

# The Center Page

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

JUNE 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  
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## Director's Corner

Dear Members and Friends,

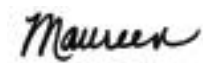
The Governor's recent press conferences about coronavirus have been focused on a slow and steady reopening of our economy by opening targeted businesses. As I read through the documents and phases for reopening various Ohio businesses, I was disappointed but not surprised to see that senior centers will be among the last Ohio businesses to safely reopen. And as I write this in the 2nd week of May, there is no encouragement for when our reopening may be permitted.

USS is following all personal protection protocols designed to keep our staff and the older adults we serve safe. This includes handwashing, masks, social distancing, and disinfecting surfaces throughout the day. We are also deep cleaning and disinfecting all of our facilities to keep employees safe and to prepare for our members to return.

Right now there is no hint of when we might be able to re-open our centers to our members and resume activities. The Governor has said that opening all businesses safely will take time. Our original shutdown notice stated that we would be closed until May 31. For the safety of our staff and the people we continue to serve in the community, we have no choice but to extend that closure date until Ohio senior centers are permitted to reopen. We are spending this time to prepare for the gradual restart of our activities. When USS does reopen we will continue to follow the recommendations for sanitation, social distancing, and group limitations. This means that through August, and perhaps beyond, all of our large gatherings and special events are cancelled or postponed.

In the meantime, hang in there! Our state and our community have joined together in unprecedented ways to protect each other from this deadly virus. It is because we are all doing our part that COVID-19 has not wreaked the havoc in our community that we originally anticipated. Watch the newspaper, your email, this CenterPage, Facebook, and the local news for announcements about when we will be able to welcome you back again. We will host classes and recreation again. We will travel. We will drink coffee and laugh together. Until then, we will wear our masks and keep our social distance apart, together.

Thank you for the opportunity,



Maureen Fagans



CEO



**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.**



Meals on Wheels Delivery



Meal Pick-Up at USS

## Member Highlight

USS members know how important volunteers are in making USS centers the preferred gathering place for Clark County older adults. In fact, we rely on volunteers at all five of our locations in Clark County each day and they are an integral part of our ever-growing operations. Carol Metzger is one of these wonderful volunteers. Carol became involved with USS when she received the Project-55 postcard in the mail and decided to become a member.

After working 13 years at the Mercy Health Cancer Center, she was forced into an early retirement from her nursing career when diagnosed with Parkinson's disease. During retirement, Carol says she missed the interaction with her coworkers and patients. While she was attending the Parkinson's exercise and support group at USS, she decided to start volunteering at the Matthies Welcome Center. Just like her former patients, USS members now benefit from Carol's caring and calm demeanor, as well as her sense of humor. When Carol is not playing Pickleball or in Parkinson's exercise, you can find her at the Welcome Center on Friday's from 11-3pm.



# RSVP

Retired & Senior Volunteer Program

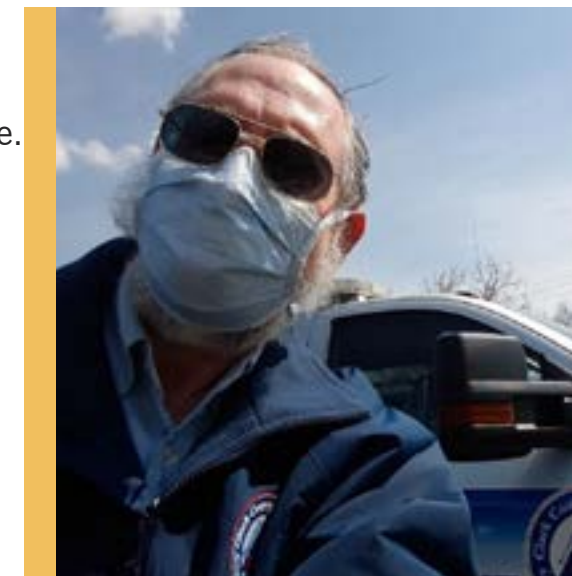
**VOLUNTEERS**  
Always Needed, Forever Appreciated

Michael Schulsinger joined RSVP in 2012. He began volunteering in 1970 and took a break to attend college and work for the Army Security Agency doing military intelligence work. In 1992, he began volunteering full time.

