



2021

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?
- Face Covering is optional. We have plenty available if you would like one.
- 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 to have potlucks and meals.
- Please be patient as we clean and sanitize between activities.



INSIDE

Thurs., May 27th @
Fri., May 28th
7:00am – 2:00pm

Sat., May 29th
7:00am – 12:00pm

2nd Wednesdays



1:00pm

Read and then talk about it with friends!

Available in our Main Hall:

- | | | |
|-------------------------|-------|-------------|
| TV | Read | Coffee time |
| Dominoes | Poker | Board games |
| Puzzles– board and book | | |



A Note From The Executive Director

Hello!

Things are starting to get a little closer to normal each day! We are starting to see more people coming through our doors and this makes us very happy!

This month we are able to extend hours of operation. We are now on a operating schedule of 9:30am—3:30pm.

We are bringing back our day trips this month and even offering a short, overnight trip the first of June!

We hope to continue to add more things to our calendar each month!

The weather has been beautiful and shows signs that a hot summer is ahead of us!

We hope to see your smiling face join us soon!

Take Care,

Beth M. Felts



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

1ST & 3RD SATURDAY NIGHT

(BEGINS APRIL 3RD, 2021)

7-10 PM

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

NO ALCOHOL - NO SMOKING

DONATIONS SOUGHT

For our upcoming



Christmas and holiday decorations, toys, small appliances, gently used household items, etc. gratefully accepted.

(No clothing, furniture or large exercise equipment, please)

Please drop off items:

Mon., May 24th—Wed., May 25th

All proceeds will benefit the:



When riding our Mini-Bus... Please make sure that we have an up to date medical and emergency contact list at all times!



- WED., May 5th—10:00am ... **Leisure Drive** / \$8 Bus Fee + Your lunch / Sign Up DEADLINE: Tues., May 4th
- TUES., May 11th—9:30am ... **Bowling** — Hendersonville / \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental + your lunch / Sign Up DEADLINE: Mon., May 10th
- TUES., May 18th—10:00am... **Mint Gaming Hall @ Kentucky Downs** / \$8 Bus Fee your lunch / Sign Up DEADLINE: Mon., May 17th

Remember— We offer gift certificates to be purchased for your friends and family and YOU! Please see Beth.

Grand Rivers Overnight Trip

Sat., June 5th 10:00am



Price includes: 1 night lodging,



2 Musical Shows & breakfast

Double Room Occupancy = \$125.00

Single Room Occupancy = \$150.00

Full balance due at time of sign up



Games played

GAME #1

Regular Bingo - until everyone bingos once

GAME #2

One row bingo - across or diagonal

GAME #3

Four corner bingo






GAME #4

Coverall



What's Been Happening...

This past year has sure been a crazy one! Despite being closed we have still done quite a bit!

- From March to May,  provided us with 25 loaves of bread twice a week to get to our Seniors.
- In September,  new roof put on.  thanks to the **Stokes Brown Foundation...** We had a
- Through some  funding **State & Federal funding** and **Cathy Hamsley** with the County  Election office—we received tons of covid supplies like, masks, sanitizer, gloves, wipes etc.
- At the end of the calendar year, we received additional funding. Here's some things we were able to purchase... a new ice machine, new padded chairs, rope barriers, new square equipment so that we will soon be able take pymts with a card, 2 new employee computers, 1 lap top computer for the front desk and an i-pad. We have had the old computers cleaned and will soon be available to our seniors! We still have money designated to spend for a new microphone/speaker sound system.
- **Carrie Livziey**, Elaine's daughter, finished setting our website up! We now just need to up date with our latest information.



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



- Work front desk. Full or 1/2 days— Weekly, bi-weekly or monthly spots available!
- Call (from your own home) people on our Telephone Reassurance list
- Experienced person to maintain website

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!

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 _____



Health & Wellness



JUMPSTART YOUR JOINTS

This low-impact class from the Arthritis Foundation is geared towards:

- Reducing pain/inflammation
- Improving joint function
- Increasing muscular strength
- An overall sense of well being

MONDAYS & FRIDAYS
10:00AM



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.

Wednesdays

10:00 am

Re-starts in
JUNE!

chair yoga
Yoga for EveryBody

COPD360music
HARMONICAS FOR HEALTH



"Harmonica therapy" is a pulmonary program gaining steam across the country for people with asthma, COPD and even lung transplants. But don't let the word "therapy" put you off. Playing the *harmonica* is a ton of fun, and it's good exercise for *healthy lungs*, too. Come learn with us!

MONDAYS @ 1:00pm

Resumes in:

June



BOCCIE BALL!



Mondays @ 11:00am!

Bocce, also known as Italian lawn bowling, is one of the oldest yard games but will be played indoors. The game is simple, and can be played by people of all ages and skill levels. Put your game face on and jump in!



