

The Center Page

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

SEPTEMBER 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.

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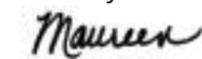
Director's Corner

Dear Members and Friends,

USS centers are postponing our reopening date. Welcome to the "coronacoaster." I am very disappointed to report that we are extending the closure of USS centers until January 11, 2021. While our Governor has announced that Ohio senior centers may reopen later this month, Clark County infections continue to rise. As I write this, our county is back to a level 3 emergency. As schools reopen, flu season begins and, with no vaccines available, the risk of transmission and infection remains a great concern, especially for older adults. I will be happy if and I remain hopeful that we could reopen sooner if there are positive changes to the COVID-19 infection rates. I remain in close contact with our health department and when there is significant downward movement in the rate of infection in our community, USS centers will slowly reopen for recreation and social activities. Until that time, USS centers remain closed in order to keep members and staff safe and healthy. Continue reading the following pages to learn about virtual opportunities to exercise your body or your mind from the comfort and safety of your home and watch our website, enewsletter and our facebook page for updates about reopening. If you find you need support, remember that USS services for meals, in-home care, transportation, grocery shopping, and other programs continue uninterrupted.

This pandemic has been one heck of a ride! I read a timely article in the *Next Avenue* online newsletter about coping with the ups and downs of the "coronacoaster" - what an appropriate word! I suspect we have all taken an emotional ride or two these past 5 months. We have been forced to adapt to new rules, new routines, new normal, and constant change! I admit it, some days the ride is more anxiety than adventure. According to author Randi Mazzella, this rollercoaster of emotions is normal, and she provides sensible reminders to help us cope and stay healthy during this unprecedented time, starting with: *It is okay to be emotional.* Acknowledge your feelings. We all miss our daily routines, hugging our family, and outings with our friends. Every time we think we understand the rules, they change. We have a right to be angry every once in a while, and we have a responsibility to look forward with hope to a day without this threat. *Look for the positive.* Is your glass half empty? Perhaps you, as I, need to recognize that the glass is also half full and find the bright side of our daily interactions. *Remember to check in with family and friends.* Knowing that we are not alone on the "coronacoaster" helps us all to weather the ride a little better. *Provide community service.* Call your church or your favorite non-profit and see if there are ways to give a little time safely. Having purpose benefits others and ourselves. *Filter and limit the news.* Stay informed but set a time limit. And to sleep better don't read or watch news before bedtime. *Create a routine.* Set a schedule, eat healthy, exercise, and stick to it. Our bodies and our minds will appreciate it. To learn more, the full article is available at www.nextavenue.org. Stay safe and wear your mask!

Thank you for the opportunity,


Maureen Fagans, CEO



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

What's NEW ↓

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 937-323-4948 ext. 203 for more information and additional clarification.

6. Medicare Assistance

Medicare Assistance continues through over-the-phone consultations only. Please contact 937-323-6059 with 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.**

Farmer's Market Nutrition Program

The Homefull 2020 Ohio Senior Farmers' Market Nutrition Program is effective until October 31. Income eligible persons 60 and better can obtain a \$50 voucher towards participating Clark County Farmers' Markets.

Monthly income guideline:

1 person household	\$1,925
2 person household	\$2,607

It's not too late! Call Rita Marshall at 937-521-3011 for more information.



Springfield Masonic Community Update

Joan Snarr, your USS liaison from the Springfield Masonic Community, wants you to know she is here for you on Thursday's at the York Rite Lobby from 1:00-3:00pm. Please stop by and chat with her about any concerns you may have. Current information is available at the table, but if there is something else that you need information about, she will be happy to get it for you.

What's NEW ↓

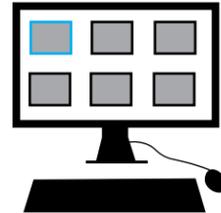
Virtual Class Offerings

Confirmed Virtual Class Offerings in September:

- Pilates: Every Monday at 9:00am
- Movin' with Music: Every Tuesday at 10:30am
- Zumba Gold: Every Wednesday at 1:00pm
- Yoga: Every Thursday at 9:00am
- Drums 4 Fitness: Every Friday at 11:00am
- Parkinson's Support Group: Tuesday, September 8 at 1:00pm
- Healthy U: Wednesday's at 9:30am; August 26 through September 30
- Eating Smart, Being Active: Thursday's at 11:00am; September 17 through November 5
- Options for Pain Management: Tuesday, September 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: www.unitedseniorservices.org. If you have questions or concerns, contact Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or call 937-323-4948 ext. 141.



