

The Center Page

Springfield and Clark County's Resource for People Age 55 and Better

AUGUST 2021

**Annual
Campaign
Kick-off**

see pg 8

UNITED SENIOR SERVICES
www.unitedseniorservices.org
125 W Main Street
Springfield, OH 45502
937-323-4948

USS DOWNTOWN HOURS:
M,T,W,F 8:30am - 4:30pm
Th 8:30am - 6:00pm

NEW CARLISLE SATELLITE
1216 West Lake Ave
New Carlisle, OH 45344
937-845-2080

DIRECTORS

- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Sheila Rice, President
- Joy Rogers, Secretary
- Arlin Par Tolliver
- Mike Trempe, Vice President
- Chris Wells, Treasurer
- Maureen Fagans, CEO

USS is funded (in part) by a Title III grant under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2. Funds also provided by Clark County Senior Services Levy, United Way of Clark and Champaign Counties, Mental Health Recovery Board of Clark, Greene & Madison Counties, Corporation for National and Community Service, Springfield Foundation, Community Health Foundation, Clark County JFS, member fees and donations. USS is non-discriminatory in services and employment, and facilities are accessible to all people.

Cover Photo By:
Russel Yeley

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Jenna Bluemlein
Stephanie McCuiston

Director's Corner

Dear Members and Friends,

It has been great fun to see old friends and facilitate getting groups back together again at our downtown center. The August calendar brings additional options for exercise and other activities, so please watch for your favorites as we rebuild our schedule over the coming months.



USS is committed to providing you a safe experience while in our centers and we continue to monitor the predicted arrival of COVID variants and their local effect. The Clark County Health District has been a wonderful, reliable partner throughout this pandemic and we remain in regular contact so we are up to date on infection trends and best practices to maintain a safe environment at our centers and for our community based services. Please protect yourself while we navigate the unknowns of this deadly disease. We will continue to share COVID information and any USS safety changes in our *Center Page*, by e-newsletters, Facebook, and on our USS website.

In other news, we regularly hear reports about the workforce shortage that many employers are experiencing. From manufacturers to food service, hospitals to home health, local employers, including USS, are struggling to hire enough new employees to keep up with demand and to replace the retirement wave of the boomer generation. USS remains committed to recruiting an older workforce and recognize that many are motivated by different priorities. Therefore, USS offers many flexible options – competitive hourly rates, paid time off, mileage reimbursement, and schedules from only a few hours of work per week up to full-time employment. We serve older adults in their homes in many ways and we are currently looking for compassionate people willing to build supportive relationships with their clients. If you have often thought about working a little, or a lot, to supplement your fixed income while doing meaningful, rewarding work, we would like to talk to you. Please stop in or call 937-323-4948 and speak with Debbie DeWitt about available work options, or review open positions on the USS website at www.unitedseniorservices.org/employment/ and download an application.

In closing, I recently had the wonderful experience of attending the 50th wedding anniversary party of friends. The love, laughter, and friendship in the room heightened the already special occasion of their anniversary. Many others at the party also were married 50 years or more. It reminded me of the Golden Wedding party USS hosts every year with the Springfield Kiwanis Club at the Clark County Fair. COVID prevented the celebration that we have enjoyed in past years but we still identified and honored, in some small way, over 400 Clark County couples who have been married at least 50 years. This year we celebrated Delores and Robert Baker as the longest married couple. They have been married 72 years! Congratulations to everyone celebrating milestones this year! We hope to celebrate together in 2022.

Thank you for the opportunity,

Maureen Fagans, AICP

Reopening Reminders ↓

Important Info to Know

New USS Downtown Building Hours!

On Thursdays only, the USS downtown center is open 8:30am – 6:00pm for programming. Please see the activity calendar on pages 10-11 for a list of all activities that will be available in August. On all other weekdays, the center will still be open 8:30am - 4:30pm.

Reminders for Members When Inside the Building:

If you haven't done so already, now is the time to turn in your completed 2021 Membership forms. New and returning members must fill out a new form. Please be sure to sign both pages of the form. Forms are available on the membership page of our website or they can be filled out in the lobby when you come in.

All members must check in and wear masks in common spaces until further notice.

**All unvaccinated members must wear masks at all times.*

New Activities Scheduled in August!

