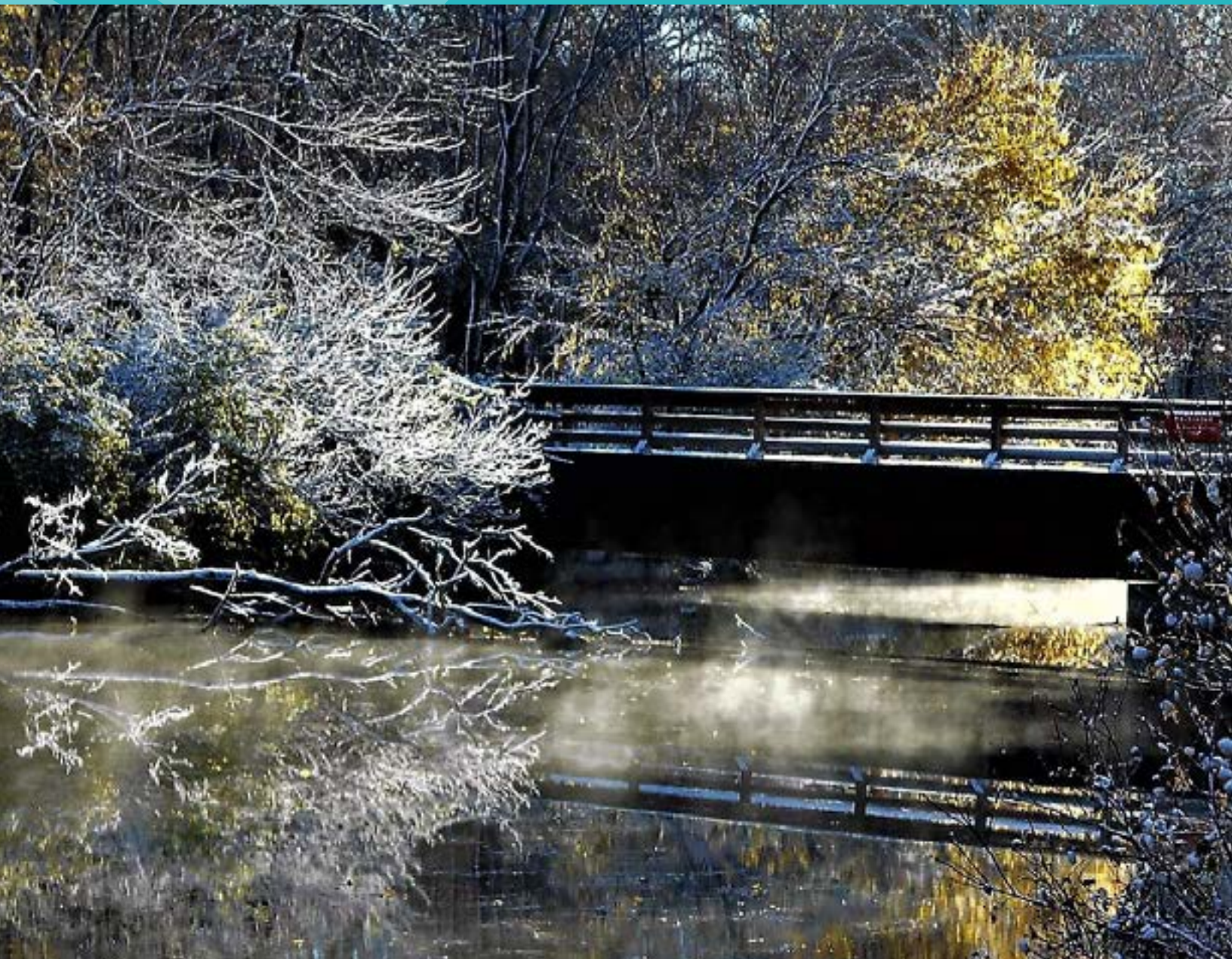


The Center Page

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

DECEMBER 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.

Cover photo by
Warren Steinburger

Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston

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. USS dedicated staff have accepted these life changes to protect ourselves, those we serve, and those we love. We all 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.

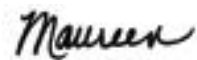
At USS we have stopped talking about reopening for recreation and socialization. Throwing our doors open and returning to familiar programming for our members is still further down the recovery road. Instead, when the trends indicate it is safe to do so, we will focus on restarting recreation in a responsible, 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. Ughh! It seems I can't offer any certainty about recreation at the center while the Corona cloud lingers, grows, shifts.

