



## Thanksgiving Luncheon

**Friday, November 15**

**Doors open at 10:30 am.**

No Early Admittance -Lunch @ 11:30 am

At the Lee's Banquet Haus

Entertainment by Joey Vincent.

**Ticket \$15.00 per person**

*Space is limited and reserved for Members*



## Christmas Open House

**Friday, December 13**

**10:00—2:00 pm**

Senior Chorus Concert @ 10:30 am

\*Light Luncheon @ 11:30 am , \*Free Bingo

*Food Sponsored by*

**Logan Care and Rehabilitation**

Thursday Evening \* December 19 @ 7:00 pm



SHSC Welcomes  
Logan High School's

**"328" A Cappella Choir**

*Here performing a variety of our  
Christmas Favorites.*

Concert is free - Donations Welcome  
Open to the Public



Philip Myers Photography



### **REMINDER! SHSC IS CLOSED ON THE FOLLOWING DATES:**

Nov. 5 \* Tuesday, Nov. 11 \*Monday,

Nov. 28 & 29 \*Thursday & Friday

December 24 & 25 \*Tuesday & Wednesday, December 31 & January 1, \*Tues. & Wed.

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# November 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>WEEKLY</b>	10AM STRENGTH & BALANCE CLASS//CHAIR YOGA 1PM LINE DANCE	9AM CHAIR VOLLEYBALL 12PM FREE BINGO 12:45PM CHAIR VOLLEYBALL	10AM FELLOWSHIP GROUP 11:30AM CHORUS PRACTICE 1PM TAI CHI	9:30 AM CHAIR VOLLEYBALL 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 3:30 -5:30 LINE DANCE	9AM PINOCHELE 10AM BILLIARDS 10:00 FIT4LIFE 12PM PROGRESSIVE EUCHRE	Check for Special Meals
					1	2
3 Turn Clocks Back	4	5 BUILDING CLOSED	6	7 Open @ 9:30am	8	9
10	11 CLOSED VETERANS DAY	12	13 Widow Support Gr 12: 00	14 Staff vs Seniors chair volleyball	15 Thanksgiving Luncheon No Activities Today	16
17	18	19	20 Christmas Shopping Trip	21 Blood Pressure @ 10:30	22 Art/Clay Class 2-4	23
24	25 Footcare Clinic	26 Deco Mesh Angel Craft 1pm	27 Widow Support Gr 12:pm	28	29	30



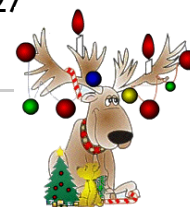
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1	2	3 Nutrition BINGO! @ 9am	4 Paint Class 6pm	5 Open @ 9:30 am	6 Carry In Tonight 5pm	7 Christmas Parade
8	9 Grand Mall Shopping Trip	10	11 Alum Creek Lights Trip Widow Support Gr 12 pm	12 Staff Chair Volleyball	13 Christmas Open House 10:30 am	14
15	16 Footcare Clinic	17	18	19 Blood Pressure @ 10:30 <b>CONCERT TONIGHT @ 7 pm.</b>	20	21 First Day of Winter
22	23	24 Closed	25	26 Blood Pressure @ 10:30	27	28
29	30	31 Closed	1			

**Merry Christmas**

**Happy New Year**



## ON-GOING WEEKLY ACTIVITIES

EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY

<b>MONDAYS:</b> 10:00 <b>NEW TIME</b> 11:30 10:00 1:00	Strength & Balance Class (1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Mondays) Delay The Disease Class Chair Yoga (2 <sup>nd</sup> & 4 <sup>th</sup> Mondays) Line Dancing (Beginners Welcome)	
<b>TUESDAYS:</b> 9:30 10:30-11:30 12:00 12:45	Chair Volleyball <i>Free Blood Pressure 3<sup>rd</sup> Tuesday</i> Free Bingo Chair Volleyball	
<b>WEDNESDAYS:</b> 10:00 11:30 10:30-11:30 1:00	Fellowship/Devotional Group with Karen Kornmiller Senior Chorus Practice <i>Free Blood Pressure Last Wednesday of Month</i> Tai Chi \$2.00 per class <i>A low-impact, slow-motion exercise which reduces stress while increasing flexibility and balance.</i>	 <b>Tai Chi Class</b>
<b>THURSDAYS:</b> 9:00 & 12:45 10:30—11:30 12:00 12:45 3:30-5:30	<b>MAKE A NOTE: CENTER DOES NOT OPEN UNTIL 9:30 AM ON THE FIRST THURSDAY OF THE MONTH.</b> Chair Volleyball <i>Free Blood Pressure (3<sup>rd</sup> &amp; 4<sup>th</sup> Thursdays)</i> Free Bingo Chair Volleyball Line Dancing	  
<b>FRIDAYS:</b> 10:00 <b>NEW TIME</b> 11:30 12:00 <b>Noon</b>	<b>FIT4LIFE</b> Danielle Arnett, Exercise Physiologist Delay The Disease Class Progressive Euchre <b>Last Friday of Month: Carry In &amp; Birthday Celebration</b>	

