

The Center Page

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

JANUARY 2022



UNITED SENIOR SERVICES

ISSUE 2022-1

UNITED SENIOR SERVICES

www.unitedseniorservices.org
125 W Main St
Springfield, OH 45502
937-323-4948

USS DOWNTOWN HOURS:

M-Th 7:00am - 7:00pm
F 7:00am - 4:30pm

NEW CARLISLE SATELLITE

1216 W Lake Ave
New Carlisle, OH 45344

ENON SATELLITE

7571 Dayton-Springfield Rd,
Enon, OH 45323

DIRECTORS

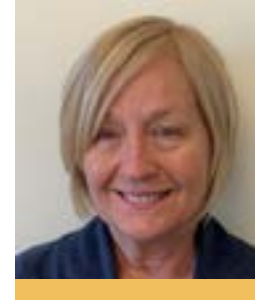
- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Sheila Rice, President
- Joy Rogers, Secretary
- Arlin Par Tolliver
- Mike Trempe, Vice President
- Chris Wells, Treasurer
- Maureen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

Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston

Director's Corner



Dear Members and Friends,

COVID-19 continues to cloud our lives in most every way – it interrupts our daily routines, keeps us from enjoying our friends and families, and at USS keeps us on high alert to stay abreast of pandemic news and ahead of trends that put all of us at risk. We have all learned to live with these life changes to protect ourselves and our loved ones. The CDC predicts that infections and hospitalizations will increase in January 2022 due to the previous weeks of holiday gatherings. I appreciate your understanding and cooperation with our mask mandate and our adjusted programming. We are doing our best to keep our members and our employees safe.

Our essential work continues at USS without interruption. Meal delivery, in-home support, transportation, and other services have never stopped being our #1 priority during the pandemic. Similar to other businesses in our community, USS hiring is limited by a smaller pool of available workers. We have all adjusted to less help in the grocery store, longer wait times on the phone, and slower delivery of mail and packages, but not having enough employees to expand our reach and help more people is difficult to accept.

We are working on creative and long-term solutions to our collective workforce shortage with local and state groups, but we also need short-term results. One solution for our community's workforce shortage is retirees. USS recognizes that many older people return to work to stay busy, do something meaningful, or supplement their fixed income. The retirees who work for USS have valuable experience to lend, offer excellent customer service, and hold genuine empathy for the USS mission. In return, USS provides them flexible part-time or full-time schedules and great amenities to build loyalty to our mission and establish relationships with the people we serve.

I believe older workers are a valuable solution to our current workforce shortage. I would appreciate an opportunity to learn from you. What motivates or prevents you and your peers from re-joining the workforce? If you are interested in choosing USS for a meaningful and rewarding work experience, please reach out to me or go to www.unitedseniorservices.org to learn about our open positions.

Wishing you a happy and healthy New Year!
Thank you for the opportunity,

Maureen Fagans, CEO

What's NEW ↓

Spring SAILL coming soon!

Ahoy, there, mates! Have you gotten wind of the news? The SAILL program is set to relaunch in Spring 2022! Our lifelong learning program offers a whale of a good time with classes to help get your mind, body and spirit into ship shape. Whatever floats your boat! If you have topic suggestions, please contact Cindy Lockwood, SAILL Coordinator at 937-323-4948 ext. 140. SAILL—abrate good times, come on!



AARP Tax Prep

USS is partnering with AARP to provide tax preparation appointments for USS members and clients. These appointments will be considered "same day drop off"; clients are permitted to sit in a designated waiting area but, due to COVID-19 restrictions, will not be permitted to sit at the table while the taxes are being completed. Individuals or couples looking to schedule an appointment can call our Welcome Center at 937-323-4948 starting Monday, January 10th at 8:30am to schedule an appointment. Appointments can only be scheduled Monday - Thursday; 11:00am - 3:00pm. Once your appointment is scheduled, AARP asks that you arrive at least 15 minutes early to complete the intake form. Please bring the following items on the day of your appointment: Social Security Card, Photo ID, and last year's taxes.

Closed Days in January

USS will be closed all day on Monday, January 17th for Martin Luther King Jr. Day. We will reopen Tuesday, January 18th at 7:00am for regular programming. Have a safe and happy holiday!

