



2021

A Note From The Executive Director

Hi Friends!

I can't believe we are already half through the year but here we are ... JUNE!

We are now back to our normal hours ... 9am—4pm. Though slightly restricted we are finally able to offer some activities with food! You will notice that we are not offering any "Out and About" trips this month. Unfortunately, that is because we had our catalectic converter stolen recently. We are in the process of getting one but you know how that takes time! We should be rolling again in July!

Thanks to all who donated volunteered and attended our recent rummage sale. Totals are still not completely in but we are somewhere close to \$500!

Thanks to Wanda Redding for recently donating and planting beautiful flowers near our back patio!

We hope to see you soon!

Take Care,

Beith M. Fells

2nd Wednesdays



1:00pm

June 9th

Read and then talk about it with friends!

POTLUCK Lunch

3rd Thursday of each month

June 17th 11:00am

11:30am - 11:45am:

June is National Safety & Healthy Homes Month.

Age Well of Tennessee will be to give us a presentation on "Aging in Place - How to Stay Home Longer & Safer". Family Home Healthcare will be here to give a brief overview of all the services they offer and Mid Cumberland will be have a table for you to stop by for information on how to get help with your monthly rent.

Potluck will look a little different for now — you will actually be served on your plate. Individually wrapped utensils & napkins and bottled/canned drinks will also be used.

Please bring a dish to share to be organized for serving in kitchen.



Ice Cream

Games/Activities

Fellowship with friends

You're invited to our



Ice Cream Social

Tues., June 22nd

1:00pm

\$3

Sign up DEADLINE: Mon., June 21st

Mon., June 21st





Thurs., July 1st 11:00am

Independence DAY

Lunch

\$7

Hamburgers, hot dogs,
chips, baked beans,
dessert & drink

Sign Up DEADLINE: Tues., June 29th

We will be closed

Monday, July 5th

in observance of

Independence Day



Trips will return in July!
Please refer to Director's
note (Page 1) as to why we
are having to skip June!

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

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.
- ☐ Please be patient as we clean and sanitize between activities.



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 ~~THURSDAY~~ @ 10:00am

Springfield Civic Center

401 N Main St, Springfield

Please Notice This Change
in day!!

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

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

Doug has decided to start back from scratch!
Old and NEW will start from the beginning together!

Activities/Events

June 2021

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

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

		1 9:30a - 3:30pm... CARDS 10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center	2	3 9:30a BINGO w/Love & Friendship S.S. Class of North Springfield Baptist 12:30p ROOK	4 10:00a JUMP START YOUR JOINTS 11:00a CORNHOLE TOSS	5
6	7 10:00a JUMP START YOUR JOINTS 11:00a BOCCE BALL 1:00p COPD 360 Harmonica Class	8 9:30a - 3:30pm... CARDS 10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center	9 10:00a Chair Yoga 1:00p BOOK CLUB	10 9:30a BINGO w/NHC 12:30p ROOK	11 10:00a JUMP START YOUR JOINTS 11:00a CORNHOLE TOSS	12
13	14 10:00a JUMP START YOUR JOINTS 11:00a BOCCE BALL 1:00p COPD 360 Harmonica Class	15 9:30a - 3:30pm... CARDS 10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center	16 10:00a Chair Yoga	17 9:00a ...F.J./E.G. - Bridge Club - 2 Tables - BACK FACILITY (PRIVATE) 9:30a BINGO w/ Springfield Civitan Club  11:00a ... Lunch 11:30a Special Presenter/Entertainer/ Activity: Family Home Healthcare & Age Well of Tennessee 12:30p ROOK	18 10:00a JUMP START YOUR JOINTS 11:00a CORNHOLE TOSS	19

June 2021 (Page 2)

June 2021 (Page 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

20	21	22	23	24	25	26
<p>Father's Day</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class</p>	<p>9:30a - 3:30pm... CARDS</p> <p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p> <p>Special event</p> <p>1:00p Ice Cream Social / \$3 / Sign Up DEADLINE: Mon., June 21st</p>	<p>10:00a Chair Yoga</p>	<p>9:30a BINGO w/Caris Healthcare</p> <p>12:30p ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p> <p>1:00p Movie Friday - "Hamilton"</p>	
27	28	29	30			
	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class</p>	<p>9:30a - 3:30pm... CARDS</p> <p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p>	<p>10:00a Chair Yoga</p>			



Bocce BALL!