Instead I will focus on what brings me hope. Seeing more people wear masks brings me hope that we are committed to fighting this pandemic together. Having intimate holidays this year gives me hope that we will be able to enjoy our large, noisy, healthy affairs with everyone we love for many more years to come. And finding and celebrating those rays of sunshine when they occur - a birthday, anniversary, or the birth of a new grandchild – helps me to focus on the future.

I hope you are finding hope this holiday season, grateful for the generosity of strangers and friends during this season of giving, celebrating the rays of sunshine as they occur, and recognizing that the end of this pandemic is in sight down that long Corona road.

Wishing you and your family a blessed holiday season.

Thank you for the opportunity,



Maureen Fagans, AICP
Chief Elder Officer



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



What's NEW ↓

Medicare Open Enrollment: Ending December 7

Are you retiring, turning 65 or interested in a re-evaluation of your current Medicare plan coverage? Medicare Open Enrollment is still here! USS wants to make certain you have the resources you need to make important decisions about your Medicare Coverage for 2021! 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, and 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. Don't delay, reach out to OSHIIP today as Open Enrollment ends December 7, 2020.

Warmline: It's Okay Not to be Okay Today

The holidays can sometimes be hard. This year will be no exception, as so much has changed in 2020. You are not alone!

Clark County has successfully launched a **Warmline at (937) 662-9080. It is available 24/7.** The Warmline is completely discreet and callers remain anonymous. This is not a crisis line or hot line. It is a free, peer-to-peer call line for anyone of any age who needs mental health support. The Warmline is intended to address mental health concerns before they escalate into a crisis. The function of the Warmline is to listen to callers and provide experience-based empathy and support. It also may refer callers to resources in the community as needed. Peers, or people with lived experience, are trained to screen for indications that callers may benefit from a referral to a treatment provider.

If you or someone you know is experiencing a crisis or emergency, call 911 or use the National Suicide Prevention Lifeline (1-800-273-8255) or Crisis Text Line by texting 4HOPE to 741-741.

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.

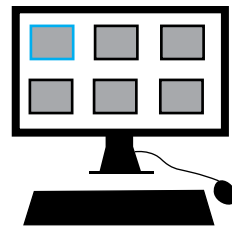
Confirmed Virtual Class Offerings in December:

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:

- **Keeping Families Safe: Wednesday, December 9 at 10:00am**
- **Salt Kills: Wednesday, December 9 at 2:00pm**



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.

Instructors Highlight

USS would not be where we are without our wonderful instructors who teach our fitness and education programs. USS is incredibly blessed to have these dedicated individuals continue providing exercise and information while USS centers are closed. Thank you Connie Chappell, Shari Davis, BJ Devore, Julie Fasick-Johnson, Mike Lyons, Teresa Magill, Linda Sauers and Tracy Wickham for their unwavering support of USS and older adults in Clark County.

Also, thank you to our partners in programming: the Alzheimer's Association, Heritage Center of Clark County, Neighborhood Housing Partnership, Oakwood Village, the Ohio Attorney General's Office, Ohio Valley Surgical Hospital, Park National Bank, RetireMEDiQ, and Villa Springfield.

What's NEW ↓

Programming Update

Dr. Surender Neravetla

Mercy Health

"Salt Kills"

Wednesday, December 9th, 1:00 pm

America's top cardiac surgeon joins us to explain the dangers of too much salt and how to take better care of yourself. Springfield's own, Dr. Neravetla has performed nearly 10,000 cardiac, thoracic and vascular surgeries since 1983. He will address sodium as an important aspect of a heart-healthy diet. To register, contact Tracy Wickham at twickham@unitedseniorservices.org or 937-521-3010.

Stay at Home Bingo

Join USS again 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 **December 17th 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. Bingo cards can be picked up outside of the USS downtown center from 9:00-11:00am on December 7th. 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**. There is no charge to participate in this event.

Parkinson's Disease Support Group

The Parkinson Support Group will meet via Zoom on Tuesday, December 8 at 1:00pm. This will be our annual holiday celebration, so please wear something red! If you would like to register, please email jeckels@unitedseniorservices.com. 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 disease.



USS Handyman

Do you have a project around the house you need assistance with? USS is here to help! We have expanded our services to help with more minor preventative maintenance like installing grab bars, shower heads, smoke detectors, etc. Please contact Kyle Farnbauch at 937-323-4948 ext. 141 or at kfarnbauch@unitedseniorservices.org if you have questions or would like to request help.



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.



