

The Center Page

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

JUNE 2021

**Important
Responsible
Restart
Information**

see pg 4-5



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

**USS LIMITED REOPENING
BEGINS JUNE 7TH, 2021
AT DOWNTOWN LOCATION
ONLY**

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- 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, 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.

Cover photo by
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Director's Corner



Dear Members and Friends,

On May 5th we received encouraging news from the Governor's office – the previous Health Order limiting senior center activities had been rescinded! The following day the CDC announced new guidance too! Hooray! Senior centers, including USS, are now able to restart activities for our members.

So what does this mean at USS? The CDC guidance is clear that masks, social distance and group limits are no longer necessary for people who are fully vaccinated. The CDC is also clear that masks, social distance and small groups should continue if you are not vaccinated. USS is prepared to comply with these safety requirements so that all members are able to return to our downtown center as safely as possible. We will rely on you to comply with initial safety protocols to help each other feel safe as we all return to our favorite activities and friends. Read further for the safety protocols that we will require in our first weeks of reopening.

On June 7th at 8:30am USS will welcome all current members to our downtown Springfield center for drop-in recreation including pickleball, chair volleyball, card clubs, and other groups that don't require registration. Our equipped fitness room, billiards hall, cards and darts room, and lap pool will also be open following pre-pandemic schedules as closely as possible for the time being. Please check our website or call 937-323-4948 after June 1st for specific schedules. We will add instructor led classes and activities as quickly as possible beginning July 1st. Our plan does not yet include our dining room, travel, or satellite locations but we are encouraged that as Clark County and Ohio continue to recover from this pandemic we will be able to add them to our schedule soon.

I hope the news of our reopening is as exciting for you as it is for me. I recognize that you may not yet see your favorite activity available in June, but additional programming will be added quickly over the summer months. We are planning for busier, noisier days ahead and we do look forward to seeing you again soon. Please be patient as we balance restarting the programming you miss while maintaining or relaxing safety protocols as they rapidly change.

Until then, I encourage you to be vaccinated, if you are able. Vaccination protects you from serious infection of this deadly coronavirus and protects you from transmitting the disease to your loved ones. It also helps USS to become a safe haven for older adults to come together.

Until I see you June 7th, stay safe and thank you for the opportunity,

Maureen Fagans, AICP
Chief Elder Officer

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

Golden Wedding 2021

Our Golden Wedding party has taken place for the past 60 years!

In that time, we have served 42,000 pieces of anniversary cake!

We hope to continue adding to our list! Call today if you're celebrating 50 years of marriage!

The Golden Wedding party is back!

Tuesday, July 27, 2021

11:00AM – 1:00PM

Are you celebrating your 50th wedding anniversary in 2021? Already celebrated that milestone? USS, The Springfield Kiwanis Club, The Clark County Fair Board, and Oakwood Village want to help celebrate this special occasion! All Clark County couples and surviving spouses married 50 years or longer are invited! Please join us for this USS hosted drive-thru event at the Clark County Fair this year.

Celebrating your golden anniversary this year or know someone who is? Let us know ahead of time by calling Tracy Wickham at 937-521-3010 and we will send you complimentary lifetime passes to the Clark County Fair!

We're searching for local royalty! If you or a couple you know have been married for 70 years or more, email Tracy Wickham at twickham@unitedseniorservices.org or call 937-521-3010 to let us know. One special couple will be named the 2021 Golden Wedding King and Queen.

This year's Golden Wedding event is drive-thru only. Please enter the Fairgrounds from the 'Gate into the Lake' on Laybourne Road and drive right up to our tent to receive your gift commemorating 50 years of marriage.



USS Responsible Restart

USS Limited Reopening Begins Monday, June 7, 2021!

The moment we have all been waiting for has finally arrived! From each of us at USS to each of you, our valued members, we are so happy to welcome you back!

In May, Governor DeWine announced that all Ohio health orders would be lifted on June 2, 2021. Soon after, the CDC announced that it was safe for all vaccinated Americans to participate in gatherings large or small, indoors or outdoors.