## Advertise Your Business - Be A Newsletter Sponsor.



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[www.fairhopehospice.org](http://www.fairhopehospice.org)



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• Hocking Hills Banking Center • Jackson County Banking Center • Pickaway County Banking Center  
• Ross County Banking Center • Salt Creek Banking Center • Vinton County National Bank

**Member FDIC**



## NOV. & DEC. CLASSES, TRIPS AND PLACES TO GO

### Friday, November 22



#### ART & CLAY POTTERY CLASS

November 22,  
2-4 pm. Fee \$25.00

**Pick 3 & Paint your  
own Christmas**

**Ornaments! Sign up  
with a friend!**

**Advance Sign up &  
Payment Required.**

**All Supplies & Refreshments provided.**  
**Participant may choose up to three  
ornaments from a large assortment.**  
**Open to all Adults**

### Tuesday, November 26

#### DECO MESH ANGEL



1:00 pm. Fee \$10.00

**Sign up with a friend!**

**Advance Sign up &  
Payment Required.**

**Supplies provided.**

**Open to all Adults.**

## Shopping Trips

**WEDNESDAY, NOV. 20**

**River Valley Mall, Hobby Lobby,  
Joann Fabrics**

Depart @ Noon Return approx. 4:00 pm.  
Fee: \$10.00 per person.

Stopping for coffee & donut @ Tim  
Horton's. \* Seating on Trip limited to 14.

**MONDAY, DEC. 9**

**Grand Central Mall—Parkersburg, West  
Virginia 50+ stores.** Depart @ 10 am  
Return approx. 4:00 pm. Lunch on your  
own. \$15.00 per person. Seating limited to 14.

### Wednesday Evening, Dec. 4



#### PAINTING CLASS

December 4, 6-9 pm.

Fee \$25.00 Our Talented  
Instructor, Ashley Mount will  
guide us through this project.

**Sign up with a friend! Advance  
Sign up & Payment Required.  
Actual Painting.**

**All Supplies & Refreshments provided.**

**Open to all Adults.**

### Wednesday Evening, Dec. 11



Butch Bando's Fantasy of Lights offers 3 miles of brightly colored LED lights that our families will enjoy. The Fantasy of Lights is a holiday favorite for people of all ages. Bundle up, turn on your holiday music and enjoy the show!

*Enjoy the evening out! Dinner on your own  
(Driver's Choice).*

*Then enjoy Butch Bando's Fantasy of Lights  
at Alum Creek State Park Campgrounds,  
Delaware, Ohio in the comfort of the SHSC  
Bus. Drive thru the park enjoying  
Christmas Lights. \$15.00 pp. Depart  
@ 4:30 pm Return approx. 9:00 pm.*



## TOUR TRIPS 2020

**APRIL 19—25, 7 DAYS & 6 NIGHTS**

**\$699.00 per person \* Double Occupancy DIAMOND TOURS**



### Amelia Island, St. Augustine & Jacksonville, FL

#### PACKAGE INCLUDES:

◆ 6 Nights lodging including 4 consecutive nights in Florida. 10 meals: 6 breakfasts and 4 dinners, Visit: Fountain of Youth, Kingsley Plantation, Narrated Cruise on St. John's River, Guided Tours of Amelia Island, St. Augustine and Jacksonville. Visit Fernandina Beach, Dinner Party, Shop on your Own & More!!!

**CALL FOR A BROCHURE!**



**MONTREAL & QUEBEC CITY & OTTAWA (CANADA'S CAPITAL CITY) JUNE 13—20, 2020**  
**8 Days—7 Nights \$875 per person \* Double Occupancy**

You must bring a valid U.S. Passport or U.S. Passport Card for this Tour.



