

The Center Page

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

AUGUST 2020

Annual
Campaign
Kick-off
pg. 6

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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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
Dean Elam**

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

Dear Members and Friends,

I am sitting on my back porch appreciating the steady rainfall as I write. Life almost feels "normal" as I look over my backyard grateful for the rain in our garden and the birds' constant singing. Does that mean that my mind has wandered to the normal of summers past? Or have I finally settled in to a new routine?

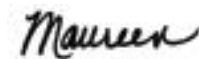
In April, USS committed to publishing the CenterPage monthly to stay in touch. At that time we never expected that 5 months later we would still be operating this way. We continue to honor that commitment and have added new, creative ways to combat boredom, exercise your body or mind, and connect with friends virtually. I was surprised by how emotional and happy I felt the first time I was able to see and talk with my children even though we were connected virtually with "Zoom". No doubt, we humans are social beings. Prolonged social isolation causes very real physical, intellectual, and emotional problems. And social connection is the antidote. USS staff understand the importance of social connection and are offering more and more creative ways to reach you and your friends. In this issue Kyle and Marj have curated a number of virtual group classes and workshops that you can participate in at home, and Tracy has an idea or two that physically get you out of the house with a family member or a friend. If you have questions about participating, please reach out to the phone numbers listed.

With COVID-19 infections going up instead of down in Clark County and in Ohio, I am encouraging everyone to heed the Governor's advice and wear a mask to protect yourself and others when you must go out. Encourage your family to do so too!

USS staff have been following safety protocols since March to protect our clients, co-workers, and ourselves. Those who report to the office to start their work day are having their temperatures taken every time they walk through our front doors and attest to following CDC guidelines. We are wearing masks and keeping a minimum of 6' distance from each other. We are wearing masks and gloves to deliver meals, provide in-home care, and transport people to medical appointments. We are carrying disinfectant and hand sanitizer to clean our hands and hard surfaces before we handle a meal or enter a home, and between passengers in USS vans. We are also providing masks to our clients so that they are protected around us. USS takes seriously our obligation to protect those we serve, so we stay abreast of CDC guidelines, we stay in touch with our local health department, and we stay in touch with you. I am surrounded by quiet heroes.

Unfortunately, our "new normal" is beginning to feel normal. Stay safe, wear your mask, take care of each other.

Thank you for the opportunity,



Maureen Fagans, AICP
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 937-323-4948 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 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.**



Mike McNutt, John Lautzenheiser, Pete Jackson



Doug Harris

What's NEW ↓

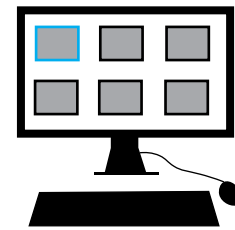
Virtual Class Offerings

Moving from in-person activities in our centers to computer or phone-based virtual interactions has been one of the biggest changes at USS over the past few months. If you have not yet taken part in a virtual fitness or education activity, now is the time. Our USS 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 August:

- Pilates: Mondays at 9:00am
- Movin' with Music: Tuesdays at 10:30am
- Zumba Gold: Wednesdays at 1:00pm
- Yoga: Thursdays at 9:00am
- Healthy U at Home: Tuesdays at 11:00am; July 28 - September 1
- Healthy U Chronic Pain: Wednesdays at 9:00am; August 26 - September 30
- Parkinson's Support Group: Tuesday, August 11 at 1:00pm
- Summer Cooling Tips: Tuesday, August 11 at 1:00pm
- Home Maintenance Program: Wednesday, August 26 at 12:00pm (raffle prize)

...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 would like help getting registered, contact Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or call 937-323-4948 ext. 141. Tip sheets will be sent to you prior to class dates so that you are able to connect virtually with ease. Please join us.

SAILL Update

Lifelong learning through SAILL has become an integral part of USS educational programming. Staff 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.



What's NEW ↓

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 next Virtual Lunch and Learn, offered in a Zoom format, USS welcomes a speaker sharing tips for senior homeowners:

Neighborhood Housing Partnership “Keep Calm... and Stay in your Home: Tips for Senior Homeowners” Wednesday, August 26th at 12:00pm

Participants will learn about preventive maintenance, budgeting for repairs, being safe in your home, energy efficiency strategies, and community resources. There will be a special gift drawing for those who complete the workshop. Event Sponsor: **Neighborhood Housing Partnership**. Call 937-521-3010 to sign up by Monday, August 24th.

Tours Update

The **Pacific Northwest Tour** scheduled for July 17 – 24 is cancelled. USS will be offering this tour again in 2021.

