

# The Center Page

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

MAY 2021

It's time to  
fill out your  
membership  
forms!

see pg. 6

**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 and Champaign Counties, Mental Health Recovery Board of Clark, Greene & Madison Counties, Corporation for National and Community Service, Springfield 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.

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## Director's Corner

Dear Members and Friends,

May is national Older Americans Month. This year's theme, "Communities of Strength," provides us the opportunity to reflect and celebrate the many achievements and contributions of older Americans. I am proud to be among the Clark County older adults who are a microcosm of today's culture of active, involved and independent lifestyles. We embrace life with enthusiasm and contribute significantly to the economy. Older adults are integral not only to the mission and success of USS, but also to the quality of life we all enjoy in Clark County.

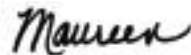
In 2019 older adults drove 35% of all discretionary spending. AARP research concludes that "Americans age 50 and up contribute so much to the U.S. economy that they'd constitute the world's third-largest economy if they were counted as their own country." In a community like Clark County, where 33% of the population is age 55 or better, that is a significant economic impact. Older adults are rapidly becoming the largest market segment in society and possess more purchasing power than any other demographic. While 42% of people at age 55 still have mortgages, those over age 65 are most likely to own their homes outright (83%) and contribute to charities. Donations of time, talent, and treasure are significant factors in the quality of life programs of the arts, education, and healthcare available in Clark County. Their countless volunteer hours and financial contributions total the equivalent of millions of dollars in donations to local not-for-profit organizations.

At USS, we recognize and respond to the trends among seniors to be active, engaged and contributing members of this community. Your senior center is wellness focused to provide a variety of opportunities to recreate, socialize, exercise, learn, travel, and volunteer. Last year 521 RSVP volunteers still recorded 28,307 hours of service (down from 51,000 in 2019) before the pandemic forced us to stop. According to the Independent Sector, an hour of volunteer time is now worth \$26 per hour. That means in Clark County you collectively provided the equivalent of \$750,000 of economic impact!

USS is dedicated to helping older adults in Clark County live the best life possible. You embody our mission - to provide Clark County older adults high quality services and programs that support active, involved and independent lifestyles -through active aging. We celebrate all of you. And although we cannot celebrate Older Americans Month with our traditional Senior Day luncheon we are honoring two outstanding and deserving Clark Countians. Read further about the Clark County Senior Citizen of the Year – Dick Hatfield and the Excellence in Leadership awardee – Deborah Woods.

It's an exciting time to be an older adult, and an exciting time to serve and support all of you through USS. Thank you for all you do for your families and your communities.

Thank you for the opportunity,



Maureen Fagans, AICP  
Chief Elder Officer

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



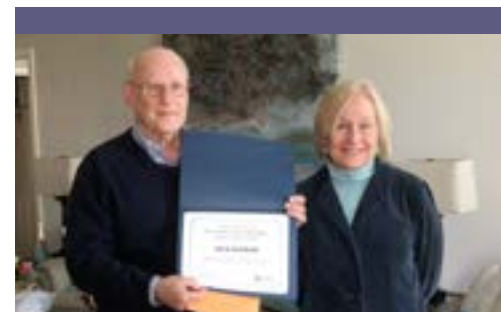
# Older American's Month Award Winners

## 2021 Clark County Outstanding Senior Citizen Award

The recipient of the 2021 Clark County Outstanding Senior Citizen Award is Dick Hatfield. Dick has demonstrated a lifelong passion and enthusiasm for his community. A 1953 graduate of Catholic Central High School, Dick worked at Crowell-Collier Publishing and served in the Air Force National Guard and Army National Guard before settling into a long and successful career with Benjamin Steele. Dick and his wife Kathy have been married 55 years and are the proud parents of 3 sons and 4 grandchildren. Many Springfielders are familiar with Dick because of his extensive knowledge of the history of downtown Springfield or because of his unique talent as a DJ and emcee. When it comes to Springfield's heyday in the 1940's, 50's, and early 60's, Dick is a resident expert. He has given frequent talks and has also produced videos in partnership with the Clark County Historical Society about the downtown's core block and pop culture history. A decade as a radio DJ and announcer on local AM station WBLY set the stage for Dick's 'second career' as a mobile DJ, emcee, and record specialist, having made commemorative albums titled "Memories and Music" for local high school classes from Catholic Central, Springfield High and others from the graduating years 1944-1969. Dick served two terms on the Board of Directors of the Springfield Arts Council and is a member of St. Raphael Catholic Church where he has served as Director of Lectors since 1997. Dick has demonstrated a sincere love and pride in making our community a special place to live. Congratulations, Dick!