CARD DAY

**Tuesdays
9:30am— 2:30pm**

Currently, Hand and Foot is being played! Oh and by the way... 😊

They are in need of more players, so come join the fun!

If you don't know how to play— they will gladly teach you!

We have tons of other playing cards for Spades, Canasta, etc as well as Uno, Skipbo, & Rook!

So, gather some friends and come start a new group and a new weekly activity!



Each THURSDAY 9:30am

SPONSORED BY:

1st Thursday... The Love & Friendship S.S. Class of North Springfield Baptist Church

2nd Thursday... Stacey R. Moore w/



3rd Thursday .. Springfield Club



4th Thursday .. CARIS - Jackie MGee



ROOK



Thursdays

12:30pm

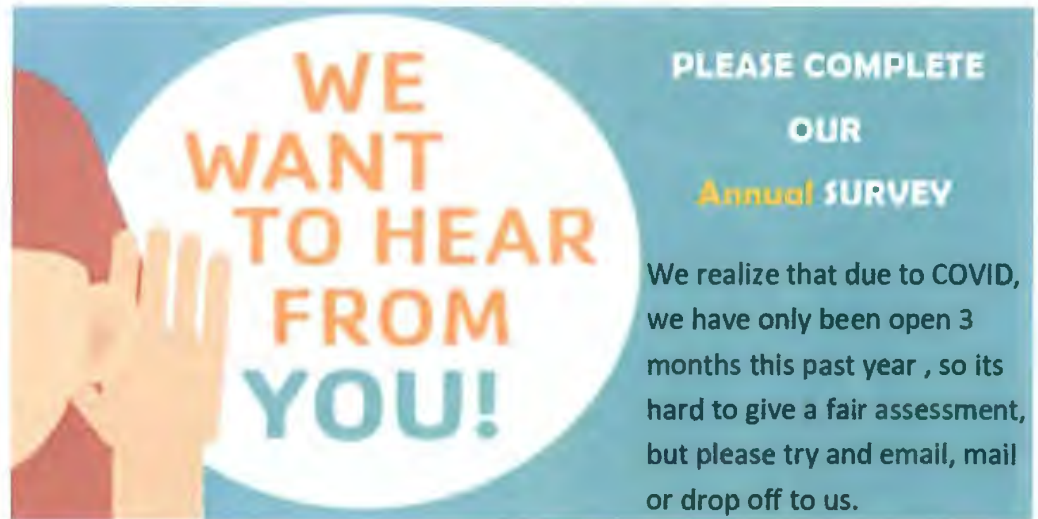
FRIDAY



11:00am



FY 2021—2021



1. Center’s hours of operation are convenient for me.

Very Somewhat Average Terrible

2. Satisfaction with Center’s physical site (ex. Adequate room, attractiveness, cleanliness, etc.)

Very Somewhat Average Terrible

3. Access to the Center & its layout are convenient.

Very Somewhat Average Terrible

4. I feel safe while at the Senior Center.

Very Somewhat Average Terrible

5. Center Staff is friendly & courteous.

Very Somewhat Average Terrible

6. Center Staff tries to get everyone involved in activities.

Very Somewhat Average Terrible

7. There is a good variety of activities.

Very Somewhat Average Terrible

8. Center programs and activities are fun and/or useful.

Very Somewhat Average Terrible



Activities/Events

May 2021

Green **border** = Weekly Green **shaded box** = Monthly Blue **border** = Out and About Trips **Red** = cancellation

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1
	2	3	4	5	6	7	8
	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE BALL</p>	<p>9:30a - 3:30pm... CARDS</p>	 <p>10:00a Leisure Drive / lunch Clarksville Cracker Barrel</p> <p>10:00a NO HAPPY FEET WALKING CLUB @ Springfield Civic Center NO</p>	<p>9:30a BINGO w/Love & Friendship S.S. Class of North Springfield Baptist</p> <p>12:30p - 3:30pm...ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p>		
Mother's Day	9	10	11	12	13	14	15
	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a No Bocce Ball NO</p> <p>11:00a Retired Teachers Lunch</p>	 <p>9:30a Bowling - Hendersonville / Lunch</p> <p>9:30a - 3:30pm... CARDS</p>	<p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p> <p>1:00p BOOK CLUB</p>	<p>9:30a BINGO w/NHC</p> <p>12:30p - 3:30pm...ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p>		
	16	17	18	19	20	21	22
	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE BALL</p>	<p>9:30a - 3:30pm... CARDS</p>  <p>10:00a Mint Gaming Hall @ Kentucky Downs (Mask Required) / lunch on premises.</p>	<p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p>	<p>9:00a 2:00pm...F.J./E.G. - Bridge Club - 2 Tables - BACK FACILITY (PRIVATE)</p> <p>9:30a BINGO w/ Springfield Civitan Club</p> <p>12:30p - 3:30pm...ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p>		