- **Focus on Fitness***
- **Drums 4 Fitness***
- **Zumba Gold***
- **Long Arm Quilting***
- **Legal Consulting Appointments**
- **COVID-19 Vaccine Clinic**
- **New Carlisle Satellite Reopens for Programming!**

*Activities that require registration and payment

Coming in September!

- **Alzheimer's Association Office Hours**
- **Additional Aquatics Classes & Open Swim Times**
- **More to be announced!**

See pages 6-7 for more exciting updates on activities and pages 10-12 for the full August Activity Calendar.

New Member Orientations!

On Thursday, August 5th at 10:00am and Tuesday, August 17th at 2:30pm we will be hosting new member orientations. Stop by to learn about everything USS! New and returning members are all welcome!

What's NEW ↓

Lunch & Learn

“The Upside to Downsizing” Harvey Plus & Gallery Homes Real Estate Thursday, August 19th at 12:00pm

Come and enjoy lunch and learn how to make downsizing a good experience. Presenters will be Jeff Harvey of Harvey Plus and Mo Carpenter of Gallery Homes Real Estate – both local downsizing experts. Oakwood Village residents will also be available to share their moving experience and be available for a question and answer session. Please RSVP no later than Tuesday, August 17th. To make your reservation please call the Matthies Welcome Desk at 937-323-4948.

National Root Beer Float Day

Join USS on **Friday, August 6th, 11:30am - 1:00pm** for National Root Beer Float day! Who doesn't like root beer? Drive up and receive a root beer float to-go. Facts about Root Beer: Producers of root beer include A&W, Barq's, Dad's, Hires, and Mug. A&W stands for Roy Allan and Frank Wright. They formed a partnership when Wright was one of the employees at Allan's roadside root beer stand. Remember the Frostop Root Beer served in a chilled mug? This program is being sponsored by **Forest Glen Health Campus**.

Blocks to Blankets

Blocks to Blankets is happy to be back for their 7th year of community service! The group wants to thank everyone who has participated in the sock drive. So far, over 200 pairs of socks have been donated since USS reopened in June! Socks are one of the most needed items in homeless shelters. B2B also makes and donates blankets, hats, scarves, gloves and more. So far this year over 2,800 items have been donated to local agencies including Interfaith Hospitality Network, Child Advocacy Center, Hospice, Springfield City School District and Clark County Combined Health District. All are welcome to join. This group meets on Mondays, 10:00am - 12:00pm.

Park and Play Bingo

Join USS again on **Friday, August 13th, 11:00am - 1:30pm** for Park and Play Bingo! This event will take place in the parking lot behind USS (at the corner of W Main and Center Street). Membership and reservations are both required and need to be made by August 12th. You can contact Tracy Wickham at twickham@unitedseniorservices.org or 937-521-3010. This event is free and prizes will include \$10 gift cards from local eateries. Upon arrival you will receive a bingo card, a snack bag and bottled water. Please bring a pen, pencil, or dauber to mark off your numbers. This program is being sponsored by **Mercy Health Oakwood Village**.

Parkinson's Disease Support Group

The Parkinson's Disease Support Group will meet in person on **Tuesday, August 10th at 1:00pm** in MP4. Jerry Woolf, an instructor at USS, will give a presentation on Tai Chi and discuss the benefits of the exercise regimen. For more information, please contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

Parkinson's Exercise Group

The Parkinson's Exercise Group is meeting in person on Tuesdays and Thursdays. The class meets at 2:00pm in MP4. For more information, contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

HEAP Reminder

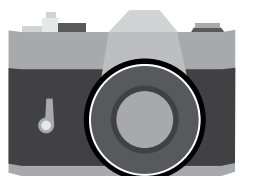
The Summer Crisis Program ends on September 30, 2021. This program provides eligible households with a one-time benefit to assist with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. USS will be providing assistance to seniors who wish to apply for these benefits. Appointments can be made by contacting Joyce Robinson, Outreach Coordinator at USS, at 937-521-3005.

Caregiver Support Group

Are you a Caregiver? Would you like to meet with other caregivers for support and encouragement? Look no further! Our Caregiver Support Group is virtual or by phone. There is no need to leave your loved one alone at home. The Caregiver Support Group meets each month on the third Wednesday at 8:00am. Our next meeting will be Wednesday, August 18th at 8:00am. If you are interested in joining with other caregivers to share and care, contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

Photo Club

USS is excited to have Photo Club back in our center. This group meets on Thursdays, 3:00pm - 4:30pm. All are welcome to join. The group encourages photography and provides a place for members to share and learn new techniques and methods. Members bring all levels of experience with a variety of cameras and smartphones.



Updates on Activities ↓

More of Your Favorite Activities Are Coming!

USS staff continues working toward our goal to bring back as many activities as we can, as safely as we can, and as quickly as we can! This month's *Center Page* brings information about our first tour post-pandemic! We are excited to once again offer USS travelers the opportunity to visit iconic locales like Opryland. See page 9 for registration details. We are also pleased to announce the reopening of our New Carlisle satellite location and we look forward to welcoming back to that center our members from Western Clark County! See page 12 for the August activities calendar. In the months to come, USS members can also expect to see other favorite activities make their return. Planning is underway as we work to welcome back Bingo, Vintage Voices, and Jammers to our downtown center! Plus, expect updates about our Enon satellite location and our SAILL program soon!

Card-Making Club

USS has a plethora of card-making supplies including paper, cardstock, envelopes, and a wide variety of stamps. We are looking to start up the card-making club again. If you are interested in being a part of this group, please contact Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or 937-323-4948 ext. 141. We hope that enough members will express interest that a regularly scheduled time can be added to the calendar.

Weaving Group

Join the weaving group on Fridays, 9:00am – 11:30am. The weaving group has new equipment that has been donated from a generous USS member. USS now has a new loom & spinning wheel! We never had a spinning wheel, but this donation has made one-on-one instruction possible. Free spinning and weaving instruction is regularly provided by volunteers from the Weaver's Guild of the Miami Valley during class times. Interested in learning a new skill? Come join this group! All are welcome.

Legal Consulting

Have you been considering contacting an attorney but you are not sure where to start? USS volunteer and retired attorney Dan O'Keefe may be able to help. USS works with Dan to provide our members and clients the opportunity to meet to determine if an attorney is needed. Dan can also aid in the process of creating or revising a living will or healthcare power of attorney. Dan is available by appointment on Tuesdays only, 10:00am – 11:30am. To schedule an appointment, please call 937-323-4948.

Let's Get Moving

USS is excited to offer a new program for older adults who want to exercise but have limited mobility. "Let's Get Moving" will replace "Keep Movin'", a similar class offered at USS in the past. This low intensity exercise class, being taught by veteran USS instructor BJ Devore, incorporates chair exercise, requires no previous dance or fitness class experience, and is open to all. It is also free of charge! Held every Monday at 10:30am you can drop in and out as your schedule allows. We hope to see you in class soon!

Updates on Activities ↓

Aquatics

Do you love our lap pool and warm water therapy pools? USS has great news for you! Over the next few months, members will start to see expanded drop-in open swim times AND new instructor-led classes added to the schedule in both pools. To start, Shari Davis will teach a new, fresh and exciting "AquaZumba" class on Tuesday mornings beginning September 7th, 9:00am - 9:45am in the Lap Pool. If you are interested in signing up for this new class, please visit Cortney at the Membership desk to register. Classes will be \$5 each, paid in a two month series. Additionally, open swim time will be added in the warm water therapy pool in September. Be sure to watch the *Center Page*, Facebook and our website for additional classes and open swim times.

COVID-19 Vaccine Clinic

USS will partner with The Clark County Combined Health District to offer two COVID-19 vaccination clinics this month. The first will be held on Tuesday, August 10th, 10:00am – 12:00pm in the dining room (MP10). **Anyone** age 12 and older who would like to receive their vaccination may do so. USS membership is not required and the clinic is open to the community. A second clinic will be held on Tuesday, August 31st, 10:00am – 12:00pm to provide the second doses to those who came on August 10th or for anyone who needs their first dose.

Long Arm Quilting

The USS long arm quilting machine is back!! We are excited to offer times for members to come and work on their quilting masterpieces under the supervision of Phyllis Bageant. To use the machine, members must call the Matthies Welcome Center at 937-323-4948 to schedule a time to come in on Tuesdays, 12:00pm – 4:00pm or Wednesdays, 9:00am – 12:00pm. Reservations can be made starting Tuesday, August 17th. Please call a minimum of 24 hours in advance of the reservation time. Reservations are first-come, first-served and we ask that members call as soon as possible when cancelation is necessary.

