same (Lat.)
- 50 Secretary (abbr.)
- 51 Male noble
- 54 Pasture

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: "L" = "Y"

"BSBJLNKTIU PNCJNP CP
PGXBWGV'L' P VCLVJBCX."
- HCJJL ITSBI

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E026

ENIGMA™ CRYPTOGRAM

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

Hint: "E" = "A"

"DN PULPFD HPMPED IS XIXP-
DPXDKS NM HPMPED IDSPWM"
- MYEXFIS FYETMNYH

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E027

Classes, Activities & Programs

Celebrate St. Paddy's Day!

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

Word List:

BAGPIPE
 CASTLE
 CHEER
 DANCE
 GREEN
 IRELAND
 LEPRECHAUN
 MUSIC
 SAINTPATRICK
 TOPHAT

BLARNEY
 CELEBRATE
 CLOVER
 DRINKING
 GREENBEER
 IRISH
 LIMERICK
 PARADE
 SEVENTEENTH
 TOPOFTHEMORNING

BLESSINGS
 CELTIC
 COINS
 ERINGOBLAGH
 HARP
 JIG
 LUCK
 POTOFGOLD
 SHAMROCK
 TRADITION

CABBAGE
 CHARM
 CORNEDBEEF
 FOLKLORE
 HOLIDAY
 KISS
 MARCH
 RAINBOW
 SNAKES
 WISH

Answers on Page 12

March 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
29	30	31	

Birthdays & Anniversaries

FRIDAY

5

12

19

ED

26

March Birthdays

Joan Hawkins	Mar 02	Steve Doyle	Mar 09	James Thompson	Mar 21
Jane Bender	Mar 02	Gabe Vaflor	Mar 10	Phyllis Fate	Mar 22
Susan Cole	Mar 03	Mike Winders	Mar 10	Barbara Klee	Mar 22
Ervine "Sonny" Hunt	Mar 03	Sandy Billenstein	Mar 10	Pat Rohler	Mar 22
Antoinette "Toni" Alic	Mar 04	Frank Waldo	Mar 12	Judy Lucas	Mar 23
Larry. Kelly	Mar 04	Mary Lee	Mar 14	Pamela DeGood	Mar 24
Ruth Stanley	Mar 04	Janet Wulff	Mar 14	Pamela Pearson	Mar 25
Jeffery Hughes	Mar 04	Becky Dutton	Mar 14	Kathy Conley	Mar 26
Judy Daum	Mar 05	Barry Gustin	Mar 14	Priscilla Bishop	Mar 26
William Brelsford	Mar 05	Kiyomi Vargo	Mar 15	Robert Frasure	Mar 26
Larry Elliott	Mar 05	Leonard Bogan	Mar 17	Dale Linstedt	Mar 27
Peg Chesser	Mar 06	Patricia Schneider	Mar 17	Sharon Luton	Mar 27
Keith Hawkins	Mar 06	Wilma Aldridge	Mar 17	Ivan Lanius	Mar 28
Lucy Pfahler	Mar 06	Kenneth Cole	Mar 18	JoAnn Neal	Mar 28
Dan Dunlap	Mar 06	Tammy Webber	Mar 19	Bob Turner	Mar 29
Betty Scheiderer	Mar 07	Jim Beaver	Mar 20	Bob Kern	Mar 30
Barbara Adams	Mar 07	Carol P. Burley	Mar 20	Diane Pearson	Mar 30
Ken Anderson	Mar 08	Florence Wright	Mar 20	Bede Agner	Mar 30
Roger Smith	Mar 08	Claudia DeVore	Mar 21		

March Anniversaries

Ronald & Judy Scheff	March 06, 1977	44 years
Jeffery & Loretta Hughes	March 14, 1987	34 years
Dan & Virginia Dunlap	March 17, 1968	53 years
Mike & Karen Winders	March 19, 1972	49 years
Bob & Sue Miley	March 21, 1965	56 years
Paul & Nannette White	March 24, 1951	70 years

Volunteer of the Month



Important Update from AARP Foundation Tax Aides of Marion County

Due to the Covid-19 Virus we are unable to offer 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.

Sincerely,
AARP Foundation Tax Aides of Marion
Linda Loescher-LC

A GOOD FRIEND IS LIKE
A FOUR-LEAF CLOVER:
HARD TO FIND AND
lucky TO HAVE.

©LPi



Chocolate Raspberry Cake

*Recipe Author: Lynette Rice of Cleverly Simple,
shared by Lisa Richardson*

Easy homemade chocolate cake recipe made with raspberry pie filling and chocolate chips.