2020 USS Annual Campaign

Department Highlight

USS COMMUNITY RELATIONS DEPARTMENT

What comes to mind when you hear 'community relations'? At USS, Community Relations is the department devoted to **sharing information with all of Clark County about everything USS!** As you know, for more than 52 years, USS has been the leading advocate, community resource and change agent for people age 55 and better across the community. With more than 30 essential services and integrated wellness programs that support older adults' desire to stay active, be involved and live independently, a hardworking staff of nearly 100, more than 3,000 clients, and almost 5,000 members...we sure have a lot to say! Each month, we produce a brand new issue of *The Center Page*, as well as a number of e-newsletters, daily Facebook posts, and regular updates to the USS website.

In addition to the publications we provide for USS, our team also acts as the **membership support** team. That's right, we are the faces you'll see when we can finally invite you back to our centers in 2021! Don't forget, if you were a member in 2020, your membership has already been renewed at no cost to you! Check out page 11 for more information about USS membership in 2021!

And last, but certainly not least, on the list of our jobs in the Community Relations Department is **Fundraising!** Did you know that only 12% of the USS budget is used for administration? That means that 88% is used exclusively for our essential services for older adults! We take seriously our responsibility to meet the needs of the growing population of seniors in Clark County. Every gift, regardless of size, makes a difference at USS. Thanks to donations from members like you, USS continues to serve older adults in our community when they need us most. Your gifts provide meals, transportation, grocery delivery, and in-home care, as well as many of the amenities you enjoy at our centers. Today, tomorrow and for years to come, USS will be prepared to serve, and your gifts are keeping USS strong! Thank you to all who choose to support our important mission each year through donations!

We are a small but mighty team and we are so happy to have the chance to work for you, our members and clients. By keeping you up to date on the latest USS news and events and by raising awareness about USS in the community, we hope to grow opportunities for USS to serve more older adults, engage in important community partnerships, and enhance the benefits of membership at our centers.

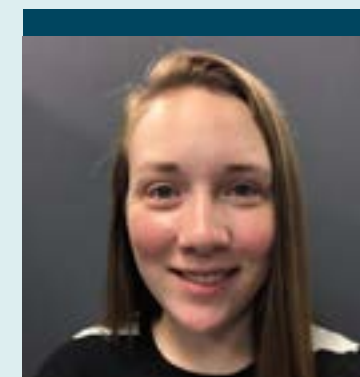
THANK YOU TO OUR COMMUNITY RELATIONS STAFF:

Stephanie McCuiston, Community Relations Director

Jenna Bluemlein, Marketing & Outreach Specialist



Stephanie McCuiston



Jenna Bluemlein

1 AGENCY

5 LOCATIONS
6 DINING ROOMS

30+ SERVICES

4.9k MEMBERS
3.5k CLIENTS

77k
VOLUNTEER
HOURS

115k MEALS

128k
MILES
DRIVEN

As The Season of Giving Begins, Please Consider an End-of-Year 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.

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

“ Giving to USS is not just about providing help today. I know that my donations to USS provides a lasting gift that helps Clark County seniors today and tomorrow. For years to come friends and neighbors right here in our community will reap the benefits!” ”

- George Degenhart
USS Member, Board Member & Donor

“ Giving to USS is another way I stay involved at USS and contribute to something that matters to me. I can see that my gifts to USS are put to good use for a purpose that is important to me – making sure seniors have opportunities to stay social, active and independent. ”

- Barbara Matthies
USS Member & Donor

RSVP

Retired & Senior Volunteer Program



On October 28th, RSVP volunteers arrived at USS for our first Drive-Through Volunteer Recognition. We showed our appreciation for the many services they provide to our community. Those 87 volunteers were gifted with goody bags full of scrumptious sweet treats provided by *Mercy Health Oakwood Village*. USS also provided masks, sanitizers, and other swag. The senior volunteers had a great time and enjoyed an opportunity not only to be outdoors (with everyone masked) but also to say hello to RSVP staff and USS employees who gathered to greet them and thank them for their many contributions to Clark County.



Special Milestones:

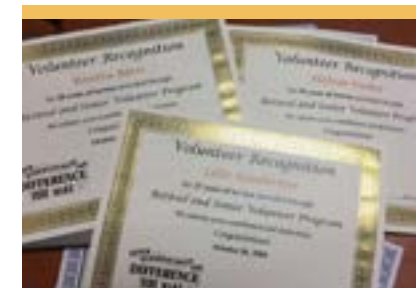
25 Years: Lillie Kimberline and FloJean Packer.

20 Years: Rosetta Bates.

15 Years: Barbara Burton, Dick Groeber, Nancy Metzger, Sue Simpson, Barbara Wiseman

10 Years: Jan Bobay, Bernie Delk, Larry Durfey, Tony Gaier, Sharon Killion, Martha McNeil, Mike Metzger, Bonita Mills, James Mills, Dan O'Keefe, Donna Parks, Judy Pratt, Mary Ann Rychnovsky, Mary Ann Schmid, Betty Stanley, and Dianne Storer.