Parkinson's Disease Support Group

The Parkinson's Support Group is open to all who are diagnosed and those who care for or love them. We meet the second Tuesday of the month on Zoom. The next meeting will be September 8th at 1:00 pm. Our speaker will be Molly Hallock from the Kettering Health Network. She will talk to us about the educational classes offered through their network. Please let us know if you would like to join by contacting jeckels@unitedseniorservices.org or 937-323-4948 ext 209.

Programming Update

Dr. Abdul Shahid, Pain Management Specialist - Mercy Health
"Options for Pain Management: Ways to Stop Living with the Pain"
Tuesday, September 22nd at 1:00pm

Join USS and **Villa Springfield** as we learn about the back and spine and how to manage pain that may be associated. Dr. Shahid is an affiliate doctor with Mercy Health and has completed fellowship training at Ohio State and the University of Rochester in New York. You will not want to miss this one-time program. All attendees will be entered in a drawing for a special prize. Call 937-521-3010 or email twickham@unitedseniorservices.org to sign up.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

One of the many disruptions COVID-19 has had on the lives of our community members has been an increased need for food distribution. Most of our food pantries and community meal sites have quickly responded to new guidance and requirements in order to provide emergency food assistance to keep both volunteers and clients as safe as possible. In spite of many agencies suspending all activities for senior volunteers, we had over 50 members of RSVP of Clark & Madison Co. report 3,444 hours between April 1 and June 30 for service provided to food pantries and community meal sites. RSVP staff spoke with some of the recipients who were overjoyed and so grateful to the volunteers and agencies. Our volunteers at Family Needs, Food Thru Faith, Good Samaritan Food Pantry, Jeffersonian Senior Citizen Center, Mt. Sterling Community Center, St. John's Rainbow Table, Springfield Soup Kitchen, and St. Vincent de Paul are currently helping with local food needs.



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 state subsidy through Ohio Department of Aging, and by local matching funds in Clark and Madison Counties.

Blocks to Blankets Update

2020 marks the 6th year of one of the most popular activities at USS, Blocks To Blankets! So far this year our group has donated over 2,300 items, including blankets, hats, scarves, etc. Inmates from Madison Correctional have made and donated over 400 items from yarn that we have provided to them. Our group will be meeting in the parking lot of USS on September 8th from 10:00-10:30am. Please stop by if you'd like to donate something or get involved with our group! Call 937-323-4948 for more information.



Photo Club Update

Bored at home? Have an interest in photography? The USS Photo Club invites you to join our Zoom gatherings every Thursday at 3:30pm. If you're interested, email Secretary Dean Elam at dearthur2941@woh.rr.com for an invitation to the meetings. Our club has some of the best photographers in Clark County and we love talking about all things photography!



What's NEW ↓

Tours Update

We are sorry to inform our travelers that the remainder of the 2020 tours have been **canceled** due to travel restrictions related to COVID-19. This includes the **Mystery Tour** and the **Christmas at Opryland Tour**.

We are in the process of notifying all travelers of cancelations and getting refunds out as soon as possible. Although it may not be prudent to travel just yet, it doesn't mean you can't imagine the wonderful destinations we have planned for you in the future. So continue to dream about the day you board the coach, plane or train. We hope when that day comes, you'll be exploring the road less traveled with USS Tours.



A Good Word About USS

“ We have a client who has been riding with us for around 4-5 years that we take to dialysis two times a week. I went to pick her up one morning recently and was concerned when she wasn't there. A few days later, the client called to let us know the great news. She had a kidney transplant! She was home, feeling great, and no longer needing dialysis treatments. We will miss our client, but we are happy she is recovering and doesn't need our transportation services any longer! ”

- Pete Jackson
Transportation Driver

“ Pete Jackson –22 years, Doug Harris –17 years, Mike McNutt –16 years, Dan Sherrock –7 years, and John Lautzenheiser –7 years. These are the drivers that are dedicated to USS and have stepped up during this time of need. Despite having to change their everyday routines, their top priority continues to be their clients who need assistance getting to their appointments, such as those in need of Dialysis and Cancer treatments. The drivers are also committed to making sure the vans are cleaned and sanitized to ensure the health and safety of their clients. The next time you ride in the USS van, please make sure you thank the drivers for all of their hard work! ”

- Lisa McDonough
Transportation Manager

Around Town Scavenger Hunt

Want to have some fun from the safety of your own car? Join USS and **Villa Springfield** for our first scavenger hunt around Springfield on **September 9th**. Read the clues on our Facebook page, hop in your car, drive to the location and snap a picture with your phone! The clues will be posted to our Facebook page @UnitedSeniors at 9am on the 9th. After you find the locations, you will then send your pictures to scavengerhunt@unitedseniorservices.org. If all of your pictures are correct, your name will be put into a drawing for 1 of 4 gift cards for \$25 from **Villa Springfield**. Call Tracy Wickham at 937-521-3010 for more information or if you would like to have the clues emailed to you.