2022 Membership Reminder

Don't forget! Signed waiver forms are required each year for new AND renewing members. Our annual membership fee is \$15 per person and provides access to more than 60 regularly scheduled programs and activities at our centers around Clark County as well as a variety of travel opportunities. Forms are available in our center and on our website. Stop by the downtown center any time Monday-Friday 8:30am - 4:00pm to turn in your form and make your payment.

What's NEW ↓

Lunch & Learn

Healthy Living for your Brain and Body **Jacki Williams, Alzheimer's Association of Miami Valley** **Thursday, January 20th at 12:00pm**

The Alzheimer's Association of Miami Valley will be at USS to present *Healthy Living for Your Brain and Body*. This program will focus on the connection between the health of our bodies and brains. Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. You will use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Please RSVP no later than **Friday, January 14th**. Lunch will be provided for the first 50 members. Call the Welcome Center at 937-323-4948 to secure your spot. This program is sponsored by *All Caring Hospice*.

Parkinson's Disease Support Group

The Parkinson's Disease Support Group will meet on **Tuesday, January 11th at 1:00pm** at USS in MP4. The group is open to all who may have a diagnosis of Parkinson's Disease or those who love and care for a diagnosed individual. The speaker will be Jane Eckels who will talk about navigating a new year with hope. For more information, contact Jane at jeckels@unitedseniorservices.org or 937-521-3016.

Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, January 19th at 1:00pm**. Reservations and membership are required. Call Tracy Wickham at 937-521-3010 or email her at twickham@unitedseniorservices.org to reserve your spot. You will be provided with a number to call and a pin number to get connected for the game. Land lines and cell phones will work. Bingo cards can be picked up at USS downtown starting Monday, January 3rd, 8:30am - 4:30pm. Bingo cards can also be mailed to those unable to make it downtown. Winners of the game will receive a \$10 gift card provided by *Mercy Health Oakwood Village*. Gift cards are for Kroger, Subway, and Chick-fil-A. There is no charge for this event.

Caregiver Support Group

The Caregiver Support Group will meet on **Wednesday, January 19th at 10:00am** at USS in MP2. The group is open to those who give care to family or friends. It is a peer-to-peer group who can share in a safe and friendly environment. If there is a need for respite during the meeting time, please call to register for respite that will be held in an adjoining room during the support group meeting. For more information, contact Jane Eckels at jeckels@unitedseniorservices.org or 937-521-3016.

Prevention Program Overview

The USS Prevention program has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. Education, creative arts, fitness, and plenty of social activities are offered at the downtown center and throughout the community on a regular schedule. Proof of vaccination is required. Want more information about the Prevention program? Call Tracy Wickham at 937-521-3010.

Prevention January Schedule

For the following activities, transportation will be on your own.

January 3rd at 10:30am

'Let's Get Moving' - Chair exercise at USS. *Reservations are required, call 937-521-3010.*

January 4th at 10:30am

Coffee and Conversations.
(Travel Log - Virtual Reality and what it is.)

January 10th at 10:30am

'Let's Get Moving' - Chair exercise at USS. *Reservations are required, call 937-521-3010.*

January 11th at 10:30am (January is Hot Tea Month)

Various samples of hot tea and coloring art of famous artist impressionists.

January 17th - USS Centers Closed for Martin Luther King Jr Day

January 18th at 10:30am

(Travel Log - Virtual Reality and what it is.)

January 19th at 1:00pm

Stay at Home Bingo - See page 4 for more details. *Reservations are required, call 937-521-3010.*

January 24th at 10:30am

'Let's Get Moving' - Chair exercise at USS. *Reservations are required, call 937-521-3010.*

January 25th at 10:30am

The art of using Washi Tape and what it is. Make a birthday card.

January 31st at 10:30am

Coffee and Conversations.

What's NEW ↓

New Activities Scheduled in January!

- **Aquatics Classes**
- **Chair Yoga**
- **Focus on Fitness - Enon Location (see page 10)**
- **Vintage Voices**

Vintage Voices

At long last, USS's own Vintage Voices is back!! This talented group of USS members, led by the incomparable Linda Bodey, comprises the official USS choir. Meeting every Wednesday at 9:00am, Vintage Voices is open to singers of all experience levels. Prior to the pandemic, Vintage Voices performed at various USS and community events and we hope that will be possible once more, in 2022. If you are interested in joining the choir, we would love to have you!