Mondays @ 11:00am!

Bocce, also known as Italian lawn bowling, is one of the oldest yard games but we'll be playing indoors. The game's 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...



- Jackie MGee

ROOK



Thursdays

12:30pm

FRIDAY



11:00am



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!



PARTICIPANT REGISTRATION FORM

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 _____

Available in our Main Facility

TV	Read	Coffee time
Dominoes	Poker	Board games
Puzzles— board and book		
Uno, Rook & Playing Cards		

Please try to remember to sign up for activities when sign up is requested!

This helps to with head count to prepare for!



Needs List

Canned/bottled soda, water or tea	
Individually wrapped snacks & sweets	
Copier paper	Coffee
Tissue boxes	hand soap
Stamps	dish detergent
Rubber bands	Lysol spray

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

thank you!

As our fiscal year comes to a close... we want to take the time to give a **BIG** thanks to: **Donna Adcock, Annette Leavell, Ned Feaster, Gwen Martin & Patty Moore** who will be leaving our board. Thanks for all your time, dedication, commitment and support the past few years! What a difference you have made!



Vision Concepts has been a leading provider of optometry services and vision care products in the Springfield community since 1987, and want to help you achieve and maintain clear vision for years to come.

Their experienced eye doctors offer comprehensive vision examinations at our Springfield optometry office and specialize in the diagnosis and treatment of a wide array of eye diseases, conditions, and problems. They use advanced diagnostic technology and vision

correction products and are committed to improving the quality of life of persons in the Springfield community through enhanced vision.

Give yourself the gift of clear vision – schedule an appointment with an eye care provider.

3563 Tom Austin Hwy.
Springfield, TN 37172

615-384-5225



Dr. Steven Schomer



Dr. Sarah Baldwin

Monday: 8:00am - 7:00pm
Tuesday: 8:00am - 5:30pm
Wednesday: 8:00am - 5:30pm
Thursday: 8:00am - 5:30pm
Friday: 8:00am - 1:00pm

Thank You To Our Sponsors

Please check often, as we receive new sponsors!

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



** deceased*



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

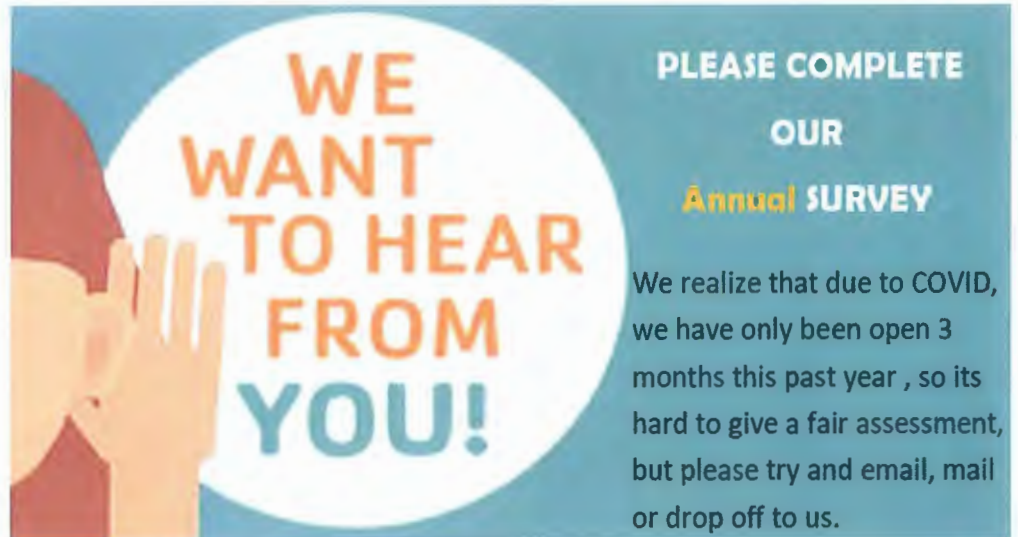


RJR Foundation
New Chapel UMC Church
Vision Concepts
Jane & Glenn Hickman
Mayor Billy & Cindy Vogle
Stacy & Chris Causey
Jeana & Jeff Feaster
Kim & Bob Bibb