#### PACKAGE INCLUDES:

◆ 7 NIGHTS LODGING  
5 nights in Canada,  
13 Meals: 7 Breakfasts  
and 6 Dinners



◆ Guided Tours of Montreal, Quebec City & Canada's Capital City—Ottawa, Visit to Notre Dame Basilica, Montreal's Underground City, a network of boutiques and restaurants & Ottawa's Parliament Hill. Narrated Cruise on the Stunning St. Lawrence River, Visit the 1000 Islands Tower and more. **CALL FOR A BROCHURE!**

### Atlantic City, New York City & Philadelphia

**September 19—25, 2020 , 7 Days—6 Nights \$779 per person**  
**\* Double Occupancy**

**CALL FOR A BROCHURE!**



#### PACKAGE INCLUDES:

◆ 6 nights lodging including 3 nights at an Atlantic City Casino Hotel, 11 meals: 6 Breakfasts, 1 Lunch and 4 Dinners. Guided Tour of New York City, See Rockefeller Center, Times Square, Wall Street Central Park and more!



◆ Luncheon Cruise aboard the Spirit of Philadelphia, Visit Atlantic City and receive a Casino Bonus! Free time to see the Liberty Bell and Independence Hall.

◆ Dine at a New York City Restaurant before heading to Atlantic City where you will check into a Casino Hotel for a 3 day stay.

◆ Cruise in style and comfort aboard Spirit of Philadelphia. Free time in Philadelphia. Visit the Hershey's Chocolate World in Hershey, PA!

**CALL FOR A BROCHURE!**



## **\*\*HEALTH & WELLNESS\*\***



### **NUTRITION BINGO & CHAIR VOLLEYBALL!**

**HOCKING COLLEGE NURSING STUDENTS**

**TUESDAY, DEC. 3 @ 9:00 am.**  
Chair Volleyball followed by Nutrition Bingo!

### **CHAIR VOLLEYBALL! SENIORS VS. STAFF**

Thursday, Nov. 14 & Thursday, December 12  
@ 9:00 am!



### ⇒ **EVERYDAY DIVINITY FOOT CARE CLINIC**

**Nov. 25 & Dec. 16, 9a-1:30p**

The treatment includes: Foot Care by State of Ohio Certified Foot Care Nurse which includes a \*30 Minute Treatment \*Complete Foot Assessment \*Expertly Trim, \*Thin and File Nails Payment method is cash or checks No insurance is accepted \*Fee: \$30.00. 30 minute appts. Call 740-385-6581 to reserve your appointment or sign-up on sheet in office. For Questions please call: Footcare Clinic 614-716-9919 **FEE INCREASE TO \$35.00 IN 2020**

### ⇒ **"GOOD GRIEF"** **A SUPPORT GROUP FOR WIDOWS.**

**2nd & 4th Wednesdays from Noon -12:45 pm.**

This group is a place for women to share their grief, sympathy, support, and stories with each other. Group meets in the New Social Room and welcomes Newcomers.



**Support the  
Advertisers who  
Support our Center.**



### *Health Network Presentation:*

**4<sup>th</sup> THURSDAY EACH MONTH AT 11:30 AM**

**NO HEALTH TALK NOVEMBER 22**



**HOSPICE & PALLIATIVE CARE**

**Thursday, December 26 @ 11:30 am**

**Fairhope Hospice & Palliative Care**

**Rick Schneider—Community Educator**

Author of *"That's Good Grease"*, Rick Schneider, is a consummate storyteller. His gift beautifully captures the essence of hospice care by highlighting the moments shared by patients, families and staff. He reminds us to focus on relationships at every stage of life.

Every hospice is mandated by Medicare to have volunteers.

Rick Schneider has a manner of talking in a way that removes the apprehension of the word "hospice".



**Logan Care  
and Rehabilitation**

**MARK GRAY, ADMISSIONS DIRECTOR**

P 740-385-2155  
F 740-385-1789

300 Arlington Avenue, Logan, OH 43138  
lkennedy@logancareandrehab.com  
www.logancareandrehab.com

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## HEALTH & WELLNESS



THE CLASS IS DEDICATED TO HELPING INDIVIDUALS WITH PARKINSON'S DISEASE (PD) MANAGE THEIR SYMPTOMS AND MAINTAIN QUALITY OF LIFE.

*"It's a fitness program to help the participants feel like they have the power over the disease rather than the disease having control over them."*

The empowering results of the **Delay the Disease** exercise program can help participants: \*Move about with ease and confidence in a crowd. \*Get out of bed or rise from a chair independently. \*Improve handwriting. \*Dress independently \*Diminish worry that stiffness, slow steps and other symptoms are obvious. \*Re-gain a sense of moving with normality. Classes are taught by a *Certified Instructor: Danielle Arnett, Exercise Physiologist*



**NEW DAY & TIME:** Classes are held on Mondays & Fridays from 11:30—12:30 pm. Ongoing and participants may join any time. Class Fee is a suggested donation of \$2.00

### MONTHLY (FREE) BLOOD PRESSURE SCHEDULE

Time for all 10:45—11:30 am.



