

The Center Page

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

OCTOBER 2020



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
Scott Cutlip**

**Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston**

Director's Corner

Dear Members and Friends,

I hope this edition of the CenterPage finds you healthy and busy. Please find opportunities on the following pages to exercise, learn and socialize virtually. If technology is a barrier to being able to participate in a class or workshop that sounds interesting to you please let us know. USS was recently awarded a small grant from the Clark County Mental Health Foundation to pilot an iPad lending program so that our members and clients can learn and use this technology. Call USS and ask for Monica if you are interested in more information about borrowing an iPad.

October 15 to December 7, 2020 is Medicare Open Enrollment season. If you have a change in health status, physicians, or medications this year we recommend a personal, confidential evaluation of the best Medicare insurance and drug plans with a qualified OSHIIP counselor. These reviews can help you save hundreds of dollars in premiums or drug costs. Although we are not able to host in-person counseling because of COVID-19, the OSHIIP program is offering Medicare reviews over the phone or virtually. The Ohio Department of Insurance has assured us that they have increased their counselors so that they can meet the demand with minimal wait times. Before Open Enrollment begins, USS is partnering with local agency RetireMEDiQ to provide virtual education to answer your questions about Medicare coverage options so you are a more informed consumer. Please find details about Open Enrollment and Medicare education on the following pages.

Since USS announced that our centers will remain closed to recreation, I must thank you for your kind words of encouragement. We recognize that EVERYONE has been affected by this prolonged pandemic, perhaps emotionally, physically, or economically. We are all bombarded by conflicting news reports, confused by changing COVID safety protocols, and concerned for our loved ones. At USS, our employees spend a lot of time encouraging each other to keep each other's spirits up. I hope you are a part of a similar "encouragement circle." As the pandemic drags on, it is increasingly important to be intentional about staying connected.

In recognition that you were not able to enjoy the benefits of membership at our centers, we will be offering 2020 members a 2021 membership at no cost to you! If you are a 2020 member the renewal will be easy and free. You do not need to do anything at this time. We hope this is one meaningful way we can say we miss you, and we can't wait to be together again in January 2021!

Thank you for the opportunity,

Maureen

Maureen Fagans, CEO



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

What's NEW ↓

Medicare Open Enrollment: October 15 - December 7

Are you retiring, turning 65 or interested in a re-evaluation of your current Medicare plan coverage? Medicare Open Enrollment is almost here! As you might have expected, COVID-19 has required that USS make some changes to our Open Enrollment counseling through The Ohio Senior Health Insurance Information Program (OSHIIP). OSHIIP, a division of the Ohio Department of Insurance, provides Medicare beneficiaries with free, objective health insurance information, one-on-one counseling, and educates consumers about Medicare, Medicare prescription drug coverage (Part D), Medicare Advantage options, Medicare supplement insurance.

This year, OSHIIP is not permitting any face-to-face open enrollment meetings. Instead, OSHIIP support will be available by phone or through virtual meetings. Call 1-800-686-1578 to connect with an OSHIIP counselor. You may also visit www.insurance.ohio.gov to sign up for educational webinars, a one-on-one virtual counseling session, or for additional Medicare resources.

USS wants to make certain you have the resources you need to make important decisions about your Medicare Coverage for 2021! Check out our virtual opportunities list for more information about educational sessions offered by local insurance companies like RetireMEDIQ. They will be offering a Zoom class titled "Medicare Must Know Information for Open Enrollment" on Thursday, October 8th, 12pm - 1pm.

Programming Update

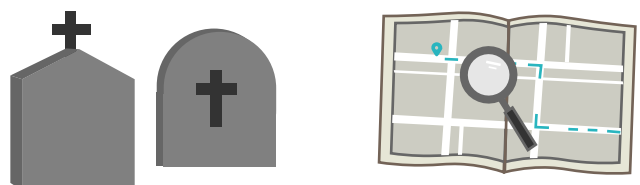
Dr. Domingo Molina IV, MD
Orthopedic Spine Surgeon
Springfield Orthopedics and
Sports Medicine Institute

"Osteoporosis Management"
Thursday, October 1st, 9-10am

Join USS and **Villa Springfield** as we learn about the back and spine from Dr. Molina. You will not want to miss this one-time program. All attendees will be entered in a drawing for a special prize. **Villa Springfield** will be drawing 4 names for a chance to win a \$25 Kroger gift card. Call 937-521-3010 or email twickham@unitedseniorservices.org to sign up.