Activities/Events

May 2021 (Page 2)

Green **border** = Weekly Green **shaded** box = Monthly Blue **border** = Out and About Trips **Red** = cancellation

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

23	24	25	26	27	28	29
	<div data-bbox="317 386 569 435" style="border: 1px solid green; padding: 2px;">10:00a JUMP START YOUR JOINTS</div> <div data-bbox="317 444 569 477" style="border: 1px solid green; padding: 2px;">11:00a BOCCE BALL</div>	<div data-bbox="583 386 835 435" style="border: 1px solid green; padding: 2px;">9:30a - 3:30pm... CARDS</div>	<div data-bbox="850 386 1102 477" style="border: 1px solid green; padding: 2px;">10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div>	<div data-bbox="1117 386 1369 435" style="border: 1px solid yellow; padding: 2px;">7:00a 2pm...Rummage Sale</div> <div data-bbox="1117 444 1369 519" style="border: 1px solid green; padding: 2px;">9:30a BINGO w/Caris Healthcare (BACK FACILITY TODAY)</div> <div data-bbox="1117 529 1369 578" style="border: 1px solid green; padding: 2px;">12:30p ROOK (BACK FACILITY TODAY)</div>	<div data-bbox="1383 386 1635 435" style="border: 1px solid yellow; padding: 2px;">7:00a 2pm...Rummage Sale</div> <div data-bbox="1383 444 1635 539" style="border: 1px solid green; padding: 2px;">10:00a JUMP START YOUR JOINTS - (BACK FACILITY TODAY)</div> <div data-bbox="1383 548 1635 669" style="border: 1px solid green; padding: 2px;">11:00a CORNHOLE TOSS (OUTSIDE IF WEATHER PERMITS- IF NOT CANCELED for TODAY)</div>	<div data-bbox="1650 386 1902 435" style="border: 1px solid yellow; padding: 2px;">7:00a 12pm...Rummage Sale</div>
<div data-bbox="262 678 304 711" style="text-align: center;">30</div> <div data-bbox="317 721 569 906" style="border: 1px solid red; padding: 5px; text-align: center;"> <p style="color: red; font-size: small;">Memorial Day</p>  <p style="color: red; font-weight: bold; font-size: small;">CLOSED</p> </div>	<div data-bbox="527 678 569 711" style="text-align: center;">31</div>					

Thank You To Our Sponsors

Here is our current list of awesome sponsors! Please check often, as we receive new sponsors! Starting in June, we will spotlight at least one, maybe two sponsors each month so you may learn more about them!

Please help to show appreciation with your patronage, with a thank you note or a verbal thanks! 🙌

** deceased*



**Platinum
Level**

GNRC
George Porter *
Stokes Brown Foundation

Ed & Milma* Kramer
City of Springfield
Robertson County Government

Jacquelyn Guthrie Foundation
The Barnes Group
Springfield Fellowship Church
Dr Sabi & Linda Kumar
Brown, Brown & Associates
Robertson County Funeral Home
Springfield Rotary Club

Springfield Lions Club
Hometown Heating & Cooling
Reiselman Buick GMC
Shelia & Barry Brake
Brenda Harvey
Gwen & James Martin



**Gold
Level**



**Silver
Level**

RJR Foundation
New Chapel UMC Church
Vision Concepts
Jane & Glenn Hickman
Mayor Billy & Cindy Vogle
Stacy & Chris Causey
Jeana & Jeff Feaster
Kim & Bob Bibb

Town Of Coopertown
South Side Drugs
Carney Felts
Shannon & Bill Allen
Marilyn & Ned Feaster
New Chapel Mens Club
Kathy & Tony Neal



Springfield, TN

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

When: 3rd Friday each month
First loads in at 8:00 a.m. last loads in at 11!

2021 Dates*:	
JANUARY 15 th	JULY 16 th
FEBRUARY 19 th	AUGUST 20 th
MARCH 19 th	SEPTEMBER 17 th
APRIL 16 th	OCTOBER 15 th
MAY 21 st	NOVEMBER 19 th
JUNE 18 th	DECEMBER 17 th

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.

TN HOPE LINE

Connect with compassionate, trained, and loving listeners for help, hope, & encouragement.



ARE YOU LONELY? AGE 60+?

M - F 10 - 4 EST

844-600-8262

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



MENTAL HEALTH FIRST AID FOR OLDER ADULTS



About **15%** of adults aged 60 and over have a **mental disorder**.
- World Health Organization

More than **1 MILLION** people aged 65 or older had a substance use disorder in 2014.
- Substance Abuse and Mental Health Services Administration

The course will teach you how to apply the **ALGES** action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid for Older Adults teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training – which focuses on the unique experiences and needs of adults over the age of 65 – gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem, and help connect them to the appropriate care.

