

The Center Page

Springfield and Clark County's Resource for People Age 55 and Better

JULY 2020



UNITED SENIOR SERVICES
125 West Main Street
Springfield, OH 45502
937-323-4948

ALL CENTERS CLOSED
TO ACTIVITIES UNTIL
FURTHER NOTICE

DIRECTORS

- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Scott Powell
- Sheila Rice, President
- Joy Rogers, Secretary
- Arlin Par Tolliver
- Mike Trempe, Vice President
- Chris Wells, Treasurer
- Maureen Fagans, CEO

USS is funded (in part) by a Title III grant under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2. Funds also provided by Clark County Senior Services Levy, United Way of Clark County, Mental Health & Recovery Board of Clark County, Corporation for National and Community Service, VOCA, Springfield Foundation, Healthpath Foundation, Community Health Foundation, Clark County JFS, member fees and donations. USS is non-discriminatory in services and employment, and facilities are accessible to all people.

Cover photo by
Paul M. Espo

Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston

Director's Corner

Dear Members and Friends,

I speak for all USS staff when I say "WE MISS YOU - A LOT"! We miss greeting you and your friends sipping coffee in the morning, counting laps around the hallway, laughing in the pool, and discussing that last round of pinochle. Our offices and staff remain very busy providing essential services to the older adults who need our support but the multipurpose rooms downtown and at our satellites are quiet now, deep cleaned, sanitized, sealed off, and quiet, in anticipation of getting back together again someday.

Unfortunately someday isn't going to be soon. Everyone is very aware that older adults are more vulnerable to the terrible and sometimes lifelong effects of COVID-19, and we all know that COVID-19 remains highly infectious without a cure or a vaccine (as of today). When the governor allows senior centers to reopen, the order will come with CDC and Ohio Health Department restrictions designed to protect us, which will make it difficult to host small classes and meetings, and impossible to host anything with more than 10 people. As we contemplate what reopening will look like we already know that large events, such as bingo and Vintage Voices are on the impossible list for the time being. We also know that reopening restrictions will make dropping into the center without an appointment or registration impossible, too.

United Senior Services has the complication of essential service staff working out of the same facility downtown that members use for recreation. Therefore our safety precautions are structured to protect not only members coming into our building but also to protect our staff who are responsible for the care of hundreds of Clark County senior citizens living at home with no one else to look after them.

So how do we balance these similar but competing interests? Well, we continue to focus on what we can do. We can continue to provide in home services to seniors who need us by protecting our staff. We can change lunch at community dining rooms to lunch by drive thru pick-up. We can explore programming outdoors now that summer is here. We can continue to stay in touch with phone calls and virtual programming. Read the following pages to learn about 'virtual' classes that are available to you now and at no cost. Is using technology a barrier to participating? Please let us know, we may be able to help.

We will continue to plan for a future without COVID-19. And we will remain hopeful that we will be back together soon. There are days that my frustration with this situation is overwhelming. I suspect that happens to all of us every once in a while. If you don't have a trusted family member or friend to talk to there are wonderful people waiting to talk and support you at the other end of the confidential Mental Health Recovery Board Clark Co. Crisis line at 937-399-9500.

Wear your mask, keep in touch, and stay safe.

Thank you for the opportunity,

Maureen Fagans
Chief Elder Officer



**Our mission will not
waiver in this time of need.**

What's CONTINUING ↓

In light of the current COVID-19 state of emergency

Essential Services Continue

1. Meals on Wheels

If you would like to receive home delivered meals, please call 937-323-9688 for more information.

2. Dining Room Meals

These meals have been changed to Meals on Wheels delivery OR pick-up. Please contact 937-323-9688 for more information and eligibility guidelines.

3. In-Home Services

Homemaker, Personal Care & Respite Care will continue as regularly scheduled. Questions can be directed to 937-521-3012.

4. Transportation

USS is still providing transportation to medical appointments, pharmacies, and grocery stores. Please contact 937-521-3000 to schedule a ride.

5. Grocery Delivery

This assistance has been added to meet the needs of older adults who should not go out. Please contact 937-521-3012 for more information and additional clarification.

6. Medicare Assistance

Medicare Assistance continues through over-the-phone consultations only. Please contact 937-323-6059 for questions or to schedule an appointment.

