

The Center Page

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

MARCH 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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- Joy Rogers, Secretary
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- 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 and Champaign Counties, Mental Health & Recovery Board of Clark County, Corporation for National and Community Service, 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
Art Jones

Center Page Editors:
Jenna Bluemlein
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Director's Corner

Dear Members and Friends,

Are you looking to fill your time with meaningful work? Perhaps you have thought about being helpful to others less fortunate, or less mobile? If your answer is yes, I have some suggestions and opportunities waiting for people like you to fulfill.

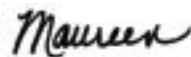
The winter weather has identified the fragility of independence for many older people. This also means that our elderly neighbors and friends are captive inside their homes until the weather breaks and all the snow and ice finally melt.

If able-bodied, we need to check on our neighbors and friends, to be certain they are safe and healthy. Consider calling your elderly neighbor or parishioner, to ensure they have food in the fridge, or plan a quick visit to take the trash to the curb, or shovel a clear path to the mailbox. We have found that the recent snowfalls have made door stoops, sidewalks, and driveways treacherous and sometimes impossible, for our Meals on Wheels deliveries, for In-Home Services staff, and for our Transportation vans.

If you love talking on the phone and are interested in making some new friends, please call the USS Director of Volunteers, Barb Rossler at 937-324-5705 to learn about *Telefriend*, a program that pairs a volunteer with a homebound elder for a regular, informal, telephone chat. USS screens all participants and volunteers to ensure the conversations are safe, friendly, and a bright spot in the day for all.

For those who are looking for a more formal commitment, and would appreciate a meaningful opportunity that includes paid employment, USS is always interested in finding a few more good men and women to help seniors live independently. You can work a little or a lot. Right now this includes drivers (for Meals on Wheels or medical appointments) and in-home workers (to help with light household chores or personal assistance). Competition for these workers is fierce in our community and the need is great! So we are taking an innovative approach to be flexible, whittle our waiting lists, and build a diverse workforce. To learn more, visit our website at www.unitedseniorservices.org or call USS at 937-323-4948.

Stay safe, help a neighbor, and thank you for the opportunity,



Maureen Fagans, AICP
Chief Elder Officer

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



What's NEW ↓

COVID-19 Vaccine Reminder

COVID-19 vaccinations are now available to older adults. Vaccinations are available at various locations in Clark County; including, the Rocking Horse Community Center, the New Carlisle Community Health Center, Springfield-area Kroger Pharmacies (East Main Street, North Bechtle Avenue, and Derr Road), the Discount Drug Mart, and the Clark County Combined Health District in partnership with Mercy Health at the Upper Valley Mall. The vaccine is available by appointment only. Please call the location or visit their website to schedule your appointment ahead of time. For details on all of this information, visit the COVID-19 Resource Center on our website at <https://unitedseniorservices.org/covid-19-resource-center/>.

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.

Nominations for Outstanding Seniors

The 2021 Older Americans Month theme, **Communities of Strength**, fits right in with showing our appreciation to resilient and generous older adults who go above and beyond in your county. Area Agency on Aging is accepting nominations for the Outstanding Senior Citizen Award for each of the nine counties in our region: Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby. Service in any field of endeavor should be considered. **The deadline for nominations is March 26.** Contact Tracy Wickham for more information at 937-717-8823 or at twickham@unitedseniorservices.org.



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.

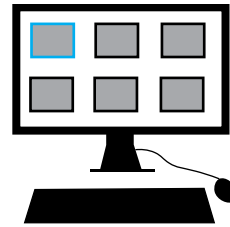
What's NEW ↓

Virtual Class Offerings

Confirmed Virtual Class Offerings in March:

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:

- Parkinson's Support Group – Education:** Tuesday, March 9 at 1:00pm
- Medical Oncology & Hematology:** Tuesday, March 23 at 12:00pm
- Parkinson's Support Group – Friend's Together:** Tuesday, February 23 at 1:00pm
- Health Benefits of Gardening:** Thursday, March 25 at 1:00pm
- Variety of Alzheimer's Association Programs**

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 on YouTube

Are there programs or classes that you missed but still want to see? You still have the opportunity to learn valuable information or take up a new hobby while we continue to remain safe in our homes. If you visit www.youtube.com and in the search bar type "United Senior Services" you can still view our previous programs and classes. From Yoga to Zumba to all of our one-time programs, you can view them all. Any questions or assistance can be directed to Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or by calling 937-323-4948 x141.