Alzheimer's Association Hours

USS partners with the Alzheimer's Association of the Miami Valley to provide counseling services to residents of Clark County and the surrounding area. Starting in September, on the 3rd Tuesday of each month, 10:00am-1:00pm, representatives from the Alzheimer's Association will come to USS to provide education, support, and resources for those affected by the disease, and for their loved ones. There is no charge for these consultations and both walk-ins and appointments are welcomed. To schedule an appointment with the Alzheimer's Association or for additional questions and support, please call the Alzheimer's Association at 937-291-3332 or email mvprograms@alz.org.

2021 USS Annual Campaign

The Road Back to USS!

Last year was a long and winding road.

2021 marks the road back....to normal....to better health and wellness....
to being with old friends once again and to making new ones!

Make 2021 the road back to USS!

Please Consider a Gift to support the 2021 Annual Fund Campaign!

For 53 years, USS has been the leading advocate, community resource, and change agent for people age 55 & better across Clark County.

USS IS PROUD TO SERVE our friends and neighbors through essential services and integrated wellness programs that support active, involved, and independent lives.

OUR MISSION WILL NOT WAVER! This year's campaign will support USS operations as we continue to serve older adults in our community when they need us most.

YOUR SUPPORT ENSURES that increased demand for essential services like meal delivery, transportation to medical appointments, and personal care are available when they are needed and that all seniors in our community can take part in recreation and education at our centers.

USS NEEDS YOUR SUPPORT MORE THAN EVER.

Today, 31% of Clark County is age 60 or better.
By 2030, 39% of Clark County will be age 60 or better.

Today, tomorrow and for many years to come, USS is prepared to serve an even larger generation of members and clients. We take seriously our responsibility to meet the opportunities and challenges current and future generations of older adults in our community will surely face.

ALL GIFTS - large AND small - make an important and lasting impact.
Thank you in advance for your enduring commitment to keep USS strong.

PLEASE DONATE NOW!

Visit www.unitedseniorservices.org/donate OR mail your donation to USS in the attached envelope.

Tours! ↓

Calling all travelers! USS is excited to announce the return of a full tour schedule in 2022! To kickoff the upcoming year of tours, join USS for Christmas at Opryland this December.

**All travelers must have a current USS membership and must be fully vaccinated.*

Christmas at Opryland - Nashville, TN December 7th-9th, 2021

Experience a celebration of the holidays done up "Country Style". Be dazzled by 3 million lights, 15,000 poinsettias, waterfalls and 9-acres of inside gardens. The Opryland Hotel is nothing short of spectacular! Add not one, but three great shows and you will have the perfect holiday vacation! Join us for a preview of this tour on Tuesday, September, 14th at 11:00am at USS. Please RSVP for this preview by calling 937-323-4948. Refreshments will be provided.

Tour Includes:

- Deluxe motorcoach transportation.
- Two-nights lodging at the Opryland Hotel (Traditional or Atrium view rooms).
- 6 meals (2B, 2L & 2D).
- Two shows: Tuesday night at the Opry and A Country Christmas Dinner Show with the Oak Ridge Boys.
- General Jackson Showboat show and luncheon cruise.
- All sightseeing/entrance fees per itinerary.
- All gratuities for baggage handling, driver, and tour manager.
- Professional Tour Manager.

Tour Fare:

\$1,040 per person - Double Occupancy

+\$64 for Atrium view room

\$1,256 per person - Single Occupancy

+\$128 for Atrium view room

- A deposit is due by September 18th to reserve your spot. It is first-come, first-served. Final payment is due no later than October 23rd.
- All registration and payments will be made directly through Nowak Tours. To register and pay for the trip, contact Wendy Miller at 877-293-4900 or visit www.nowaktours.com.
- To download a full registration packet, visit our website at www.unitedseniorservices.org/trips-tours/ or stop in to get one at USS.



