

Welcome to United Senior Services!



**UNITED
SENIOR SERVICES**
Active | Involved | Independent



2019

Membership



Information





Welcome to United Senior Services!

Today's seniors are not the seniors of yesteryear, and neither is United Senior Services. To better serve the changing needs of older adults of our community, United Senior Services has added more offerings and more reasons for membership than ever before. Members benefit from exclusive offerings for:

- Travel – everything from one-day trips around the region to special trips and extended travel around the states and around the world.
- Education – The Springfield Area Institute for Lifelong Learning (SAILL) program features a catalog of educational offerings for every interest taught by retired teachers, professors and aficionados.
- Fitness – exercise classes, strength training, Curves equipment, yoga, Zumba Gold, and access to the new warm water pool are available free or with nominal fees.
- Clubs and Hobby Groups – chess, book, card and garden clubs; knitting, quilting and weaving groups; musicians; billiards, ping pong and darts, just to name a few.
- Special Events – luncheons and educational programs, annual wellness conference, dances, art exhibits, concerts, and holiday gatherings.
- Recreation – Pickleball, billiards, and euchre tournaments; bike rides, ballroom instruction, card clubs, and always adding more, with free or nominal fees.
- WiFi – bring your own device, or use one of ours, to surf the web, check email and social media.

You can stay informed of what is happening at United Senior Services

- by mail with the Center Page newsletter every two months
- in the Springfield *News Sun* "SENIORS" column every week
- by email with the Center ePage
- by social media, FaceBook, Instagram, and Twitter (look for United Senior Services)
- via the USS website at www.unitedseniorservices.org

All of these sources give you activity calendars, travel schedule, and other information. If you don't find what you need, let us know. We're always willing to try new things.

We are active, involved, united! Thank you for joining.

Maureen

Maureen Fagans, CEO



MEMBER COPY

Agreement on Conduct

I shall comply with all rules, regulations, and policies of United Senior Services (USS) regarding travel programs, activities and events I participate in, and the use of its facilities and equipment. While on USS premises I shall conduct myself in a controlled and reasonable manner at all times.

As used herein and in the following Liability Waiver, “facilities” and “premises” shall include not only the principal location of USS but also its satellites and all parking areas.

Liability Waiver

In consideration of my participation in travel programs, activities and events, and/or the use of the facilities and equipment provided by USS or used at a USS function:

- I agree, on behalf of myself, my heirs, executors, administrators, and assigns, that USS, its employees, officers, directors, agents, associates, volunteers and subcontractors, shall not be liable for any damages arising from personal injuries (including death) sustained by me as a result of the use of the equipment or facilities of USS or at a USS function.
- I agree to indemnify and hold USS harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages caused by me with respect to the use of the facilities and equipment of USS or at a USS function.
- I agree to be solely responsible for my safety and well-being and understand that USS does not provide supervision or assistance for the use of the facilities and equipment. I understand and acknowledge that the use of equipment and facilities involves risk of serious injury and agree to refrain from using any equipment in a manner inconsistent with its intended design and purpose.
- I understand and agree that USS is not responsible for property that is lost, stolen, or damaged while participating in USS programs, activities, or events or about the premises.

I HAVE READ THE FOREGOING AGREEMENT AND WAIVER OF LIABILITY AND VOLUNTARILY EXECUTE THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

Signed copy on file at USS on annual Membership application

More information available on the USS website at www.unitedseniorservices.org



USS POLICIES

- All USS facilities and campuses are smoke free, tobacco free and weapon free.
- Hours at USS the downtown center and satellites may change. USS will make reasonable attempts to notify members.
- A program or activity may be cancelled. USS will make reasonable attempts to notify members. Check the USS Facebook page or local television stations for weather-related announcements.
- During programs, participants may be photographed by staff. Please inform the photographer if you prefer not to have your photo taken.
- USS reserves the right to revoke membership and return prorated dues.

ROLE OF STAFF

USS personnel are the “face” and the professional representatives of the Agency. It is the responsibility of staff to provide a safe, congenial atmosphere for members; a responsive, caring attitude with clients; and a helpful, cooperative attitude with partners in the Aging Network. USS personnel are responsible for the management of all in-home services; senior center based services, activities and programs; and the care and maintenance of the real estate and equipment of the Agency. Members, clients and Aging Network partners can trust the integrity of the Agency and rely on our professional support.

