

Fifty PLUS

Columbus Recreation and Parks Department's newsletter for *residents ages 50 and older*

50+ Programming Update

We understand that many of you may be wondering when Columbus Recreation and Parks' 50+ programs and activities will resume. Our centers serve as a vital resource in the community, where residents connect with friends, access resources and enjoy activities, creating relationships that last for years. Know that we miss seeing you in our centers and are working tirelessly with Columbus Public Health to thoughtfully and carefully create a plan to re-open our doors. The health and safety of residents remains our top concern, however, and with COVID-19 cases rising steadily in our community, it remains uncertain when we might be able to get back to normal operations.

As we explore the safest options for resuming programming, we are intensely aware that any return to normal operations will need to be done gradually, to evaluate success, determine any increase in risk

and provide the ability for us to adjust our plans as needed. At this time, our Phase One plans include virtual programming options, outdoor activities and limiting any indoor offerings to programs that allow for social distancing and ensure compliance with safety guidelines from Columbus Public Health.

Once we do reopen, please be aware that our buildings and programs will look quite different. Here's a list of some of the safety measures you can expect:

- Face coverings required (covering both mouth and nose)
- Social distancing (6 feet)
- Smaller class sizes
- Check-in stations at each entrance, with temperature checks and health screening questionnaires
- Hand sanitization stations

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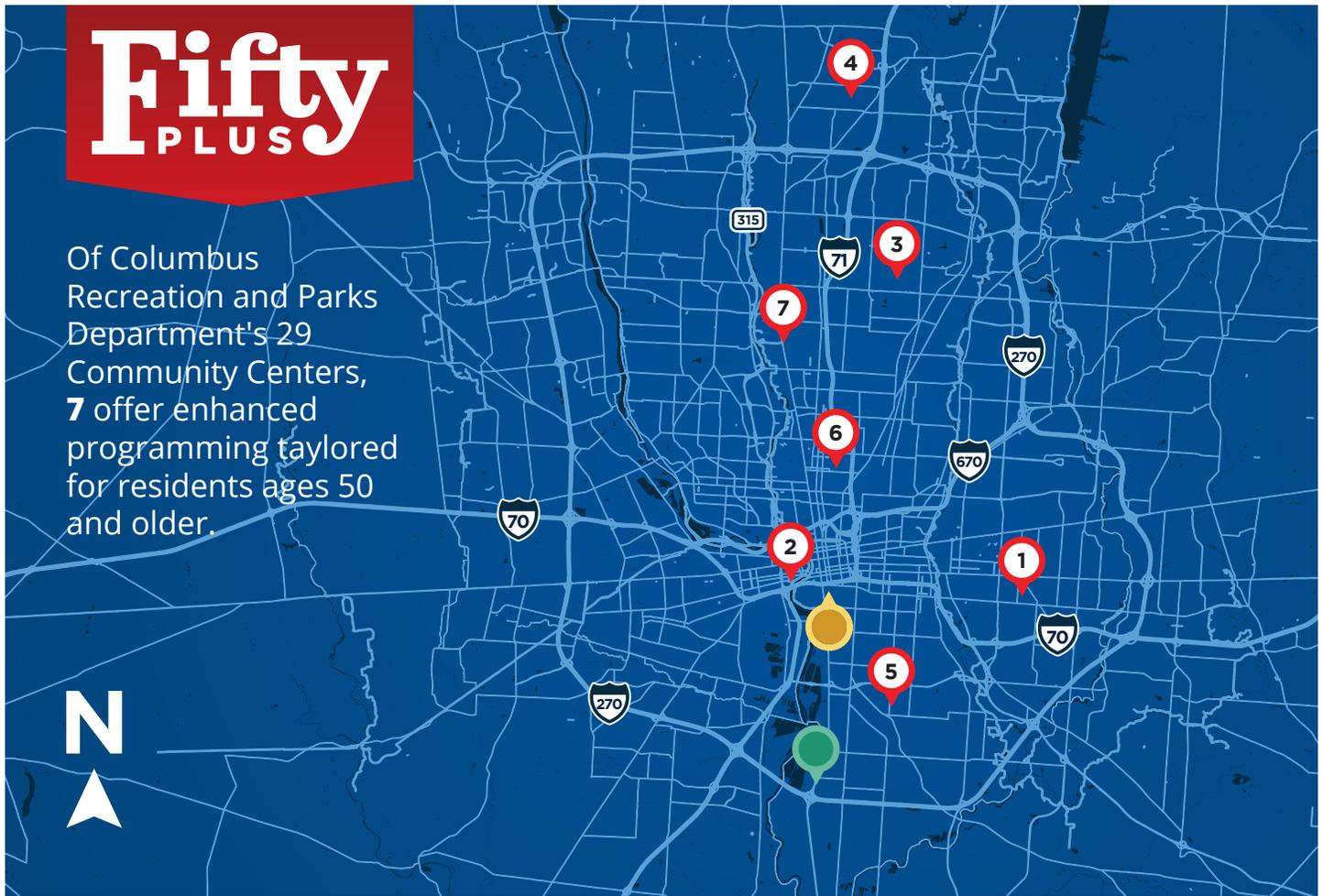
Games

