

The Center Page

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

NOVEMBER 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
- 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

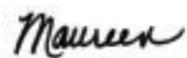
Dear Members and Friends,

Even during COVID, there are always new things happening at USS! Let me count the ways...

1. November is the kickoff of our annual membership drive. That much is consistent with past years. But since USS has been closed for the majority of this year, all 2020 members will be automatically re-enrolled as 2021 members at no cost! Watch for further instructions you'll need to follow in order to finalize your 2021 membership. If you are new to USS please call for a 2021 member application and we will mail one to you. And please remember, USS membership is never required to access our supportive services. If you or someone you know could benefit from meals, transportation, in-home care, or other Caring services, USS is ready to help.
2. Our "Staying Healthy" restaurant partnership has been very popular!! This fun alternative to cooking at home has been made possible with a CARES Act grant in partnership with local restaurants until the end of 2020. Now that we are operational, the demand has not let up; therefore, we are exploring ideas to continue this delicious program into January and beyond.
3. USS is hiring in our In-home Services department to meet the demand for homemaker and personal care services. Are you looking for meaningful work or do you know someone who is looking for a part-time or full-time position in a professional and friendly work environment while helping older adults? Please check our website for open positions and to download a copy of our employment application.
4. I recently learned that most Ohio senior centers, like USS, have postponed reopening their facilities until 2021 in response to the yo-yo effect of infection and transmission rates of the coronavirus. As I write this, Clark County has been elevated to a Level 3 Red Zone, again. I am grateful for the good advice of our local Health Department. Like USS employees, our Clark County Health Department is a very hardworking team of professionals, and we thank them regularly for their support.
5. On the subject of reopening, we are preparing to meet the long list of requirements that the Ohio Department of Health has outlined to safely welcome members back. Your experience in our center, once we are finally able to invite you in, will be very different than when you were last here. Masks will be required and temperatures will be taken. Social distancing and limits on number of people permitted in the building will be required, too. We will communicate the new rules in a number of ways as we get closer to reopening.

As the holidays approach, I find myself reflecting on all of the things I am grateful for. Even though 2020 has been a year full of trials, there continue to be bright spots, too. I am very grateful for being on this journey together with all of you.

Thank you for the opportunity and Happy Holidays,



Maureen Fagans, CEO



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

What's NEW ↓

USS Celebrates Veterans Day

**"With Respect, Honor, and Gratitude"
Wednesday, November 11th, 9:00am**

USS and *Mercy Health Oakwood Village* want to say thank you to veterans for their service and dedication. A drive-up breakfast will be provided to honor veterans 55 and over at the USS downtown center. The first 75 veterans to drive by will be served a breakfast sandwich, potato patty, and fruit cup in an insulated lunch bag. All staff will be wearing a mask when serving your meal. Please call Tracy Wickham at 973-521-3010 if you have questions.

Programming Update

**Laney Medvescek
Mercy Health Oakwood Village**

**"Staying Healthy Through the Holidays"
Tuesday, November 17th, 1:00pm**

This program will cover mental and physical health, hygiene health, and staying warm, while addressing the importance of each of these topics in regards to COVID. To register, contact Tracy Wickham at twickham@unitedseniorservices.org or 937-521-3010. This session will be pre-recorded.

Annual Campaign

The USS annual campaign continues! Thank you to all those who have made a donation already. All gifts make an important and lasting impact at USS. Please consider a gift to support USS in 2020. Call Stephanie McCuiston at 937-521-3002 or visit our website to donate today.

Caregiver Training

**"Support for Caregivers - What's out
there and how can it help me?"**

Monday, November 9th, 10:30-11:30am

Caregiving is rewarding but stressful. The November 2020 Zoom Caregiver Training will be a discussion that will cover the role of the family caregiver and knowing when services should be accessed, as well as providing tips on how to use those services. There are many resources in our community that can support family caregivers and reduce caregiver stress. Caregivers will learn about building their own support team. Jane Eckels, MSW, LISW-S, who is the Prevention Support Specialist at USS, will be presenting this discussion. The registration deadline is November 2nd. There is a limited number of participants permitted to join. Email knevius@info4seniors.org to reserve your spot.