3rd TUESDAY: Sponsored by The Laurels of Athens  
3rd THURSDAY Sponsored by Carlin House  
4th THURSDAY: Sponsored by Logan Care & Rehab.  
LAST WEDNESDAY: Sponsored by Fairhope Hospice

**LITERATURE FROM OUR BINGO SPONSORS**

**CARING FOR PATIENTS IN THE COMFORT OF THEIR HOME**

Adena Home Care number for referrals: **740.779.4663**

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South central Ohio's single resource for all in-home medical care needs.



**PART D BEGINS OCT. 15 AND ENDS DEC. 7.**

**MEDICARE HEALTH & DRUG PLANS CHANGE EVERY YEAR!  
ARE YOU KEEPING UP?**



**OSHIIP**  
Answers to your  
Medicare questions

**PLEASE NOTE:** *If you do not enroll in a Part D plan during this enrollment period you will be without a Medicare prescription drug plan for the following year or you may be stuck with your current plan.*

Scenic Hills Senior Center is an official site for Medicare Enrollment. Marjie Moore, Executive Director is a certified OSHIIP Counselor. Certified Trained Ohio Senior Health Informational Insurance Program (OSHIIP) Counselors will be at the senior center on **November 13, 22 & Dec. 3 from (9-3 pm) for appointments regarding PART D only. YOU MUST call 740 385-6581 to schedule your appointment** to help you review your insurance and answer questions about your Medicare coverage. Free of Charge. *OSHIIP is a free service through the Ohio Department of Insurance and provides unbiased information on Medicare. OSHIIP does not sell insurance.*





## SENIORS HELPING SENIORS .....

Please Help Scenic Hills Senior Center in Brightening Christmas for some of our elderly and isolated seniors. *Starting November 8 to December 13, 2019, there will be Collection Boxes in the lobby to donate items for 10 Gift Baskets.*

We are collecting hams & turkeys, and (10) \$25.00 Gift cards from Kroger's or Walmart. *Other Suggested items for the baskets are: gloves, socks, soap, shampoo, towels, toiletries, paper towels, TP, game books, puzzles, playing cards, cereal, boxed potatoes, stuffing, canned food, candy & other non-perishable food items.* **DEADLINE FOR DONATIONS IS MONDAY, DEC. 13.**

### VOLUNTEER OPPORTUNITIES

#### (COAD) CORPORATION FOR OHIO APPALACHIAN DEVELOPMENT



**Teresa Cline-Scurlock,**  
**RSVP Regional**  
**Manager Athens Area**  
**from COAD** (Corporation  
for Ohio Appalachian  
Development) is here at  
the center on the 2<sup>nd</sup>  
Tuesdays 9-11 am & 4<sup>th</sup>  
Thursdays @ 1-3 pm in  
the Lobby.

***Teresa is here to talk  
about the COAD Senior  
Programs.***

**NO APPOINTMENT IS  
NECESSARY.**

**2nd TUESDAY  
9:00—11:00 AM**

**4TH THURSDAY  
1:00—3:00 PM**



## You Can make a difference in the life of others

**COAD's SENIOR PROGRAMS** have provided volunteer opportunities for individuals age 55 and older. The programs are designed to help older Ohioans find meaningful community service opportunities as mentors and tutors to disadvantaged children and youth, and to other senior citizens who need supportive service to remain in their own homes

**RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)** provides a wide range of possible volunteering options. RSVP offers maximum flexibility and choice to its volunteers.

**THE FOSTER GRANDPARENT PROGRAM** provides meaningful volunteer services opportunities to men and women age 55 years and older working with both children and youth who are in need. Volunteers are placed in a variety of settings such as schools, Head Start Programs, daycare centers, MRDD programs, juvenile justice facilities, hospitals and libraries.



**SENIOR COMPANION VOLUNTEERS** are healthy older adults who help other adults live independently. They assist with grocery shopping, providing support to family caregivers and with other tasks of daily living necessary to help their client maintain independence. Without the help of Senior Companions, many older adults would not be able to continue living at home and would need more expensive, less personal care.



