

The Sentinel

The newsletter for members of the Upper Arlington Senior Association

JUNE 2020

Why is the Senior Center Closed?

The Following is an Excerpt from the Recent Blog "The Scoop" shared by Steve Schoeny, City Manager

The Senior Center is closed as a direct result of the Ohio Department of Health's (ODH) orders requiring that older adult day care services and senior centers remain closed. In short, this is a decision that remains out of the City's hands at this time, and we have no information to help us determine when we will be able to reopen or under what conditions. When ODH amends the restriction on senior center operations, the goal will be to welcome members back to the Senior Center. With the Senior Center not allowed to operate, some of the classrooms in building 2 will be used for summer day camp. The ODH requirements for operation of summer day camps entail spreading the children out in smaller groups, instead of large groups at a few park locations. The Senior Center is just one site of many for camp to allow UA families to get back to work.

Serving Seniors During COVID-19

During the COVID-19 outbreak, the Parks & Recreation Department and in particular the senior center staff have been creative in efforts to serve our older adults during challenging circumstances. The senior center closed for service on March 16, 2020 and remains closed by order of the Ohio Department of Health (ODH).

Initial services implemented since the start of COVID-19

- **Senior Center Phone Line**

Respond to questions and needs, facilitate senior outreach inquiries and provide information on resources such as Commission on Aging.

- **Senior Outreach**

Employees and community volunteers, including Council members, have connected with seniors in collaboration with UA CARES responding to various essential needs of seniors in Upper Arlington during the COVID-19 pandemic. The call team has managed a database of over 1,600 households. Team members assist and respond to needs utilizing a network of community organizations including UA's Neighborhood Bridges and UA Community Foundation's Good Neighbor Fund. Additionally, our team has been coordinating the delivery of necessity bags donated by Age Friendly Columbus filled with essential items, as well as face mask deliveries to Seniors homes as needed and requested by residents. To date, we have delivered 35 bags of essential items, and over 100 facemasks to seniors in need. Approximately 300 residents were unresponsive to our calls and the Police and Fire Departments conducted Knock & Check service calls to check on their status. As time has progressed, the nature of calls has transitioned in part from providing essential goods to conversations overcoming loneliness as seniors are challenged with isolation. This program has been in place for 9 weeks and we expect this service to continue into the summer season.

- **Communicating to Senior Membership**

The monthly Sentinel Newsletter is mailed to all members and an electronic version with updates is sent to members having e-mail. These documents provide information on services and resources to our seniors during this pandemic, as well as ways our 50+ population can connect socially using platforms such as Zoom.

- **Virtual Recreation through Zoom**

(April & May 2020) Senior Center program staff have been conducting weekly Zoom chats with participants of specific classes such as Current Events, History classes, some Fitness and Dance classes, among others. The intent of these initial Zoom chats have been primarily social in nature to combat social isolation, and promote a positive experience for our seniors as they connect with peers. We have received wonderful feedback from attendees along with their appreciation for making this opportunity available.

(June 2020 & ongoing) Additional programs will be offered on a weekly basis using Zoom. Details and a schedule of these classes will be available on the city website on the Virtual Recreation and Senior Center 50+ pages. An example of class offerings will include Virtual Fitness programs (Silver Sneakers), Educational Forums and Presentations, as well as a Senior Support Group facilitated by a certified counselor who will provide resources and facilitate discussion among seniors to help everyone cope and navigate through the ongoing COVID-19 pandemic.

(Continued on next page)

*Next phase of programming***• Virtual Programs**

Expand Virtual Class offerings to include more topics and increased frequency. Continue to inform seniors on the use of our online registration process, as well as virtual applications such as Zoom. Seek ways to engage and assist seniors who may not have the ability or resources to connect by smart phone or computer from home.

• In-Person Programs

As ODH restrictions allow, our team is planning small group in-person sessions, while abiding by guidelines for social distancing. This includes conducting programs at outdoor shelters, parks, and potentially indoor facilities such as the Amelita Mirolo Barn. We will continue to communicate new program developments and offerings through our Sentinel Newsletter, E News, as well as through our website and social media.