Exercise your mind with this month's crossword and word search.

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Fifty PLUS

Of Columbus Recreation and Parks Department's 29 Community Centers, 7 offer enhanced programming tailored for residents ages 50 and older.



PLEASE NOTE: Due to the public health emergency, our community centers are currently closed to the general public and all senior programming has been canceled. Please visit our ColumbusRecParks.com for updates.

- | | | |
|--|---|---|
|  1 BARNETT COMMUNITY CENTER
1184 Barnett Rd. 43227
(614) 645-3065
Temporarily Closed |  4 LAZELLE WOODS COMMUNITY CENTER
8140 Sancus Blvd. 43081
(614) 645-5330
Temporarily Closed |  7 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
(614) 645-3217
Temporarily Closed |
|  2 DODGE COMMUNITY CENTER
667 Sullivant Ave. 43215
(614) 645-3176
Temporarily Closed |  5 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
(614) 645-3612
Temporarily Closed |  CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
3776 S. High St. 43207
(614) 645-7250
Call for additional information |
|  3 GILLIE COMMUNITY SENIOR CENTER
2100 Morse Rd. 43229
(614) 645-3106
Temporarily Closed |  6 MARTIN JANIS COMMUNITY SENIOR CENTER
600 E. 11th Ave. 43211
(614) 645-5954
Temporarily Closed |  GOLDEN HOBBY GIFT SHOP
Temporarily Closed |

Building access will be restricted to class/activity participants only, with no gatherings of individuals outside of class time. Personal items will be limited to only what is essential for you/your class.

Anyone experiencing COVID-related symptoms will not be permitted to enter. They will instead be instructed to return home and follow up with their health care provider.

We have safety protocols in place should anyone in our facilities test positive (Primary Case) or learn that they have been exposed to or share a household with someone that tests positive (Secondary Case).

Our department will always prioritize your safety and the safety of our staff as we plan and move forward. We will rely on you to be responsible for helping to maintain a safe environment for all when we do reopen, by doing the following:

- Not coming to the center if you feel ill or are experiencing any of the symptoms on the daily checklist
- Wearing a face covering every time
- Washing and/or sanitizing your hands frequently
- Limiting what you bring into the center

Be sure to look for updates about

50+ programs via this newsletter, your email inbox, our department website and social media channels. Regular updates about reopening plans and the status of programs and services can be found at columbus.gov/RecParksCOVID19.

We hope you are staying safe and healthy, and have been able to continue your favorite leisure activities at some level, be it taking daily walks, doing yoga, sketching, painting, writing/poetry, woodcarving, quilting, sewing or anything else that brings you joy.