7. Emergency Assistance

USS continues to provide emergency assistance to residents of Clark County who may need it. Please contact 937-521-3005 for more information.

**All other questions regarding services and programs can be directed to 937-323-4948.
Thank you for your understanding during this time.**



Vicki, Wanda, Jenny, In-Home Services Staff



Laura, Sally, Caring Services Staff

What's CHANGED ↓

Due to the current COVID-19 state of emergency

Virtual Class Offerings

As we all know, nothing can replace being together! We miss seeing our members in person, and we know you miss seeing each other and your regular routines at USS! Since we can't be together in our USS centers, we are bringing our USS centers to you, virtually that is! USS staff and volunteer instructors have been working hard to transition classes and activities to a virtual format. We are happy to be offering a wide variety of free, virtual offerings to all members, clients, and community members. From weekly Yoga and fitness classes, to special one-time presentations and partner programming with other Clark County agencies, there is bound to be a class for you! Many of you are tech-savvy, but if you are not, don't be intimidated. This is your opportunity to learn new skills and we will be there for you every step of the way. Our staff and instructors are ready to help you get connected and feel comfortable with our digital platform so that you can stay fit, talk with friends, and participate in interactive, virtual learning environments.

Confirmed Virtual Class Offerings in July:

Pilates: Every Monday at 9:00am

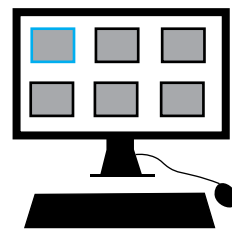
Yoga: Every Thursday at 9:00am

Parkinson's Support Group: Tuesday, July 14 at 1:00pm

Taking Control of COVID-19: Wednesday, July 22 at 1:00pm

...And more to come! Stay tuned!!

For additional information and the full list of updated class and program offerings, please visit our website at www.unitedseniorservices.org. If you have questions or concerns, contact Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or call 937-323-4948 ext. 141.



Interested in Membership?

During this time, USS is still accepting and processing memberships for 2020. If you need to renew your membership or know someone who is interested, please call USS at 937-323-4948. We will process your completed application and fee promptly once it is received.

Consider a gift?

Every dollar donated to USS helps to ensure that all older adults in Clark County can take part in activities at our centers and that essential services are available to them in their own homes. We welcome gifts in this time of need. Please call Stephanie McCuiston at 937-521-3002.

What's CHANGED ↓

Due to the current COVID-19 state of emergency

Programming Update

Over the last few months, USS has been unable to present our popular Lunch and Learn series. However, we are now prepared to provide the learning part virtually – just no lunch, at least for now. For our first Virtual Lunch and Learn, USS welcomes a speaker sharing tips all can use right about now:

Laney Medvescek
Wellness Coordinator at Oakwood Village
“Taking Control of COVID-19”
July 22nd at 1:00 pm

Participants will learn how to stay positive while social distancing with physical and mental activity. Event Sponsor: **Mercy Health Oakwood Village-Senior Living**. Call 937-521-3010 to sign up.

Tours Update

The **Pacific Northwest Tour** scheduled for July 17 – 24 is cancelled due to varying quarantine restrictions in each of the states involved. USS will be offering this tour again in 2021.

The **By the Sea Tour** scheduled for August 25 – 28 is cancelled. Atlantic City has prohibited all beach and boardwalk gatherings for 2020. USS will offer this tour again in 2021.

The **Mystery Tour** date has been **changed to October 13- 15**.

The **Christmas at Opryland** scheduled for December 8-10 remains a confirmed departure.

All travelers have been or will be notified regarding any changes in their tour by phone, letter, and/or *The Center Page*. Feel free to leave a voicemail for Pat Brown at 937-521-3016. Thank you for your continued understanding and support.

SAILL Update

SAILL is in contact with instructors who have taught in the past and are looking forward to teaching again soon. We are continuing to look for ways to bring SAILL classes to our members virtually, at no cost. For the latest on all class and program offerings as they become available, please visit our website at www.unitedseniorservices.org.

Early Voting

Be an early bird! There's no need to wait if you're planning to vote by mail. You can submit an application now for your November election ballot. Call 937-521-2120 and the Clark County Board of Elections will mail you an application, or visit www.voteohio.gov to print a form yourself and mail it in!

