

## NEW GUIDELINES

- SELF HEALTH SCREENING CHECKLIST:** If you can answer yes to ANY of the following, we ask that you please stay home. Fever/Feeling Feverish? Shortness of Breath? Chills? New Muscle Aches? New Headache? New/Persistent Cough? New Sore Throat? Been in contact with someone who tested positive? Contact your doctor if symptoms continue.
- Face Covering is strongly encouraged by Beth. We have plenty available if you would like one.
- Try not to congregate in small, close groups. Please practice social distancing.
- Please try to sanitize as you enter and often once inside. Sanitizer is provided throughout the center.
- We are still unable to allow food items to be shared. Bottled water and/or coffee may be served or given out by our staff /volunteer, but we are unable to offer a self-service

  
**KEEP  
CALM  
AND  
GET  
READY**

May's newsletter is going to be BIG! Lots of pics of what's been happening over the past year, sponsors, new things for our center, new activities/programs/services/events,



Springfield, TN

Do you have trouble getting all your laundry done? We'd like to help. Come in for a FREE laundry day.

**When:** 3<sup>rd</sup> Friday each month  
First loads in at 8:00 a.m. last loads in at 11!

2021 Dates*:	
JANUARY 15 <sup>TH</sup>	JULY 16 <sup>TH</sup>
FEBRUARY 19 <sup>TH</sup>	AUGUST 20 <sup>TH</sup>
MARCH 19 <sup>TH</sup>	SEPTEMBER 17 <sup>TH</sup>
APRIL 16 <sup>TH</sup>	OCTOBER 15 <sup>TH</sup>
MAY 21 <sup>ST</sup>	NOVEMBER 19 <sup>TH</sup>
JUNE 18 <sup>TH</sup>	DECEMBER 17 <sup>TH</sup>

**Where:** Sister's Coin Laundry (in the Big Lots/Belk Plaza), Memorial Blvd., Springfield

**What:** Only need to bring us your clothing and bedding for washing - we supply the volunteers, all the detergents, dryer sheets and new plastic bags to put your freshly washed laundry in.

## United Ministries Food Bank of Robertson County

is hosting a

## DRIVE-THRU FOOD PANTRY

Friday, May 7, 2021



9:00-11:00am  
(while supplies last)



Springfield Baptist Church | Willow Street Parking Lot  
400 N. Main Street, Springfield



Department of  
**Health**

## Vaccine Scheduling

please call 866-442-5301.

If you need help with **transportation** to a vaccine location, Please contact the Transit Agency in your region.

Those who will be utilizing public transit are asked to schedule their appointments on **Thursdays**.

Hello! After one LONG year... on March 15th we were able to open our doors to our Seniors again! I realize that our opening guidelines were very restrictive in the beginning guidelines and quite honestly, not very welcoming but...

Spring has finally sprung! As promised, we are able to lift more restrictions and do away with some all together!

Although as you can imagine, we still have to be vigilant and follow some protocol... I think you will as pleased as we are that things are much more relaxed and closer to normal!

Our Operating hours will remain from 9:30am- 2:30pm. This allows adequate time to sanitize and prepare for activities.

We plan to add even some more activities in May like, our Harmonica class, another exercise class, etc. We also plan to start our "Out & About" trips again!

WOO Hoo! Things are really looking up!

Can't wait to see your smiling face!

*Beth M. Felts*






As you all may recall...July is always "Participant Renewal Month". Our annual, suggested participant fee is **\$20**. We are blessed to receive grant funds however most of this funding is ear marked for specific projects and programs. Therefore, we rely **HEAVILY** on participant donations for the day to day operations & expenses.

As you can imagine, this has been a rough year. Yes, we have been closed, but that did not stop the bills from coming. Staff was furloughed but things like phone, utilities, etc. still had to continue to be paid. Of course, we were unable to have ANY fundraisers and unable to collect donations.

We will be begin our new FY in about 3 months. Until then, **we would like to plea with your giving nature to possibly make a donation for this past year now to help some our past year's loss**

GNRC (our biggest funder) has changed our Participant Registration Form (PRF) this year. We are asking **EVERYONE fill out a new form.— (NEXT PAGE)** 

First and foremost, we need the information for the obvious... so we know who you are and who to contact in case of an emergency. But it there's more to it! The information obtained help federal funders understand if they are really reaching people appropriately, and the data can help inform a broader picture of how older Tennesseans live and what their needs beyond your center really are. The expectation is that this information will help shape policy and programming going forward, so that a variety of needs can be met.

**Please complete ALL of the form and sign & return with (if able) your donation.**

Please make sure you're registered in@ the front desk **EVERY** time you enter the Senior Center. Not only is this used for our required data reporting...it also serves as a checklist in the event of an emergency evacuation.

### Tennessee Yellow DOT Program



is designed to provide first responders with an individual's medical information in the event of an emergency.

 Remember... We lend Medical Equipment

## Our Sponsors

In May, we'll be introducing and showcasing all of our sponsors! We cant wait for you for you to see all our kind friends that support you and your senior center!

Be sure to also take a glance @ our Sponsorship Plaque located in our Center the next time you are there!

### Telephone Reassurance

This program is designed for a participant to receive regular phone calls from a volunteer to insure the safety of the senior.

We are continually adding participants to this program. 1.) Some may choose a daily or weekly call 2.) Some may only want this service for a temporary basis, such as while recovering from surgery or injury. 3.) Some would prefer only receiving a call in the event of a weather emergency, such as ice/snow, tornado etc.

We hope to reach as many seniors as possible especially those who are frail, isolated and live alone.

