

The Center Page

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

JULY 2021

**Activity
Calendar
Inside**
see pg 6-7

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

**USS DOWNTOWN
BUILDING HOURS:**
M-F 8:30AM - 4:30PM
*Starting July 15th,
Thursday Building Hours
will be 8:30am - 6:00pm

- 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 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
Russel Yeley

Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston

Director's Corner



Dear Members and Friends,

We are so happy to welcome you back to our downtown USS center! As I write this we have only been open to members for 2 weeks and it has been great fun to see old friends and facilitate getting groups back together again for a card game, a meal, or a game of pool. July brings additional options for exercise and other activities to our daily calendar, so please watch for your favorites as we rebuild our schedule over the coming months. USS is committed to providing you a safe experience while in our centers, so I hope you will join us sometime soon.

I thought how appropriate that July is Social Wellness Month as we emerge from our self-imposed isolation and get comfortable seeing our friends and resuming our old routines. Most of us have experienced some degree of social isolation this past year in an effort to protect ourselves and our loved ones. And the emotional, intellectual, and physical toll has been difficult for many of us to manage. Social wellness requires that we connect with others to build healthy relationships.

According to the University of Minnesota, "healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity." Their research (and others) show that people with strong social networks tend to live longer. Their heart and blood pressure respond better to stress. Strong social networks are associated with healthier endocrine systems, cardiovascular systems, and immune systems.

USS, your wellness center, is the perfect place to build your social network and your social wellness. Joining an exercise class, dropping in for recreation, or using our fitness equipment are all great ways to meet people and make friends. The physical activity is also good for your heart, your joints, and your balance.

Find others who share your interests by participating in a USS club or group. USS has many clubs and groups who are always welcoming to new members. Whatever your interest, USS offers a wide variety of group activities to learn something new, sharpen dormant skills, and make new friends.

Become a Senior Corp Volunteer. Let USS connect you to local charities who are in need of your time and expertise. You will feel good about the cause, and you'll meet others with similar passions.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions at USS.

Thank you for the opportunity,

Maureen Fagans, AICP

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

Reopening Reminders ↓

Important Info to Know

New USS Downtown Building Hours!

On Thursdays only, starting July 15th, the USS downtown center will be open 8:30am – 6:00pm for programming. Please see the activity calendar on pages 6-7 for a list of all activities that will be available in July. On all other weekdays, the center will still be open 8:30am - 4:30pm.

Reminders for Members When Inside the Building:

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 before they can enter the center. Please be sure to sign both pages of the form. Forms are available on the membership page of our website or they can be filled out in the lobby when you come in.

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

Once checked in, vaccinated members will enter the center and be able to participate in all 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.

New Activities Scheduled in July!

- Yoga*
- Moving with Music
- Let's Get Moving
- Lunch & Learns
- Parkinson's Exercise & Support Group
- Chair Volleyball (Thursday's added)
- Additional Lap Pool Hours
- Legal Consulting

Coming in August!

- Focus on Fitness*
- Drums 4 Fitness*
- Zumba Gold*

*Activities that require registration and payment

Change to Virtual Programming

With the USS downtown reopening well under way, all virtual programming (except Monday Pilates) has ended. Only Pilates will continue to meet via Zoom until it returns as an in-person activity later this fall. If you are looking for more at-home fitness and education opportunities, please visit www.youtube.com and search "United Senior Services" to view recordings of our previous online activities.

Golden Wedding 2021

What's NEW ↓

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

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

Call today if you're celebrating 50 years of marriage or more!

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.



Parkinson's Disease Support Group

The Parkinson's Disease support group will meet in person in July! On Tuesday, July 13 at 1:00pm, the group will meet at the Downtown Center in MP4. Saba from Creative Neurology will speak to us about Micrographia. Her talk will be about a research-based course that is available to improve handwriting for those diagnosed with Parkinson's. To register, email Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

Stay at Home Bingo

Despite our center being open, we cannot yet bring Bingo back in person. We will do so as soon as we can. So, join us again for Stay at Home Bingo on Wednesday, July 21st at 1:00 pm! Reservations are required. Call Tracy Wickham at 937-521-3010 or email her at twickham@unitedseniorservices.org to reserve your spot. You will be provided with a number to call and a pin number to get you connected. Bingo cards can be picked up inside of the USS downtown center at the Matthies Welcome Center 8:30am - 4:30pm, starting Tuesday, July 6th. For those 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 but you need to be a member to play.

Parkinson's Exercise Group

The Parkinson's exercise group is meeting in person on Tuesdays and Thursdays in July! The class will meet at the Downtown Center at 2:00pm in MP4. For more information call Jane Eckels at 937-323-4948 ext. 209.