Cake:

- 1 package of chocolate cake mix
- 2 large eggs, slightly beaten
- 1 can (21 oz) raspberry pie filling
- 1 tsp almond extract

Chocolate Icing:

- 1 Cup sugar
- 1/2 Cup butter or margarine
- 1/2 Cup milk
- 1 Cup semi-sweet chocolate chips

Instructions:

Preheat your oven to 350 degrees Fahrenheit. Grease a 9×13 inch cake pan.
Mix the cake mix, eggs, pie filling & almond extract. Pour batter into the cake pan.
Bake 25 – 30 minutes at 350 degrees Fahrenheit.
Once the cake is baked, place it on a cooling rack and immediately begin the icing.
Combine the sugar, Butter and milk in a saucepan. Bring it to a boil. Boil for 1 minute--*CAUTION: VERY HOT!
Remove from heat and stir in the chocolate chips. Pour the icing over the warm cake and let cool completely before serving.
*You may also use cherry or blueberry pie filling in the place of raspberry. Both are delicious!



American Irish Stew

Recipe compliments of LPI

Yield: 6 servings

- 1 tablespoon extra-virgin olive oil
- 1-1/4 pounds beef, top round, cut into 3/4-inch pieces
- 3 cloves garlic, minced
- Salt, to taste
- Pepper, to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into 3/4-inch pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 cups low-fat, reduced-sodium beef broth
- 4 medium russet potatoes, peeled and cut into large chunks
- 1 tablespoon chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 tablespoons chopped fresh parsley

In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook. Serve hot and garnish with parsley, if desired.

(Courtesy of Family Features. Reprinted with permission from the American Institute for Cancer Research)
©LPI

Trips on the Horizon

The Lighter Side



Stanley Cup Finals

A man named Fred had tickets to game 7 of the Stanley Cup Finals, right at center ice. As Fred sat down, a man came and asked him if anyone was going to occupy the seat next to him.

"No," said Fred, "sit right down. The seat will be empty."

"That's incredible!" said the man. "Who in their right mind would reserve a seat like this for the Stanley Cup and then not use it?"

Fred said, "Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first Stanley Cup we haven't been to together since we got married nearly 50 years ago."

"Oh... I'm sorry to hear that. That's terrible. But couldn't you find someone else — a friend or relative, or even a neighbor — to take her seat?"

Fred shook his head sadly. "No. They're all at the funeral."

The Grass Isn't Always Greener

One day, four senior golfers hit the course with waning enthusiasm for the sport. "These fairways seem to be getting longer and longer," said one of the men.

"And these hills are getting steeper as the years go by," another complained.

"The sand traps seem to be bigger than I remember them, too," said the third senior.

After hearing enough from his buddies, the oldest and the wisest of the four piped up and said, "Oh my friends, just be thankful we're still on this side of the grass!"

Cold Shoulder

A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden, the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

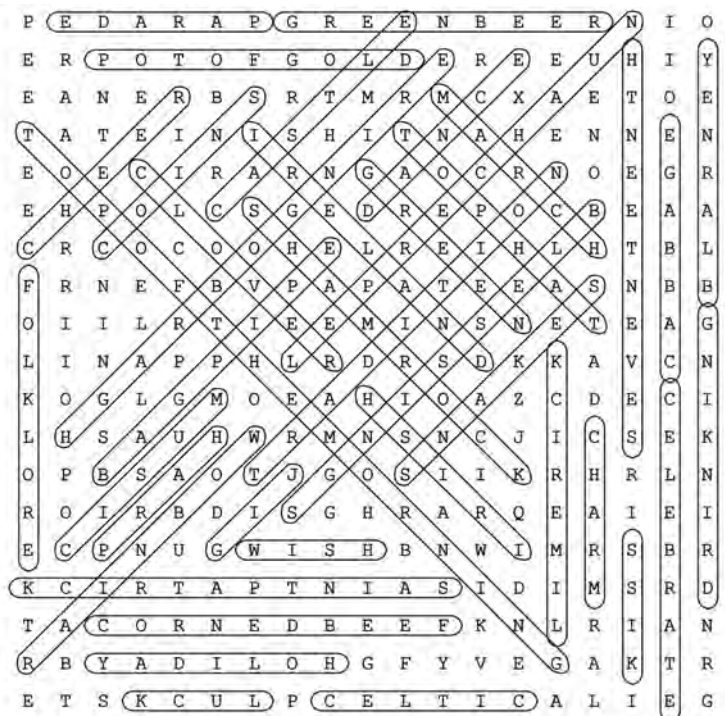
The parrot then says, "If you don't mind my asking, what did the chicken do?"

Quote

"People say nothing is impossible, but I do nothing every day."

-- A. A. Milne

WORD FIND ANSWERS (Pg. 7)



CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

SUDOKU ANSWERS (Pg. 6)

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

ENIGMA Cryptogram Answers

E026: "Everything starts as somebody's daydream." - Larry Niven

E027: "To expect defeat is nine-tenths of defeat itself." - Francis Crawford

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.