Activity Calendar: August 2021

Additional information available at the Matthies Welcome Center

Mondays

Billiards.....8:30a - 4:30p...D-NC
Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning
Pickleball.....8:30a - 10:15a...D-NC
Lap Pool.....9:30a - 11:30a...D-NC
Blocks to Blankets 10:00a - 12:00p...D-NC
August 2nd and 16th
Prevention.....10:00a - 12:00p...R-NC
Let's Get Moving 10:30a - 11:30a...D-NC
Congregate Meals 11:00a - 1:00p
grab & go or sit & eat
Bridge.....11:00a - 3:00p...D-NC
Pickleball for Novice 1:00p - 3:00p...D-NC
Scrabble.....1:30p - 3:30p...D-NC
Lap Pool.....2:00p - 4:00p...D-NC
Tai Chi.....2:00p - 4:00p...D-NC
Pickleball.....3:00p - 4:30p...D-NC

Tuesdays

Billiards.....8:30a - 4:30p...D-NC
Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning
Yoga.....8:30a - 9:30a...R-\$
Focus on Fitness.....9:00a - 10:15a...R-\$
Starting August 10th
Lap Pool.....9:30a - 11:30a...D-NC
Legal Consulting 10:00a - 11:00a...R-NC
By Appointment Only
August 3rd, 10th, and 31st
COVID-19 Vaccine Clinic 10:00a - 11:00a
**August 10th & 31st* see pg 7*
Prevention.....10:00a - 12:00p...R-NC
Blocks to Blankets 10:00a - 12:00p...D-NC
August 31st only
Moving with Music 10:30a - 11:30a...D-NC
Congregate Meals 11:00a - 1:00p
grab & go or sit & eat
Bid Euchre.....11:30a - 2:30p...D-NC
Friendly Euchre.....12:00p - 3:00p...D-NC
Pinochle.....12:00p - 3:30p...D-NC
Long Arm Quilting 12:00p - 4:00p...R-NC
Mah Jongg.....1:00p - 3:00p...D-NC
Parkinson's Support 1:00p - 2:00p...D-NC
August 10th only
Parkinson's Exercise 2:00p - 3:00p...D-NC
Chair Volleyball.....2:00p - 4:00p...D-NC
Lap Pool.....2:00p - 4:00p...D-NC
New Member Orientation 2:30p...D-NC
August 17th only

Wednesdays

Billiards.....8:30a - 4:30p...D-NC
Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning
Pickleball.....8:30a - 10:30a...D-NC
Long Arm Quilting 9:00 - 12:00p...R-NC
Lap Pool.....9:30a - 11:30a...D-NC
Chess Club.....10:00a - 2:00p...D-NC
Congregate Meals.....11:00a - 1:00p
grab & go or sit & eat
Lap Pool.....2:00p - 4:00p...D-NC
Pickleball for Novice 2:00p - 4:00p...D-NC

Thursdays

Billiards.....8:30a - 4:30p...D-NC
Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning
Focus on Fitness.....9:00a - 10:15a...R-\$
Starting August 12th
Poker.....9:00a - 3:00p...D-NC
Tai Chi.....10:00a - 12:00p...D-NC
New Member Orientation 10:00a...D-NC
August 5th only
Zumba Gold.....11:00a - 11:30a...R-\$
Starting August 5th
Congregate Meals 11:00a - 1:00p
grab & go or sit & eat
Drums 4 Fitness.....11:45a - 12:15p...R-\$
Starting August 5th
Lunch & Learn.....12:00p - 1:00p...R-NC
"The Upside to Downsizing"
August 19th only
Pinochle.....12:00p - 3:30p...D-NC
Samba.....12:00p - 4:00p...D-NC
Canasta.....1:00p - 4:00p...D-NC
Scrabble.....1:00p - 4:30p...D-NC
Pickleball.....1:30p - 4:00p...D-NC
Parkinson's Exercise 2:00p - 3:00p...D-NC
Lap Pool.....2:00p - 5:30p...D-NC
Photo Club.....3:00p - 4:30p...D-NC
August 5th & 19th
Chair Volleyball.....4:00p - 6:00p...D-NC
Yoga.....4:45p - 5:45p...R-\$
On Thursdays only, the USS downtown center is open 8:30am - 6:00pm for programming