He recently "retired from volunteering" for the Red Cross after working for many years on the National Shelter System. Michael is quite technologically savvy, and this computer program maps the current locations of all Red Cross shelters that are open at any point in time across the country during disasters. During some hurricanes, the Shelter System required the mapping of over 200 shelters a day.

In addition to his Red Cross volunteering, Michael volunteers for the Clark County Emergency Management Agency (EMA). With EMA he has helped in Madison, Champaign, and Greene Counties with HAZMAT incidents, floods, tornados, and disaster trainings.

During the current COVID-19 pandemic, Michael has been working 15 hours every week to pick up masks, gowns, protective booties and sanitizers as far away as Dayton and deliver them to the Health Department, hospitals, and mental health agencies in all Clark County cities and townships. He calls himself a "glorified delivery man" but we know the importance of his work. USS RSVP says thank you to Michael for all he does to help keep our caregivers, first responders and community members safe.



## Special Note of Thanks

From all of us at USS, we'd like to send a special word of thanks to the individuals and partner agencies that have provided gifts and donations for the seniors we serve, as well as our hardworking staff members out there on the front lines. We really are *All in this Together*. Thank you, friends! Homemade masks have been donated by USS staff members Vicky Chase and Jane Skogstrom, and by USS members Diana Vest, Trudy Busey and Kathrin Koehler. Kathrin also provided cards of encouragement, socks, shelf stable food items, hand sanitizer and tote bags! She has even been restocking as items get low thanks to a grant from ServOhio. The Clark County Combined Health District has provided thermometers and medical masks for staff on the front lines. Villa Springfield donated 200 sets of playing cards and puzzle books. Mental Health Recovery Board of Clark, Green and Madison counties has shared with USS large bottles of hand sanitizer as well as medical masks. Local Girl Scouts shared 1000 boxes of cookies, and many kind individuals have shared toiletries, personal hygiene items, and cleaning supplies. Second Harvest Food Bank has provided 400 weekend snack sacks for the homebound seniors we serve across the county.

## A Good Word About USS

“ USS staff have great relationships with the clients we serve on a daily basis. Nothing speaks more to that than the many phone calls our department has received from clients asking when they can expect to see the homemakers and office staff back in the community. Safety is most important to USS but we look forward to the day when our full staff is back in the community helping those who need it most. ”

- Jenny Cunningham,  
In-Home Services Office Manager

“ For the last 6 or so weeks, the USS Photo Club has been meeting virtually through Zoom. While the USS buildings are closed, this is a great way for our group to stay connected during this time. Each week we are able to remain social with each other while also inviting others who are interested to start attending our meetings. While we cannot wait to be back together at USS, this is a great alternative. ”

- Dean Elam,  
USS Photo Club Secretary

Corporation for  
**NATIONAL &  
COMMUNITY  
SERVICE** ★★ ★



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.

## 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.

# Masters in the Making

While we have been apart, United Senior Services staff have been working to bring us back together. Nothing can replace being together at our centers, but thanks to our friends at Shiftology, and the most popular invention of the quarantine, Zoom, our first online opportunity for members to interact with one another launched in May.

The Aging Mastery Program is an evidence-informed course developed by the National Council on Aging to equip participants with the information needed to age well. Designed with an emphasis on peer-to-peer interaction and offering ten topics aimed at enriching the lives of the participants by helping them to make and maintain small but impactful changes in their health behaviors and financial well-being, Aging Mastery is both fun and engaging. When our centers are open, Aging Mastery Program classes are held in person at the downtown location through the SAILL program. During quarantine, current participants are using the online conferencing platform Zoom to connect with instructors and fellow participants alike.

The Aging Mastery Program currently being offered through USS is the first in the state of Ohio to be offered online via Zoom. Fifteen participants are meeting virtually each Tuesday morning to learn about exercise, sleep, healthy eating, financial fitness, fall prevention and more. Some participants opt for online video conferencing while others connect by phone to learn and share with their fellow classmates.

Each week there are assigned readings from the course textbook as well as short homework assignments that help transition newly learned information into daily routine. With each session, the participants are making small steps toward big, healthy, rewarding changes in their lives. They are having fun too! Seeing friends and sharing thoughts, ideas, healthy recipes and humor keeps participants coming back each week.

The Aging Mastery Program is an evidence-informed education program developed by the National Council on Aging and is sponsored by Anthem Insurance and the Area Agency on Aging.