## 2021 Clark County United Senior Services Excellence in Leadership Award

The recipient of the 2021 Clark County United Senior Services Excellence in Leadership Award is Debbie Woods. USS is proud to recognize Debbie for her lifelong dedication to serving the Springfield and Clark County community. Born and raised in Springfield, Debbie attended Springfield City Schools, graduating from South High School in 1967. Now retired from Sears, where she worked as the Assistant Store Manager, Debbie serves as the Salon Manager at Young Hair, Inc. She is the proud mother of 2 sons, 13 grandchildren and 14 great grandchildren. Debbie is an active member of Covenant United Methodist Church where she serves as head usher, financial chairperson and Freedom School Volunteer. Debbie is currently serving a second four-year term as President of the National Council of Negro Women, is an active member of Sisters United for Prevention Annual Cancer Awareness Program where she helps to bring awareness and find a cure for breast cancer. She also serves on the Springfield Regional Mercy Health Quality Committee and is helping to schedule minorities for Covid-19 vaccines in partnership with the Clark County Combined Health District. Debbie's kind and humble character, her willingness to serve, and her superior leadership skills have benefitted important civic organizations and countless individuals over the years. Congratulations, Debbie!



# What's NEW ↓

## Home/Preventive Maintenance

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 minor preventive maintenance including but not limited to installing grab bars, shower heads, smoke detectors, etc. Please contact Kyle Farnbauch at 937-323-4948 ext. 141 or at [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org) if you have questions or would like to request help.

## CHORE Summer Grass Mowing

USS is looking to continue expanding our Summer Grass Mowing service. While all spots for 2021 are filled, we are always accepting clients for the wait list. Call USS to put your name on the list, so when a spot opens up you can enjoy this service. Call 937-323-4948 ext. 141 for more information.

## HEAP Reminder

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.

## Senior Farmers Market Nutrition

The Senior Farmers Market Nutrition Program serves low income seniors, age 60 and older. Approved seniors will receive \$50 in coupons to spend on fresh fruits and vegetables at local farmers markets! In partnership with the Ohio Department of Aging and the Area Agency on Aging, PSA 2, Homefull will be administering the program for the 9 county wide service area which includes the farmers markets in Springfield and New Carlisle in Clark County. If you are interested in this program and would like to apply, call the USS meals department at 937-323-9688.



## Programming Update

**“Physical Benefits of Exercise for Emotional and Mental Health”**  
**Alexis Fourman**  
**Springfield Health and Fitness**  
**Wednesday, May 12th at 11am**

Join Alexis Fourman, personal fitness trainer and co-owner of Springfield Health and Fitness, as she discusses not only the physical benefits but the emotional and mental benefits exercise has for people of all ages. Topics will include ways to deal with depression, stress, anxiety, and staying motivated during a global pandemic. To make a reservation email Tracy Wickham at [twickham@unitedseniorservices.org](mailto:twickham@unitedseniorservices.org) or call 937-521-3010. This program is being sponsored by **Villa Springfield**. Join us and your name will be put into a drawing for \$25 Kroger gift card from Villa.

## Park and Play Bingo

Join us for Park and Play Bingo on **Wednesday, May 12th 2:00-3:30pm**. Limited spots are available and reservations are required. Contact Tracy Wickham at 937-521-3010 or at [twickham@unitedseniorservices.org](mailto:twickham@unitedseniorservices.org) to claim your spot. This is a free event! You must be a member to participate. Prizes will include gift cards from local stores and snack bags. Bingo cards will be provided, you just need to bring a marker with you. This event will take place in the parking lot behind USS (at the corner of W Main and Center Street). Stay at Home Bingo will not take place this month. This program is being sponsored by **Mercy Health Oakwood Village**.

## New Meal Choice at USS Cafe

Dining room pick-up now has two meal options! When you drive up you can pick which meal you'd prefer and both meals will still come with milk and juice. You may want to try to get to USS early to ensure we have your preferred selection. Suggested meal donation is \$2.50. If you haven't applied already, contact our Meals Department at 937-323-9688 for eligibility and to reserve your meal today!

## Be Kind to Yourself Day

On May 27th, we will be hosting a drive through 11am-1pm in honor of Be Kind to Yourself Day. You will receive items to take care of your mental and physical health as well as kind snacks thanks to **Mercy Health Oakwood Village**.