• Senior Center Membership survey

In June, conduct a survey among our membership as to the needs and interests of members as we plan programs in a phased approach. Membership feedback is valued and the survey results will assist us in prioritizing program offerings knowing member interests for virtual programs while they remain at home and those that are seeking in-person sessions.

Patrick Monaghan, Recreation Manager

Guidelines for Virtual Programming

The Upper Arlington Parks & Recreation Department is pleased to deliver virtual, live programming and events to you during our nation's Covid-19 pandemic. Our goal is to provide a positive, interactive experience that positively impacts your social, mental, and in some cases, physical well-being. In doing so, there are guidelines that have been established and are recommended for you to follow. Our Department believes providing these guidelines will help facilitate a positive and successful experience for everyone.

At this time, we will use Zoom as a platform for much of our online programming. Zoom has been addressing safeguards against people who are not authorized to enter a scheduled meeting. In prior cases, security features designed to control the online meeting were not utilized. The use of any online video conferencing tool poses inherent risks for malware, phishing, and privacy concerns and we are making every attempt possible to safeguard against these possibilities. Participants understand they are joining at their own risk. Visit upperarlingtonoh.gov/virtual for more information.

Did You Know?**You Don't Have to Have a Computer, Tablet or Smartphone to Zoom with Us!**

The staff at the UA Senior Center is working hard to provide opportunities to our members to participate in a variety of virtual classes. Some classes would be better viewed on a computer, tablet or smartphone like a fitness class where you would need to watch an instructor, **but some of our lecture classes or discussion groups can be joined in by a telephone as well.** Please note that these programs may be shortened due to the amount of time we have available. **You must register in advance to participate at parks.uaoh.net.** This allows us to send the Zoom link to those individuals specifically to join that program. You will need your username and password to log on and if you are receiving this newsletter, you already have a household created. Please do not create another household, call 614-583-5320 for assistance M-F from 9 am-4 pm, we are happy to assist you.

Visit upperarlingtonoh.gov/virtual to view our scheduled programs and parks.uaoh.net to register online.

Here are our current ongoing virtual recreation programs.

Tuesdays at 10 am: SilverSneakers® Circuit (Activity #: 550414)

Tuesdays at 2 pm: Current Events Discussion Group (Activity #: 552503)

Wednesdays at 10 am: SilverSneakers® Classic (Activity #: 550412)

Thursdays at 10 am: BOOM-Move it, Muscle, Mind (Activity #: 550452)

Thursdays at 2 pm: Stock Market Discussion Group (Activity #: 552504)

Fridays at 1 pm: Senior Support Group (begins June 19)

Outdoor Recreation Opportunities!

We are working on putting together outdoor/open-air programs. Note that masks are required on-site and at all times unless otherwise noted as well as social distancing. Anyone not willing to comply will be asked to leave the program. By registering for these programs, you are agreeing to comply by these guidelines.

As we begin to introduce outdoor programs, please understand that we are not able to provide every program based on the amount of staff support, facility space and amenities currently available. Physical distancing does not allow for some of our programs at this time.

Coming soon! Pickleball, Golf, Softball, Guided Forest Therapy and more!

2020 Get Fresh Upper Arlington Farmers Market

The Get Fresh Upper Arlington Farmers Market is open from 4-7 pm at the Tremont Pool parking lot adjacent to Northam Park (2850 Tremont Road, Upper Arlington, 43221). In response to the COVID-19 pandemic, this year's Farmers Market will operate differently than in previous years, by implementing logistical adjustments to ensure the health and safety of its staff, vendors and the community at large. As part of this, **each week the first 30 minutes of the Market will be reserved for seniors and residents who are immunocompromised.**



Guidelines for Customers

If you choose to visit the Upper Arlington Farmers Market, you are asked to follow these strict, preventive measures to keep yourself, your farmers and food producers, and your community safe:

- If you feel ill or at all unwell, do not attend the market.
- Maintain the recommended six foot spacing from others while at the market.
- Wear a cloth face covering as recommended by CDC guidelines.
- From 4-4:30 pm, the Farmers Market is reserved for vulnerable populations, including seniors and the immunocompromised.
- The market encourages limited use of reusable grocery bags due to uncertainty surrounding surface contamination and the lifespan of the virus. We recommend using plastic, disposable bags during COVID-19.
- Send only one member from each household to the market in order to curtail crowds.
- Recognize that the market is attempting to limit the number of people in the market space at one time. While you wait for entry, be respectful and allow for safe distancing between you and other customers.
- When possible, pre-order directly from farmers and food producers to limit the need to exchange currency onsite. Visit Get Fresh Market's Facebook Page to view which vendors offer pre-order.
- No pets are allowed at the Farmers Market at this time.
- Do not linger or socialize. Purchase what you need and return to your home.
- Do not touch any products. When you have identified the product(s) you want to purchase, ask the farmer or food producer to collect and package the goods for you.

Market Operations - more info available at www.upperarlingtonoh.gov/events/

Northam Tennis

Northam Tennis memberships are still offered and must be purchased online at parks.uaoh.net or over the phone by calling the Northam Tennis office at 614-583-5461 or the UAPR main office at 614-583-5300. You may purchase your membership in person as the Parks & Recreation office when it re-opens.

- Northam tennis will operate as a cash free facility.
- Daily passes will only be sold on line (limit 4 per season).
- Patrons must reserve court time for designated 90 minute time blocks.
- Reservations are made online at parks.uaoh.net under facility reservations.
- Maximum of 1 reservation per person per day.
- Reservations available 7 days in advance and open at noon.
- Daily admission players must call the Northam Tennis office at 614-583-5461 to make a reservation, these reservations can be made up to 7 days in advance.
- Patrons will be asked COVID-19 health screening questions in the reservation process to remind players not to play when experiencing any symptoms or having potential exposure.
- Patrons shall communicate the necessary information with those in your reservation group regarding protocols related to participation.
- Patrons must end play and exit court when time block expires.
- Stay home if you are sick or do not feel well.

Upper Arlington Commission on Aging

The Upper Arlington Commission on Aging offers local resources necessary for a balanced, healthy lifestyle listed in the UA Resource Directory for Older Adults and their Families. This includes everything from insurance information to access to the local library, and everything in between. You can also learn more about programs and services offered such as I Am Fine Check-In and File of Life. To view the entire directory, click the button below.

Programs such as Medicare counseling and Senior Service Days will be modified to meet the requirements set by Governor DeWine (social distancing, etc). Special event programs like Fitness Trek, Medicare presentations and Sandwich Stroll have been postponed until we determine the best format for delivery.

If you have questions or concerns, please contact Jennifer Monroe-Sega, Director, at **614-583-5326** or email at jsega@uacoa.com.

Upper Arlington Senior Center
1945 Ridgeview Road
Upper Arlington, OH 43221
Phone: 614-583-5320
Fax: 614-442-4006
Web Site: parks.uaoh.net
Email: parks@uaoh.net
Hours: M-F, 8 am-4 pm

The City of Upper Arlington’s Senior Center is owned and operated by the City of Upper Arlington, Parks & Recreation Department.

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614-583-5320 • parks.uaoh.net

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2020 Senior Advisory Council

Joe Anastasi, *President*
Terry Kennedy-Mancini, *Vice President*
Karen Patrick, *Secretary*
Estelle Scott, *Treasurer*
Jeannine Palmer, *Assistant Treasurer*
Glenn Beebe, Miriam Clubok, Sue Coen,
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Susie Pisanelli, Arlene Rucker and
Anne Weilbacher

Senior Association Board of Trustees

Joe Anastasi, Georgia Bruce, Fred Minich,
Estelle Scott and Lori Wengerd

Senior Center Staff

Patrick Monaghan, *Recreation Manager*
Jane Sindel, *Recreation Program Supervisor*
Shannon Guy, *Recreation Program Supervisor*
Nancy Schwartz, *Administrative Assistant*
Mark Rechsteiner, *Part-time Recreation Leader*
Mary Beth McNeal, *Part-time Fitness Attendant*

The Senior Advisory Council meets the second Friday of the month at 1 pm in Bldg 1, Rm 104. Membership to the UA Senior Association is \$15 per calendar year for residents or former residents and \$20 for non-residents.