The Clark County community can count on USS staff to:

1. Maintain a positive, cooperative, respectful, and communicative relationship among all Aging Network partners, the community, clients and members.
2. Represent USS positively to co-workers, members, clients, and in the community.
3. Ensure that Senior Center service and program policies and procedures comply with federal, state and local guidelines and requirements.
4. Implement rules, policies, and procedures necessary to guarantee the safety and well-being of clients and members using our services and facilities.
5. Oversee the security, cleanliness, maintenance and repair of USS facilities.
6. Schedule, promote and supervise a balance of programs, services, and activities in our centers and in the community, and continually monitor them to evaluate effectiveness.
7. Communicate with members, clients and the wider community about programs, activities and other information that is important to them with newsletters, e-mails, social media, flyers, press releases, and public speaking engagements.
8. Ensure that political and religious views and activities do not compromise the Agency’s integrity or 501c3 non-profit status.

Like USS on Facebook at www.facebook.com/UnitedSeniors



MEMBER RIGHTS AND RESPONSIBILITIES

Eligibility for membership at United Senior Services is defined in the USS Code of Regulations and is available to Clark County residents 55 years and better and limited other circumstances. Membership provides access to USS fitness, education, recreation and socialization programming at USS centers and satellites as well as travel. (USS services are available to all Clark County senior citizens and do not require membership). In order for all members and guests to enjoy USS centers in safety and comfort, please follow the rights and responsibilities below.

A member in good standing has the *right* to:

1. Use USS centers for recreation, education, programs and social activities during scheduled hours of operation.
2. Know the policies, rules and regulations of the Center.
3. Participate fully in programming.
4. Contact staff with questions, ideas and requests about programs and activities.
5. Expect interactions in USS centers to be respectful and courteous.

A member has the *responsibility* to:

1. Promote the goals and objectives of USS.
2. Complete a USS membership form annually.
3. Pay annual dues.
4. Sign in electronically when entering the center.
5. Be respectful and courteous with other members and staff.
6. Navigate and function in USS centers without assistance or supervision from USS staff.
7. Observe rules, policies and regulations of USS.
8. Assist with maintaining the Center as a clean and safe environment.

A member has the *responsibility* to:

1. NOT engage in any language or behavior that is obscene, disruptive or dangerous to self or others while on USS properties.
2. NOT engage in illegal activity, panhandling, or using tobacco on USS properties.
3. NOT harass or discriminate for any reason.
4. NOT be a health or safety hazard to others.
5. NOT carry a gun or weapon into USS facilities.

Questions? Call The Matthies Welcome Center at 937-323-4948.



M=Benefit of Membership
All=Available to All Clark County Seniors

CARING SERVICES

Assessments are provided by the USS team of “first responders” for USS in-home services, health care referrals, and protection services. (All)

Caregiver Support/Respite Care is available to relieve the unpaid family caregiver so that they may manage their own appointments or take a needed break knowing that a trained professional is taking care of their loved one while they are away. Respite care, adult day care and other services are available. (All)

Chore Service provides grass mowing for seniors who can't manage it any longer from spring to autumn. USS contracts with Gillam Lawn Care, who offers USS a discounted rate per visit. USS accepts donations from the seniors enrolled to help cover the cost. (All)

Companion Programs are available for isolated, lonely, limited mobility seniors who may be mildly depressed or at risk of depression. Referrals are received from professionals in our community as well as concerned family. USS provides transportation and trained staff for group outings once or twice a month to socialize, learn coping strategies, and develop friendships. (All)

Emergency Assistance is available for seniors who need help to pay a utility bill or rent. Our coordinator is connected to HEAP, PIPP, St. Vincent de Paul, and Salvation Army. Through a grant we also provide help with home modifications, such as grab bars in tubs, and home repairs like furnaces, that allow people to stay safely in their homes. (All)

Health Outreach includes evidence-based health education and health screenings in senior apartment buildings and in our centers. In addition to blood pressure and blood sugar checks, our staff arranges annual flu shots, chair massages, toenail clipping and other needed supports. (All)

Homemakers provide light housekeeping in the home for seniors who can no longer do household chores themselves. (All)

Income Tax Assistance from February 1 to April 15 is an AARP partnership. AARP provides the program; USS provides the schedule, volunteers and our facilities. (All)

Information & Referral is a component of every work day at USS. Our main phone operators answer questions and provide directions, brochures, and USS memberships. They provide intake for referrals to our service departments. USS first responders complete comprehensive assessments before recommending services through our agency or through other community providers. (All)

Legal Assistance is offered at USS. Help is limited to simple wills, power of attorney forms, and notary public through our OSHIP counselors. Also, one-on-one consultations can be scheduled with a local retired attorney to answer basic legal questions and to provide appropriate referrals. (All)