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



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

Comments



Springfield, TN

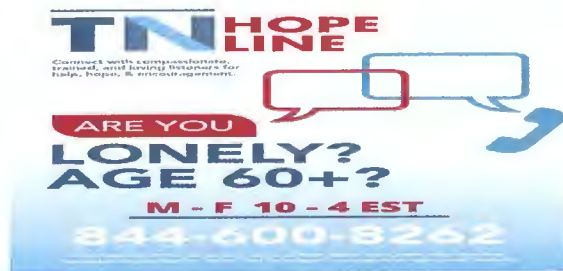
Do you have trouble getting all your laundry done? We'd like to help. Come in for a FREE laundry day.

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.



GREATER NASHVILLE REGIONAL COUNCIL

Chronic Disease Self-Management Program Workshop

The Greater Nashville Regional Council offers FREE in-person and virtual workshops for individuals interested wanting to learn to manage their chronic conditions through its Chronic Disease Self-Management Program (CDSMP).

CDSMP participants will meet once a week over the course of six weeks. The program is designed to empower individuals living with a chronic condition by improving their skills in medical and emotional management.

It is one of the most well-studied, evidence-based self-management programs available, backed up by over 20 years of federally funded research and one of the most highly adopted self-management programs worldwide, offered by numerous organizations in at least 19 countries.

This workshop will teach you:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation,
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance,
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals,
- Nutrition,
- Decision making, and
- How to evaluate new treatments.

Interested?

Visit www.GNRC.org/CDSMP to sign up for more information about upcoming virtual workshops.



GREATER NASHVILLE
REGIONAL COUNCIL

GNRC serves as Middle Tennessee's Area Agency on Aging and Disability.



EMERGENCY BROADBAND BENEFIT

WHAT IS IT?

The Emergency Broadband Benefit is a temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband services;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guide lines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

THREE WAYS TO APPLY

1

Contact your preferred participating provider directly to learn about their application process.

2

Go to GetEmergencyBroadband.org to submit an application and to find participating providers near you.

3

Complete a mail in application and send it along with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

LEARN MORE

Call 833-511-0311, or

Visit fcc.gov/broadbandbenefit



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 ALGEE 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



"A good course in Mental Health First Aid will help you 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."
— Ruth Kalusi, Director of Senior Services, Greater Nashville Regional Council

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org

NATIONAL COUNCIL
ON DEMOGRAPHIC HEALTH

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

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

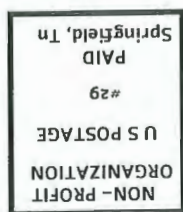
Hours of Operation (Abbreviated):
9:00am -4:00pm

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



For your OFFICIAL, Up-to-date information



Nominations from The Robertson County Senior Center Membership will be accepted until
NOON, Thursday June 10th for:

5 - Board Members

You are welcome to nominate yourself or someone else. Please make sure you have the received their permission to be nominated as well as the commitment from the nominee to serve should they be elected.

At the May 13th board meeting, the nomination committee presented the following nominees for the upcoming election:

Paul Nutting	Dontez Huskey
Bo Howell	Buddy Frank
Edison Guthrie	

ALL nominations will be combined and voted on by the full board @ the June 10th board meeting.

Newly elected members will be notified by the current board prior to July's regular board meeting.



BOARD NOMINATIONS

Name of Nominee:

Contact Info: _____

Address: _____

Phone (s): _____

Current/Former Profession:

Talents/Knowledge/Experience to bring to the Board:

