

187 S Spring St. 740-385-6581



580 Radio Lane 740-385-6581

#### <u>2021 Planner Books</u>

We have the 2021 Planner Books for our members. You can pick one up at the Senior Center, Mon-Fri, 8:00-3:00 pm, Call first so we can meet you at the door. 740-385-6581.

#### Upcoming Closings

All Senior Center buildings will be closed on the following dates: Jan 1st., Jan 18th, and Feb. 15th.

#### <u>Annual Membership Dues</u>

Sign up for your annual membership. The cost is \$5.00 per year or \$11.00 if you wish to receive a mailed newsletter. There is an enrollment form in this newsletter, on our website, or pick one up at 187 S. Spring St.

#### <u>Website</u>

Be sure and visit our website www.scenichillsseniorcenter.com for updates



Tuesdays and Thursdays 10:00 to 11:00 am 580 Radio Lane

# We're Here For You!

JANUARY

BRUA

2021

Ξ

Due to the COVID-19 health emergency and following the guidance of state, and county officials, we are only open to essential services. We are still providing medical transportation and wellness checks. We also have someone available for light home maintenance work. The **Delay the Disease** classes on Tuesdays and Thursdays, are essential because a lapse in classes can really cause a setback in this vulnerable group. If you need a mask or help with food call us. We are available Monday through Friday, 8:00 am to 3:00 pm.

We will continue to assess our operating status as we receive updates from local and state authorities, regarding the spread of the coronavirus disease (COVID-19). As a business that serves the age group most affected by the coronavirus, we can't in good conscience, continue business as usual and risk the health or even worse, the life of any of our members.

# So, what now? How can we all stay together and stay connected during this uncertain time?

#### Home Drive By

We would be happy to do a home drive by. At an agreed upon time, you come outside or sit by your window and we will drive by so you can see us and we can see you. It's our way of showing we're all in this together. We are scheduling the drive bys on Mondays, from 1:00 to 3:00 pm. Just call us at 740-385-6581 to schedule.

#### Facebook Live and Giveaway

Join us on Facebook Live for a sing along! Sandy Grove and Larry Beal will lead us in singing some oldies but goodies. The sing along will be on January 19<sup>th</sup> at 11:00 am. Call by January 12<sup>th</sup> and we will mail you the lyrics to the songs. Go to our Facebook page at the scheduled time to join in.

We will also draw names to giveaway 4-\$25.00 Kroger gift cards. Entry for the drawing will be from those who request the song lyrics.

We are looking forward to serving you again soon!

# Footcare Clinic

Everyday Divinity Footcare Clinic will be at the Educational & Wellness Center on Monday, January 25<sup>th</sup>, and Monday March 22<sup>nd</sup> from 9:00 am to 2:00 pm. Call Jamie to make an appointment,

### 614-716-9919

#### **Hocking County**

The Gateway to Ohio's Scenic Wonderland

Gary Waugh County Commissioner

1 East Main St. Logan OH 43138 740.385.5195

Email: commissioners@co.hocking.oh.us



#### When it matters most, count on us. Helping Seniors Age in Place.

www.interimhealthcare.com 12873 Grey St., Logan OH 43138

(740) 385-3623



### **Drive By Caravan**



Your Senior Center staff misses you as much as you miss them. We would love to drive by your home and create a commotion! Come outside or stay by your window and wave at our car caravan. We will be doing these tours on Monday afternoons from 1:00 to 3:00. **Call 740-385-6581 to schedule.** 



Emily VanLangen Admissions and Marketing Director

300 Arlington Avenue, Logan, OH 43138

Office: (740) 385-2155 Mobile: (740) 510-0019 Fax: (740) 969-5272

Admissions@ehlogan.net



Hocking County

The Gateway to Ohio's Scenic Wonderland

**Jeff Dickerson** County Commissioner 1 East Main St. Logan OH 43138 740.385.5195

# Our Fitness Classes are Online!

We are now offering free online workout options to help everyone stay fit and connected. To access these classes go to our website, www.scenichillsseniorcenter.com, and you will see the links to each class. It's a great way to work at your own pace and stay mentally and physically fit.