## 2020 MEMBERSHIP APPLICATION AND WAIVER

Scenic Hills Senior Center—Logan Ohio 43138



**\*\*ANNUAL FEE: \$5.00 Single \$10.00 Couple January—December 2020 (*not prorated*)**

Please Make Check Payable to: *Scenic Hills Senior Center*

Please mail Check and Application to: 187 S. Spring St., Logan OH 43138

Membership is \$5.00 per person. Any extra monies you wish to donate this year would be receipted in as a donation gift and greatly appreciated.

### Member Information

Requesting Newsletter Mailed is additional \$6.00 : \_\_\_\_\_

Today's Date: \_\_\_\_\_

NAME(s): \_\_\_\_\_ SPOUSE (if applying) \_\_\_\_\_

STREET: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

### EMERGENCY CONTACT

Name:	Relationship:
Home:	Cell:

**PHOTO RELEASE: *Permission to use photographs:*** I grant Scenic Hills Senior Center (representatives or employees) my permission to take photographs of me participating in Scenic Hills Senior Center Activities for use and publish, in print or electronically, with or without my name. I understand that any photos taken of me are for the sole purpose in promoting activities & events at Scenic Hills Senior Center. I have read and understand the above.

Signature:

Printed Name & Date:

X

x

Do Not Fill Below Line—Office Use Only.

☐ Membership \$5.00 per person    ☐ Newsletter Mailed \$6.00    ☐ Total Amount: \_\_\_\_\_

Date Paid: \_\_\_\_\_ Amount Paid: : \_\_\_\_\_ Computer: \_\_\_\_\_



Please turn page over to sign the Waiver & Release of Liability for SHSC Activities.

## **WAIVER AND RELEASE OF LIABILITY FOR SCENIC HILLS SENIOR CENTER ACTIVITIES**

In consideration of the risk of injury while participating in activities and consideration for the right to participate in activities, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activities, and do hereby release and forever discharge SHSC, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activities.

I am voluntarily participating in the aforementioned activities. I am participating in the Activities entirely at my own risk. I am aware of the risks associated with traveling to and from as well as participating in any Activity, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and death.

I agree to indemnify and hold harmless SHSC against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by my or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf.

I acknowledge that SHSC and their directors, officer, volunteers, representatives and agents are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of SHSC.

I acknowledge that this activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participants, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event.

I acknowledge that I have carefully read this "waiver and release" and fully understand that it is a release of liability. I expressly agree to release and discharge SHSC and all of its affiliates, managers, member, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I otherwise have to bring a legal action against SHSC for personal injury.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of SHSC, its agents, and employees, and county.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

**IF INCLUDING SPOUSE PLEASE HAVE BOTH SIGNATURES.**

**Member(s) Signature:** \_\_\_\_\_

**Spouse Signature** \_\_\_\_\_

**Date:** \_\_\_\_\_





## Looking for additional players!

Club Euchre Group meets on Tuesdays from 1:00—3:00 pm. The group is new and growing and would like to have additional players. Club Euchre is played a bit differently. If you are interested please come join us. Instruction is available!!

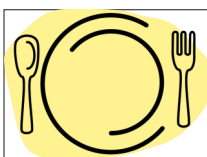
### Laurelville Senior Center

3<sup>rd</sup> Wednesday per month @ 11am  
BINGO, LUNCH & GUEST SPEAKER



### Murray City Seniors

Mon & Wed @ 11:30—Lunch  
Bingo—Last Monday of the Month



**LUNCH: SHSC is a Congregate Meal Site for Meals-on-Wheels.** HAPCAP serves a hot lunch daily at 11:00 am for a suggested donation of \$2.00/meal for 60+ years or older.. You must call 740-385-6813 at least 24 hours before to reserve your meal. Menus are available onsite.

## (R U OK) TELEPHONE

“Are you OK?”

**WHAT:** A telephone reassurance system or call check-in service for friends and family of a senior citizen. Loved ones who find it difficult to maintain consistent contact or who are concerned about elderly loves ones safety can use this system for added security. **WHY:** To keep seniors who prefer to live independently safe and to provide them with the added security of being monitored for safety by a loved one. To provide emergency response to elderly when needed. **INFORMATION ON THE RUOK PROGRAM IS AVAILABLE IN THE OFFICE**

## christmas at the NORTH PAW

Tuesday, Dec. 3 • 5-7:30 PM

Hocking Valley Community Hospital

Special entertainment including the  
SCENIC HILLS SENIOR CENTER CHOIR AT 5 PM  
Columbus Zoo & Hocking County Humane Society



Maple Hills Skilled Nursing  
& Rehabilitation

## Bingo Sponsors!



Merchants National Bank  
Local People • Local Decisions • Local Commitment



Logan Care  
and Rehabilitation





**Life Line Screenings go  
beyond regular checkups  
to look inside your arteries  
for signs of plaque build-up**



### **All 5 Screenings for \$139**

**Carotid Artery/  
Plaque Screening**

Ultrasound scan  
of the carotid  
arteries that screens  
for plaque buildup.