The **By the Sea Tour** scheduled for August 25 – 28 is cancelled. USS will offer this tour again in 2021.

The **Mystery Tour** 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. We can't wait to share wonderful memories when we are able to travel together again.

Healthy U Workshop

Take Control of your Pain! Healthy U Chronic Pain Self-Management Workshop

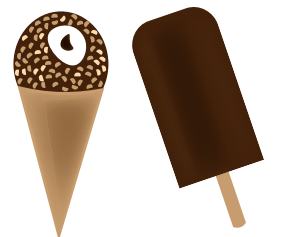
Join USS and Area Agency on Aging as we present the Healthy U Chronic Pain Self-Management Workshop, offered in a Zoom format. If you or someone you care for experiences long-term pain, this workshop is for you. This online program will be held **Wednesdays, 9:00am - 11:30am**, starting August 26th and ending September 30th. A free book will be shipped to your home. Call Tracy Wickham at 937-521-3010 with questions or to sign up.



Ice Cream Drive-Up

Drive by USS for Ice Cream!

Did you hear the scoop? With help from **Forest Glen Health Campus**, the popular USS Ice Cream Social will now be offered as a drive-up event on **Friday, August 21st, 2:00 - 4:00pm**. No need to get out of your car! Our staff will be wearing masks and serving a variety of ice cream choices right to your car. Please enter the parking lot from Wittenberg Avenue and exit onto West Main Street.



2020 USS Annual Campaign

Community Corner

5 LOCATIONS
6 DINING ROOMS

30+ SERVICES

4.9k MEMBERS
3.5k CLIENTS

1 AGENCY

77k VOLUNTEER HOURS

115k MEALS

128k MILES DRIVEN

Please Consider a Gift to support USS

For more than 52 years, USS has been the leading advocate, community resource, and change agent for people age 55 & better across Clark County. **USS IS PROUD TO SERVE** our friends and neighbors through essential services and integrated wellness programs that support active, involved, and independent lifestyles.

OUR MISSION WILL NOT WAIVER! This year's campaign will support USS operations as we continue to serve older adults in our community when they need us most.

YOUR SUPPORT IS NEEDED NOW! While our centers may be closed, your USS staff continue working each day to serve thousands of clients and members across Clark County.

Even before the COVID-19 pandemic began, USS was experiencing an unprecedented demand for programs and services in our facilities and in our community. As we continue to incur the unexpected and ongoing costs of the COVID-19 pandemic, nearly \$5,000 each month so far, **USS NEEDS YOUR SUPPORT MORE THAN EVER.**

Today, 31% of Clark County is age 60 or better.
By 2030, 39% of Clark County will be age 60 or better.

Today, tomorrow and for many years to come, USS will be prepared to serve an even larger generation of members and clients. We take seriously our responsibility to meet the opportunities and challenges current and future generations of older adults in our community will surely face.

ALL GIFTS - large AND small - make an important and lasting impact.
Thank you in advance for your enduring commitment to keeping USS strong.

PLEASE DONATE NOW!

Visit www.unitedseniorservices.org/donate OR mail your donation to USS in the attached envelope.

One Partnership Makes a Big Difference!

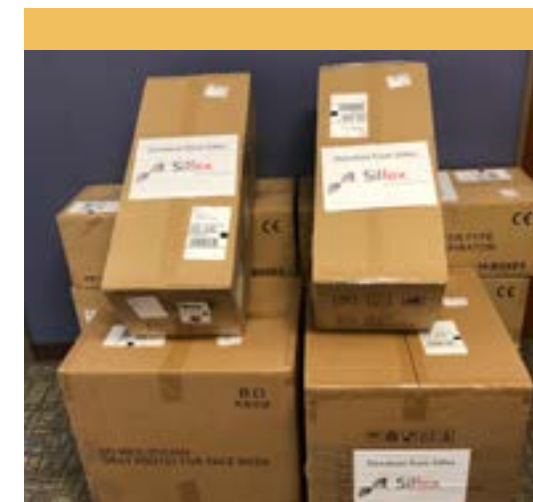
In June, United Senior Services became the proud and grateful recipient of two significant gifts from one generous local company! Silfex, Inc., a division of Lam Research Corporation, has provided USS with an incredible 7,800 protective masks and a \$10,000 cash donation! The masks, Personal Protective Equipment essential to front-line organizations like ours during the pandemic, are already helping to keep safe our staff and clients as USS continues providing meals, transportation and in-home caregiving services for thousands of local seniors throughout the community each and every day.