Proof of vaccination is required to participate.

Card Making Club Request

The USS Card Making Club is looking for members to bring in their old holiday cards. There will be a box at the Welcome Center for members to bring in their old cards rather than throwing them away. These cards will be recycled and made into new cards for the holidays and sent to local nursing homes and military families in Clark County.

Pickleball Tournament

If you are ready to test your Pickleball skills against other players, Friday, January 21st, 2022 is your chance. This round-robin tournament is open to players at intermediate or advanced skill level. A novice tournament will be introduced at a later date. Individuals and pairs are welcome to sign up, maximum 20 individuals. Registration opened at the Welcome Center on Monday, December 13th. Registration closes Friday, January 14th, 2022. There is a \$5 cost per person to participate.

Paid Activities in January & February

USS is happy to continue introducing new activities for all our members. We hope you continue to find the best activity for you. As always, payments can be made with Cortney in Member Services during normal business hours (8:30am - 4:00pm). All paid activities start the week of Monday, January 3rd, 2022.

Chair Yoga

Tuesday's at 9:30am (7 total classes; \$42 total cost)

Focus on Fitness

Tuesday's & Thursday's at 9:00am (16 total classes; \$32 total cost)

Functional Fitness

Wednesday's at 11:00am (8 total classes; \$80 total cost)

Lap Pool Water Aerobics

Wednesday's at 1:00pm (8 total classes; \$16 total cost)

Thursday Yoga

Thursday's at 4:45pm (7 total classes; \$42 total cost)

Tuesday Yoga

Tuesday's at 8:30am (7 total classes; \$42 total cost)

WWP Aquatics Class – members can only sign up for 1 WWP class

Tuesday's at 1:00pm (8 total classes; \$16 total cost)

Tuesday's at 2:00pm (8 total classes; \$16 total cost)

Thursday's at 1:00pm (8 total classes; \$16 total cost)

Thursday's at 2:00pm (8 total classes; \$16 total cost)