**Heart Rhythm  
Screening  
(Atrial Fibrillation)**

Screens for  
irregular  
heart beat.

**Abdominal  
Aortic Aneurysm  
Screening**

Screens for an  
aneurysm in the  
abdominal aorta,  
which could rupture.

**Peripheral Arterial  
Disease Screening**

Screens for  
peripheral  
arterial disease  
in the lower  
extremities.

**Osteoporosis Risk  
Assessment**

Ultrasound screen  
of the heel bone to  
determine abnormal  
bone mass density.

**We will be in your neighborhood soon on**

**At – Scenic Hills Senior Center in Logan**

**Wed, Jan 29th**

**Get your special Community Circle pricing!**

**Three ways to register:**

**Call toll-free: 1-866-229-0469**

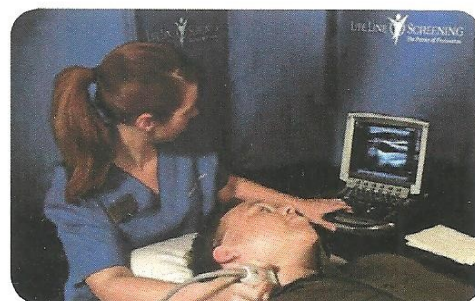
**Online: [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle)**

**Text: the word [circle](#) to 797979**



**Getting Screened  
is Simple!**

**Painless, non-invasive,  
keep your clothes on.**



Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least 2 days prior to your appointment. If less than 2 days' notice is given, we will issue a Gift Card for the full amount to be used, to purchase future screening services.



# SCENIC HILLS SENIOR CENTER SERVICES



## Senior Maintenance Service

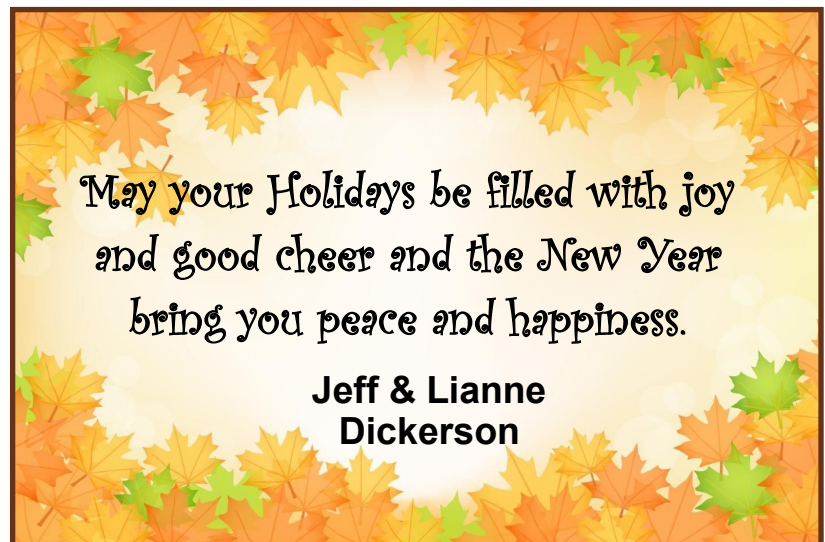
Scenic Hills Senior Center offers a Maintenance Service for senior citizens. Many older adults who wish to remain in their homes oftentimes find it difficult to maintain their home due to cost or other factors. Some of the items we help with are minor repairs to a leaking faucet or toilet, change light bulbs, install handrails in the home, removal of tree limbs or obstructions that cause you from moving your vehicle, to name a few. You will be required to pay for the cost of any related materials needed to do the job and donations for the service are welcomed. *To qualify you must be 60 years or older and live in Hocking County. Call us at 740-385-6581 to see about scheduling an appointment.*

## Other Services

- ♦ **NOTARY PUBLIC SERVICE:** Scenic Hills Senior Center offers a free notary public service. Please call ahead to make an appointment. 740 385-6581. You must bring a form of identification: Driver's license, Birth Certificate, Passport or ID issued by an employer.
- ♦ **TRANSPORTATION:** For Seniors 60+ years we offer out-of-county medical transportation for doctors appointments. This service is offered on a donation basis.
- ♦ **SENIOR NUTRITION CENTER:** Scenic Hills Senior Center is a Congregate Meal Site for the Meals-On-Wheels Program. They serve a well-balanced meal for seniors age 60+ Mon. thru Friday @ 11:00 am.  
*Please call HAPCAP at 740 385-6813 24 hours in advance to reserve your lunch at the center.*



**County  
Fair**



**Wayne's Corner**





# Seedlings To Seniors

*Would you like to have the opportunity to make a difference in a child's life?*

If so, please consider volunteering in a Logan-Hocking preschool classroom.