PROGRAMS UPDATES

2020 Creative Arts Event

CANCELED

Due to the ongoing COVID-19 emergency, along with the continued high-level of risk to seniors and restrictions for group gatherings, the Creative Arts Event has been canceled for 2020. Be sure to mark your calendars and plan to join us in 2021! In the meantime, our staff is working on plans for an arts showcase

that can be held once we do reopen. Keep working on your projects while you're at home - we look forward to seeing them!

Senior Living Festival

POSTPONED

After careful consideration, the Senior Roundtable of Columbus and Franklin County, Central Ohio Area Agency on Aging and Franklin County Office on

Aging have decided to postpone the Senior Living Festival until **October 29, 2021**. The primary audience for this event includes the age group most at risk of severe illness from COVID-19. To protect the safety of our attendees, the Senior Living Festival for 2020 will not take place. Thank you for your years of loyal support! Visit the [Senior Living Festival Facebook](#) page for updates.



HEALTH CORNER

Beat the Heat Fan Campaign

LifeCare Alliance, the Midwest's leading provider of Meals-on-Wheels, has joined the Columbus Division of Fire and Lowe's Home Improvement for our 2020 Beat the Heat campaign, to help central Ohioans keep cool during the summer. Beat the Heat provides free fans during the hot summer months to seniors and other residents, to reduce the risk of heat-related illness and injuries in our community. We are asking the public to support this campaign by purchasing new fans and dropping them off at your local fire station.

"Last year, we collected and distributed 2000 fans to our neighbors in central Ohio," states Chuck Gehring, President and CEO of LifeCare Alliance. "This year, to meet the needs of the community, we need to collect, distribute and surpass last year's totals."

For anyone needing a fan, please call the LifeCare Alliance Fan Hotline at 614-437-2870 for information about distribution dates and times. All fans are distributed at the LifeCare Alliance food distribution facility, located at 670 Harmon Avenue. Please note: Due to the COVID-19 pandemic, we have changed the distribution

process to maintain social distancing. When calling the hotline, be sure to listen to the message in its entirety for instructions on how to receive your fan via our "drive-through pick-up" system.

DANGERS OF SUMMER HEAT

As we approach the high temperatures and humidity of late summer, it is important to know that anyone can suffer from a heat-related illness, which puts some people at a much greater risk than others. Older adults and those who suffer from chronic illnesses like heart and lung disease, breathing disorders and diabetes are more susceptible to heat exhaustion and heatstroke.

LifeCare Alliance encourages residents in the community to check on seniors who live in their neighborhood, especially when the weather is hot and humid. If the heat and humidity are too much for younger populations, then they are certainly too much for those who are over 50. In many cases, an older person cannot tell if it is too hot in the house because their body's "internal thermostat" doesn't work as well as it once did.

For more information, visit www.lifecarealliance.org.

SYMPTOMS

Heat Exhaustion:

- Heavy sweating
- Paleness
- Muscle Cramps
- Weakness, low energy
- Dizziness
- Headache
- Queasiness
- Light-headedness

Heat Stroke:

- No sweating
- Red, hot, dry skin
- Muscle cramps
- Temperature of 103+
- Dizziness
- Throbbing headache

WHAT TO DO

Heat Exhaustion:

- Get the person to a cool, air-conditioned location
- Give them cold water to drink, if conscious
- Apply a cold compress to their head and/or neck or have them take a cool shower

Heat Stroke:

- Call **911** immediately
- While waiting for the paramedics, use the Heat Exhaustion tips above to cool them down

Mental Health During COVID-19

FROM CENTRAL OHIO AREA AGENCY ON AGING

Well, 2020 has been a whirlwind so far. Chances are we've all been experiencing a lot of the same feelings: loneliness, isolation, depression, anxiety, and fear. You may have learned more about adaptation (going without things you once believed necessary) and how to connect with people virtually rather than in person. Maybe not much has changed for you at all. Maybe you're enjoying the free time and having fewer distractions. Maybe you're lonely AND enjoying some free time. There's no wrong way to feel about the circumstances we're facing right now - all feelings are valid. Issues can arise though if we let our feelings fester and dominate our thinking.