## Golden Wedding 2021

Are you celebrating your 50th wedding anniversary this year? Let us know and you can get a lifetime pass to the Clark County Fair! This year we will celebrate with a drive thru event at the Clark County Fair. Check our June issue of the *Center Page* for more specific information. Tell your friends to contact USS if they have also reached this special milestone. Call Tracy Wickham at 937-521-3010 if you're celebrating this anniversary or if you have any questions.

# Membership Drive Thru

**Bring us your signed membership forms on one of these dates and get some goodies from USS!**

**Downtown Drive Thrus:**      **New Carlisle Drive Thru:**

- Wednesday, May 5th

- Wednesday, May 12th

- Wednesday, May 19th

- Wednesday, May 26th

- Tuesday, May 11th

**Enon Drive Thru:**

- Tuesday, May 18th

The light at the end of the Corona-tunnel is getting brighter and brighter! As more Americans become vaccinated each day, there is more reason than ever to be hopeful for a return to 'normal' routines. While we continue to wait patiently for Ohio and Clark County metrics to meet Ohio Department of Health, Ohio Department of Aging, and Clark County Combined Health District restrictions, we are taking steps to prepare for the day when members can return to our centers! So that YOU are ready to return to our centers, it is time to complete your 2021 membership forms and waivers! To make things as easy for you as possible, forms are included right here in the *Center Page*! Just fill them out and head downtown, to Enon or to New Carlisle for our May Membership Drive. If you can't make it to one of our Drive-thru events, don't worry! You can mail your completed forms – OR – drop them off in the marked mailbox at our Downtown location anytime that is convenient for you. Remember, there is no charge for 2020 members renewing this year! Questions? Call our Member Services Administrative Assistant, Cortney Schneider at 937-323-4948 ext. 112!

## Welcome, Cortney Schneider

As we get closer to being able to welcome our members, clients, and partners back to our Centers, we want to introduce a new member of our team. Cortney Schneider joined USS in January as our Member Services Administrative Assistant. Cortney has taken charge of member services and can't wait to meet all of you! Those of you that have renewed your membership for 2021 may have already had the chance to make her acquaintance. A native of Columbus, Cortney is a proud Ohio University graduate and began her career in sports marketing. She and her husband Greg came to Springfield twelve years ago and now have two beautiful children, Xavier and Juniper. Cortney's desk is located in the front office area and she is looking forward to meeting all of you, soon! Please join us in welcoming Cortney to the USS family. We are so glad she is here!



# Point of Pride

At USS, we know without a doubt that it is our people that make all the difference. We are proud of all our employees and their dedication to serving older adults in Clark County.

This month, we want to share with you some updates from our Caring Services Department. The pandemic has not made for an easy year, for anyone. For older adults, staying safe at home to avoid the virus meant other risks becoming more likely: isolation, loneliness, and phone scams to name a few. For our staff, safety restrictions prevented the group activities, home visits, and support groups USS Caring Services provides in "normal times." Did our staff give up? No way! They transformed! Pot-lucks became special deliveries and one-on-one holiday celebrations. In-person support groups went virtual and now meet via *Zoom* each month. Group activities became daily phone calls, porch and park visits. And, friends and family unable to be together are now able to keep in touch thanks to Grandpads provided to Parkinson's support group clients and purchased with funding from The Mental Health Foundation! Even with great challenges, the Caring Services Department served 341 clients in 2020, 21 more clients than the previous year!

“ Having a Grandpad has changed my life. I don't know what I would do without it! ”

- Parkinson's Support Group Client

## May is Mental Health Month

**Be brave. Talk about mental health.**

**Talking about mental help is the first step to reducing stigma and finding help for yourself and others. Here's some examples on how to be a good listener to someone sharing mental health challenges:**

- Listen carefully, without distractions
- Don't second guess their feelings
- Keep questions open-ended
- Offer help to find professional support



**Mental Health Recovery Board**  
Clark | Greene | Madison

*Pathways for everybody, every family*

# Virtual Opportunities ↓

## Virtual Class Offerings

### Confirmed Virtual Class Offerings in May:

#### Weekly Exercise Classes:

Pilates: Every Monday at 9:00am

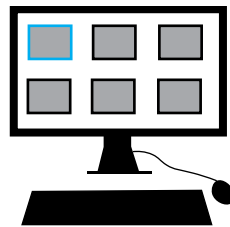
Movin' with Music: Every Tuesday at 10:30am

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:

Alzheimer's Association Community Forum: Tuesday, May 4 at 5:30pm

Parkinson's Support Group – Education: Tuesday, May 11 at 1:00pm

Physical Benefits of Exercise for Emotional & Mental Health: Wednesday, May 12 at 11:00am

Staying Safe – Thriving Through the Pandemic: Monday, May 17 at 10:00am

Parkinson's Support Group – Friend's Together: Tuesday, May 25 at 1:00pm

Great Decisions 2021: Tuesday's, 6/8 – 7/27 at 9:00am (see next page)

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

## Parkinson's Disease Support Group

The Parkinson's Disease Support Group will meet twice in May via *Zoom*. On Tuesday May 11th at 1:00pm, Lori Gum from the Parkinson's Foundation will tell us about programs and events that they have available. The second meeting this month will be the Parkinson Friends Together Group that will meet on May 27th at 1:00pm to talk and share. To register for either or both meetings, email Jane Eckels at [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org) or call 937-323-4948 ext. 209.



## New Programming Opportunity



Do you miss sharing your creative talents with friends? USS is excited to offer a new partnership program – Felt. Felt is an online community for older adult artists. You will receive weekly emails with tips, tricks, and articles about art-making leading up to a monthly “roundup” event where Felt members gather to share artistic responses to a monthly prompt. Felt is a great way to learn new skills, practice your creativity (in any medium), and meet new people. You can sign up to receive their emails at: [www.meetfelt.com](http://www.meetfelt.com).

## SAILL Programming is Back!

Good news! We will be hosting Great Decisions again this year with all new topics! This will be held via *Zoom* with instructor, Mike Lyons. There will be 8 sessions on Tuesday's, starting June 8th and running through July 27th from 9-10am. There is a \$55 fee which includes the \$40 class fee and \$15 briefing book fee. There's a maximum of 10 participants, so claim your spot today and learn all about the Foreign Policy Association's “Great Decisions” program. This is America's largest discussion program on world affairs! Visit [www.unitedseniorservices.org](http://www.unitedseniorservices.org) for the full course description. Please email Kyle Farnbauch at [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org) or call 937-323-4948 ext. 141 to register and pay.

## Alzheimer's Community Forum

Join to hear a brief overview on Alzheimer's, dementia, and memory loss. You can share your thoughts on how to help people in our community that are impacted by these topics. This virtual event is on **Tuesday, May 4th 5:30-7:30pm**. This is hosted by the **Alzheimer's Association Miami Valley Chapter** in partnership with the **Area Agency on Aging** and **USS**. Call 937-291-3332 to register today.



# 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 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, the National Suicide Prevention Lifeline at 1-800-273-8255, or text the Crisis Text Line by sending 4HOPE to 741-741.

# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

### Second Harvest Food Bank Needs Volunteers

As the pandemic continues, the number of families struggling with food insecurity has increased and your service is needed more than ever.

National Guard members will sort and pack food in the warehouse while employees and volunteers serve outdoor, contactless drive-through distributions. In Clark County, Second Harvest Food Bank distributes on-site at their location, Clark State Community College, Davey Moore Park, New Carlisle Community Gardens, and the South Vienna Middle School.

SHFB is seeking volunteers who can lift up to 30 lbs. Volunteers need to dress appropriately for outdoor weather and wear close-toed shoes. Masks and gloves will be provided and you will receive an orientation prior to serving. Available shifts are 12:00-2:00pm and 4:00-5:30pm.

### Building Strength, Stability and Self-Reliance

Clark County's Habitat for Humanity of Greater Dayton (formerly Clark County Fuller Center for Housing) has opportunities for RSVP volunteers, regardless of skill. Currently they are working to repair and rehab existing housing. Habitat believes "affordable housing plays a critical role in strong and stable communities".

### Clark County COVID-19 Vaccine Distribution

Thank you to RSVP volunteers who stepped up to help at the Clark County Combined Health District vaccination site! We put out the call for help and you responded! We've had 11 Senior volunteers choose this service opportunity so far, and are still receiving inquiries. The CCCHD will provide training materials so that you may accurately answer questions about the vaccines.

### National Service Recognition Day

RSVP volunteers represented AmeriCorps Seniors at the April 6th celebration of National Service Recognition Day. Mayor Warren Copeland read a proclamation thanking all AmeriCorps and AmeriCorps Seniors volunteers for their service to our community.

Please contact Barbara Rossler (937) 324-5705 for more information and to serve your neighbors through Clark County's Retired and Senior Volunteer Program.



*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

# *Communities of* **Strength**



#OlderAmericansMonth