 Control I
 Imational Bank

 168-2018
 Local People \* Local Decisions \* Local Commitment

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

term care options like PASSPORT, Home

modifications, Medicare Savings

and more!

188 West Main Street, Logan, OH 43138 740-385-8561

# Medicare Sign Ups

When you're first eligible for Medicare, you have a 7-month Initial Enrollment Period to sign up for Part A and/or Part B.

If you're eligible for Medicare when you turn 65, you can sign up during the 7-month period that:

- Begins 3 months before the month you turn 65 •
- Includes the month you turn 65 • Ends 3 months after the month you turn 65

If you didn't get automatically enrolled in premiumfree Part A (for example, because you're still working and not yet getting Social Security or Railroad Retirement Board (RRB) benefits), you can sign up for premium-free Part A (if you're eligible) any time during or after your Initial Enrollment Period begins. If you're eligible for premium-free Part A, you can enroll in Part A anytime after you're first eligible for Medicare. Your Part A coverage will go back (retroactively) 6 months from when you sign up, but no earlier than the first month you're eligible for Medicare. You can only sign up for Part B during the periods listed below. Your coverage start date will depend on when you sign up. If you have to buy Part A and/or Part B, you can only sign up during a valid enrollment period. If you wait until the month you turn 65 (or the 3 months after you turn 65) to enroll, your Part B coverage will be delayed. This could cause a gap in your coverage.

In most cases, if you don't sign up for Medicare Part B when you're first eligible, you'll have to pay a late enrollment penalty. You'll have to pay this penalty for as long as you have Part B and could

### **Between January I–March** 31 each year

You can sign up for Part A and/or Part B during the General Enrollment Period between January 1-March 31 each year if both of these apply:

- You didn't sign up when you were first eligible ۲
- You aren't eligible for a Special Enrollment Period ٠ Continued



Medicare Advantage, Prescriptions (Part D), Medigap

rickwagner@wagnerinsuranceagency.net www.wagnerinsuranceagency.net

### 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

> 26784 US 33 Rockbridge, OH 43149 (740) 380-9020

Sandra Ogle, Proprietor





'he Laurels OF ATHENS

All Private Rooms Private **Rehab Suites Private Bathrooms** 

Inpatient Therapy Outpatient Therapy Aquatic Therapy

70 Columbus Circle, Athens, Ohio 45701

# **Medicare Continued**

To sign up for Part B, complete an Application for Enrollment in Part B (CMS-40B). If you don't have Medicare or you want to sign up for Part A (some people have to pay a premium for Part A), contact Social Security.

# Special circumstances (Special Enrollment Periods)

Once your Initial Enrollment Period ends, you may have the chance to sign up for Medicare during a Special Enrollment Period (SEP). If you're covered under a group health plan based on current employment, you have a SEP to sign up for Part A and/or Part B anytime as long as:

• You or your spouse (or family member if you're disabled) is working.

• You're covered by a group health plan through the employer or union based on that work.

You also have an 8-month SEP to sign up for Part A and/or Part B that starts at one of these times (whichever happens first):

- The month after the employment ends
- The month after group health plan insurance based on current employment ends Usually, you don't pay a late enrollment penalty if you sign up during a SEP.

You may also qualify for a Special Enrollment Period for Part A and Part B if you're a volunteer, serving in a foreign country.