New Activity! Ping Pong

USS is excited to be offering dedicated time for Ping Pong as an available activity in our Cards & Darts room on Fridays 12pm - 4pm. All skill levels are welcome. There will be no other scheduled activities in the room at this time. Members are invited to play at other times if it doesn't interfere with other activities.

HEAP Reminder

The Summer Crisis Program starts on July 1, 2021 and ends on September 30, 2021. This program will provide eligible households with a one-time benefit to assist with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. USS will be providing assistance to seniors who wish to apply for these benefits. Appointments can be made by contacting Joyce Robinson, Outreach Coordinator at USS, at 937-521-3005.

Activity Calendar: July 2021

Additional information available at the Matthies Welcome Center

Mondays

Billiards.....8:30a - 4:30p...D-NC
closed 11:30a - 12:30p for cleaning

Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning

Pickleball.....8:30a - 10:30a...D-NC

Lap Pool.....9:30a - 11:30a...D-NC

Blocks to Blankets 10:00a - 3:00p...D-NC
July 19th only

Let's Get Moving 10:30a - 11:30a...D-NC
starting July 12th

Congregate Meals 11:00a - 1:00p
grab & go or sit & eat

Bridge.....11:00a - 3:00p...D-NC

Pickleball for Novice 1:00p - 3:00p...D-NC

Scrabble..... 1:30p - 3:30p...D-NC

Tai Chi..... 2:00p - 4:00p...D-NC

Pickleball..... 3:00p - 4:30p...D-NC

Tuesdays

Billiards.....8:30a - 4:30p...D-NC
closed 11:30a - 12:30p for cleaning

Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning

Yoga.....8:30a - 9:30a...R-\$
starting July 13th

Great Decisions 2021 9:00a - 10:00a..R-\$

Lap Pool.....9:30a - 11:30a...D-NC

Legal Consulting 10:00a - 11:00a...R-NC
starting July 6

Moving with Music 10:30a - 11:30a..D-NC
starting July 6th

Congregate Meals 11:00a - 1:00p
grab & go or sit & eat

Bid Euchre.....11:30a - 2:30p...D-NC

Friendly Euchre.....12:00p - 3:00p...D-NC

Pinochle.....12:00p - 3:30p...D-NC

Mah Jongg.....1:00p - 3:00p...D-NC

Parkinson's Support 1:00p - 2:00p...D-NC
July 13th only

Parkinson's Exercise 2:00p - 3:00p...D-NC

Chair Volleyball.....2:00p - 4:00p...D-NC

Lap Pool.....2:00p - 4:00p...D-NC

Wednesdays

Billiards.....8:30a - 4:30p...D-NC
closed 11:30a - 12:30p for cleaning

Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning

Pickleball.....8:30a - 10:30a...D-NC

Lap Pool.....9:30a - 11:30a...D-NC

Chess Club.....10:00a - 2:00p...D-NC

Congregate Meals.....11:00a - 1:00p
grab & go or sit & eat

Lap Pool.....2:00p - 4:00p...D-NC

Pickleball for Novice 2:00p - 4:00p...D-NC

Thursdays

Billiards.....8:30a - 4:30p...D-NC
closed 11:30a - 12:30p for cleaning

Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning

Poker.....9:00a - 3:00p...D-NC

Tai Chi.....10:00a - 12:00p...D-NC

Congregate Meals 11:00a - 1:00p
grab & go or sit & eat

Lunch & Learn.....11:30a - 1:00p...R-NC
"Heart Health with Dr. M Ashraf"
July 15 only

Pinochle.....12:00p - 3:30p...D-NC

Samba.....12:00p - 4:00p...D-NC

Canasta.....1:00p - 4:00p...D-NC

Scrabble.....1:00p - 4:30p...D-NC

Pickleball.....1:30p - 4:00p...D-NC

Parkinson's Exercise 2:00p - 3:00p...D-NC

Lap Pool.....2:00p - 4:00p...D-NC
July 1 & 8

Lap Pool.....2:00p - 5:30p...D-NC
starting July 15

Photo Club.....3:00p - 4:30p...D-NC

Chair Volleyball.....4:00p - 6:00p...D-NC
starting July 15

Yoga.....4:45p - 5:45p...R-\$
starting July 15

On Thursdays, starting July 15th, the USS downtown center will be open 8:30am – 6:00pm for programming