Qualifications include: *Ability to tie shoes, Open milk cartons and other food items, read a book, give a hug, Smile and Listen.*

Logan Hocking Preschool will pay for your FBI/BCI. For more information please call Kristy Walter at 740-385-8517 x. 30011



## **YOUR CHARITABLE CONTRIBUTIONS MAKE A BIG DIFFERENCE TO SCENIC HILLS SENIOR CENTER!**

**THERE ARE THREE WAYS TO MAKE A GIFT TO SCENIC HILLS SENIOR CENTER:**

### **\*Donations \* Bequests \*Memorial Gift**

- ▶ **Donations:** Donations may be made in any amount and specific to a particular program that has helped you or a loved one. If not specified, SHSC will use the donation in the area of greatest need. *Gifts large & small make a big difference.*
- ▶ **Bequests:** Leave a legacy by making a gift in your will that will benefit senior citizens in your community for years to come. Making a bequest and other “planned gifts” is one of the simplest ways to remember SHSC and the difference it has made in your life.
- ▶ **Memorial Gift:** In Memory of: A memorial gift is a gift made at the death of an individual and benefits a charitable organization selected by the deceased or the deceased family or friends.

**“In Lieu of Flowers”** is a unique and meaningful alternative to flowers for bereavement and life's milestones. You can make a donation in memory of a friend or loved one or you can request through an advance directive that at the time of your death you ask that in lieu of flowers, a memorial contribution may be made to the Scenic Hills Senior Center.

Scenic Hills Senior Center will send a personalized note in your name to the honoree or family member, notifying them of your kind gesture. Additionally you will receive a letter documenting your tax-deductible contribution

Pamphlets on “Your guide to Planned Giving” are available in the office Scenic Hills Senior Center is a 501(c)3 Non-Profit and funded through Donations, Local Levy Dollars, United Way, 317 Board & Title IIIB Grants.

**HAPPY BIRTHDAY TO OUR FRIENDS**  
**NOVEMBER & DECEMBER**

# Happy Birthday

Linda	Columber	1-Nov
Linda	Drescher	1-Nov
Ralph	Ogle	1-Nov
Sandy	Ogle	1-Nov
Eleanor	Reid	1-Nov
Rosemary	Hampton	2-Nov
Nancy	Hoffmann	2-Nov
Ken	Wilson	2-Nov
Bonnie	Thompson	3-Nov
David	Harkins	3-Nov
Dixie	Rowkie	3-Nov
Tamara	Turner	3-Nov
Roy	Stahr	4-Nov
Lynn	Blake	4-Nov
Floretta	Johnston	4-Nov
Robert	Garrett	5-Nov
T.D	Sammons	6-Nov
Doris	Ambuehl	6-Nov
Shirley	Durst	7-Nov
Wes	Kemper	7-Nov
Connie	Bernard	7-Nov
Shan	Brown	7-Nov
Sue	McBroom	7-Nov
Judy	Lynch	8-Nov
Soni	Morris	8-Nov
Linda	Stevelt	8-Nov
Norma	Kessler	9-Nov
Ruth	Murray	9-Nov
Rebecca	Gore	10-Nov
Ginny	Griggs	10-Nov
Becky	Smith	10-Nov
Deb	Wagoner	10-Nov
Martha	Wright	10-Nov
Sharon	Fraizer	11-Nov
Bob	Johnson	11-Nov
William	Young	12-Nov
Barbara	Riddlebarger	13-Nov
George	Wolfe	13-Nov
Betty	Brooks	14-Nov
Lynda	Mellinger	16-Nov
Dominic	Vaccari	16-Nov
Sharon	Loudermilk	17-Nov
Deborah	Lytle	17-Nov
Michael	Krumlauf	17-Nov