If you're anything like me, you've been consuming way too much information about the pandemic and what seems like an ever-changing list of facts about how it spreads and effects people. Technology and a 24-hour news cycle provide the opportunity for information from the scientific community to be shared rapidly, however, due the constantly-evolving nature of the virus, it is challenging to keep up. Cities around the world have to adjust their response to COVID-19 almost

daily, and with each new stage of evolution, the symptoms, treatment and social restrictions adjust too. Unfortunately, the result is that many people end up feeling like they can't figure out what's true and what's not. This can lead to feelings of powerlessness, as if we're not in control of our own lives. While uncertainty and embracing the unknown are part of life, these can be especially uncomfortable during a pandemic.

So what can we do about these feelings of creeping anxiety and powerlessness? The biggest change for me was reducing my time spent on social media outlets. Spend a little more time watching your favorite movies or shows, re-reading some favorite books, or take up some type of hobby that requires using your hands - and your mind - creatively, such as crochet, knitting, painting or gardening. Even apartment dwellers can grow a tomato or two in pots.

Another great exercise help calm an overactive mind is mindfulness meditation. This can be as simple as spending just three minutes each day sitting quietly, focusing

your mind and experiencing only what is happening in that moment. Set an alarm on your phone and direct your focus immediately to your present self. How does your body feel? What is your body feeling? If you're feeling any fear or anxiety, where is it located within your body? How does that emotion manifest physically? Do you feel tension, pain, discomfort? Spending just a few minutes in a state of mindfulness can have a host of benefits that last all day long, even improving your sleep.

However you choose to take care of your mind and body right now, please remember to give yourself some grace during this time. Although some businesses and services have re-opened, this process is a marathon, not a sprint, and building good coping skills now will be helpful during any additional challenges we face before this pandemic is over. These are unprecedented times (at least in living memory), and however you manage troubling thoughts and feelings is okay, as long as it isn't harmful to you or others.

MENTAL HEALTH RESOURCES

The National Suicide Prevention Hotline:

1-800-273-TALK (8255)

Crisis Text Line:

Text HOME to 741741

Columbus Suicide Hotline:

614-221-5445





BUDGET TIPS

4 Steps to Create a Household Budget with Staying Power

FROM STATEPOINT

These uncertain times are forcing more people to reexamine finances and rewrite their household budgets. According to the Pew Research Center in a survey conducted soon after the COVID-19 crisis began, 33% of Americans either lost their jobs or suffered a pay cut or reduction in work hours. Plus, 49% said the outbreak is a major threat to their personal finances.

Regardless of your situation, examining your budget and making some changes can make your financial future more secure. Here are four ways to budget wisely.

- 1. Calculate the bottom line:** Figure out your baseline income. Then, categorize expenses by what you need to maintain your standard of living, such as a mortgage, utilities, groceries and insurance. Another category should include non-essential expenses. Determine if you also want to set aside money for savings, retirement plans or college tuition. And, experts advise setting aside at least three to six months of expenses for emergencies. From these numbers, you can calculate what you'll need on a monthly basis.
- 2. Eliminate or reduce nice-to-haves:** If your expenses are still too high, or you want to save more, take another look at discretionary spending and find ways to cut. One easy way to save is to cancel premium TV channel and switch to a basic package. You can also drop your DVR option to save on the monthly bill. Digitally streaming or downloading content from your local library is another entertainment option too – everything from movies, music and magazines is available at no charge.
- 3. Find ways to save on the must-haves:** Everyone needs insurance and many companies offer discounts if you bundle auto and home insurance. You can also look for unique programs to control expenses. For example, Erie Insurance offers a program called ERIE Rate Lock that takes away the worry of having car insurance premiums rise with inflation. You'll pay the same amount every year, even if you have a claim. Erie Insurance also announced immediate financial relief for auto customers impacted by the pandemic. Other ways to save include taking advantage of credit card rewards and cash back apps, and making sure to use them. And if you're overwhelmed by keeping things organized, there are free services online to track your loyalty program points, including airline miles.
- 4. Consider at-home side gigs:** Many are supplementing their income without leaving the safety of their living room. In fact, nearly half of working Americans have a gig outside their primary job, according to Bankrate. But before applying for a remote job, always check with the Better Business Bureau to make sure the company is legit. Depending on your skills, there are a variety of online jobs you could do, such as customer service, copywriting or online tutoring.