Fridays

Billiards.....8:30a - 4:30p...D-NC
Fitness Center.....8:30a - 4:30p...D-NC
closed 12:30p - 1:30p for cleaning
Pickleball.....8:30a - 10:30a...D-NC
Weaving.....9:00a - 11:30a...D-NC
Lap Pool.....9:30a - 11:30a...D-NC
Hula.....10:00a - 12:30p...D-NC
Chess Club.....10:00a - 2:00p...D-NC
Congregate Meals 11:00a - 1:00p
grab & go or sit & eat
Park & Play Bingo 11:00a - 1:30p...R-NC
August 13th only
Root Beer Float Day 11:30a - 1:00p...D-NC
August 6th only
Bridge.....12:00p - 3:30p...D-NC
Ping Pong.....12:00p - 4:00p...D-NC
Euchre.....1:00p - 3:00p...D-NC
Lap Pool.....2:00p - 4:00p...D-NC
Pickleball.....2:30p - 4:30p...D-NC

KEY

\$: Cost
NC: No Cost
R: Registration Required
D: Drop-in

New Carlisle Satellite Calendar

USS is excited to begin to reopen our satellite locations starting with New Carlisle this month!

Mondays:

Aug 2nd OPENING DAY! GAME DAY! Root Beer Floats, Cookies & Paper Puzzles 12:30p

Mexican Train Dominos 12:30p
August 9th, 16th, 23rd, 30th

Tuesdays:

Dominos 12:30p
August 3rd, 10th, 24th

Wii Play 12:30p
August 3rd only

Yahtzee 12:30p
August 10th only

MOVIE DAY - Blue Hawaii 12:30p
August 17th only

Bunco 12:30p
August 24th only* *50 cents to play

Bingo 12:30p
August 31st only

Wednesdays

Aug 4th WELCOME BACK LUAU with Wayne Hobbs 12:30p

"500" Card Game 12:30p
August 11th, 18th, 25th

Rock Painting 12:30p
August 11th only

Thursdays

Bridge 12:30p

Crafts 12:30p
August 26th only

Fridays

Hand, Knee & Foot 12:30p



What's NEW ↓

NANASP Visit to USS

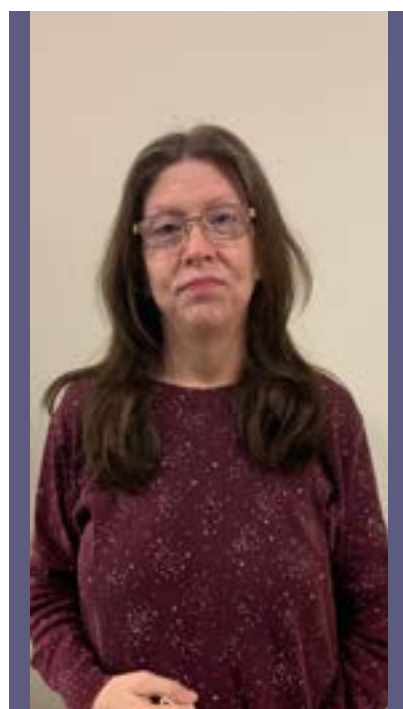
With our Downtown center's reopening, USS administrative staff, like our members, were thrilled to once again have the opportunity to gather. In June we were pleased to host our longtime senior serving partner Robert Blancato. Bob came to us all the way from Washington D.C., where he serves as the Executive Director of the National Association of Nutrition and Senior Aging Services Programs, or NANASP for short. In 2020, NANASP provided two important grants to USS. One was used for the purchase of heated and cooled thermal bags used by our meal delivery team to transport hot and frozen meals to more than 600 clients per week. The second grant was used by USS to print and distribute 7,000 flyers to USS members and clients alerting them to important Medicare open enrollment dates and information while the pandemic prevented in-person benefits counseling.



Welcome, Randy Speaks & Connie Winget



USS is pleased to welcome two new team members! Randy Speaks and Connie Winget have joined the custodial staff at our downtown location. Randy joined USS in February 2021. He is a Springfield native and comes to us after retiring from Ohio Edison, where he worked for over 33 years. Randy works the afternoon shift at our downtown location. Connie just joined USS in June and brings previous experience interacting with older adults from her work at Forest Glenn. Randy and Connie are wonderful additions to our staff and to the friendly culture of our USS community. Please join us in welcoming both Randy and Connie to the USS family.