Cemetery Scavenger Hunt

Join USS and participate in our Cemetery Scavenger Hunt! Read the clues on our Facebook page starting **October 8th**. Drive to local cemeteries and snap pictures with your phone. Then send your pictures to scavengerhunt@unitedseniorservices.org by October 26th. If your pictures are correct, your name will be put into a drawing for a \$25 Kroger gift card! Call Tracy Wickham at 937-521-3010 for more information or if you would like to have the clues emailed to you.



What's NEW ↓

Virtual Class Offerings

Confirmed Virtual Class Offerings in October:

Weekly Exercise Classes:

- Pilates: Mondays at 9:00am
- Movin' with Music: Tuesdays at 10:30am
- Zumba Gold: Wednesdays at 1:00pm
- Yoga: Thursdays at 9:00am
- Drums 4 Fitness: Fridays at 11:00am

Special One-Time Workshops:

- Get to Know Your Spine: Thursday, October 1 at 9:00am
- Winter Energy Efficiency Tips: Wednesday, October 7 at 9:00am
- Medicare Must-Know Information for Open Enrollment – RetireMEDiQ: Thursday, October 8 at 12:00pm
- Parkinson's Support Group: Tuesday, October 13 at 1:00pm
- Life & Legacy Planning – Park National Bank: Wednesday, October 21 at 9:00am (SAILL)
- Parkinson's Support Group – Friends Together: Tuesday, October 27 at 1:00pm

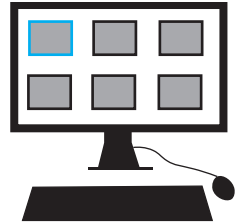
...And more to come! Stay tuned!!

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

Possible Virtual SAILL Class Offering: Great Decisions

USS plans to offer Great Decisions 2020 before the end of the year.

This program is taught using the Briefing Book, DVD, and group discussions of the most critical global issues facing America today. If you would like to participate in this virtual program facilitated by Mike Lyons, please email or call Kyle Farnbauch at 937-323-4948 x141 or kfarnbauch@unitedseniorservices.org. We are excited to start offering SAILL programming once again!



Parkinson's Disease Support Group

The Parkinson Support Group will meet on Tuesday, October 13, at 1:00 pm via Zoom. The speaker will be Susan Bayless, a registered nurse with United Senior Services. Susan will be speaking about Parkinson Disease and COVID-19. If you would like to be a part of the discussion, please register with 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

The Blocks to Blankets program was established in 2015 by Linda Deaton. A Senior Corps RSVP volunteer with a passion for giving back to the community, Linda started the group to provide necessities to the people of Clark County. Last year, 18 ladies were meeting twice monthly from April through October at USS to create beautiful knitted and crocheted blankets, hats, scarves, and fleece blankets which Linda donates to non-profits for distribution.



Even through the pandemic, these dedicated women have been able to continue with their mission, gathering once a month in the USS parking lot to give their latest creations to Linda. The items are donated to Springfield Soup Kitchen, Reasonable Choices, Child Advocacy, Open Hands Free Store, Clark County Health Department, and Nets of Arukah Ministries. Linda has created a partnership with the Madison Correctional Institution. A group of inmates there have chosen to use their free time to learn to crochet and give back to the community, and the men donated over 750 crocheted items last year to the Blocks to Blankets program. In addition to the blankets, they donate gloves, mittens, baby booties, and even stuffed animals!