By tracking and cutting expenses, taking advantage of discounts and special savings programs, and perhaps even earning extra money on the side, you'll be on your way to having a household budget with staying power.

SENIOR OPTIONS HOME DELIVERED MEALS

DEADLINE EXTENDED TO SEPTEMBER 1

Franklin County Senior Options is a levy-funded program administered by the Franklin County Office on Aging which helps Franklin County residents age 60 and older maintain their independence. It also supports family members with the often-overwhelming task of caring for a frail older parent, family member or friend with limited abilities.

Now through September 1, 2020, Franklin County Senior Options will not require income verification to receive home delivered meals. Meals are available to Franklin County residents ages 60 and up who are struggling to access food while sheltering in place. To request meals and other available services, call 614-525-6200, Monday through Friday, 9 a.m. to 4:30 p.m. Senior Options has been providing community-based services since 1993. These services can include home-delivered meals, homemaker services, personal care, respite care, adult day care, emergency response systems and minor home repair.



WORD SEARCH

N A E C O N S H O V E L S
T X K S W I M S U I T A P
P Q Y C K S E P D C N R O
S K J E O V A M X D J S L
U L W H A I P M C R E N F
R P E W L I Y A K A L O P
F J F W C C S C C U L R I
B I I N O T R L O G Y K L
O C I U L T G A L E F E F
A C O E Y E V O B F I L D
R X S V P J L V N I S M Q
D N Z F R P X A U L H A J
A S U N G L A S S E S Y Y

Topic: Beach

Find these words

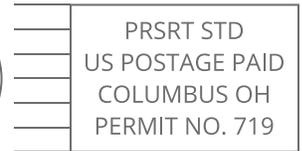
- Crab
- Flipflops
- Jellyfish
- Lifeguard
- Ocean
- Pail
- Picnic
- Sand Castle
- Shovel
- Snorkel
- Sunblock
- Sunglasses
- Surfboard
- Swimsuit
- Towel
- Waves

Word Search created by Puzzles to Print

SPACE RESERVED
FOR ADS

SPACE RESERVED
FOR ADS

SPACE RESERVED
FOR ADS



Masks = Kindness

Did you know you can make a mask at home? You can use common household items such as an old T-shirt or fabric to make a mask.

Visit the website **FaceMasksForUs.com** to learn how!

Free Masks at Produce Drops

Columbus Recreation and Parks Department will be giving out free masks to help residents show care for the community and comply with Governor Mike DeWine’s statewide mandate requiring residents to wear face coverings while in public.

“Wearing masks helps to slow the spread of COVID-19 and keep our community safe. Our community continues to go above and beyond to care for each other, and I’m humbled to see how residents are showing respect and kindness for others by wearing a cloth face covering in public,” said Mayor Andrew J. Ginther.

The masks are free to residents and will be available at Columbus

Recreation and Park’s Free Produce Markets through the end of September.

“Throughout the public health emergency, we’ve focused on how to connect residents with vital resources,” said Paul Rakosky, interim director of Columbus Recreation and Parks. “Connecting residents with masks to protect their health and the health of their family and community is a natural extension of these efforts.”

For more information, visit <https://www.golunch.club/>.