Important Info to Know

Members may return to our Downtown Center beginning **June 7, 2021**. Our Center will now be open for drop-in activities **Monday - Friday 8:30am-4:30pm**

Initial reopening activities will include:

Fitness Room	Clubs
Lap Pool	Billiards
Pickleball	Card Groups
Chair Volleyball	1-on-1 Meetings with Staff (for emergency assistance & other services)

Coming Later This Summer!

Satellite Re-openings!
Dining Room Meals!
Instructor-led Exercise Classes!
Warm Water Pool!
Support Groups!
Lunch and Learns!

What to Expect When You Come Back

All members must sign-in and wear masks until further notice.

Once checked in, vaccinated members will enter the center and participate in available activities. Unvaccinated members will be screened prior to entry and must refrain from activities with more than 10 people while maintaining social distancing.

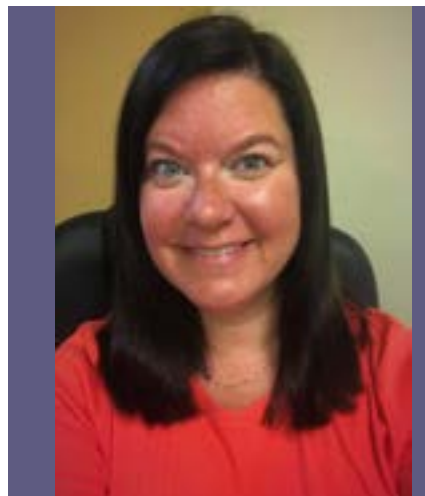
*Members unable to successfully complete screening will not be admitted.

Reminders

- ✓ Check our website for a detailed schedule starting June 1st!
- ✓ If you haven't done so already, now is the time to turn in your completed 2021 Membership forms. New *and* returning members must fill out a new form. Please be sure to sign both pages of the form. Forms are available on the membership page of our website or in the mailbox outside our downtown center!
- ✓ *Covid-19 Admittance policy and screening requirements for entry can be viewed by visiting our website at unitedseniorservices.org and click on View Covid-19 Resources.

Welcome, Carrie Hawes

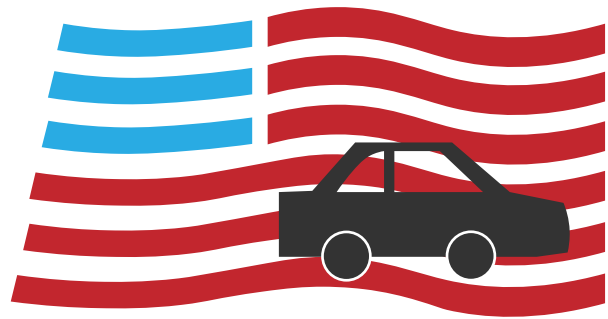
Senior Meals is proud to announce the newest member of our team! Carrie Hawes joined the United Senior Services staff in March as the Senior Meals Administrative Assistant. Carrie will support the Senior Meals department in various ways as we serve 1,700 meals each week. Primarily, she will handle billing and offer frontline assistance to our clients. Carrie was born and raised in Springfield. She and her husband Jeff have two beautiful daughters, Emma and Mira. In her spare time Carrie enjoys being with family, baking and traveling. Please join us in welcoming Carrie to the USS family! We are so glad she is here!



What's NEW ↓

Independence Day Drive Thru

USS and **MediGold** will be celebrating Independence Day on Friday, July 2nd, 11:00am-1:00pm. Come drive thru and receive a special MediGold bag with candy, MediGold items, and a small American flag. For information about MediGold, you can contact Linda Ankney at 937-602-1580.



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.

Senior Farmers' Market Nutrition

The Senior Farmers' Market Nutrition Program serves low-income seniors, age 60 and better. 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.



Stay Active with NTPRD!