COBRA and retiree health plans aren't considered coverage based on current employment. You're not eligible for a Special Enrollment Period when that coverage ends. This Special Enrollment Period also doesn't apply to people who are eligible









### January

Thomas	Hammer	Jan	1
Lisa	Mills		1
William	Poling	Jan	
Becky	Sinift	Jan	2
David	Grove	Jan	4
Ann	Hiles	Jan	4
Brenda	Wadsworth	Jan	4
Paul	Brown	Jan	5
Gary	Lehman	Jan	5
Carl	Gaffin	Jan	6
Ron	Sinnott	Jan	6
Sue	Barrell	Jan	- 7
Paul	Hoover Jr	Jan	8
Leo	Martin	Jan	8
Janice	Jones	Jan	9
Marguerite	McGrady	Jan	9
Kathy	Reichelderfer	Jan	10
Shelby	Brown	Jan	-11
Sharon	McManaway	Jan	12
Flora	Karns	Jan	15
Robert	Taylor	Jan	15
Marilyn	Bowers	Jan	16
Genevia	Dawson	Jan	16
Betty	Johnson	Jan	16
Linda	Brown	Jan	17
Shane	Goss	Jan	17
Irene	Kunkler	Jan	18
Audrea	Michel	Jan	18
Margaret	O'Dell	Jan	18
Sandra	Brandon	Jan	20
Karen	Dixon	Jan	20
Kent	Dupler	Jan	21
John	Goodlive	Jan	21
Ruthie	Mohler	Jan	21
Emmallie	Seum	Jan	21
Shirley			22
Mary	Helber	Jan	22
Mike	Neville	Jan	22
Mary Kay	Walsh	Jan	22

### January

Anthony	Beverly	Jan	23
Betty	Courtney	Jan	23
Edward	Darnell	Jan	26
Mary	Keplar	Jan	26
Cyndi	Mock	Jan	27
Paul	Bateman	Jan	28
Ruth	Sahlin	Jan	28
Rick	Wallar	Jan	28
Shawn	Buckner	Jan	29
Ardythe	Ralph	Jan	29
Joan	Joseph	Jan	30
Joy	lwanusa	Jan	31
Betty	Plummer	Jan	31
_			

### February

Christy	Barnhart	Feb	1
Rachel	Leonard	Feb	1
Jenny	Grove	Feb	3
Michael	McGreevy	Feb	3
Sandy	Hammer	Feb	3
Vera	Davis	Feb	5
Donald	Trentel	Feb	5
Pam	Bennington	Feb	6
Garold	Linscott	Feb	6
Nancy	Ault	Feb	7
Don	Bennett	Feb	7
Nina	Inboden	Feb	8
Floyd	Miller	Feb	8
Patricia	Roley	Feb	8
Ruth	Bowling	Feb	9
Ernest	Hughes	Feb	9
Marjorie	Dollison	Feb	10
Jane	Burk	Feb	-11
Jill	DeBerry	Feb	12
Loren	Inboden	Feb	12
Patricia	O'Connor	Feb	12
Bill	Secoy	Feb	12

### February

Jay	Wilson	Feb	12
Bea	Courtney	Feb	14
Sarolin	Griggs	Feb	14
Forest	Chesser	Feb	15
Nancy	Gibson	Feb	15
Pam	King	Feb	15
Marvin	McDaniel	Feb	15
Doris	Wilson	Feb	15
Janice	Baker	Feb	16
Carl	Davis	Feb	16
Gerald	Edgar	Feb	16
Vicki	Joy	Feb	16
Debbie	Bazell	Feb	17
Patty	McDaniel	Feb	18
Carol	McPherson	Feb	18
Judy	Joy	Feb	19
Vernon	Dixon	Feb	20
John	Eckhart	Feb	20
Yvonne	Patterson	Feb	20
Vicki	Dodson	Feb	21
Nancy	LaRue	Feb	21
Juanita	Hart	Feb	22
Susie	Karns	Feb	22
Dianne	Martin	Feb	22
Martha	Poling	Feb	23
Thelma	Robberts	Feb	23
Letha	Beverly	Feb	24
Marie	Lehman	Feb	24
Loretta	Helber	Feb	25
Mary	Mays	Feb	25
James	McGathey	Feb	25
Charles	Schneider	Feb	25
Chuck	Karns	Feb	27
Dan	Foster	Feb	28