More information available on the USS website at www.unitedseniorservices.org



M=Benefit of Membership All=Available to All Clark County Seniors

Medicare Assistance is available year-round in our centers by trained OSHIIP counselors who can help seniors understand their Medicare options for enrollment and navigate a problem with a medical bill. Medicare open enrollment support with OSHIIP counselors is available annually from October to December. (All)

Personal Care Aides provide basic personal care such as bathing and dressing to homebound seniors. (All)

Protection Services include help for seniors to manage their monthly bills, provide safety checks for concerned neighbors or family, manage volunteer guardians for nursing home residents, and partner with local law enforcement and Adult Protective Services for cases of elder abuse, neglect and financial exploitation. (All)

Senior Meals include Meals on Wheels, which are delivered in the home and congregate dining rooms in local senior apartment towers and at USS centers. Daily meals are available Monday through Friday and multiple delivery options are available, including daily, 2 day, 5 day and 7 day boxes, frozen, chilled or hot. Meals are free or with a nominal fee, based on eligibility and choice. (All)

Transportation Service is door to door, for transporting seniors to congregate dining rooms, medical appointments and errands to the pharmacy and grocery stores. Private pay rides to the beauty shop or other places are offered if a driver and van are available. (All)

EDUCATION

Health Workshops include evidence based classes in chronic disease, diabetes management, pain management, Matter of Balance, Parkinson's Delay the Disease, and Parkinson's support group. Other topics and speakers are scheduled throughout the year as time permits. (All)

Lifelong Learning SAILL (Springfield Area Institute for Lifelong Learning) offers an interesting catalog of education every spring and fall taught by retired teachers, professors, and aficionados for Clark County seniors. This program is hosted and managed by USS with assistance from Clark State Community College, Wittenberg University, the Clark County Historical Society, Springfield Masonic Community, and others. (M)

Lunch and Learns are scheduled on third Thursdays at USS on topics of interest to seniors. Doctors, healthcare professionals, attorneys, insurance, and law enforcement have all been presenters to audiences between 50 and 100 attendees. The lunches are provided by an arranged sponsor and are free to attendees. (All)

Like USS on Facebook at www.facebook.com/UnitedSeniors



M=Benefit of Membership
All=Available to All Clark County Seniors

Art of Aging Wellness Conference is hosted and managed by USS every October. Keynote speakers, small group presentations, flu shots, BP screenings, hearing checks, skin scans, healthy food tastings, interactive demonstrations and exhibitors ensure the afternoon is worthwhile for all attendees. (All)

FITNESS

Equipped Fitness Room with aerobic exercise, Curves Curcuit Machines, and strength training equipment is available to all members on a drop-in basis. Initial orientation is available. (M)

Exercise Classes are available daily and include Keep Movin', Moving With Music, Tai Chi, Zumba Gold, Drums 4 Fitness, yoga, hula and water aerobics. Also, dancing and dance classes are regularly scheduled. (M)

Warm Water Pool is available to all members for a variety of aerobic and *Your Own Exercise* classes at a nominal fee. (M)

RECREATION

Clubs and Hobbies groups meet in our centers regularly. There are multiple euchre, bridge, samba, pinochle and poker groups; scheduled Mah Jong, Scrabble and chess; book clubs, garden club, crochet club, knitting group, sewing group, weaving group, quilting group, weekly Bingo, Jammers acoustic music group, Vintage Voices choral group, billiards, Pickleball, ping pong, and darts. New activities are scheduled as interest from members dictates. You must be a member to participate. (M)

Special Events are offered throughout the year and are often themed by the month. Martin Luther King luncheon and program, Saint Patrick's Day luncheon, Senior Day luncheon and program, volunteer recognition luncheon and program, Golden Wedding celebration at the fair, ice cream social, Art of Aging Wellness conference, and the Trim the Tree concert are scheduled annually. Other special events happen as schedules and topics or entertainers present themselves. (All)

Questions? Call The Matthies Welcome Center at 937-323-4948.