*WWP = Warm Water Pool

Activity Calendar: January 2022

Additional information available at the Matthies Welcome Center

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Billiards.....7:00a - 7:00p...D-NC	Billiards.....7:00a - 7:00p...D-NC	Billiards.....7:00a - 7:00p...D-NC	Billiards.....7:00a - 7:00p...D-NC	Billiards.....7:00a - 4:30p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC	Fitness Center.....7:00a - 7:00p...D-NC	Fitness Center.....7:00a - 7:00p...D-NC	Fitness Center.....7:00a - 7:00p...D-NC	Fitness Center.....7:00a - 4:30p...D-NC
Advanced Pickleball 8:00a-10:00a...D-NC	Yoga.....8:30a - 9:20a...R-\$	Advanced Pickleball 8:00a-10:00a...D-NC	Focus on Fitness.....9:00a - 10:15a..R-\$	Advanced Pickleball 8:00a-10:30a...D-NC
WWP Open Swim 9:00a - 11:00a...D-NC	Focus on Fitness.....9:00a - 10:15a...R-\$	Long Arm Quilting.....9:00a - 1:00p...A-\$	Poker.....9:00a - 3:00p...D-NC	WWP Open Swim 9:00a - 11:00a...D-NC
Blocks to Blankets 10:00a - 12:00p..D-NC *January 10th & 24th*	Chair Yoga.....9:30a - 10:20a...R-\$	Lap Pool Open Swim 9:00a-11:00a..D-NC	Lap Pool Open Swim 10:00a-1:00p..D-NC	Weaving.....9:00a - 11:30a...D-NC
Let's Get Moving 10:30a - 11:30a...D-NC	Alz. Assoc. Office Hours 10:00a - 1:00p ...D-NC *January 18th*	Vintage Voices.....9:00a-11:00a..D-NC-V	Tai Chi.....10:00a - 12:00p...D-NC	Hula.....10:00a - 12:30p...D-NC
Congregate/To-Go Meals 11:00a - 1:00p	Legal Consulting 10:00a - 11:30a...A-NC	Caregiver Support.....8:00a - 9:00a...R-NC *January 19th*	Congregate/To-Go Meals 11:00a - 1:00p	Congregate/To-Go Meals 11:00a - 1:00p
Bridge.....11:00a - 3:00p...D-NC	Moving with Music 10:30a - 11:30a..D-NC	Congregate/To-Go Meals 11:00a - 1:00p	Lunch & Learn.....12:00p - 1:00p...R-NC *January 20th*	Lap Pool Open Swim 11:00a - 1:00p..D-NC
Lap Pool Open Swim 11:00a-1:00p...D-NC	Congregate/To-Go Meals 11:00a - 1:00p	Functional Fitness.....11:00a-12:00p...R-\$	Pinochle.....12:00p - 3:30p...D-NC	Bridge.....12:00p - 3:30p...D-NC
Pickleball for Novice 1:00p - 3:00p...D-NC	Lap Pool Open Swim 11:00a-1:00p..D-NC	WWP Open Swim 11:00a-1:00p...D-NC	USS Jammers.....12:00p - 1:30p...D-NC-V	Pickleball Tournament 12:00p - 4:30p ...R-\$ *January 21st*
Scrabble..... 1:00p - 4:30p...D-NC	Southern Charm Tour Preview 11:00a-12:00p...R-NC *January 18th*	Card Making Club.....1:00p - 4:00p...D-NC *January 12th & 26th*	Canasta.....1:00p - 4:00p...D-NC	Ping Pong.....12:00p - 4:00p...D-NC
WWP Volleyball.....1:30p - 2:30p...D-NC	Bid Euchre.....11:30a - 2:30p...D-NC	Quilting Group.....1:00p - 3:00p...D-NC *January 5th & 19th*	Scrabble.....1:00p - 5:30p...D-NC	Samba (Card Game) 12:30p - 4:00p...D-NC
Tai Chi..... 2:00p - 4:00p...D-NC	Friendly Euchre.....12:00p - 3:00p...D-NC	Water Aerobics.....1:00p - 1:45p...R-\$	WWP Aquatics Class 1:00p - 1:45p...R-\$	Euchre.....1:00p - 3:30p...D-NC
WWP Open Swim 2:30p - 4:30p...D-NC	Pinochle.....12:00p - 3:30p...D-NC	Pickleball Lessons & Novice ...1:30p - 4:00p...D-NC	Intermediate Pickleball 1:30p - 4:30pD-NC	Advanced Pickleball 2:30p - 4:30p...D-NC
Intermediate Pickleball 3:00p - 5:00p ...D-NC	USS Jammers.....12:00p - 1:30p...D-NC-V	Lap Pool Open Swim 3:30p - 6:30p...D-NC	Jigsaw Puzzle Group 1:30p - 6:30p...D-NC	
Lap Pool Open Swim 3:30p - 6:30p...D-NC	Long Arm Quilting.....1:00p - 6:00p...A-\$	Intermediate & Advanced Pickleball ...4:00p - 7:00p...D-NC	Parkinson's Exercise 2:00p - 3:00p...D-NC	
Advanced Pickleball 5:00p - 7:00p...D-NC	Mah Jongg.....1:00p - 3:00p...D-NC		WWP Aquatics Class 2:00p - 2:45p...R-\$	
	Parkinson's Support 1:00p - 2:00p...D-NC *January 11th*		Photo Club.....3:00p - 4:30p...D-NC	
	WWP Aquatics Class 1:00p - 1:45p...R-\$		Yoga.....4:45p - 5:45p...R-\$	
	Chair Volleyball.....2:00p - 4:00p...D-NC		Chair Volleyball.....5:00p - 7:00p...D-NC	
	Escape to Wisconsin Tour Preview 2:00p - 3:00p...R-NC *January 18th*			
	Parkinson's Exercise 2:00p - 3:00p...D-NC			
	WWP Aquatics Class 2:00p - 2:45p...R-\$			
	Lap Pool Open Swim 3:00p-6:30p...D-NC			
	The Entertainers.....3:30p - 4:30p...D-NC			
	Advanced Pickleball 4:30p - 7:00p...D-NC			

USS will be closed Monday, January 17th for Martin Luther King Jr. Day
WWP=Warm Water Pool
V=Proof of Vaccination Required

KEY
\$: Cost **NC:** No Cost
D: Drop-in
R: Registration Required
A: Appointment Required
V: Vaccination Required