Department Highlight

USS TRANSPORTATION DEPARTMENT

Ensuring that Clark County residents age 60 and better have transportation to both medical and non-medical locations is one of the most important and essential services USS provides in our community. In 2019, our transportation drivers traveled an amazing 127,754 miles to provide rides for 651 USS clients on 14,559 trips!

Our Transportation Services Department provides rides for doctor's appointments, medical treatments, as well as for seniors needing rides for things like grocery trips and other essential errands. What's more, through USS, safe and dependable rides are available to Clark County residents age 60 and better with no service fee, although donations are always appreciated!

Our drivers are employees and are trained, tested, and supervised to always ensure safe travel, and our vehicles can accommodate ambulatory individuals as well as those with walkers and traveling in wheelchairs.

At USS, we know that transportation is vital for our members and clients in both good times and bad. During this pandemic, the USS commitment to providing this service has not wavered. If you or someone you know needs to schedule a ride, please call 937-521-3000. Our drivers are looking forward to meeting you!

THANK YOU TO OUR TRANSPORTATION STAFF:

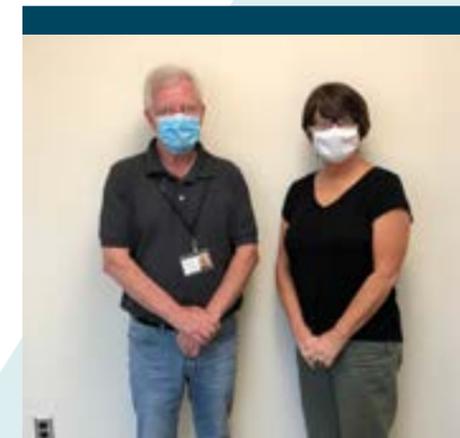
Lisa McDonough, Transportation Manager

Dan Sherrock, Administrative Assistant and Driver

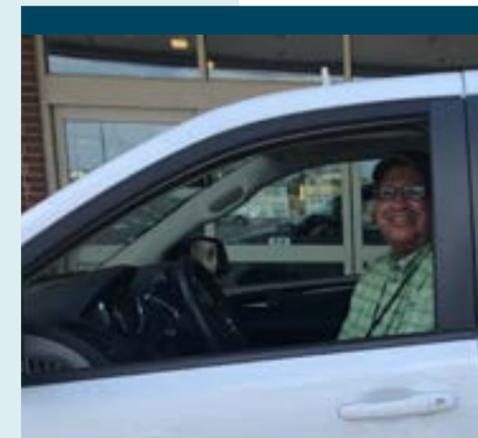
Doug Harris, Pete Jackson, John Lautzenheiser, Mike McNutt, and Mark Whatley.



Mike McNutt, John Lautzenheiser, and Pete Jackson



Dan Sherrock and Lisa McDonough



Doug Harris



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



**Funded by
CARES ACT**
Coronavirus Aid, Relief,
and Economic Security

The Ohio Department of Aging has received funding to support the nutritional needs of older adults through the federal CARES Act. Part of this funding supports Ohio's small-business restaurant initiative, *Staying Healthy*. We are proud to announce that USS is a partner of the *Staying Healthy* Program. Local restaurants will provide nutritious carry-out meals at no cost to eligible older residents of Clark County. Donations to the USS Senior Meals program are always appreciated.

Local Restaurant Partners:

- **Carmae Catering**, TBD, Northridge, OH
- **Stuebaker's**, 416 N Main Street, New Carlisle, OH
- **LeeAnn's Dairy Delight**, 619 E High Street, Springfield, OH
- **Teaberries**, 1600 E Leffel Lane, Springfield, OH
- **...And more to come! Stay tuned!!**

Clark County seniors age 60 and better who are not currently enrolled in our USS Meal programs may be eligible. Please call 937-323-9688 for registration details.