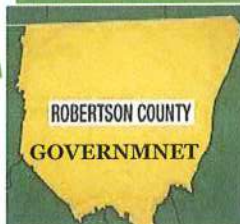
If you know of someone who would benefit from this service- please share! Well need to get the proper paperwork completed to get started!



Funded under agreement with:

**GREATER NASHVILLE REGIONAL COUNCIL**

Funded in Part



City of:



First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Preferred Name \_\_\_\_\_ Gender  Female  Male

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Age Verification Documentation  Driver's License  Other  Self-Declared (sign Age Affidavit below)

Age Affidavit: I declare that I am 60 years of age or older \_\_\_\_\_

Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ County: \_\_\_\_\_

Mailing Address, if different from above: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ County: \_\_\_\_\_

Email: \_\_\_\_\_

**Ethnicity**  Hispanic or Latino  Not Hispanic or Latino

**Race**  American Indian/ Alaskan Native  Asian  
 Black/ African American  Native Hawaiian/ Other Pacific Islander  
 Non-Minority (White, Non-Hispanic)  White, Hispanic  
 Other (Specify) \_\_\_\_\_

Does the client understand English?  Yes  No If not which language does client speak? \_\_\_\_\_

Do you have a disability that limits activities such as mobility or self-care?  Yes  No

Is your household income below poverty level? (see chart)  Yes  No

Emergency Contact \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

Do you live alone?  Yes  No Are you a Veteran?  Yes  No

I understand that the center/site has a grievance procedure posted that will tell me how to lodge a complaint in the event that I feel I am being discriminated against due to my race, creed, color, sex, age, or national origin. I understand that the information on this form may be used in statistical reports and I hereby give my permission to use the information collected about me if it does not identify me personally by name.

Year 1: Name \_\_\_\_\_ Date \_\_\_\_\_

Year 2: Name \_\_\_\_\_ Date \_\_\_\_\_

Year 3: Name \_\_\_\_\_ Date \_\_\_\_\_

# Activities/Events

April 2021









## BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>Easter Sunday</p>	<p>5</p>  <p>10:00a JUMP START YOUR JOINTS</p>  <p>12:30p Bocce Ball</p>	<p>6</p>	<p>7</p>  <p>10:00a Happy Feet Walking Club @ Springfield Civic Center</p>	<p>1</p>  <p>9:30a Bingo w/Love &amp; Friendship S.S. Class of North Springfield Baptist</p>	<p>2</p>  <p>CLOSED</p>	<p>3</p> <p>7:00p -10:00pm... Barry Brake's DANCE - Doors open @ 6pm - \$7</p>
<p>10</p>	<p>8</p>  <p>9:30a Bingo w/NHC</p>  <p>12:30p ROOK</p>	<p>9</p>  <p>10:00a JUMP START YOUR JOINTS</p>  <p>11:00a Cornhole Toss</p>				

# Activities/Events

April 2021 (Page 2)

## BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	 			<p>Tax Returns due</p>  	 	<p>7:00p - 10:00pm... Barry Brake's DANCE - Doors open @ 6pm - \$7</p>

# Activities/Events

April 2021 (Page 3)

## BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	 <p>10:00a JUMP START YOUR JOINTS</p>  <p>11:00a Bocce Ball</p>	 <p>9:30a - 2:30pm... CARDS</p>	 <p>10:00a Happy Feet Walking Club @ Springfield Civic Center</p>	 <p>9:30a w/Caris Healthcare</p>  <p>12:30p ROOK</p>	 <p>10:00a JUMP START YOUR JOINTS</p>  <p>11:00a Cornhole Toss</p>	
25	26	27	28	29	30	
	 <p>10:00a JUMP START YOUR JOINTS</p>  <p>11:00a Bocce Ball</p>	 <p>9:30a - 2:30pm... CARDS</p>	 <p>10:00a Happy Feet Walking Club @ Springfield Civic Center</p> <p>10:00a Cigna Healthcare pedometer &amp; snacks give away @ Civic Center</p>	 <p>12:30p ROOK</p>	 <p>10:00a JUMP START YOUR JOINTS</p>  <p>11:00a Cornhole Toss</p>	

# SPRINGFIELD DANCE HALL

601 LOCUST STREET, SPRINGFIELD, TN 37172

931-237-4615

**\*\*OPEN TO THE PUBLIC\*\***

**STILL KICKIN' COUNTRY BAND**

**ADMISSION \$7.00 AGE 12 & OLDER**

**1<sup>ST</sup> & 3<sup>RD</sup> SATURDAY NIGHT**

**(BEGINS APRIL 3<sup>RD</sup>, 2021)**

**7-10 PM**

**GREAT COUNTRY MUSIC, DANCING,  
FOOD AND GOOD TIMES**

**NO ALCOHOL - NO SMOKING**

NON-PROFIT ORGANIZATION  
 U S POSTAGE PAID  
 Springfield, Tn

For your OFFICIAL, Updated information




**robertson county SENIOR CENTER**

601 Locust St.  
 Springfield, Tn 37172  
 Phone: 615-384-6367

Beth M. Feltz, Executive Director  
 E-mail: beth@rcseniorcenter.com  
 615-516-9413 cell

Elaine Spurtlock, Activities Director  
 E-mail: Elaine@rcseniorcenter.com  
 615-319-1281 cell

www.rcseniorcenter.com



# Happy Feet Walking Club

Every Wednesday @ 10:00am  
 Springfield Civic Center  
 401 N Main St, Springfield

**Free!**

Come walk indoors and enjoy fellowship with others in the community instead of braving the changing weather of the season.