Tax Reminder

Due to COVID-19, the IRS has extended the filing deadline for tax returns from April 15 to July 15, 2020. The IRS urges taxpayers to file as quickly as possible. Taxpayers do not need to file any additional forms or call the IRS to qualify for this extension. For those who can't file by the July 15, 2020 deadline, an additional extension is available to all individual taxpayers by filing form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Businesses who need additional time must file Form 7004.

Stay Connected!

To stay up to date on all of the latest happenings at USS, from updates about programs and services to new virtual class offerings, monitor our website: www.unitedseniorservices.org or check our Facebook Page:  @UnitedSeniors.

Parkinson Disease Support Group

For those diagnosed and their loved ones

The Parkinson Support Group is continuing to meet virtually on the second Tuesday of each month at 1:00 pm via Zoom. Everyone seems to enjoy seeing one another and getting a chance to get caught up on one another's adventures over the past few months. The time together is spent learning, sharing, and supporting one another.

Our July 14 speaker will be Natalie Huber, Manager of the Springfield Regional Sleep Center. Natalie will talk with us about the importance of sleep for both our physical health and our emotional health. Sleep helps us to keep strong, healthy, and more alert. We will learn how many hours of sleep we need each night and how sleep changes as we age. Come to the meeting with your questions and get answers from a very lively, fun, and informative presentation. In other words, you will not be able to sleep through this class!

This support group is open to those diagnosed with Parkinson's Disease and their caregivers. The class is presented virtually via Zoom. If you would like to attend:

1. Notify Jane at jeckels@unitedseniorservices.org or 937-323-4948 ext 209.
2. Download the Zoom app. We have easy information sheets available to help you. You can ask a friend, a family member, or contact Jane to walk you through it. It is a simple, easy download.
3. Wait for your email to come the day before the meeting for the link if you will be attending on your computer, or the dial-in information if you will be calling in by phone.
4. Click on the link or call in about five to ten minutes prior to 1:00 pm.
5. Learn all about sleep!

A Good Word About USS

“When COVID-19 came to Clark County, not a single USS meal driver considered taking time off. While everyone else was fearing the virus, our drivers were fearing for their clients. Even now, after nearly 3 months, no one has taken a single vacation day! The meals staff has endured a lot. We have asked them to make a number of changes to accommodate safety precautions and to add fresh produce to their daily deliveries. When we have asked, they have certainly delivered, keeping the health and wellbeing of their clients their only priority.”

- Sharon Torres,
Senior Meals Director

“When living in times like these, it's important to find joy in all of the little things. It's even better when you can find that joy while at work. Over the past couple of months I've been helping with a variety of essential programs here at USS, one of those being the Meals on Wheels Program. A favorite story I like to tell is that one day I dropped off a client's lunch and offered her some fresh produce that we had received from Second Harvest Food Bank. The client was ecstatic about the fresh zucchini. The next day when I dropped off her lunch, she had baked me some fresh zucchini bread! What a treat for us both!”

- Laura Fulton,
Prevention Program Coordinator

RSVP

Retired & Senior Volunteer Program

Volunteers Keeping Busy...

Mary Wells began volunteering with RSVP last November and found her perfect fit at On the Rise. As an experienced journeyman carpenter, building inspector, and house rehabber, Mary was asked to complete a special project for the agency to make better use of their farm land – to build a mobile hen house. This took about 70 hours of hard work, including the modifying of a rusted old trailer to use as the base. She had a lot of fun with this project and loved being able to work outside during COVID-19. In addition to her special project, she helped with the Youth and Teen Programs. On The Rise founders Debbie and Cathy consider Mary to be “a piece of gold and a heck of a worker.” The organization is a year-round program serving at risk youths of Clark County. They promote responsibility, compassion, work ethic, and positive self-image by getting back to basics on a working farm setting. The youth and teens cook, clean, care for animals, sew, garden, and receive tutoring. For more information, check out their Facebook page.

