



187 S Spring St. 740-385-6581

AUGUST

2020



580 Radio Lane 740-385-6581

Masks for Seniors

If you are over 60, a Hocking County resident and have not been able to secure a mask, please contact the Center at 740-385-6581, you can pick up a free mask or delivery arrangements can be made.

2020 Census

Deadline for completing the census is October 31st. Citizens are able to complete the census online at www.my2020census.gov or call 844-330-2020.

Reassurance Calls

If you would like a daily call (M-F) from the senior center to check on you, let us know at 740-385-6581

Sympathy/Get Well Card

Do you know someone in need of a sympathy or get well card? Please call us at 740-385-6581 and feel free to leave a message

Some call it multi-tasking. I call it doing something else while I try to remember what I was doing in the first place.

Danielle Arnett, M.Ed., CSCS Hired as Supervisor of Educational & Wellness Center

Marjie Moore announces the appointment of Danielle Arnett to the position of Supervisor of the Educational & Wellness Center.

Danielle was previously working as a Senior Center contract employee, teaching Delay the Disease, Chair Yoga, and Fitness Circuit.

Danielle has a Master's Degree in counseling, a Bachelor's Degree in Exercise Physiology, and is also a Certified CPR instructor and a certified Senior Fit instructor.



"Danielle has been part of our success story at the Senior Center. Her varied background and education in Fitness and Health fields is exactly what we need as we expand with new programs in our Educational & Wellness Center," shared Moore.

Danielle and her husband, Jayme, live in Logan and have three sons; Jackson (15), Maddox (13), and Keller (10).

Danielle earned her degrees at Ohio University and has worked at Project SAFE (Logan Hocking School District), Hocking Valley Community Hospital, and Ohio University.

Danielle will be adding some new programs for seniors when we are fully open with daily operations.

Due to the changing circumstances we are publishing newsletters one month at a time. Watch for the next newsletter on SEPTEMBER 1st.

Tai Chi

Starts August 12th



We will be offering Tai-Chi classes for adults ages 50 and over on Wednesdays from 1:00 to 2:00, at our new facility on Radio Lane, the former Lee's Banquet Haus. The gentle movements of the classic Chinese exercise encourage the body to let go of stress, anxiety and tension. Classes focus on balance, flexibility and coordination.

Terri Vacarri is the Certified Instructor of the class. We ask for a \$2.00 donation per participant per class.

Chair Yoga

Starts August 4th

Chair Yoga will be offered at the Educational & Wellness Center, 580 Radio Lane, starting Tuesday, August 4th, at 9:00 am. Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises.

Yoga exercises help to loosen and stretch painful muscles, reduce stress, and improve circulation.

It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. Danielle Arnett is the Instructor for the class.

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Hocking County

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Jeff Dickerson
County Commissioner

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Be aware of COVID-19 scams

Scams connected to the coronavirus pandemic continue to increase.

The SMP (Senior Medicare Patrol) recommends: **Contact** your own doctor if you are experiencing potential symptoms of COVID-19.

Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits. If your personal information is compromised, it may be used in other fraud schemes as well.

Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments. Do not allow people in your home and call the police.

**To see what Medicare covers or will cover related to COVID,
visit [Medicare.gov](https://www.Medicare.gov)**

August Footcare Clinic

Everyday Divinity Footcare Clinic will be at the Educational & Wellness Center on Monday, August 24th, from 9:00 am to 2:00 pm. Call Jamie to make an appointment, 614-716-9919.

A free in-home visit offers details on long-term care options like PASSPORT, Home modifications, Medicare Savings and more!



1-800-331-2644 or
Buckeyehills.org/aging



Hocking County

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Gary Waugh

County Commissioner

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Logan OH 43138

740.385.5195

Email: commissioners@co.hocking.oh.us

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In Memorium

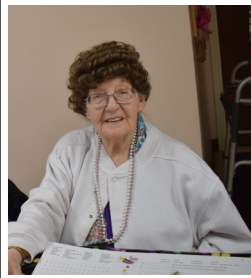
Mary J McAfee



**Sept. 2, 1930-
July 5, 2020**

Mary was a member of the Senior Center and loved to take trips and play cards.

Dorothy Watkins



**Feb. 24, 1931-
May 28, 2020**

Dorothy loved to volunteer in the kitchen and participate in all of the activities..

Ohio's New Alert Levels for Covid 19

Officials have a new alert system to show county by county hot spots as the Corona virus continues to spread across the state.

The new system-yellow, orange, red, and purple, aims to show prominence of the virus, in each county, making it easier to implement additional closures or measures on a county by county basis.

Yellow (level 1) Active exposure and spread

Orange (level 2) Increased exposure and spread Exercise high degree of caution

Red (level 3) Very high exposure and spread

Purple (level 4) Limit activities as much as possible Severe exposure and spread Only leave home for supplies and services.



The sign at Radio Lane & E. Front St.

Reopening Slowly

"We don't have a date yet for a full reopening," said Marjie Moore, Director. "We are taking it slow to make sure that we do it right."

