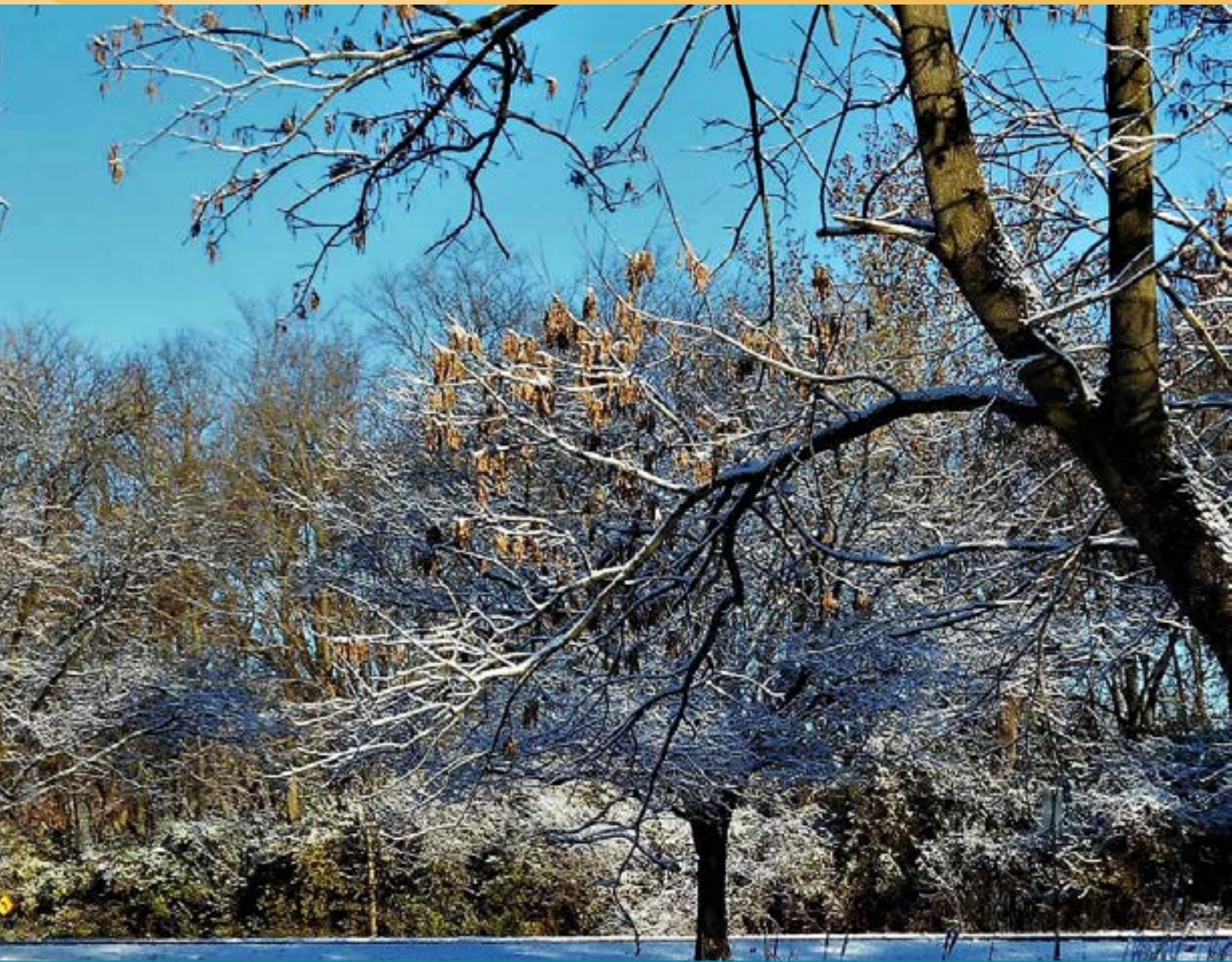


The Center Page

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

FEBRUARY 2021



UNITED SENIOR SERVICES
125 West Main Street
Springfield, OH 45502
937-323-4948
www.unitedseniorservices.org

**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
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Director's Corner

Dear Members and Friends,

It is exciting that safe, effective vaccines are available to protect us from COVID-19. The roll out in Clark County has begun and although supply is not currently keeping pace with demand, those who are patient will soon have it. Vaccines are our best hope for ending this pandemic. I understand that some people are hesitant to receive the vaccine. Below are some Facts and Myths from the Centers for Disease Control and Prevention (CDC), the Ohio Department of Health, and the Mayo Clinic that I hope will help you to make an informed decision.