USS Photo Club

Photo Club meets every Thursday at 3pm via Zoom. Email Secretary, Dean Elam at dearthur2941@woh.rr.com to get the link to join the meeting. All who are interested in photography are welcome; whether you're a beginner or a pro!

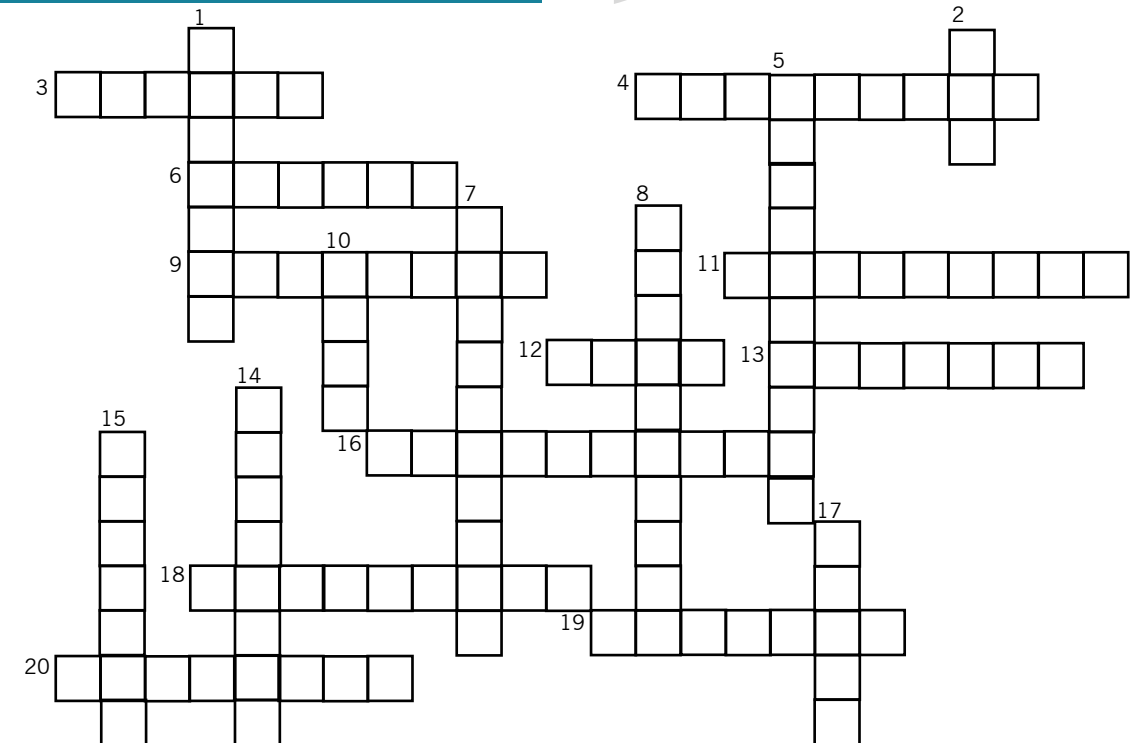
Parkinson's Disease Support Group

The Parkinson's Support Group continues to meet twice each month on Zoom. Tuesday March 9, at 1:00, Allison Peck, from the Clark County Public Library will discuss programs and events that are currently offered there. This will include information on home delivery of books and online book clubs. The Parkinson Friends Together Group will meet on Zoom March 23 at 1:00. To register, email Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 x209.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated



Across

3. Feeling or showing great care
4. Inspires delight, pleasure, or admiration
6. Displaying kindness and concern for others
9. Person treated as a celebrity in inspiring admiration
11. Putting the needs or wishes of others before one's own
12. Person admired for courage or outstanding achievements
13. Startlingly impressive
16. Showing careful consideration or attention
18. Showing or involving great activity or vitality
19. Very loving or loyal
20. Engaged in an activity or situation

Down

1. Genuine
2. Enjoyable; playful
5. Trustworthy and reliable
7. Showing strong feelings or a strong belief
8. Generous in giving to those in need
10. Having a friendly, generous, considerate nature
14. Pleasant; amiable
15. Full of energy and enthusiasm
17. Considerably above normal

Word Pool: Devoted, Thoughtful, Unselfish, Great, Charitable, Passionate, Friendly, Fun, Vibrant, Involved, Wonderful, Amazing, Hero, Rockstar, Caring, Dependable, Sincere, Energetic, Kind, Loving



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. 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.