#### 2021 MEMBERSHIP APPLICATION AND WAIVER

#### Scenic Hills Senior Center—Logan Ohio 43138



\*\*ANNUAL FEE: \$5.00 Single \$10.00 Couple January—December 2021 (*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 Ma	iled is additional \$6.00 :			
Today's Date: U.S.	U.S. Veteran Branch of Military			
NAME(s):	SPOUSE (if applying)			
STREET:	PHONE:			
CITY:STATE_	ZIPCODE			
BIRTHDAY (Month & Day):	SPOUSE BIRTHDAY:			
EMERGENCY CONTACT				
Name:	Relationship:			
Home:	Cell:			
employees) my permission to take photographs of n use and publish, in print or electronically, with or wi	I grant Scenic Hills Senior Center (representatives or ne participating in Scenic Hills Senior Center Activities for thout my name. I understand that any photos taken of & events at Scenic Hills Senior Center. I have read and			
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 Waive	or & Delease of Lizbility 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: \_\_\_\_\_

SeniorCenter: Memberships:2020 Membership Form

### **OLD FRIENDS ARE BEST**

#### **By Patty Sammons**

The worn red jacket makes it way down our driveway – cautious steps, stooped shoulders, wooden cane in hand. I smile and open the door to him as he heads straight to my hickory rocker and plops down with a big sigh. Tired legs from decades of farming and illness made this walk a challenge.

"I told Mom I was gonna come see my lil' buddies for a while." That meant three hours. Glad to have him – we'd chat a while and then get to work.

I wasn't always this pleased to see him. I was a mid-30's momma to two young children, extra kids to babysit, a house to keep, a part-time job in Columbus - and now a neighbor to entertain. I simply could not spare idle hours chatting in my living room four or five days a week, accomplishing absolutely nothing on my to-do list, while struggling to keep an eye on lively children.

I could feel my anxiety climbing with each visit until I began to dread the glimpse of that red jacket through my front window. I have always loved older people since I was a small child. I enjoy stories of their histories and life experiences, so I felt ashamed when I didn't want the red jacket in my house anymore. But he kept coming day after day.

He loved all the kids. They piled on his lap, fed him snacks, and sent his mind back decades to tales of his own babies. How one swaddled infant son tumbled off a parked hay wagon as he juggled fatherhood with farming, while his wife worked long hours at a local factory. How he lost a precious teen in a car wreck. How his children did not realize the depth of his pain when they made terrible choices as adults.

Then one day, it finally occurred to me how to make it all work and how I would soon enjoy those daily visits like I so desired. He was known for his homemade bread and handcut noodles with "smashed taters". The next time my buddy arrived, his chair was waiting for him in a different place.

When I spotted that flash of red the following day, I quickly moved the hickory rocker to the entrance of my kitchen. "Teach me to make your noodles, please." His face lit up! I stood at my counter, followed his instructions, and when he said he really ought to go home, I was astonished to find that more than three hours had flown by. My washer and dryer were humming next to my tiny kitchen, the kids were napping, and now I had homemade chicken and noodles for supper! All while savoring the story of how he and his wife of over 60 years had met and courted ...

Every April, we drove to his favorite diner in the next county to celebrate our spring birthdays with huge fried shrimp. We always made a stop at the rural cemetery to visit the graves of his parents and many siblings on the way home. He was the only one left.

As the years passed, I moved the rocking chair each visit to the location of my task at hand. As his health waned, the visits came farther apart until one day the red jacket hung in his closet and he could no longer make the trek. He spent the days in his recliner looking out the bay window. It was my turn to take that walk down our country road. My last walk to him was to a hospital room. He passed away, and then we moved away. I treasure my memories of time spent with him. I still wish I had asked his wife for that old red jacket.