What's Available ↓

Services Available at USS

1. Meals on Wheels

If you would like to receive home-delivered meals, please call 937-323-9688.

2. Dining Room Meals

These meals have been changed to pick-up. Please contact our meals department at 937-323-9688 for more information and eligibility guidelines.

3. In-Home Services

Homemaker, Personal Care and Respite Care will continue as regularly scheduled. Questions can be directed to 937-521-3012.

4. Transportation

USS provides transportation to medical appointments, pharmacies, and grocery stores. Please contact 937-521-3000 to schedule a ride.

5. Grocery Delivery

This assistance has been added to meet the needs of older adults who should not go out. Please contact 937-323-4948 ext. 203 for more information and additional clarification.

6. Medicare Assistance

Medicare Assistance continues through over-the-phone consultations only. Please contact 937-323-6059 with questions or to schedule an appointment.

7. Emergency Assistance

USS continues to provide emergency assistance to residents of Clark County who may need it. Please contact 937-521-3005 for more information.

The Clark County Warmline

It's okay not to be okay today. The Clark County Warmline is a free, peer-to-peer call line for anyone of any age who needs mental health support. It is available 24/7 including weekends and holidays. The Warmline is intended to address mental health concerns before they escalate into a crisis. The function of the Warmline is to listen to callers and provide experience-based empathy and support. Peers, or people with lived experience, are trained to screen for indications that callers may benefit from a referral to a mental health provider.

The Warmline number is 937-662-9080. If you or someone you know is experiencing a crisis or emergency, call 911, the National Suicide Prevention Lifeline at 1-800-273-8255, or text the Crisis Text Line by sending 4HOPE to 741-741.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Thank you!

Thank you to all of the USS Ambassadors and Matthies Welcome Desk Volunteers who helped with the center's reopening. Our volunteers greeted members, showed them the new check in system, answered questions about programs and safety requirements, and took potential members on building tours. The volunteers played a valuable part in helping our first few weeks to go smoothly!

Future Volunteer Opportunities:

USS will again offer blood pressure screening to our members. We are looking for volunteers who have experience – including RN, LPN, STNA, EMT, CNA, Home Health Aid, etc. – to help with this important service for our seniors. This will only require a few hours per month.

USS is celebrating National Root Beer Float Day on Friday, August 6th with a drive-through event. Please contact RSVP if you are a USS volunteer and would like to help Tracy with this fun afternoon. Volunteers are needed the afternoon of August 6th, and/or possibly August 5th for prep work. If you'd like to help either day, give us call.

Ohio's Community Mercy Hospice will be holding a new volunteer orientation class on Tuesday, September 7th. They have great opportunities for veterans, hair stylists/barbers, friendly visitors, crafters (making blankets and shawls), bakers (making cakes and cookies), and pet therapy teams.

Reminder to RSVP Volunteers:

Please make sure to have your volunteer station supervisor sign your time sheet if you are using our paper time sheets. During the pandemic, we did accept time sheets without supervisor signatures, but we are still required get those sheets from last year signed. If you are interested in logging your hours online, please call the Volunteer Office.

Contact Barbara Rossler at 937-324-5705 for more information and to serve your neighbors through Clark County's Retired and Senior Volunteer Program.



RSVP is sponsored by United Senior Services of Springfield, Ohio, and is funded by federal funds through the Corporation for National and Community Service, by a state subsidy through Ohio Department of Aging, and by local matching funds in Clark and Madison Counties.



Elderly United of Springfield & Clark County, Ohio, Inc.
125 West Main Street
Springfield, OH 45502



USS LOCATIONS

*SENIOR MEAL LOCATION

Downtown Springfield*

125 W Main Street • Springfield, OH
937-323-4948

www.unitedseniorservices.org

Enon Satellite -closed until further notice

7571 Springfield-Dayton Road • Enon, OH
937-863-0043

New Carlisle Satellite*

1216 W Lake Avenue • New Carlisle, OH
937-845-2080

Villa Park Satellite* -closed until further notice

1350 Vester Avenue • Springfield, OH
937-399-341

North Hill Towers* -closed until further notice

337 Chestnut Avenue • Springfield, OH

Tubman Towers* -closed until further notice

17 W Johnson Avenue • Springfield, OH