According to the Center for Disease Control and Prevention, older adults and people who have serious chronic medical conditions are the most "at risk" group for the virus.

"Our buildings are completely cleaned and disinfected. Even though we are closed we are still taking phone calls, doing transportation, giving out information and supporting our seniors in any way we can," Moore added.



Carla Smyers is sanitizing the Bingo cards after a round of parking lot Bingo.



The new signage as seen from E. Front St.

DELAY THE DISEASE — EXERCISE PROGRAM

TUESDAYS AND THURSDAYS 10:00 TO 11:00 AM

The Class is dedicated to helping individuals with Parkinson's Disease (PD) manage their symptoms. The class is ongoing and new members can join any session. The certified instructor is Danielle Arnett.



HAPPY BIRTHDAY TO OUR FRIENDS

Alice	Miller	8/1
Sharon	Wallar	8/1
Bill	Helber	8/4
Ralph	Riddlebarger	8/4
Judy	Kennedy	8/4
Gail	Wells	8/6
Nancy	Papcke	8/6
Donald	Gable	8/7
Marjorie	Norris	8/7
Sheila	Wilson	8/7
Mabel	Rooker	8/11
Shirley	Eberst	8/13
Suellen	Wilder	8/14
Gloria	Gainer	8/14
Craig	Nixon	8/14
Freda	Curtiss	8/15
Cathy	Kerns	8/15
Mary	Colliton	8/16
Judy	Fisk	8/17
Bob	Kennedy	8/17
Ron	McPherson	8/18
Pamela	Everett	8/19
Clara	Ashcraft	8/19
Glenna	Chapman	8/19
Teresa	Faulkner	8/21
Bill	McBride	8/22
Debbie	Klinger	8/22



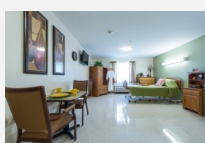
Jim	Raeder	8/24
Don	Thompson	8/24
Lois	McDonald	8/25
Darl	Derr	8/26
Teresa	Johnson	8/26
Lynn	Crouch	8/27
Judy	McWilliams	8/27
Frances(Elaine)	Pryor	8/27
Nancy	Brislinger	8/27
Calvin	Chaffin	8/27
Patsy	Krannitz	8/27
Bea	Stallsmith	8/27
Margaret Jill	DePue	8/28
Janice	Reynolds	8/28
Karen	Carpenter	8/29
Christine	Nixon	8/29
Robert	McGomery	8/30
Wilma	York	8/30
Carole	Nelson	8/31
Helen	Daubenmire	8/31

Parking Lot Drive Up Bingo



We can get you out of the house but you have to stay in your car! We are offering Drive Up Bingo on August 17th, from 10:00 to 11:00 am, at our new site, 580 Radio Lane. The Bingo will continue on the 3rd Monday of each month until further notice.

The staff will distribute cards and use a microphone to call numbers. If you Bingo, wave your hand out the window and we will bring your prize. Stay in your vehicle during the game, to practice safe social distancing. We are once again accepting Bingo prizes. **They can be dropped off Monday thru Friday, 8:00 am to 3:00 pm at Spring St. location at our kitchen door only.**



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Sandra Ogle, Proprietor

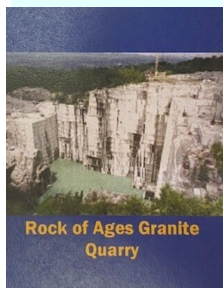
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Day 2 At Sea
Day 3 George Town, Grand Cayman
Day 4 At Sea
Day 5 Oranjestad, Aruba
Day 6 Willemstad, Curacao
Day 7 Kralendijk, Bonaire
Day 8-9 At Sea
Day 10 Fort Lauderdale, Fla



Rates:

Inside Cabin	\$2,684
Outside Cabin	\$2,844
Balcony Cabin	\$3,254



Executive Director: Marjorie Moore
 Phone 740 385-6581 Fax: 740 385-3548
 187 S. Spring St., Logan OH 43138
www.scenichillsseniorcenter.com
 Administrative Assistant: Loretta Kemper
 Fiscal Officer: Patty Sammons
 Activity & Office Support: Tina Koska
 Office Support/Driver: Carla Smyers
 Van Maintenance/Driver: Dale Brown
 Maintenance: Nate Nelson & Larry DeBerry

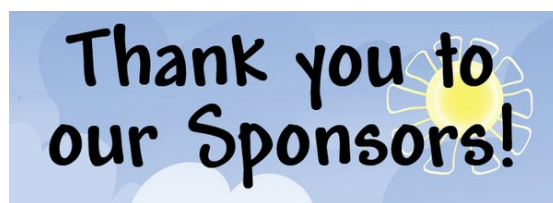


Executive Director: Marjorie Moore
 Phone 740 385-6581 Fax: 740 385-3548
 580 Radio Lane., Logan OH 43138
www.scenichillsseniorcenter.com
 Edu. & Wellness Supervisor: Danielle Arnett
 Marketing & Education: Janet Blair

OFFICE HOURS:

Monday-Friday 8 am—3 pm.

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Maple Hills Skilled Nursing & Rehabilitation

