



# ONEILL CENTER

August-September 2020

HELPING AREA SENIORS LIVE HIP: HEALTHY, INDEPENDENT AND PRODUCTIVE



Reduce stress  
with gentle  
**YOGA**

Fun, virtual  
events  
are happening  
**ONLINE!**

Learn new  
recipes during  
**Cooking Club**



O'Neill Center  
 333 Fourth Street  
 Marietta, Ohio 45750  
 740-373-3914

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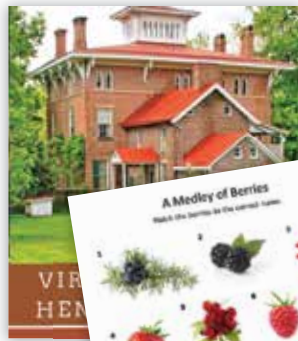
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A Unit of the National Council on Aging



Funded (in part) by a Title III grant of the Older Americans Act administered by the Ohio Department of Aging through the Buckeye Hills Area Agency on Aging, Washington County Senior Service Levy, United Way and Contributions. The O'Neill Senior Center is non-discriminatory in services and employment and our facilities are accessible to the handicapped.



**Blizzard Distributions**

If you haven't seen a blizzard distribution, check out our daily email (or watch our facebook page). We work very hard to keep content fresh and includes things like virtual tours, recipes, exercise, puzzles, pertinent information and much more. Praise for these distributions has been felt both locally and from far away.

**Social Services**

Several requests for social services continue including RUOK? telephone reassurance calling and prescription assistance, just to name a couple. Our staff is working remotely and is willing to help meet the needs you have.

**PRESCRIPTION ASSISTANCE FOR SENIORS**

**Do you or a loved one:**

- Find it difficult to pay for your prescriptions?
- Go without prescriptions to cut expenses?
- Feel anxious about how to pay for medications?
- Have Medicare Part D?
- Have high co-pays?
- Familiar with donut hole/coverage gaps?

**Give us a call today 740-373-3914**

**Who qualifies?**

- Washington County resident
- Age 55 and over
- Meet the drug companies guidelines

**O'NEILL Center**  
 Enriching. Engaging. Empowering



## Virtual Programming Activities

### **Mondays – Tap n’ Burn • 1pm**

<https://us02web.zoom.us/j/83708408755>

A cardio tap class that focuses on basic tap steps. Tap fundamentals are combined with muscle isolation and stretching to build strength, improve balance, and increase flexibility. Dance between 3,000 and 4,000 steps per class while learning tap dances to a variety of music. No prior dance experience is required to participate in the class and all classes can be taken in either tennis shoes or tap shoes.

### **Tuesdays – Line Dancing • 10am**

<https://us02web.zoom.us/j/88579827223>

Line dancing incorporates choreographed patterns of steps with music. A wide variety of music is used in class: country, hip hop, light rock, oldies, and more! This class is great for all ages and can help to improve cardiovascular health, improve balance, improve coordination and boost confidence! Any type of clothing and clean shoes can be worn during the class. Join us to meet new friends and enjoy some dancing!

### **Wednesdays – Cooking Club LIVE • 10am**

<https://us02web.zoom.us/j/83145614932>

Join Becky Hennen from the Belpre Senior Center for a live demonstration every Wednesday. Every week features a new recipe that will have your taste buds drooling and your stomach wanting more!

### **Thursdays – Exercise with Nancy • 10am**

<https://us02web.zoom.us/j/84121227952>

*Exercises vary between yoga, interval training, walking, and aerobics*

>>**Gentle Yoga** – Breath, Stretch, and Relax, Anyone can do it. No Pain, no strain. Each stretch should feel good along with deepening your breathing. Breath is energy, it nourishes our muscles, blood and brain, helping us to feel stronger and healthier in both our bodies and our mind. Reduces stress, and promotes emotional balance. A chair is needed.

>>**Walking Practice** – This program will introduce you to an energizing way to get fit and healthy without the strain, stress and potential injury of many sports. This fitness class works with aerobic conditioning, cardiovascular health, muscle tone, flexibility and bone density. With warm up looseners and cool down stretches before and after each walk.

>>**Aerobic Interval Exercise** – These sets of exercises are done with a 30-second movement followed by a 15-second breather. We will complete the program within 15 minutes and cover all parts of your body. They may be accomplished in a chair if needed or standing with a chair as support.

### **Fridays – MIX IT UP! Time to be determined**

<https://us02web.zoom.us/j/83836189998>



### **CPSMP (Chronic Pain Self-Management Program) Class Zero on Thursday, July 23rd • 11am**

–VIA ZOOM–

Wednesdays: July 29, Aug. 5, 12, 19 & 26, Sept. 2

–VIA PHONE–

We'll need to overlap the beginning of the Second Session, so **Class Zero on Thursday, August 6 • 1pm**

Thursdays: August 11, 18 & 25, Sept. 1, 8 & 15

### **Medical Transportation**

Medical transportation service is operating on a limited basis. Our transportation services are non-emergency. All drivers and passengers must submit to temperature checks, symptom evaluations and sanitizing measures were in place and taken seriously by our transportation staff. This is on a limited capacity and only for essential medical appointments.

### **Other Services**

Our Adult Day Center and In-Home services continue to be on hold for the time being. Please know that we are working under the guidance of the State and will resume these services as quickly as it is safe to do so.





333 Fourth Street  
Marietta, OH 45750

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Change Service Requested

## Greetings Friends!

The O'Neill Center and Belpre Senior Center remain empty due to the State mandated closure. We hope you know that we miss you and are looking forward to the day you can return! Until that time, we have worked to pivot our services and activities to a way they can be enjoyed, safely.

Medical transportation, homemaker services and social services have all adapted and are operating at capacity. We have taken measures to ensure the safety of all clients and our team working to deliver those services. Our vans are cleaned between each rider and deep cleanings occur each week. Homemakers are assessed daily before going into senior's homes and wearing appropriate personal protective equipment. Social service employees are working remotely and helping seniors from a distance. At this point, pleasure travel is on hold and will resume only when it is safe to do so.

Life enrichment activities have taken a new spin and we have evolved our programs to virtual! Enjoying fun activities and interacting with others via Zoom is fun! Those who join in are not only watching, but participating through their computers, laptops and phones. If you are interested in joining our programs, reach out to us at 740-373-3914 and we will give you a brief tutorial to get you started. It's called "Class Zero" and we are standing by, ready to help! Don't let technology scare you, let us help you join in! Reach out today and let's get together virtually until we can safely meet again in person.



**If you would like more information on any of the programs in this newsletter,  
please email or phone us!**

**Our phones are answered Monday-Friday 8am to 4pm.**