Stay at Home Bingo

Play bingo from the comfort of your home! All you need is your phone and a bingo card. We will be playing on **November 17th and 18th at 1:00pm**. Call Tracy Wickham at 937-521-3010 to reserve your spot. You will be provided a number to call and pin number to access the game. You will also be given the rules and put into a group of 12. Bingo cards can be picked up outside of the USS downtown center from 9:00-11:00am, November 9th-13th. Please take only one card. For those who don't drive, cards can be mailed or delivered. Winners of the game will receive a \$10 gift card from *Mercy Health Oakwood Village*.

What's NEW ↓

Virtual Class Offerings

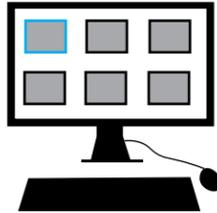
Confirmed Virtual Class Offerings in November:

Weekly Exercise Classes:

- 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

Special One-Time Workshops:

- Support for Caregivers: Monday, November 9 at 10:30am
- **Open Enrollment Education: Medicare Supplement Plans vs. Medicare Advantage Plans**
Provided by **RetireMEDiQ**: Tuesday, November 10 at 12:00pm
- Investing in 2021: Tuesday, November 10 at 1:00pm
- Parkinson's Support Group: Tuesday, November 10 at 1:00pm
- Preserving Your Family's Heirlooms: Tuesday, November 10 at 2:00pm (4 week program)
- Rise Up: Thursday, November 12 at 11:00am
- **Open Enrollment Education: Navigating Medicare & Your Retirement Health Care Costs**
Provided by **RetireMEDiQ**: Thursday, November 12 at 12:00pm
- Then and Now: Monday, November 16 at 9:00am
- Staying Healthy Through the Holidays: Tuesday, November 17 at 1:00pm
- Parkinson's Support Group – Friends Together: Tuesday, November 24 at 1:00pm



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. 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.

Parkinson's Disease Support Group

The Parkinson's Disease Support Group continues to meet virtually while the USS center downtown is closed. If you would like to join us via Zoom, we would love to meet you. Our next meeting is on **November 10 at 1:00 pm**. The speaker will be Robert Parrett, Director of Mercy Rehab. His presentation will cover exercise. If you would like to register, please email jeckels@unitedseniorservices.org. The meeting is free and open to those with the diagnosis of Parkinson's as well as those who love and care for someone with the diagnosis.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Large Supply of Life-Saving Magnets Distributed to Clark County Seniors

USS and Mercy Health Oakwood Village have teamed up to distribute a large supply of life-saving magnets, known as the EMS File, to seniors in the Clark County community.

A program that has been in place for decades and is sponsored by USS, our local chapter of Retired & Senior Volunteer Program (RSVP) provides hundreds of EMS Files to older adults in the community each year.

"The EMS File is intended to help EMS teams be aware of an individual's medical history in the case that emergency care is warranted," said Barb Rossler, RSVP program director at USS. "The file consists of a magnetic red folder, which is to be placed prominently on the individual's refrigerator to quickly get the attention of emergency personnel."

The latest order of a large batch of EMS Files was made possible by Mercy Health Oakwood Village, a longtime partner of USS, and comes at a time when the health and well-being of seniors is at the forefront of first responders' minds amidst the coronavirus pandemic.

"As a senior living community in Clark County, we advocate for not only our residents but for all seniors in our community, and one way to do this is through the distribution of the EMS Files," said Sandy Chinn, director of resident services and mission integration at Mercy Health Oakwood Village. "Especially during this time of COVID-19, we want seniors to be as prepared as possible, should an emergency arise."

The EMS Files have proven life-saving on more than one occasion.