The sun is shining and temperatures are finally rising! Spring is officially here! As member activities at USS become available once more, check out our local parks for a range of activities for all ages, older adults included! National Trail Parks and Recreation District offers countless activities each month to get you moving, get you into nature, and show you how beautiful our community really is! Visit www.ntprd.org for their full schedule of activities.

Programming Update

"Arthritis and Fractures of the Hip"
Dr. Ken Zartman
Springfield Orthopedics & Sports Medicine Institute
Thursday, June 17th at 1pm

Dr. Zartman is a board certified, fellowship trained orthopedic surgeon, specializing in general orthopedics and sports medicine. He will be discussing symptoms and treatments in regards to arthritis and fractures of the hip via Zoom. To make a reservation, email Tracy Wickham at 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 a \$25 Kroger gift card from Villa.

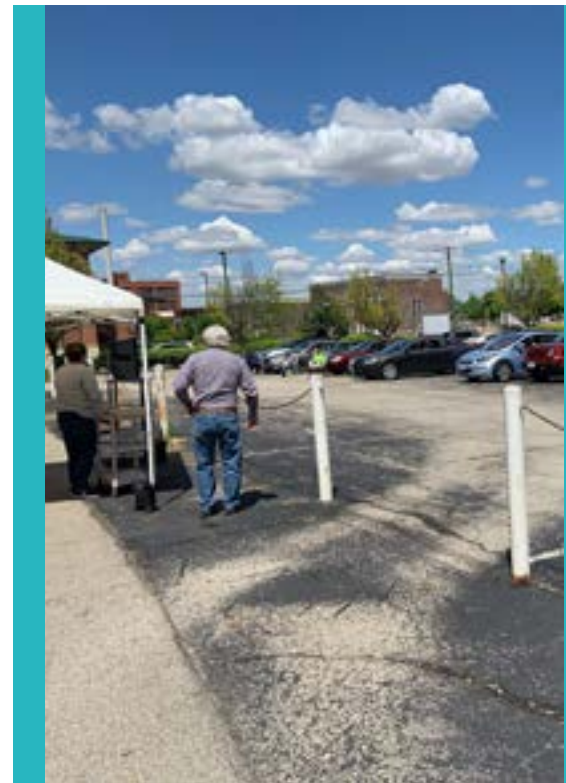
Programming Update

"Osteoporosis Clinic Information Session"
Dr. Domingo Molina
Springfield Orthopedics & Sports Medicine Institute
Friday, June 11th at 12pm

Join USS & Villa Springfield via Zoom as we learn about the new osteoporosis clinic opening soon in Springfield. Dr. Molina will discuss the new opportunities this clinic will bring to the community, so you will not want to miss this program. All attendees will be entered for a chance to win a \$25 Kroger gift card. Call 937-323-4948 ext. 141 or email kfarnbauch@unitedseniorservices.org to sign up.

Park and Play Bingo

It's back! Join USS again on **Friday, June 18th, 2:00-3:30pm** for Park and Play Bingo! We have increased the number of cars. This will take place in the back parking lot of the USS downtown location. Reservations are required and need to be made by June 15th by contacting Tracy at twickham@unitedseniorservices.org or 937-521-3010. You can have up to 4 people in one car and membership is required. This event is free, and prizes will include gift cards from local stores and a snack bag for you. We are also celebrating the start of summer with a "Sunshine Basket" raffle. Everything in the basket is yellow! One free ticket to each person. Bingo cards will be provided; you will just need a pen or pencil to mark off your numbers. This program is being sponsored by **Mercy Health Oakwood Village**.



Virtual Opportunities ↓

Virtual Class Offerings

Confirmed Virtual Class Offerings in May:

Weekly Exercise Classes:

Pilates: Every Monday at 9:00am

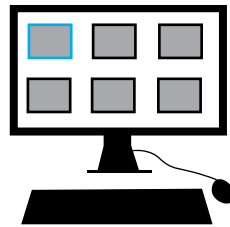
Movin' with Music: Every Tuesday at 10:30am

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 Series and One-Time Workshops:

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

Parkinson's Support Group – Education: Tuesday, June 8 at 1:00pm

New Osteoporosis Clinic Information Session: Friday, June 11 at 12:00pm

Arthritis & Fractures of the Hip: Thursday, June 17 at 12:00pm

Parkinson's Support Group – Friends Together: Tuesday, June 22 at 1:00pm

Felt Monthly Round-Up: Thursday, June 24 at 2:00pm (see next page)

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.

