

# The Center Page

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

JANUARY 2021



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

**ALL CENTERS CLOSED  
TO ACTIVITIES UNTIL  
FURTHER NOTICE**

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- 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.

**Cover photo by  
Warren Steinburger**

**Center Page Editors:  
Jenna Bluemlein  
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# Director's Corner



Dear Members and Friends,

COVID-19 has clouded 2020 in most every way – it has interrupted our lifelong daily habits, kept us from enjoying our friends and families, and at USS it has redirected our work. We have all accepted these life changes to protect ourselves, those we serve, and those we love. We continue to hear the news reports about how dangerous letting down our guard is right now. So this is my reminder to you to please keep your guard up and help your friends and family to do the same. News of effective vaccines gives us confidence that, although we still have a long road to “normal”, the end is in sight.

At USS we have stopped talking about reopening for recreation and socialization. Throwing our doors open and returning to familiar programming for our members is still further down the recovery road into the future. Instead, when the trends indicate it is safe to do so, we will focus on restarting recreation in a responsible, slow, safe way. We will invite groups of 10 or less people into the building for a specific class or activity, rebuilding our activity calendar one small, safe success at a time. And we will continue to make decisions about the prudence of restarting recreation with the same benchmarks that our health department uses: infection trends, community spread trends, and yellow-orange-red zone trends. The vaccine will help our community to decrease infection and transmission levels and it will also help USS to restart programming in our facilities. Although I can't offer certainty about a date for the restart of recreation at your center, I can report that we are getting closer to doing so.

We are grateful to have Governor Dewine, the Ohio Department of Aging, and the Clark County Combined Health District as our partners through 2020. They continue to provide needed guidance, and continue to make tough decisions, to help agencies such as ours keep Ohio's most vulnerable populations and elder populations safe. Now safe, effective vaccines are available to local health care workers and the most vulnerable among us. I hope that by the time you read this we will know when they will be available to you too. Then we can all resume some sense of normalcy in our lives, which includes restarting activities at USS.

There are many resources to stay informed about the efficacy, safety, and distribution of coronavirus vaccines, including our local news channels and newspapers. USS will continue to stay in touch with state and local partners and we will provide updates as we receive them. Until then keep your guard up; the end of this pandemic is in sight.

Wishing you a happy and healthy New Year!

Thank you for the opportunity,

*Maureen*

Maureen Fagans, AICP  
Chief Elder Officer

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

# What's NEW ↓

## Programming Update

**Sandy Chinn**  
**Mercy Health Oakwood Village**  
**“What Makes Us Smile”**  
**Wednesday, January 27th, 2:00-3:00 pm**

This presentation will identify what makes us smile, the variety of hugs to give, and the link between laughter and mental health. Participants are guaranteed to be uplifted and smiling! To register for this event, call Tracy Wickham at 937-521-3010 or email her at [twickham@unitedseniorservices.org](mailto:twickham@unitedseniorservices.org)

## 2021 Membership Reminder

The 2021 Membership Drive continues as we begin the new year! Don't forget, the USS Board of Directors has waived the cost of memberships in the new year for 2020 members. Simply complete the membership and waiver forms found on our website or in the mailbox outside our downtown location and place them in the locked dropbox. There is no rush to complete these, as we won't need them until we can welcome you back in the building. You can do so whenever it is most convenient. We look forward to welcoming you back to our centers once it is safe to do so!

## Stay at Home Bingo

Back by popular demand! Join USS this month as we play Bingo from the comfort of your home! All you need is your phone and a Bingo card. We will be playing on **Wednesday, January 20th at 1:00pm**. Call Tracy Wickham at 937-521-3010 or email her at [twickham@unitedseniorservices.org](mailto:twickham@unitedseniorservices.org) to reserve your spot. You will be provided a number to call and pin number to access the game. Bingo cards can be picked up outside of the USS downtown center from 9:00-11:00am on Monday, January 11th. 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 Kroger gift card from **Mercy Health Oakwood Village**. There is no charge to participate in this event.