The Clark County Warmline

It's okay not to be okay today. The Clark County Warmline is a free, peer-to-peer call line for anyone 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!)”
Thursday, March 25th 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. To make a reservation email Tracy Wickham at twickham@unitedseniorservices.org or call 937-521-3010. The sponsor for this program is [Springfield Masonic Community](#).

Jyothi Challa, MD
Medical Oncology and Hematology
Mercy Health Springfield Cancer Center
Tuesday March 23rd, 12:00 pm

Dr. Challa's areas of special interest include breast cancer, lung cancer and myeloma. To make a reservation email Tracy Wickham at twickham@unitedseniorservices.org or call 937-521-3010. There will be a drawing for a \$25 Kroger gift card for all of those who attend - provided by [Villa Springfield Rehabilitation and Healthcare Center](#).

Blocks to Blankets

Blocks to Blankets has donated more than 2,000 items just between November 1st and February 1st! Interested in helping? Meet up with the group April 5th from 10:00-10:30am in the parking lot at USS, downtown.

Stay at Home Bingo

Join us again for Stay at Home Bingo on **Thursday March 18th at 1:00pm**. 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. Bingo cards can be picked up outside of USS downtown center, on Tuesday, March 16th, from 9:00am to-11:00am. Please only take one card. For those of you who don't drive, cards can be mailed to you. Winners of the game will receive a \$10 Kroger gift card provided by [Mercy Health Oakwood Village](#). There is no charge to participate in this event.

Go Take A Hike at Gallagher Fen

Spring will officially arrive this month and what better way to enjoy being outdoors than to take a hike! Ever hear of Gallagher Fen State Nature Preserve? It's located right here in Springfield at 4749 Old Columbus Road. The entry is unmarked, however, there is signage to help direct you. [Ohio Department of Natural Resources](#) states, "It is one of the best examples of a prairie fen community in the state". Gallagher Fen has 213 acres, mature trees, hiking, birding, spring and summer wildflowers, wetlands, and numerous plant species. What a great place to have right here in our own backyard! For more information you can visit ohiodnr.gov.



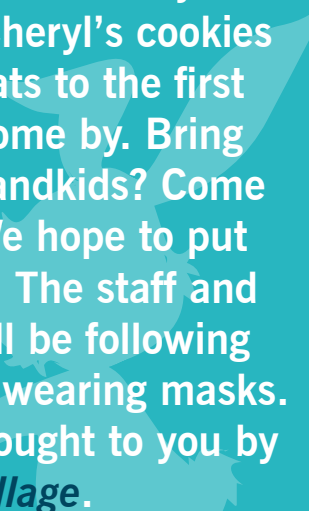
Elderly United of Springfield & Clark County, Ohio, Inc.
125 West Main Street
Springfield, OH 45502

St. Patrick's Day Food Truck

Despite not being able to meet in person, we still want celebrate St. Patrick's Day with you. On March 17th from 11:30am-1:30pm, Mom Andrasik's Hungarian Cabbage Roll food truck will be here at USS. The first 50 members will receive a \$2 off coupon for a meal from Mom Andrasik's on that day. The truck will be in the church parking lot behind our building (at corner of W Main and Center Street). Dave Yarnall will be playing his bag pipes from 11:00-11:30am at the main entrance of USS. This special event is being brought to you by *Villa Springfield*.

Easter Bunny Drive Through

Guess who will be hopping by at USS? The Easter bunny! On April 2nd from 1:00-3:30pm, the Easter bunny will be here passing out Cheryl's cookies and other sweet treats to the first 50 members who come by. Bring the grandkids! No grandkids? Come on down anyway! We hope to put a smile on your face! The staff and the Easter bunny will be following COVID guidelines and wearing masks. This event is being brought to you by *Oakwood Village*.

A faint, light blue silhouette of an Easter bunny is visible in the background of the teal section, positioned behind the text.