*If you are interested in joining future Aging Mastery Program offerings, watch this newsletter for details or contact USS at 937-323-4948.*



## Community Corner



Today's 24-hour news cycle may keep us informed with what we *need* to know, but here is something you will *want* to know. Hint: there are cookies involved!

The Springfield-Clark County community is one we can all be proud to be a part of. Coming together in times of need is what we do, and since the COVID-19 pandemic began, USS has been fortunate to be on the receiving end of many acts of kindness, gifts, and donations. We have been reminded almost daily of the thoughtfulness of others, and it has been our pleasure to provide seniors in our community with donated personal care items, special treats and reminders that though we may need to be socially distant, letting others know we care is never impossible. Just ask the Girl Scouts of Western Ohio.

In a single day, Girl Scout Troop 35017, along with volunteers from Clark County Emergency Management, City of Springfield, and Clark County Government were able to distribute nearly 8,000 boxes of Girl Scout Cookies to USS and other local agencies as a thank you to those on the front lines of the COVID-19 pandemic. It didn't take our staff long to redistribute these special treats to seniors all over the community. To say the treats were appreciated would be an understatement. For many recipients, it is not the gift alone but the thought that counts! Thank you Troop 35017 for the cookies and, most of all, for thinking of USS and Clark County seniors!

# What's CHANGED ↓

Due to the current COVID-19 state of emergency

## SAILL Update

When the quarantine began, USS was within a week of launching its Spring 2020 SAILL classes. There were 25 lectures and classes scheduled and an impressive lineup of instructors. Unfortunately that ship "sailed" away! Your understanding during our closure has been greatly appreciated. As you know, at this time on-site/in-person instruction is not an option. We are currently reviewing classes that would do well in a virtual environment and asking instructors if they would be willing to teach online. SAILL would like to offer a few of these courses during the summer. Please continue to monitor our website and Facebook page for updates.

Lifelong learning is essential to staying mentally active and socially connected. We appreciate your continued support. Our SAILL program is in uncharted waters, but there is hope on the horizon!


## Day Trips Update

USS Day Trips originally scheduled for June have been cancelled. A decision for future Day Trips will be made at a later date. If you have any questions, please call Tracy Wickham at 937-521-3010.

## Tours Update

USS Tours is proceeding with plans for the **Pacific Northwest**, July 17 - 24; **Mystery Tour**, September 15 - 17; and **Christmas at Opryland**, December 8 - 10. However, this outbreak is dictating unavoidable date changes and, unfortunately, cancellations. The **By The Sea** Tour scheduled for August 25 - 28 has been cancelled due to Atlantic City's announcement that all beach and boardwalk gatherings have been prohibited for the remainder of 2020. USS Tours will be offering this tour again in 2021. We are assessing each tour based upon its viability, safety, and refund policies. All travelers have been or will be notified regarding any changes in their tour. Consider this a travel "intermission" and feel free to call Pat Brown at 937-521-3016 for information on all 2020 Tours. Thank you for your understanding and support.

## 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](http://www.unitedseniorservices.org) or check our Facebook Page:  @UnitedSeniors.

## Beware of Scams

New scams will certainly pop up as a result of COVID-19. Make every effort to protect yourself. For signs of scams and consumer support, visit [ohioattorneygeneral.gov](http://ohioattorneygeneral.gov) or call 1-800-282-0515. Additional resources for consumers can be found at [consumerfinance.gov](http://consumerfinance.gov) or by calling the Consumer Finance Protection Board at 1-855-411-2372.

## Stay Tuned!

Are you missing us as much as we are missing you?? We can't be together in our centers, but we are working on new ways to help our members stay active, involved and independent. Stay tuned for upcoming virtual fitness, recreation and SAILL class opportunities! Check back to our website and Facebook page for updates!



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

Wanda Stone

Fred Camden

Jane Cole

Victoria A. Shaw

Joyce Ware

Sharon Tones

Betty Smith

Mye Tuttle

Curtis E. Cobb

Rita Marshall

John D.

Jim Deeg

# WE MISS YOU

Susan Bayless

AND WE'RE LOOKING FORWARD  
TO BEING TOGETHER AGAIN

Madea Flanagan

Lisa McDonough

Anno Siro

Arnold Sims

John Marhofer

Janet L. Cunningham

Maureen

Kathleen Seas

Michael S. McQuitt

Stephanie M. McQuitt

Kay Blain

Michael Updegraff

Ruda Walden