FACT: The vaccines are safe. Both the Pfizer-BioNTech vaccine and the Moderna vaccine were granted emergency use authorization after rigorous research. The **MYTH** that the vaccine is not safe because it was developed so quickly is simply not accurate. The emergency situation warranted an emergency response but that does not mean that companies bypassed safety protocols or didn't perform adequate testing. There were no short-cuts.

FACT: The vaccines are effective. Evidence shows that COVID-19 vaccines are safe and work to prevent COVID-19. The Pfizer-BioNTech vaccine is 95% effective and the Moderna vaccine is 94%. You cannot get COVID-19 from the COVID-19 vaccines; they are inactivated vaccines and not live viruses.

FACT: Two doses are necessary. Both the Pfizer-BioNTech vaccine and the Moderna vaccine require two doses for maximum effectiveness. Ohioans who receive a dose of a particular vaccine must receive a second dose of the vaccine from the same manufacturer.

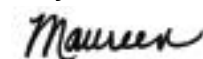
FACT: Expect mild side effects including soreness at the injection site, fever, headache, or muscle or joint pain. This is normal as your body creates an immune response to protect you from COVID-19, and may increase with the second dose. The **MYTH** that you should not get the vaccine if you have allergies is incorrect. The vaccine protocol identifies and monitors everyone after injection to protect against any reaction.

FACT: You do not have to pay for the vaccine. Current vaccine doses were purchased with taxpayer dollars and will be given to Ohioans who choose to receive them at no out-of-pocket cost. Vaccine providers can charge an administration fee for giving the shot, paid by the patient's insurance or, for uninsured patients, by a federal Relief Fund.

FACT: If you have recovered from COVID-19 you should get the vaccine. However, those that had COVID-19 should delay vaccination until about 90 days from diagnosis. You should continue to wear a mask practice physical distance until more people have access to the vaccine.

It's important to recognize that getting the vaccine is not just about survival from COVID-19. It's about preventing the spread of the virus to others, and preventing infection that can lead to long-term negative health effects. For more COVID vaccine information go to the USS website to review more COVID Vaccine Myths vs. Facts or call USS at 937-323-4948 and ask for a copy.

Stay safe, wear your mask, and thank you for the opportunity,



Maureen Fagans, AICP
Chief Elder Officer

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



Vaccine Info ↓

Great news for Clark County older adults! **The vaccine to prevent Covid-19 is now available!** Weekly updates about availability of the vaccine and where it is being distributed can be found by visiting ccchd.com OR coronavirus.ohio.gov/vaccine.

Ohio has adopted a phased approach for vaccine distribution. In December of 2020, Phase 1A began and vaccine distribution became available but was limited to healthcare workers and personnel, residents and staff in nursing homes and assisted living facilities, those with developmental disabilities or mental health disorders living in group homes and residential facilities, as well as EMS responders. Vaccine distribution began last month on January 19th for those 80 years of age and older and is scheduled to continue this February. Older adults age 65+ are part of Ohio's Phase 1B which is focused on those who are at high risk.