The impact of Silfex, Inc.'s cash donation will help tremendously right away and will continue to be felt for months to come as USS works to offset the additional costs of COVID-19, projected to be \$5,000 per month, for everything from disinfectants and fogging machines to additional costs for software and hardware necessary for creating and supporting virtual activities for our members and clients as they stay safe at home.

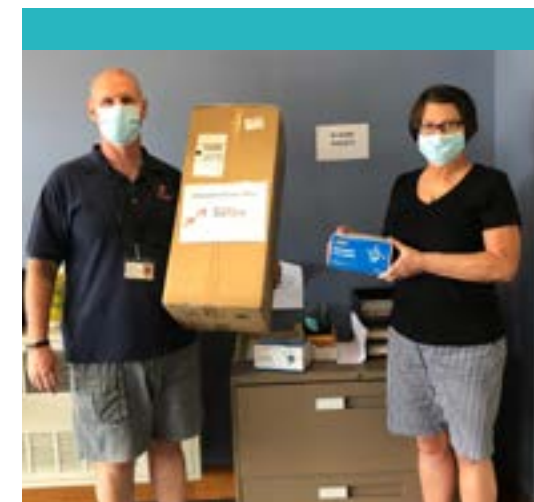
To say these kind donations are appreciated by all of us at USS is an understatement. These amazing gifts are further evidence that the Springfield-Clark County community continues to be one filled with generosity and support as we all work through the new challenges brought on by the COVID-19 pandemic. As USS staff continue to serve our clients without fail and work hard to prepare a safe and healthy environment at our centers when we reopen in the future, Silfex, Inc.'s investment brings renewed hope and gratitude to us all. Thank you, Silfex, Inc. for thinking of USS and Clark County Seniors! We look forward to our continued partnership as we work together to serve our community.



Wanda Atkins, Sue Bevans, and Carol Yake



Mask delivery day!



John Paulsen and Lisa McDonough

Parkinson Disease Support Group

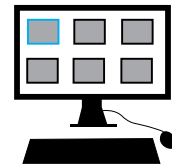
For those diagnosed and their loved ones

The Parkinson Support Group is continuing to meet virtually on the second Tuesday of each month at 1:00 pm via Zoom to stay in compliance with the recommended social distancing and to help to protect everyone in our community.

Our next meeting will be August 11th at 1:00 pm, with Jessica Bartsch, MS, NCC. Jessica is the Community Program Manager at the Parkinson Foundation in Chicago, Illinois. We are so pleased to be able to have Jessica meet with us via Zoom. The vast knowledge and experience she will bring to us from Chicago will be invaluable – and free! The Parkinson Foundation has worked hard to keep in touch and offer programming during COVID-19. Lots of classes and information can be found at their website, www.parkinson.org. You are welcome to check out their offerings and ideas.

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.



A Good Word About USS

“One day when I was delivering groceries to a client I also happened to notice his trash can needed to be brought in. So after I dropped his groceries off, I went and grabbed the can for him. He was so thankful that it brought tears to his eyes. It really is the smallest gestures that go the longest way. Working in this way during this time has been so rewarding to me. I've really enjoyed meeting new people and helping them in any way I can during this time of need. They are always so happy to see me, it warms my heart.”

- Jeanie Pollock,
Homemaker

“USS Personal Care Aides serving our Clark County seniors have worked diligently the past 4 months amidst the COVID-19 outbreak. Considered essential workers, not one of them complained and all have compassionately worked daily. Several of our Homemakers were asked to continue working when we started the Grocery Delivery Program. They were needed and answered the call of many seniors in Clark County who could not get groceries on their own. Now that our Homemakers are back to work, they are providing help with the cleaning and socialization that many seniors were missing. We are very proud of our team and their dedication to our mission.”