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# What's NEW ↓

## Virtual Class Offerings

We miss seeing our members in person, and we know you miss seeing each other and your regular routines at USS! 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. 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 January:

#### *Weekly Exercise Classes:*

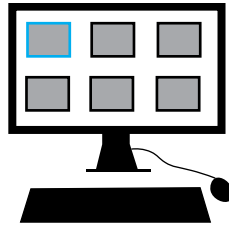
**Pilates: Every Monday at 9:00am**

**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:*

**Parkinson's Support Group – Education: Tuesday, January 12th at 1:00pm**

**Tracing Your History: Tuesday, January 19th at 1:00pm**

**Parkinson's Support Group – Friend's Together: Tuesday, January 26th at 1:00pm**

**What Makes Us Smile: Wednesday, January 27th at 2:00pm**

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

## Parkinson's Disease Support Group

The Parkinson's Support Group is meeting virtually. The meetings are held twice a month via Zoom. On Tuesday, January 12, at 1:00 pm, Breck Jordan from the Parkinson Foundation will talk to the group about the Aware in Care kit. Breck will explain the need for the kits and how to get them. Then, on Tuesday January 26 at 1:00 pm, the Friends Together Group will meet for talk, friendship, and sharing. Both meetings are free and open to those with the diagnosis of Parkinson's as well as those who love and care for someone with the diagnosis. To register, please email [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org).

# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

## Senior Corps -> AmeriCorps Seniors: New Name, Same Mission

For over 50 years, Senior Corps programs have served communities nationwide. In so doing, we have made an immeasurable impact across the country connecting older Americans with the people and organizations that need them most. Now, we will do so as **AmeriCorps Seniors**. Under this new name, our more than 200,000 AmeriCorps Seniors volunteers age 55 and older, who have made service their second act, will continue to carry the torch of volunteerism forward throughout the next 50 years.

The mission of AmeriCorps Seniors programs has never been more important and our volunteers have never been needed more. Only service and unity will bind the wounds our nation has suffered from this pandemic. USS is proud to support more than 450 local volunteers in the RSVP program.

### Retired and Senior Volunteer Program (RSVP)

RSVP is one of the largest volunteer networks in the nation for people 55 and over. Our AmeriCorps Seniors volunteers use the skills and talents they have learned over the years, or they develop new ones, while serving in a variety of volunteer activities in their community.

If you are interested in more information, please contact Barbara Rossler at 937-324-5705 or [brossler@unitedseniorservices.org](mailto:brossler@unitedseniorservices.org).

Senior Corps is now:



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

“ United Senior Services has been a great partner as we work to serve the community together during the Covid-19 pandemic. We especially appreciate the sharing of staff to support our contact tracing efforts. Keep wearing your masks and stay safe! ”

- Charlie Patterson  
Health Commissioner,  
Clark County Combined Health District

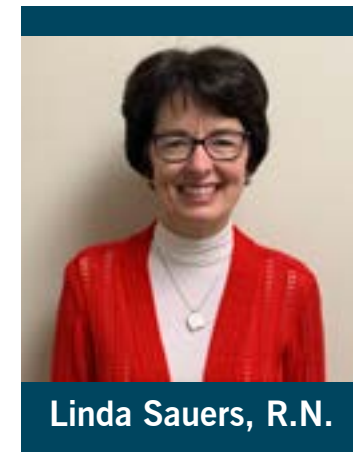
“ Helping Clark County residents age well is an important part of the mission at USS. Health education and outreach is one way we can bring our services and the expertise of staff like Linda Sauers directly to older adults in our community. Whether it is ongoing health planning or immediate needs, USS will always be there to support those who need our help. ”

- Maureen Fagans  
Chief Elder Officer,  
United Senior Services

# Department Highlight

## USS HEALTH OUTREACH PROGRAM

One of the most important factors in aging well is our health. USS's own Linda Sauers, R.N. is dedicated to reaching older adults in Clark County to address their health concerns, provide resources, and deliver reliable information and health education topics. Highly trained to help you address critical needs and to conduct confidential health and wellness consultations and screenings, Linda makes herself available to discuss health interventions that help to address immediate health concerns as well as ongoing recovery and disease management. While Covid-19 has prevented Linda from delivering some of her regularly scheduled screenings and visits in the community, you can be assured she is still using her expertise to help us all. Soon after Covid-19 first appeared in Clark County, Linda began supporting the Clark County Combined Health District in their efforts to trace the community spread of the virus in order to prevent further infections in the community. Contact tracing is an essential weapon in fighting Covid-19, and USS is proud to have one of our own fighting the good fight to protect our health during this pandemic. Thank you, Linda, for all that you do!



## THANK YOU TO OUR HEALTH OUTREACH STAFF!

### Spreading Some Holiday Cheer

Our very own Vicky Chase and Jenny Cunningham handcrafted this giant card to wish everyone Happy Holidays from USS!

It was created for display in Snyder Park this holiday season. National Trails has asked local non-profits to create cards for local residents to go and enjoy. All the cards will be displayed outside the Snyder Park Clubhouse and will be lit up at night.

Thank you, Vicky and Jenny, for bringing some holiday cheer to USS, and to the community, from all of us!





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

**Wishing  
you a healthy  
and happy  
New Year.**