In addition to handmade items, the group also collects socks throughout the year in collection boxes placed at USS. Socks are the most requested item at homeless shelters. Last year, Blocks to Blankets collected 1,238 pairs of socks, and so far this year have received 587 pairs to donate. Thank you to all of our crafters and donors for helping to keep the mission of Blocks to Blankets going strong. If you are interested in finding out more about the program or have skeins of yarn to donate, the group will be meeting October 5th and November 9th at 10am in the parking lot at the USS downtown location at 125 W. Main Street.



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 NEW ↓

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 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 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

“ Little did we know when we walked out of our exercise class that fateful day in March, it would be months until we saw each other again. I guess I didn't realize how close I had become to the participants in our exercise class until we couldn't meet together again for a while. Although we are still unable to meet face-to-face, USS has been a wonderful avenue for us to stay in touch with each other through these difficult times. Without USS and Jane as part of my winding road dealing with Parkinson's, my road would always be rocky and under construction. I'm looking forward to the day we can all be together again! ”

- Karla Turton
USS Member

“ Jane Eckels, Laura Fulton and Sally Malone - the USS Prevention “Dream Team”. Knowledgeable, compassionate, dedicated, and now, in the age of coronavirus, more innovative than ever. Jane, Laura and Sally haven't skipped a beat as they continue to provide Prevention Services during our shutdown. This includes well-check phone calls, counseling, Zoom support groups, advocacy, outdoor visits, and the Aging Mastery Program, to just name a handful. Together, they ensure that the USS mission continues no matter what. I couldn't be more proud to be a part of this team. ”

- Monica Spencer
Caring Services Director

Department Highlight

USS PREVENTION SERVICES DEPARTMENT

USS is always here to provide support for local seniors. There are times in life when we need a little extra care, or a helping hand to get us through a tough time. That's when the dedicated members of our Prevention Services staff come in! Our Prevention Services department is led by Monica Spencer and consists of five key programs and four key staff members.

The USS Companion Program provides socialization and recreation for seniors 60 and better who are isolated, alone and at risk for depression and possible exploitation. Dedicated staff members Laura Fulton and Sally Malone are committed to providing safe socialization for our clients during the pandemic by offering porch and park visits as well as *Zoom* calls.

The USS Gatekeeper Program educates persons in the community to recognize signs of self-neglect, abuse or exploitation in adults aged 60 and better and provides them with the information to make a referral to USS. Once a referral is received, trained staff conduct a home visit and link the individual with the support services that will enable them to continue to live safely in the community.

The Volunteer Guardianship Program recruits and trains volunteers to be Guardians of Person to clients 60 and better who need competent decision making support and live in a nursing home. These clients have no family willing, able or appropriate to serve as guardian. Training for this program is provided through The Ohio Supreme Court.

The USS Bill Payer and Advocate+ Programs provide trustworthy assistance with monthly bill paying and budgeting for those clients who are unable to manage their finances independently.

USS Prevention Support Programs include Parkinson's Support Group, Aging Mastery Program, Caregiver Support Group and individual counseling. These are new services offered with the welcome addition of Jane Eckels, MSW/LISW to the Prevention Services staff. Jane is utilizing *Zoom* for her support groups and is also providing telephone and one-on-one porch visits at this time.

Prevention Services staff continue to work with older adults in Clark County in 2020! If you or someone you know need these services, or if you are interested in learning more about the very rewarding volunteer opportunities mentioned here, please contact Monica Spencer at 937-521-3014 for more information.

THANK YOU TO OUR PREVENTION SERVICES STAFF:

Monica Spencer, Caring Services Director
Jane Eckels, Laura Fulton, and Sally Malone



Jane Eckels and Intern,
Anna Wildermuth



Monica Spencer



Laura Fulton and
Sally Malone



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

Get carry-out meals from local restaurants!

USS is partnering with the Ohio Department of Aging and Area Agency on Aging to provide a new meal voucher program!

Local Restaurant Partners:

- Carmae Catering, TBD, Northridge, OH
- Studebaker'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
- Rudy's Smokehouse, 2222 S Limestone Street, 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.