Rita	Reinschell	18-Nov
Nita	Wollett	18-Nov
Delmar	Columber	19-Nov
Joel	Barkhurst	19-Nov
Kenny	Malinowski	19-Nov
Teresa	Vaccari	19-Nov
Barbara	Chapman	20-Nov
Wanda	Stivison	21-Nov
Charlie	Faulkner	21-Nov
Cheryl	Pickett	21-Nov
Margie	Anderson	22-Nov
Brenda	Hopper	22-Nov
Rebecca	Stuart	22-Nov
Glen	Whittington	22-Nov
Joan	Fink	23-Nov
Marian	Green	23-Nov
Jean	Newton	23-Nov
Harold	Sanders	23-Nov
Don	Yantes	23-Nov
Mary Lou	Giffin	25-Nov
Cindy	Loar	25-Nov
John	Yorde	25-Nov
Clark	Truax	26-Nov
John	Bond	27-Nov
Larry	DeBerry	28-Nov
Maria	Snodgrass	28-Nov
Harold	Johnson	29-Nov
Vicki	Hogue	29-Nov
Gene	Hynus	29-Nov
Wayne	Courtney	30-Nov

Irene	Davis	1-Dec
Elizabeth	Amnah	2-Dec
Jeri	Smith	3-Dec
George	Saines	4-Dec
Douglas	Enderle	4-Dec
Georganne	Daubenmire	5-Dec
Roger	Hedges	6-Dec
Christine	Glenn	6-Dec
Brenda	Malone	7-Dec
Jo-Anne	Conkle	8-Dec
Diana	Mallon	8-Dec
Ruth	Patton	8-Dec
Roger	Moore	8-Dec

Lois	Talbert	9-Dec
Joyce	Schultheiss	10-Dec
Jean	Moore	10-Dec
Brenda	Sharb	10-Dec
Bill	Cantrell	11-Dec
Karolyn	Brown	12-Dec
Pam	Nelson	12-Dec
Dick	Reichert	12-Dec
Marty	Skeeles	13-Dec
Edna	Wilson	13-Dec
Ronnie	Guess	14-Dec
Harry	Nihiser	14-Dec
Bill	Bowers	15-Dec
Thelma	Adair	15-Dec
Richard	Hall	15-Dec
Don	McNeal	16-Dec
Richard	Caldicott	17-Dec
Lawrence	Ellinger	17-Dec
Brenda	Rowe	18-Dec
Cathy	Cooke	19-Dec
Janice	Winter	19-Dec
Corene	Callender	19-Dec
Marjorie	Hutchison	21-Dec
Donald	Daubenmire	21-Dec
Daisy	Wilkins	22-Dec
Janet	Blair	23-Dec
Marcia	Hynus	24-Dec
Donna	Sanders	24-Dec
William	Emrick	26-Dec
Karen	Potter	26-Dec
Jack	Primmer	26-Dec
Lyn	Caldicott	27-Dec
Barbara	Carrier	27-Dec
Christine	Risch	28-Dec
Becky	Todd	28-Dec
Jim	Iles	29-Dec
Irmgard	Warthman	29-Dec
Martha	Allison	30-Dec
Crystal	Brown	30-Dec
John	King	30-Dec
Janet	Kaising	31-Dec





Executive Director: Marjorie Moore  
Phone: 385-6581 Fax: 385-3548

Loretta Kemper: Program Supervisor  
Patty Sammons: Fiscal Officer  
Tina Koska: Event & Program Coordinator  
Brandy Stamper: Marketing/Educational  
Janet Blair: Marketing/Educational  
Nate Nelson: Building Supervisor  
Larry DeBerry: Building Maintenance  
Carla Smyers: Technical Support



**Tuesday, November 5, the building WILL BE CLOSED for all Activities, Meals, Events, etc. The Building will be in use and open as a designated Polling Place in Hocking County.**

***The great thing about new friends is that they bring new energy to your soul.***



### ***Appalachian Art and Craft Market***

This Art and Craft Market is a step above the average. Entering the door you are set aback by the angled aisles and awesome grand staircase that leads to a large selection of primitive, country, and American crafts provided by over 120 independent vendors. Also the largest selection of Jim Shore in Southeastern Ohio.



**Sandra Ogle, Proprietor**  
26784 US 33 (at SR 374)  
Rockbridge, OH 43149  
**(740)380-9020**

## **Scenic Hills Senior Center Staff Wishes You A**



Office Hours: Monday, Tuesday, Wednesday & Friday, 8:00 AM—4:00 PM, Thursdays 8:00am—6:00 pm  
187 S. Spring St., Logan, OH 43138 Phone: 740-385-6581 [www.scenicillsseniiorcenter.com](http://www.scenicillsseniiorcenter.com)