5 Years: Richard Cochenour, Betty Combs, Marian DeLong, Kim Ellis, Cora Fisher, Mark Fisher, Ann Greer, Lucy Highmiller, Mary Catherine Huber, Jerry Mathers, Patricia Rockfield, Patricia Rogers, Patricia Schneider, Maryann Stewart, Joy Tuttle-Hester, Eleanor Warfield, Patricia Whitt, Tracy Wickham, and Larry Zerkle.



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 ↓

HEAP Winter Crisis Program

The HEAP Winter Crisis Program began on November 1st and will run until May 31st. HEAP benefits are applied to an individual's energy bill after January 1st. Appointments are still being held over the phone. Please contact Joyce Robinson at 937-521-3005 for assistance.

Shop & Give Back to USS

Love USS and plan on shopping Amazon this holiday season? 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 McCuiston at 937-521-3002.

USS Brick Campaign

Help USS build history! Honor your family or someone special this holiday season and participate in the beautification of our facility by purchasing an engraved brick. Your donation of \$250 for a single brick or \$500 for a double brick will support the mission of USS to support the older adults of Clark County. Your brick will be displayed in our courtyard and will be a part of our community for future generations. Contact Stephanie McCuiston at 937-521-3002 or smccuiston@unitedseniorservices.org if you are interested or have questions.

Celebrating 100 Years

Some say age is just a number. Longtime USS member Ada E. is certainly proof of this saying, but we have to admit, 100 sure is an impressive number! Ada, who is an active chair volleyball player at USS, credits "the Good Lord and keeping active" as the secrets to her longevity. "I just tell myself to keep going!" she said recently. Ada is the proud mother of two sons, attends church regularly, and gets active as often as possible. When she isn't enjoying a 'drive-by birthday celebration' from the chair volleyball crew, like she did in November, she bounces a beach ball in the garage and rides her stationary bike at home. She even wrote a song this year. Ada E., you are an inspiration. Happy 100th Birthday from all of us at USS!



2021 Membership

"Membership fees for all 2020 members will be waived for 2021 and your membership will be automatically renewed!"

"From all of us here at USS, we look forward to inviting you back to our centers once it is safe to do so."

"Once USS is able to safely restart programming and we are able to welcome you back, signed waiver forms will be required prior to your first visit."

While our centers must remain closed for recreation, education and social activities due to Covid-19, the USS Board of Directors, Administration and staff look forward to a time when we can all be together at USS again. Recently, the Board of Directors voted to renew all 2020 USS memberships AT NO COST TO YOU. That's right, membership fees for all 2020 members will be waived for 2021 and your membership will be automatically renewed! There is no need to complete any paperwork at this time.

Once USS is able to safely restart programming and we are able welcome you back, signed waiver forms will be required prior to your first visit. While there is no rush, you may complete your waiver forms at any time. Forms are available on our website, www.unitedseniorservices.org; by calling the Matthies Welcome Center at 937-323-4948; or by picking up and returning signed forms in the mailbox outside the front entrance of our downtown location.

While fees for 2021 membership are waived for renewing members, we will continue to accept donations to The Golden Fund, which makes membership to USS possible for those who cannot afford it. As the season of giving begins, we appreciate you considering a gift to The Golden Fund. Donations made to USS in any amount, make a difference!

As cool weather sets in and Clark County remains a level red, please stay safe and wear your masks! From all of us here at USS, we look forward to inviting you back to our centers once it is safe to do so. And please remember, membership is never required for our essential services available to those age 60 and better in need of meals, groceries, transportation to medical appointments, emergency assistance, adult protection or in-home services. As always, call us at 937-323-4948 for more information about any of the programs or services we provide.





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



Happy Holidays!
WE MISS YOU
AND WE'RE LOOKING FORWARD
TO BEING TOGETHER AGAIN

Wanda Stone

Fred Camden

Jane Cakela

Victoria A. Hew

Jaye Ware

Sharon Tones

Betty Smith

Nye Tutac

Curtis & Bob

Rita Marshall

John Del

Jan Blum

Jim Deeg

Susan Bayless

Mable Frazum

Lisa McDonough

Anno Siro

James P. Cunningham

John Marhofer

Arnold Sims

Kathleen Seas

Michael S. McNeill

Stephanie M. McQuist

Ray Blain

Michael Upshaw

Merrith Avary

Ronda Walden

Maureen