M=Benefit of Membership

All=Available to All Clark County Seniors

TRAVEL

Day Trips with a USS escort are scheduled for members during the spring, summer and fall months to fun events and areas within a day's drive such as Cincinnati Red's games, performances, Amish country, museums, fairs, riverboats, zoos, aquariums with lunch or dinner included. Trip costs are covered by the members participating. (M)

Extended Tours by USS Tours is a well-respected, well-known program in our community. Organized by USS tour director Pat Brown, travelers are treated to concierge service from the moment they park their car. Pat has taken USS members to Australia, the Orient, Egypt, Europe, Canada and all 50 of the United States. Trip costs are covered by the members participating. (M)

VOLUNTEERING

Retired Senior and Volunteer Program (RSVP) is a federally subsidized program of the Corporation for National and Community Service that matches retired seniors with community non-profits that benefit from volunteer support. USS is a host site for our Clark County program. USS RSVP provides over 500 volunteers to more than 40 community non-profits, including the food bank, soup kitchens, literacy center, schools, and more. (All)

USS Accepts Community Volunteers - individuals, school groups, youth groups, and corporate groups - for volunteer service at one of our centers. Activities include seasonal cleanups, painting rooms, delivering meals, household chores for homebound clients and more. (All)

More information available on the USS website at www.unitedseniorservices.org



WARM WATER POOL AND EQUIPPED FITNESS ROOM

Thank you for your interest in the USS warm water pool and equipped fitness room. We are pleased to offer these wonderful amenities to our members and want you to be fully informed of the rules and precautions necessary to ensure a safe, enjoyable experience for all.

As with all of the activities and programs USS offers, your safety, and the safety of all of our members is our utmost concern. To this end we have worked with the Ohio and Clark County Departments of Health and the Springfield Fire Rescue Division to comply with all applicable codes and generally accepted safety standards and to apply best practices in the industry. Staff is trained in first aid and CPR and all classes are supervised. Please read through the following comfort and safety rules before you enter our pool or use our fitness equipment.

The USS warm water pool is 12 feet x 20 feet and the depth of the water is 3 feet 6 inches. The temperature is maintained at 89 degrees. This is warmer than most public and backyard pools but cooler than most spas. This water temperature can be especially beneficial for persons with rheumatoid arthritis, fibromyalgia, sore joints and other chronic conditions. The pool room temperature is kept at 90 degrees so it is important that all pool patrons are well hydrated before entering. Ask for an Aquatics Schedule at the Matthies Welcome Center for current information on classes and class availability.

The equipped fitness room offers a variety of machines for strength training and for aerobic exercise. The room is available from 7am to 7pm Monday through Friday for our members.

United Senior Services strongly recommends that you complete the Physical Activity Readiness-Questionnaire (PAR-Q) self-assessment (provided) to evaluate your physical readiness to use the warm water pool, the fitness equipment or to participate in other physical activities. Persons with heart disease, diabetes, high or low blood pressure or other managed health conditions should consult with their physician before beginning any fitness regimen. Please review the following rules to prepare for an enjoyable, healthy experience at USS:

Equipped Fitness Safety Rules:

1. Know the location of the phone and equipment in case of emergencies.
2. Wear appropriate exercise attire and shoes for comfort and support.
3. Stay hydrated. A personal plastic bottle or thermos for water is permitted.
4. Do not use the equipment while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness.
5. For the safety and comfort of all, any person with a fever, any obvious infectious wound or experiencing diarrhea or vomiting shall not be permitted to use the fitness equipment.
6. Use the spray sanitizer provided to wipe the surfaces of the equipment you touch before you leave the room.

Like USS on Facebook at www.facebook.com/UnitedSeniors



Pool Health and Safety Rules:

1. Know the location of the phone and equipment in case of emergencies.
2. Do not use the pool alone.
3. Enter the pool facing forward. No jumping in, no running on pool deck.
4. Do not use the pool while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness.
5. Only staff shall operate the pool lift chair.
6. Observe reasonable time limits in the pool (30 - 45 minutes).
7. Leave the water if nauseous, dizzy, or feeling faint.
8. No Band-Aids or gauze wraps are permitted in the pool.
9. For the safety and comfort of all, any person with a fever, any obvious infectious wound or experiencing diarrhea or vomiting shall not be permitted to use the warm water pool.
10. No person observed passing feces, urine, or blood, or with parasites, etc. on their body shall be permitted to use the pool.
11. Health devices, such as colostomy bags, insulin pumps, etc., must be empty and/or secure to minimize risk to self and others.
12. Any person who has been refused entry to or removed from the pool because of an infectious wound may be granted entry upon presentation of a written statement from a physician that the condition is not infectious. USS has the authority to exclude anyone known to have or suspected of having an obvious wound or infectious disease without a written statement of a doctor.