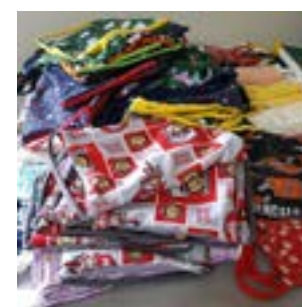


Mary Wells



Commander Mike Medlocke of VFW Post 9966 in New Carlisle accepts masks donated by RSVP volunteers **Diana Vest** and **Ann Richardson**. Diana and Ann have each spent over 400 hours cutting and sewing, and have donated over 1900 masks since the pandemic began in March. They have also donated to Springfield Regional Cancer Center, Clark Co. Emergency Responders, Clark Co. Sheriff's Department, Arbys, Taco Bell, three high rises, Clark Co. Public Library (Park), and to any individual they knew needed one. They have sent masks to California, Indiana, Wisconsin, Michigan, Illinois and all over Ohio.

In order to find some scarce supplies, Diana has driven to Dayton, Beavercreek, Piqua, Troy, Huber Heights, and “every Walmart possible.” The materials needed were purchased at their own expense. Upon hearing of these ladies' efforts, United Senior Services Director, Maureen Fagans, donated enough material to make over 200 more masks for our in-home service workers and their clients. Thank you, ladies, for helping to keep us safe.



Ann Richardson
Diana Vest
CDR Mike Medlocke



RSVP is sponsored by United Senior Services of Springfield, Ohio, and is funded by federal funds through the Corporation for National and Community Service, by a grant activity through Ohio Department of Aging, and by local matching funds in Clark and Adams Counties.

Department Highlight

USS SENIOR MEALS DEPARTMENT

Keeping older adults involved, active, and independent is at the core of the United Senior Services mission. Providing delicious, nutritious meals is one of the essential services USS provides, in good times and in bad. We are proud to report that this service has not waived during our Center's temporary closure due to COVID-19. Good nutrition is a key component in our overall health and wellbeing. Plus, food is fun. Food is social. Food is something to enjoy, and we at USS certainly enjoy providing meals for our neighbors in Clark County. In fact, in 2019, USS shared more than 114,000 meals with older adults all over our community. Another fun fact? USS meal drivers cover more than 500 miles a day, Monday through Friday! But if you think their mileage is impressive, you should really meet the members of our staff who work hard every day – even through a pandemic – to ensure their neighbors have a hot meal. Drivers and administrative staff alike, these folks are a wonderful example of the dedication you find here at USS. Please join us in celebrating them the next time you see them in your neighborhood!

THANK YOU TO OUR SENIOR MEALS STAFF:

Sharon Torres, Director, Senior Meals
Rita Marshall, Senior Meals Supervisor

Kay Blair, Fred Camden, Brian Eanes, Rick Finchum, Michael Goodman, Treva Howell, Bonita Lewis, John Marburger, Ronel Muskeyvalley, Jeanette Sierecki, Amos Sims, Arnold Sims, Barry Sinks, Betty Smith, Bonita Stevens, Rhonda Stout, Denise Turner, Marvin Underwood, Linda Waldron, Vickie Walters, and Dan Wilber.



Laura Fulton



Dan Wilber



Bonita Stevens



Ronel Muskeyvalley

Community Corner

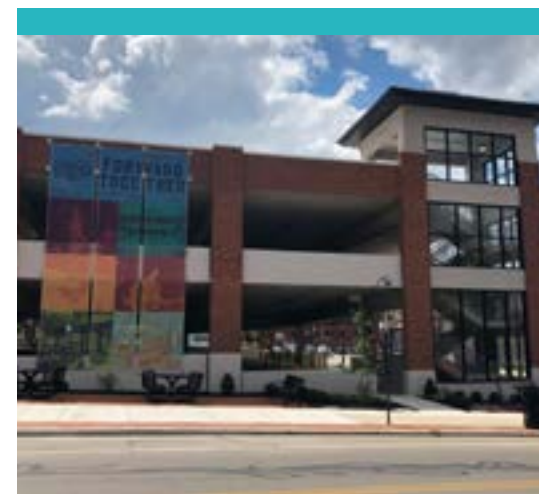
What's Down (town) is Up!