"All too often, an older neighbor is found unresponsive, but if they have an EMS File clearly visible in their home, we have access to current medical conditions, medications, physicians and family contacts," said Felix Shanahan, EMS officer with Springfield Fire Rescue Division. "Our EMS teams are immediately able to make a more informed decision for care and to stabilize the patient."

"Without the information in the file, the outcome could, sadly, be much different," he added.

The magnet files are dispersed by the USS Health Outreach Program, Springfield Fire Rescue Division, local nonprofits and RSVP volunteers.



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.

What's Continuing ↓

Essential Services Continue

1. Meals on Wheels

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

2. Dining Room Meals

These meals have been changed to pick-up. We also have the Staying Healthy program with local restaurants available. Please contact our meals department at 937-323-9688 for more information and eligibility guidelines.

3. In-Home Services

Homemaker, Personal Care and 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.

A Good Word About USS

“ I am beyond grateful to be a CHORE client! My yard has a hill and I cannot physically mow that part of the yard anymore. Receiving this service has been a blessing. Gillam does a great job and I think the yard looks very good afterwards every time they come. I look forward to having this service for many years to come. ”

- Penny McKean
CHORE Client

“ The facilities team at USS has continued to work around the clock to keep the building safe and clean for all staff and services to continue uninterrupted while we adjust to new health and safety protocols. The programming team has done a fantastic job transitioning as many in-person classes to the online platform as possible, and continues to expand on new opportunities and experiences to keep all older adults in the community engaged. Their dedication and talent to provide resources and answers to everyone's needs, does not go unnoticed. ”

- John Paulsen
Director of Operations/COO

Department Highlight

USS FACILITIES & OPERATIONS DEPARTMENT

For the staff at USS, the quiet halls in the building still seem strange. We look forward to the return of our members. But, while we are separated, the work must go on! The dedicated staff at USS have been hard at work throughout the pandemic. Some of their efforts may be easy for you to see, and many things happen behind the scenes, but all of their work is important to the USS mission and supporting your desire to stay active, involved and independent. While nothing can compare to in-person activities, USS staff continue to offer a variety of fitness and education classes online. Support groups? We've got those too. Thanks to our own instructors and experts, as well as community partnerships and resources, more opportunities are added each week in an attempt to fit the needs of every older adult in Clark County. Along with this variety of classes, our staff have gotten creative! We might not be able to have lunch together, but we can learn together through virtual programming events and we can turn popular socials into drive-through events. Within the building, our custodial staff work tirelessly to follow our new cleaning protocols to keep the offices and shared space safe for other hardworking staff providing essential services. And nothing says "front lines" like the front desk at USS! Helping USS members, clients and family members calling with questions, getting callers to the correct department, and getting folks signed up for new programs is the name of the game. Did you know USS provides help with home maintenance to keep you safe, or that we can connect you with emergency assistance so you're sure to be warm at home this winter? Our expanded maintenance program can help with smoke detectors, grab bars, ramps and other home projects that become difficult as we age. Our emergency assistance program can help you complete HEAP and PIPP applications to make your utility bills more affordable. Staff can also connect you with resources for financial assistance and help with a variety of other emergency circumstances.

THANK YOU TO OUR STAFF:

John Paulsen, Director of Operations
Kyle Farnbauch, Operations Manager
Medrith Avery, Matthies Welcome Center Receptionist
Joyce Robinson, Outreach Coordinator
Tracy Wickham, Special Events & Day Trip Coordinator

Custodians:
Curtis Cobb, Ken Diehl, Mary Miller,
Mike Upshaw, and Randy Yontz
Handyman:
Charles Cooper



John Paulsen



Kyle Farnbauch



Medrith Avery



Joyce Robinson



Tracy Wickham



Curtis Cobb



Ken Diehl



Mary Miller



Mike Upshaw



Randy Yontz



Charles Cooper



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

HONORING THOSE WHO SERVED

Happy Veterans Day 2020 from USS
See page 3 for a special thank you to Clark County Veterans