What It Covers

- A discussion of life changes that occur in older adults.
- A discussion of the specific risk factors faced by older adults, such as chronic health conditions.
- How to discern the difference between talking about death and suicidal ideation.
- A breakdown of psychosis, dementia and delirium.
- How to communicate effectively with those who need help while using respectful language.
- How to combat the stigma around substance-related problems in the older adult population.

Who Should Take It

- Families
- Caretakers
- Employers
- Nursing staff



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Rural Development

April 27, 2021

Office of the State Director

441 Donelson Pike Suite 310 Nashville, TN 37214

615-783-1300 800-342-3149 Fax 855-778-7057

USDA Rural Development Program Notice:

We are pleased to advise that the Tennessee USDA Rural Development Home Repair program has recently received our full allocation of home repair funds for 2021. This program is a valuable resource to many rural homeowners. With our 2021 funding, we have sufficient funding available for grant funds for income eligible homeowners who are age 62 and older residing in rural areas.

Attached to this notice is a program fact sheet containing information that we are asking you to share with your employees and other Agencies that you work with. You may have clients or other local contacts that may benefit from our Home Repair program. Our goal in Tennessee is to help as many people as possible residing in our rural areas to have safe and decent homes. There is a great need for our rural homeowners to have access to these grant funds.

Again, USDA Rural Development appreciates your support of the program and the assistance that you can provide to others to help improve their home living conditions by sharing the attached program information.

The following is the contact information for the Area Offices In Tennessee that can assist with the application and eligibility determination. They can provide additional information on the program and send out applications to anyone interested in receiving assistance.

Table with 3 columns: USDA Offices, Email, and USDA Contact Name. Rows include East Tennessee Knoxville & Greenville, Middle/East Tennessee Cookeville & Chattanooga, Middle Tennessee Lawrenceburg & Nashville, and West Tennessee Jackson & Union City.

Thank you for forwarding this information and for any referrals that you can make to individuals and homeowners that you come into contact to benefit from this grant program for repairs.

Please feel free to contact me if you have any questions on this Federal Grant Program. We will keep diligently working to help our rural communities thrive across Tennessee.

Sincerely,

Don Harris Housing Program Director

Attachment

USDA is an equal opportunity provider, employer and lender.

Single Family Housing Repair Loans & Grants

What does this program do?

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve, or modernize their homes or provides grants to elderly very-low-income homeowners to remove health and safety hazards.

Who may apply for this program?

To qualify, you must:

- Be the homeowner and occupy the house
Be unable to obtain affordable credit elsewhere
Have a family income below 50 percent of the area median income
For grants, be age 62 or older and not be able to repay a repair loan

What is an eligible area?

Generally, rural areas with a population less than 35,000 are eligible. Applicants may check the address of their home to determine eligibility online.

How may funds be used?

- Loans may be used to repair, improve, or modernize homes or to remove health and safety hazards.
Grants must be used to remove health and safety hazards.

How much money can I get?

- Maximum loan is \$20,000.
Maximum grant is \$7,500.
Loans and grants can be combined for up to \$27,500 in assistance.

What are the terms of the loan or grant?

- Loans can be repaid over 20 years.
Loan interest rate is fixed at 1%.
Full title service is required for loans of \$7,500 or more.
Grants have a lifetime limit of \$7,500.
Grants must be repaid if the property is sold in less than 3 years.

- If applicants can repay part, but not all of the costs, applicants may be offered a loan and grant combination.

Is there a deadline to apply?

Applications are available year round as long as funding is available and are processed in the order they are received.

How long does an application take?

Approval times depend on funding availability in your area. Talk to a USDA home loan specialist in your area for help with the application.

How do I get started?

Contact a USDA home loan specialist in your area.


What governs this program?

- The Housing Act of 1949 as amended, 7 CFR, Part 3550
HB-1-3550 - Direct Single Family Housing Loans and Grants Field Office Handbook

NOTE: Because citations and other information may be subject to change, please always consult the program instructions listed in the section above

NON-PROFIT ORGANIZATION
U S POSTAGE
PAID
Springfield, Tn

For your OFFICIAL, Up-to-date information

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

Hours of Operation
(Abbreviated):
9:30am - 2:30pm

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

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



Nominations from the Robertson County Senior Center membership will be accepted
From May 14th — until NOON, June 10th.

You are welcome to nominate yourself or someone else... please make sure you have the permission & commitment if elected secured from the nominee.

All nominees (including those nominated by the nominating committee) will be voted on by full board @ the June 10th board meeting.

Newly elected members will be notified prior to the July Board meeting.

2021—2022



BOARD NOMINATIONS

Name of Nominee: _____

Contact Info: _____

Address: _____

Phone (s): _____

Current/Former Profession: _____

Talents/Knowledge/Experience to bring to the Board: _____