The planned schedule for Phase 1B is:

- *Week of January 19, 2021: Ohioans 80 years of age and older.*
- *Week of January 25, 2021: Ohioans 75 years of age and older, those with severe congenital or developmental disorders.*
- *Week of February 1, 2021: Ohioans 70 years of age and older, employees of K-12 schools that wish to remain or return to in-person or hybrid learning models.*
- *Week of February 8, 2021: Ohioans 65 years of age and older.*

Sites that will provide vaccinations:

- *The Clark County Combined Health District and Mercy Health at the Upper Valley Mall. Call 937-717-2439 to schedule.*
- *The Rocking Horse Community Health Center. Call 937-525-4521 to schedule.*
- *The New Carlisle Community Health Center. Call 937-667-1122 to schedule.*
- *The Springfield Area Kroger Pharmacy Locations; Including the East Main Street, North Bechtle Avenue, and Derr Road locations. Call 866-211-5320 to schedule.*

According to the Ohio Department of Health, when a new age range opens, vaccinations will not be complete for the previous age range. It will take a number of weeks to administer all of the vaccine, given the limited doses available. Future phases of vaccine distribution are still under development and will be shared by the State of Ohio when finalized.

Governor DeWine and The Ohio Department of Health have emphasized that **vaccines are in short supply** in Ohio and across the country. Allocations of the vaccine will be in the hundreds, not the thousands, as we enter Phase 1B of the vaccination plan for our state. Our own health commissioner urges patience as this massive endeavor begins. **"We are working hard to make sure everyone who wants a vaccine in Clark County will be able to get a vaccine," Clark County Health District Commissioner Charles Patterson said.** "Please be patient as we begin this massive endeavor."

It is important to note that **the vaccine will be available by appointment only.** There are seven entities in Clark County approved by the State of Ohio to administer the vaccine. If you want to schedule an appointment, you must call in advance to do so.

What's NEW ↓

Virtual Class Offerings

Confirmed Virtual Class Offerings in February:

Weekly Exercise Classes:

Pilates: Every Monday at 9:00am

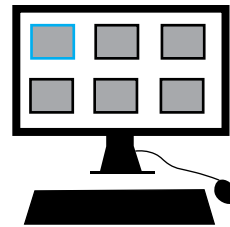
Movin' with Music: Every Tuesday at 10:30am

USS Jammers: Every Tuesday at 12:00pm

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:

Health Benefits of Gardening: Tuesday, February 2 at 1:00pm

Parkinson's Support Group – Education: Tuesday, February 9th at 1:00pm

Vintage Valentines from the Archives: Wednesday, February 10th at 7:00pm

Parkinson's Support Group – Friend's Together: Tuesday, February 23rd at 1:00pm

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.

USS Jammers

The USS Jammers will meet every Tuesday at 12:00pm to play some oldies but goodies. To join them, email Nancy Flinchbaugh at nancy.flinchbaugh@gmail.com.



Parkinson's Disease Support Group

The Parkinson's Support Group continues to meet twice each month on *Zoom*. On Tuesday, February 9, at 2:00pm, Kyle Farnbauch will discuss the use of technology and how to get connected. Please join with a list of your questions. Kyle is well versed in technology and he presents in a kind and non-judgmental way. This is a time to learn about getting connected to the free USS exercise classes and the Parkinson Foundation programs. You do not need to have a computer or smart phone to join us, you can call in as well. Register by calling Jane Eckels at 937-323-4948 ext. 209 or through email at jeckels@unitedseniorservices.org. The Parkinson's Friends Together Group will meet on *Zoom* on Tuesday, February 23, at 1:00pm. Both meetings are free and open to those with the diagnosis of Parkinson's as well as those who love and care for them.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Have you heard of the **Jefferson Street Oasis**? It's a great volunteer opportunity to prepare for finally venturing outdoors and becoming a bit more active! This 501c3 non-profit provides garden plots and programs whereby community members help each other grow, harvest, and provide fresh produce on 4.85 acres. Plots are offered at no charge, and tillage, seeds and some tools are provided. Education is provided to reconnect the basic need for food with the satisfaction of growing it, self-reliance that comes by harvesting it, better health by consuming it, and most importantly, resulting in a renewed sense of Community.



Volunteer opportunities include:

Preparing planting packets: Based upon what each participant will be growing, prepare packets with the seeds and give out plants from the poly house on planting days.

Planning garden plots: Assist gardeners with planning the layout of their garden on graph paper.