#### SCENIC HILLS SENIOR CENTER PRESENTS SOUTHERN CARIBBEAN WITH CELEBRITY CRUISES ON THE CELEBRITY EQUINOX 10 DAYS / 9 NIGHTS ~ OCTOBER 29 - NOVEMBER 7, 2021

DAY	PORT			ARRIVE	DEPART
1	Fort Lauderdale, F	lorida			4:00 PM
2	At Sea				
3	George Town, Grand Cayman			7:00 AM	4:00 PM
4	At Sea				
5	Oranjestad, Aruba			10:00 AM	11:59 PM
6	Willemstad, Curac	ao		9:00 AM	10:00 PM
7	Kralendijk, Bonair	е		7:00 AM	4:00 PM
8-9	At Sea				
10	Fort Lauderdale, Florida			7:00 AM	
	Inside Cabin Category 12 \$2,684		ALWAYS INCLUD	<u>:</u>	
Outside Cabin Category 8		8*	\$2,844	Classic Beverage Package	
Balcony Cabin Category 1A \$3,254		Prepaid Gratuities			
<i>Outside cab</i>	oins are subject to cl	hange ar	nd availability.	Surf Wifi Internet Pack	age
	are per person double occupancy and include roundtrip e from Columbus, cruise, port charges, government fees,		Applies to all stateroom categories. Applies to 1 <sup>st</sup> and 2 <sup>nd</sup> guests in stateroom. Capacity controlled and subject to change at any time.		

Rates airfar taxes and transfers to/from ship, CELEBRITY CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO

CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

#### **PASSPORT REQUIRED**

DEPOSIT POLICY: An initial deposit of \$550 per person double occupancy or \$1,100 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by June 30, 2021. Those who book early get the best prices, the best cabin locations, and their preferred dining times.

> FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT MARJIE MOORE ~ (740) 385-6581

6/1/21 CW



### In Memorium

### Wanda Marie Martin

March 3, 1923, to December 3, 2020



"Truly great friends are hard to find, Difficult to leave, and impossible to forget"

### TRAVEL WITH SCENIC HILLS SENIOR CENTER 2021 BROCHURES AVAILABLE FOR EACH TRIP!

# **DIAMOND TOURS BUS TOUR TRIPS**

JUNE 12<sup>th</sup>—19<sup>th</sup>, 2021, 8 Days—7 Nights

### \$875 per person Double Occupancy

# Montreal & Quebec City & Ottawa

Need valid U.S. Passport or U.S. Passport Card for this Tour



### PACKAGE INCLUDES:

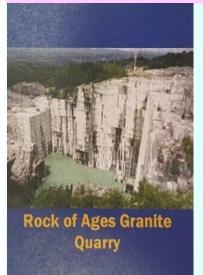
Guided Tours of Montreal, Quebec City & Canada's Capital City—Ottawa. Visit to Notre Dame Basilica, Montreal's



Underground City, Anetwork of boutiques and restaurants & Ottawa's Parliament Hill. Narrated Cruise on the Stunning St. Lawrence River, visit the 1000 Islands Tower and more.

### July 12<sup>th</sup>-17<sup>th</sup>, 2021, 6 DAYS & 5 NIGHTS

### \$699.00 per person \* Double Occupancy



## **Beautiful Vermont**

### PACKAGE INCLUDES:

5 Nights lodging including 3 consecutive nights in Vermont. 8 meals: 5 breakfasts & 3 dinners,

Tour of Morse Farm Maple Sugarworks; Tour of Ben & Jerry's Ice Cream Factory; Dinner Cruise on Lake Champlain; more.



The down payment on trips must be paid when you reserve your spot.

Watch for our March/ April Newsletter for upcoming day trips!

#### Scenic Hills Senior Center Serving the Seniors of Hocking County

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.



**DISCLAIMER**: The 2" x 3.5" ads displayed in the newsletter are **PAID ADVERTISEMENTS**. Cost for the sponsorship is \$600.00 per year (based on 6 newsletters). The Monthly Sponsors are those agencies who support our Bingo, Blood Pressures and Special Event Programs.