Pool Comfort Rules:

1. Swim attire is required of all pool patrons. No street clothes, no cotton materials.
2. Bring your own towel. USS does not provide towels.
3. Wear clean water shoes to minimize slips and falls. Although recommended, they are not mandatory.
4. Certified disposable underwear specifically for pool use (such as Tranquility Swimmates) is permitted. No other disposable hygiene products are allowed.
5. Pool patrons must remove perfumes, lotions and deodorants before entering the USS pool. Showers are provided in the locker rooms for that purpose. USS does not provide toiletries.
6. Lockers are available in the locker rooms. Please bring and remove your lock each time you use the lockers. Remove all items and lock from the locker when you leave so that the locker will be ready for the next user. No overnight storage is allowed.
7. No food, gum or soft drinks are permitted in the pool area.
8. Stay hydrated - plastic bottled water is allowed.
9. No diving or jumping into the pool and no running on the pool deck.
10. Properly fitted Coast Guard approved life jackets and personal aquatic exercise equipment are permitted.

Questions? Call The Matthies Welcome Center at 937-323-4948.



PICKLEBALL

In keeping with United Senior Services' vision, USS Pickleball activity helps Clark County older adults enjoy their senior years living vibrant, healthy, and independent lives. Pickleball is a sport that combines many elements of tennis, badminton and ping-pong. It is played on a badminton-sized court with a slightly modified tennis net using a paddle and a plastic ball with holes. Pickleball is played as doubles and singles. Although it can be a seriously competitive sport, at USS we value the friendship, congeniality, humor, and exercise that Pickleball can provide. All members, regardless of playing level, are welcome to join in the fun.

Proper Attire and Shoes

Please wear non-leather soled athletic shoes, preferably a "court" shoe. Do not wear running shoes, which are not designed for side-to-side movement. No open-backed shoes, sandals, or "flip-flops." Clean your shoes often, as dirty shoes will slip in use. Many players carry their court shoes to the Pickleball court area and change there. This helps protect both the court and the shoes.

Safety

1. Hydrate. Drink before you are thirsty.
2. Know your capabilities. Don't overplay your current physical condition.
3. If a ball comes onto your court from another court, stop play at once and yell "ball on court." If you hit a ball onto another court, yell "ball on court." If a ball is going towards another court, do not chase it onto the other court. Yell "ball on court," and let the other players stop play and retrieve the ball.
4. If you see someone who displays signs of dizziness, weakness, or lack of concentration, keep an eye on them. Recommend a time-out if you think it necessary for their sake.
5. When going backwards for a lob, turn and run towards the rear of the court. Do not shuffle backwards.

Conduct and Etiquette

1. Remember, it's just a game. Friendship, congeniality, humor, and exercise are the most important benefits of this activity.
2. Good sportsmanship is mandatory.
3. Do not use language or behave in a way that is offensive, abusive, loud, or insulting.
4. Begin each game by introducing yourself if you don't know other players. At the end of the game, find something positive to say at the net.
5. If the ball is out on your side, call it out. If it's close, give benefit to your opponent. If your opponent does not reciprocate do the right thing anyway.
6. Never ask for or accept line calls from spectators. If necessary, you may ask spectators not to comment on play.

Continued on next page.



7. Tell your partner if you will be working on technique during the game so they will understand that you will not be putting every shot away. If they indicate that they would prefer to try to win, play your regular game.

Court allocation

Two Pickleball courts are available. They have been designated:

A. High level—Play is conducted at a high skill level and can be very competitive. All Pickleball rules should be observed.

B. Low level—Play is less competitive. Pickleball rules are loosely followed (e.g., occasionally stepping in non-volley zone is OK.) Inexperienced players are provided learning opportunities. Players can use either court, providing they play at appropriate skill level.

Player rotation

If nine players or less, a simple paddle/player rotation is best used. If ten or more players are present, a winners paddle row and losers row is suggested. Four winners or four losers will play on rotating basis.

Training

Pickleball lessons are available on the first Thursday of the month. Check your USS CenterPage calendar for time.

USS Bingo

BINGO

In an effort to be welcoming to new members while accommodating longtime, loyal members, United Senior Services will require that all USS Bingo players observe the following rules:

1. Keep your USS membership current and sign in when entering the center.
2. Be welcoming to new members and respectful and courteous to staff and volunteers.
3. Assist with maintaining the Senior Center as a clean and safe environment.
4. Reserving your seat and 2 others will be permitted when doors open.
5. Due to other scheduled activities, doors will open for Bingo at 11:00am.

More information available on the USS website at www.unitedseniorservices.org



Physical Activity Readiness - Questionnaire (PAR-Q) Self-Assessment

A Questionnaire for People Aged 15-69

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

**If
you
answered**

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q:

United Senior Services and their agents assume no liability for persons who undertake physical activity.
If in doubt after completing this questionnaire, consult your doctor prior to physical activity.