- Wanda Atkins, RN
In-Home Services Director

Department Highlight

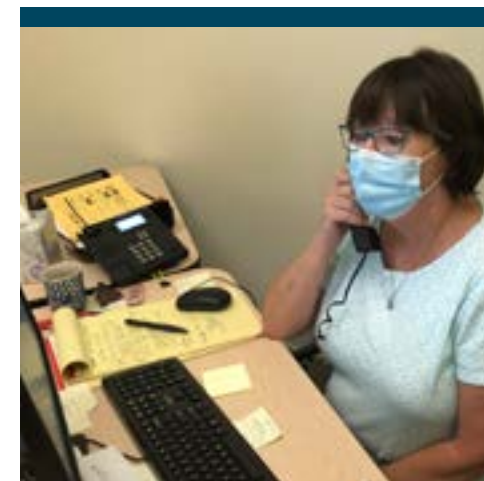
USS IN-HOME SERVICES DEPARTMENT

For many of us, our first thoughts of USS are of our centers. Our downtown, Enon, Villa, and New Carlisle locations are a constant, visible reminder that USS is dedicated to serving older adults across Clark County. But, did you know our work extends well beyond the walls of our buildings? It's true! USS provides more than 30 programs and services and we are proud to be a comprehensive center that supports active, involved and independent lifestyles for those who visit our centers, and especially for those who cannot, those we meet in homes across the community each and every day. Our In-Home Services Department is a perfect example of the far-reaching efforts of our dedicated staff members. Serving 479 clients in 2019 and a growing number in 2020, our In-Home Services team provides important support for older adults and their families in multiple ways. Homemakers help clients tidy up with light housekeeping, bring a fresh supply of groceries, and take care of difficult chores. Personal care aids help with activities of daily living such as bathing and dressing, while our respite service provides much-needed companionship and relief to spouses and family members who serve as dedicated caregivers for their loved ones each day. And, as needs continue to grow, so too has our list of available services. Our In-Home Service Team has recently added a new grocery delivery service in response to the COVID-19 pandemic! In good times and trying ones, USS is here for you, and our In-Home Service team is no exception. If you come across one of our team members, please join us in expressing our gratitude for their dedication and devotion to USS clients and families. And most importantly, if you or someone you know is in need of essential services, please reach out to us.

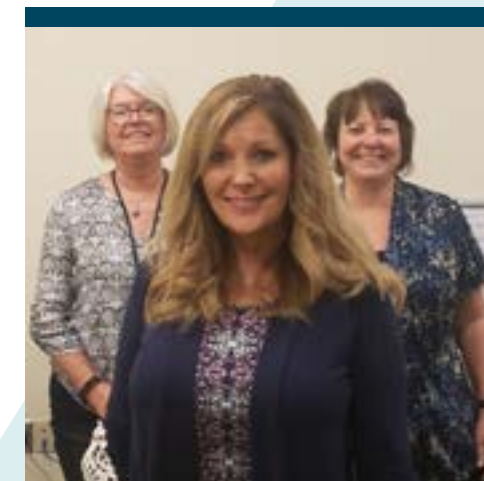
THANK YOU TO OUR IN-HOME SERVICES STAFF:

Wanda Atkins, RN, In-Home Services Director

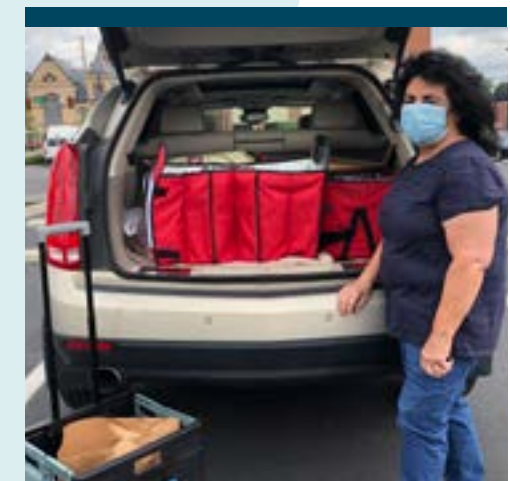
Susan Bayless, RN, Sue Bevan, Vicki Chase, RN, Jenny Cunningham, Erin Davis, Myra Dillon, Jane Dyer, Cindy Filbrun, Karen Hadsall, Marie Harber, Lisa McConkey, Becky Michels, Charlotte Moss, Chasity Plott, Jeanie Pollock, Holly Rossman, Shari Stevens, and Michelle Taber.



Cindy Filbrun



Vicky Chase, Wanda Atkins, and
Jenny Cunningham



Jeanie Pollock

What's NEW ↓

HEAP Summer Crisis Program

The HEAP Summer Crisis Program began on July 1st and will run until September 30th. The program helps eligible Ohioans pay an electric bill, purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Please contact Joyce Robinson at 937-521-3005 for assistance.

Tips to Find Work-at-Home Jobs

AARP has listed some tips on their website on "How Older Adults Can Find Work-at-Home Jobs During the Pandemic."

1. Know where to look.
2. Highlight your remote work experience.
3. Add a technology section to your resume.
4. Expand that tech section of your resume.
5. Be patient.

Check out the full article on their website!



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.

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.



Area Agency on Aging Caregiver Resources

Area Agency on Aging, a USS partner agency, is providing caregiver resources for Ohians in need of help to provide care for a loved one. They are partnering with Trualta to provide FREE online caregiver resources. Visit their website at www.info4seniors.org/caregiver-resources for more information.