Mentoring: Those with gardening experience guide those new to gardening. Those experienced in canning/freezing assist gardeners in the kitchen to preserve their produce. Those with less experience help with class set up, prep and clean up. A great opportunity to learn hands-on.

Property Landscaping: Join gardeners as they mulch pathways separating the individual garden plots and/or help plant and maintain the flower beds.

Gardening work day: Saturdays are work days to assist gardeners as needed. Volunteers are needed anytime 8:00 am – 2:00 pm during the growing season.

Children's program: Retired teachers volunteer to share the joy and wonder of all things growing with children.

Pollinator gardening: Help to plant/maintain this garden while learning the role and importance pollinators play in our food system. Assist with monitoring Monarch butterflies and their life cycles.

Property maintenance and clean up: Mow, cut weeds, prune undergrowth around trees, OR come once each month to walk property and pick up trash/debris.

Building and carpentry: Assist with new projects, such as: children's building, finish inside of garden building, and repairs to picnic tables, fences, tools, and/or hoses.

For more information on volunteering with The Jefferson Street Oasis, or any one of our many RSVP partner agencies, please contact Barbara Rossler, RSVP Program Director at 937-324-5705 or brossler@unitedseniorservices.org.



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 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.

It's Okay not to be Okay Today

The Clark County Warmline is a free, peer-to-peer call line for anyone of any age who needs mental health support. It is available 24/7 including weekends and holidays. 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. Peers, or people with lived experience, are trained to screen for indications that callers may benefit from a referral to a mental health provider. **The Warmline number is 937-662-9080.** If you or someone you know is experiencing a crisis or emergency, call 911 or the National Suicide Prevention Lifeline 1-800-273-8255 or Crisis Text Line by texting 4HOPE to 741-741.

Programming Update

Pam Bennett
State Master Gardener
Volunteer Program Director
“Health Benefits of Gardening
(and just being indoors!)”
Tuesday, February 2nd at 1:00pm

Learn about the health benefits of simply taking a walk in nature. Pam will share the most recent research indicating that gardening is GOOD for the body and the mind! Not to mention that eating fresh vegetables right from the garden is most enjoyable. There will be a drawing for a \$25 gift card for all of those who attend – provided by the *Springfield Masonic Community*.

2021 Tax Preparation

Unfortunately, due to Covid-19, there will be no income tax preparation assistance at USS in 2021. In past years, tax preparation volunteers were provided by AARP. At this time, AARP has not yet finalized their plan for helping older adults in Ohio with income tax filing. We will continue to provide information as it becomes available to USS. If you wish to call the AARP tax line directly, you may do so by dialing 1-888-227-7669.

Stay at Home Bingo

Join us for Stay at Home Bingo on **Wednesday, February 17th at 1:00 pm**. Call Tracy Wickham at 937-521-3010 or email her at twickham@unitedseniorservices.org to make your reservation. You will be provided with a number to call and a pin number to get you connected. A new game will be added this month – you will get the opportunity to play Valentine Conservation Heart Bingo. This special card will be provided for you in addition to the regular cards. Bingo cards can be picked up outside of USS downtown center, on February 10th from 9:00-11:00am. Please take only one card. For those who don't drive, cards can be mailed to you. 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.

HEAP Reminder

The HEAP Winter Crisis Program will be ending on March 31, 2021. The regular HEAP Program will be ending on May 31, 2021. USS is still providing assistance to seniors who are applying for regular HEAP and PIPP Plus for their energy assistance needs. USS centers remain closed to members and the public, so appointments can be held over the phone with Joyce Robinson, Outreach Coordinator at USS. To schedule an appointment, please call Joyce at 937-521-3005.



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

WE MISS YOU

**AND WE'RE LOOKING FORWARD
TO BEING TOGETHER AGAIN**

Don't forget, the USS Board of Directors has waived the cost of membership in 2021 for all those who were 2020 members.

We look forward to welcoming you back to our centers once it is safe to do so!



The COVID-19 Vaccine Distribution for Phase 1B populations has begun.

The vaccine is now available to seniors age 70+ by APPOINTMENT ONLY. See page 3 for more information.