Parkinson's Disease Support Group

The Parkinson's Disease Support Group will meet twice in June, via *Zoom*. On Tuesday, June 8th at 1:00pm, a representative from Mercy Health will present an education session on a new program they are doing, LSVT BIG. This is a therapy program for those with a Parkinson diagnosis to improve movement. It yields measurable results in the first hour. It is a research-based exercise approach. The second meeting this month will be the Parkinson Friends Together Group that will meet on Tuesday, June 22, at 1:00pm to talk and share. To register for either or both meetings, email Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

New Programming Opportunity



USS is partnering with Felt on a creative challenge for the month of June! Over the course of the next 3 weeks, USS members and friends are encouraged to create art inspired by flowers! You can use any medium (paint, fabric, wood, paper, etc.) to express yourself.

Project Description: Using any medium, take a moment to ponder a single flower, a beautiful bouquet, an artful arrangement, or a full landscape of flowering plants! You can create something from scratch or share something you've already made.

Join others from USS and the Felt Team for a virtual roundup event on **Thursday, June 24 at 2:00pm** to share your work and to meet other creative people on Zoom. To receive the link* for the virtual roundup event, please call Kyle at 937-323-4948 ext. 141 or email kfarnbauch@unitedseniorservices.org.

*By signing up, you are opting in to the weekly Felt newsletter. You may unsubscribe at any time.

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 for the full course description. Please email Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or call 937-323-4948 ext. 141 to register and pay.

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

Society of St. Vincent de Paul

The Society of St. Vincent de Paul offers person-to-person service to those who are in need and suffering. Members, known as Vincentians, are from every ethnic and cultural background, age group, and economic level. Vincentians are united in an international society of charity, collaborating with others in relieving need and addressing its causes and make no distinction in those served. Our local Saint Vincent De Paul Society is requesting help from our RSVP Volunteers. The volunteers are not required to be a member of the Society itself.

St. Vincent de Paul provides food, shelter, clothing, furniture, and other necessities. Last year, after devastating tornadoes in Dayton, Ohio, our SVdP volunteers organized and donated hundreds of bedding linens, bath towels, and other necessities to the regions most affected by the tornadoes. They are currently still organizing food donations to those areas.

Donations to our non-profits that have remained open during this trying year have been at an all-time high because so many have had time recently to sort through their homes and choose things to donate. The Thrift Store sells donated items, providing revenue for their Food Pantry. Because of the great influx of donations, they are in great need of assistance from volunteers to help with organizing and preparing the donations for sale in the store. There is an extensive list of volunteer positions available.

Casey Rollins had been volunteering at St. Vincent de Paul's in Springfield for 20 years when she decided to retire from teaching four years ago and focus all of her energies on her service to our community. She now volunteers more than 50 hours a week as our local chapter's Executive Director. Casey is a hands-on and humble director, participating in every aspect of volunteering for the agency she is passionate about and for the community members served.

Please consider joining the volunteers at St Vincent de Paul as they serve the essential needs of neighbors in Clark County and neighboring communities. If you are interested in helping out at the Thrift Store or Food Pantry, and are a Clark County resident aged 55 or better, please contact RSVP Director, Barbara Rossler, for more information at 937-324-5705 or brossler@unitedseniorservices.org.

Thank you to the Community Health Foundation!

A BIG Thank You to Community Health Foundation for choosing the Retired and Senior Volunteer Program to receive a grant for 2021-2022. Their funding helps us to keep our seniors active, involved, and independent as they serve the needs of our community.



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

**Are you celebrating
50 years of marriage
in 2021? We have a
gift for you!**

See pg 3 for more information.