Shop & Give Back to USS

Love USS and shop Amazon? AmazonSmile customers can support USS by selecting Elderly United of Springfield and Clark County Ohio Inc. as their designated charity. You can help generate donations for USS by placing orders at smile.amazon.com. If you have questions, call Stephanie at 937-521-3002.

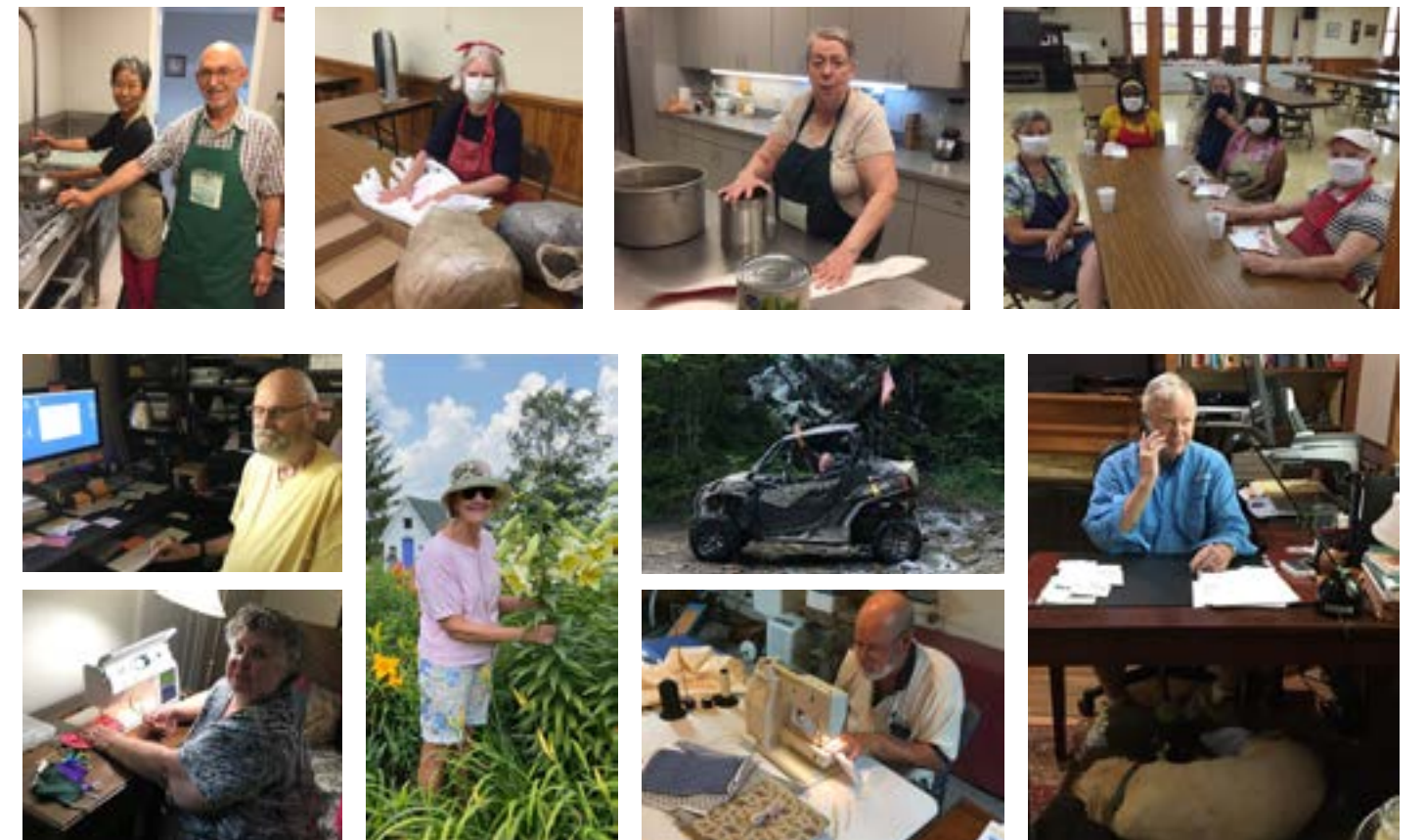
RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Though most volunteer sites have been closed, RSVP volunteers have been actively serving wherever they can. Some of these sites are various local food pantries. The volunteers help to provide hot meals and other staple pantry items. Other volunteers have been working on phone chains to check on clients to make them aware of food availability.

Those RSVP members whose sites are still closed are keeping busy at home in whatever way they can. We've been thrilled to get a peek into all the creative ways they've been doing so.



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.



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

**Are you celebrating
50 years of marriage
in 2020? We have a
gift for you!
Call 937-521-3010**