For those USS members choosing to stay safe at home as the pandemic continues, this update is for you! Lately it may seem that the whole world has slowed down or even stopped, but throughout the spring, big things were happening in downtown Springfield. A new parking garage, the restored Myers Market building, and authentic Italian cuisine are the newest amenities now available in your backyard. For years, local leaders had hoped to add a modern parking garage to accommodate the ever-growing downtown business and retail district. Well, for all the challenges 2020 has brought us, here is one thing we can all celebrate: the City of Springfield, Clark County, and the State of Ohio have brought another long-awaited plan to fruition. With a total investment of \$6.8 million, a beautiful new parking garage, located on the SW corner of Fountain and Columbia, is now complete!

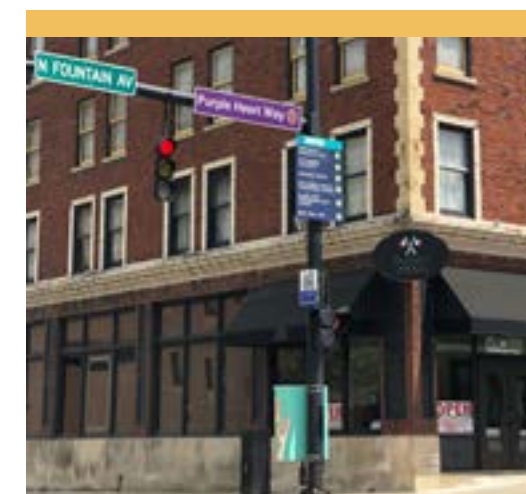
Just across the street, you can now visit Fratelli's Italian Restaurant, owned and operated by local entrepreneurs Dominic and Kim Catanzaro. Open Wednesday through Sunday for lunch and dinner and available dine-in, carry-out or delivery, Fratelli's is located at 42 N. Fountain Avenue.

Walk or drive just two blocks south to find another new gem, CoHatch The Market, which offers private offices, community meeting space, event space, a commercial kitchen and a wide variety of brand new food and drink retailers including The Painted Pepper, Crust & Co., Ironworks Waffle Café, Fresh Abilities, The Market Bar, and North High Brewing. A \$2.4 million renovation and partnership between CoHatch, SpringForward, and several private investors, this new offering is a feather in the cap of the once again bustling downtown area.

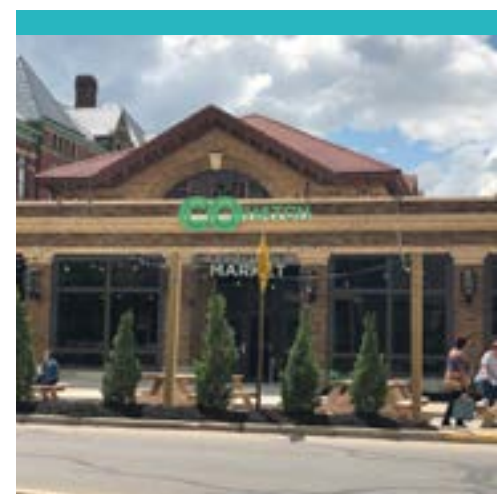
Springfield City Manager Bryan Heck invites *The Center Page* readers to come enjoy our downtown when the time is right for you. "Downtown Springfield continues to flourish as the community works together towards revitalizing our City's core. New restaurants and retail opportunities have been added recently and serve as a great complement to the existing businesses that call downtown home. United Senior Services is a committed partner to the continued rejuvenation of downtown as seen through their own investment. We hope that our friends and neighbors 55 and better will explore all that downtown has to offer!"



Downtown Parking Garage



Fratelli's Italian Restaurant



CoHatch



Elderly United of Springfield & Clark County, Ohio, Inc.
125 West Main Street
Springfield, OH 45502

**UNITED SENIOR SERVICES SUPPORTS
BLACK LIVES MATTER**

USS is deeply concerned and angered by the continued prejudicial treatment and violence against Black Americans as a result of a long history of systemic racism that permeates our country, our culture, and our communities. USS employees, members, and friends attest to the pain and grief this injustice continues to cause. This must end. As a local agency, USS commits to examining our own practices and behaviors to improve our organization and make our centers welcoming, safe havens for Springfield and Clark County older adults. As a leading advocate for improving the lives of all older adults in Clark County, USS stands with those who seek to change systemic injustices. USS stands with **you.**