Fridays

Billiards.....8:30a - 4:30p...D-NC
closed 11:30a - 12:30p for cleaning

Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning

Pickleball.....8:30a - 10:30a...D-NC

Weaving.....9:00a - 11:30a...D-NC

Lap Pool.....9:30a - 11:30a...D-NC

Hula.....10:00a - 12:30p...D-NC

Chess Club.....10:00a - 2:00p...D-NC

Congregate Meals 11:00a - 1:00p
grab & go or sit & eat

Bridge.....12:00p - 3:30p...D-NC

Ping Pong.....12:00p - 4:00p...D-NC

Euchre.....1:00p - 3:00p...D-NC

Lap Pool.....2:00p - 4:00p...D-NC

Pickleball.....3:00p - 4:30p...D-NC

KEY

\$: Cost **R:** Registration Required
NC: No Cost **D:** Drop-in

What's NEW ↓

Department Highlight

WE ARE SO HAPPY TO HAVE YOU BACK IN OUR CENTER!



USS BUSINESS DEPARTMENT

As you begin to join us once more in our downtown center, we want to be sure you get to know USS. This month we want to take a moment to introduce our business office staff! A small but mighty team, these people work hard behind the scenes to help USS operate smoothly.

While most members don't get the opportunity to interact with the business office on a regular basis, any USS employee will attest, almost nothing happens in our center without them! Since the department encompasses accounting, grants, compliance, purchasing, human relations, IT, and facilities, you can see how much we rely on this important group of people. During the pandemic, the business office utilized their collective expertise and moved quickly to obtain funds available to help with unexpected expenses. They also remained focused and kept up important work so that USS could continue our service delivery without interruption and be ready to reopen as soon as we were able. Their efforts certainly paid off! This group may specialize in transactions, but their dedication to our mission is anything but.

Thank you to Debbie, Joyce and Jim!

THANK YOU TO OUR BUSINESS OFFICE STAFF!

Debbie DeWitt, Chief Financial Officer, Director of Resource Management
 Joyce Ware, Grant Compliance Officer
 Jim Heeg, Business Office Admin Assistant

Welcome, Sarita Gale

USS is proud to announce the newest member of our leadership team! Sarita Gale, RN, BSN, recently joined the United Senior Services management team as the Director of In-Home Services. She brings to USS a wealth of progressive leadership experience in local senior care roles. She is prepared to help the agency expand its reach to the elders in our community and offer new services as opportunities become available. Sarita was born and raised in Springfield, Ohio. She has two children, her daughter Lilly and her nephew Ben. In her spare time, Sarita enjoys music, activities with her children, and spending time with friends and family. Please join us in welcoming Sarita to the USS family! We are so glad she's here!



Debbie DeWitt



Joyce Ware



Jim Heeg

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 provides 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



New Volunteer Sites!

High Street Methodist Church – Needs a volunteer with strong administrative skills to answer phones, print bulletins, file, and other general office duties. Also to mail, write, and design letters, postcards, and articles for the newsletter. The position is for 10am-2pm Tuesday, Wednesday, and Thursday.

Central Community Center – Consider volunteering for Freedom School, a six-week summer literacy program which runs from June 14th to July 23rd. Their mission is “to ensure every child a healthy start, a head start, a fair start, a safe start, and a normal start in life...with the help of caring families and communities”. Freedom School aims to help children fall in love with reading, increase self-esteem, and generate a positive attitude toward learning. Volunteers are needed to serve meals (breakfast, lunch, snack) and read with the children. The Freedom School is held at the Dome. <https://vimeo.com/131650346>

Central Community Kitchen (formerly known as Rainbow Table II) is now serving at High Street Methodist Church. Volunteers are needed for meal prep and serving. Currently serving warm to-go meals every Tuesday evening starting at 5:30pm. Weather permitting, tables in the parking lot for those who would like to sit together and have fellowship during the meal time.

USS – For volunteers who like to work “behind the scenes,” USS is looking for volunteers to help after lunch in the café. Our volunteers clean up the café area and load the dishwasher. There is no heavy lifting. This provides opportunity to socialize with other members and lunch is provided.

Ohio's Hospice – Re-entry training has begun again for current hospice volunteers to be in patients' homes or Springfield Regional Medical Center for visits, caregiving relief, music at bedside, pet therapy visits, Veteran Pinnings, cake bakers and drivers. No COVID vaccine is needed, but is highly recommended.

New volunteer classes are set for September and December and more may be added if there is high interest. Volunteers are once again visiting with patients. For now, this excludes any nursing home or assisted living facilities. They are anticipating a fall opening for facilities based on federal and state guidelines. A special request from Tami – “We could sure use more veteran volunteers to honor their fellow veterans”.

Please contact Barbara Rossler at 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

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

See pg 4 for more information.