***Be sure to check in at the Welcome Center.**
Activity times, dates, and rooms are subject to change.*

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

New Carlisle Satellite Calendar: January 2021

Lunch starts
at 11:00am
Programming
starts at 12:30pm

Mondays:

Mexican Train Dominos 12:30p
January 3rd, 24th, & 31st

Euchre 12:30p
January 3rd

Bingo 12:30p
January 10th

Movie Day 12:30p
January 17th

Crafts 12:30p
January 24th* *\$5 material fee

Rock Painting 12:30p
January 31st

Tuesdays:

Mexican Train Dominos 12:30p

Wednesdays

"500" Card Game 12:30p

Thursdays

Bridge 12:30p

Fridays

Hand, Knee & Foot 12:30p

More Fun to Come!

2022 is going to be a great year at USS! We are working hard to continue to offer all of your favorite programs – and even add some new ones too! Your feedback is important to us, so be sure to let us know if you'd like to see a new club, group, or recreation activity at your USS center. Also, be sure to check in when you arrive at your center. Marking all the activities you plan to do during your visit helps us understand best the importance of each program we offer. We enjoy seeing each and every one of you! Thank you for the opportunity! Here are some photos of the fun we had in 2021!



Easter Bunny Drive Thru



Golden Wedding Drive Thru



Park & Play Bingo Winners

ENON
7571 Dayton-Springfield
Rd, Enon, OH 45323
937-863-0043

Enon Satellite Calendar: January 2021

Limited Programming
starts at 9:30am
on Mondays and
Wednesdays

The USS Enon location is reopening!! This is the first step in fully reopening this location. Starting Monday, January 3rd, this location will be open Monday's and Wednesday's at 9:30am for Focus on Fitness taught by long-time USS instructor, Reiko Bowers. Membership dues and payment for the class can be made at the downtown or Enon location with a USS staff person only.

Focus on Fitness – Enon

Monday's & Wednesday's at 9:30am (15 total classes; \$30 total cost)

Mondays

Focus on Fitness 9:30a
additional fee for class

Wednesdays

Focus on Fitness 9:30a
additional fee for class



Hula Class



Tai Chi at the Park



Moving with Music



National Root Beer Float Day



Halloween Drive Thru



USS Holiday Card for NTPRD

What's NEW ↓

Community Wellness

Confirmed cases of COVID-19 are once again on the rise in Clark County, Ohio and the entire Midwest region. We had all hoped that we would not see rates this high again. Both the Delta and the emerging Omicron variants are extremely transmissible, leading to increased infections in both vaccinated and unvaccinated people. However, being vaccinated is the best defense against severe illness, hospitalization and death from COVID-19. USS is committed to providing education and resources to older Clark County residents who have limited access to the COVID-19 Vaccine or Booster. Reliable health information about the vaccine, assistance with scheduling appointments, navigating website and internet applications, and transportation to vaccine appointments are all services USS can provide! If you or someone you know is in need of our assistance or would like questions answered about vaccine safety and efficiency, please contact Laura Fulton at 937-323-4948 ext. 227 or lfulton@unitedseniorservices.org.

HEAP Winter Crisis Program

The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills. The HEAP Winter Crisis Program has begun and ends on March 31st, 2022. USS can provide assistance with filling out the application at our center or in the home for homebound seniors. To schedule your appointment or to ask questions, contact Joyce Robinson, Outreach Coordinator at USS at 937-521-3005. The regular HEAP Program is also ongoing at this time and ends on May 31st, 2022. This program provides assistance with home energy bills.

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.

Blocks 2 Blankets

USS Blocks 2 Blankets has just finished their 7th year! What a milestone! Each year, this talented and generous group of USS members donates thousands of items to those in need in our community. In 2021 alone, Blocks 2 Blankets collected over 4,000 items including blankets, hats, scarves, and gloves as well as coats, shoes, and socks. B2B would like to express a special 'thank-you' to all the USS members who donated to the sock drive! We took in more than 2,000 pairs!

B2B donated items to the following organizations in 2021:

Reasonable Choices, Hospice, Clark County Child Advocacy Center, Clark County Combined Health Department, Interfaith Hospitality Network, Perrin Woods Elementary, Jackson, Lytle and Lewis Funeral Home, and to the Pine Ridge, Rose Bud, and Wounded Knee reservations in South Dakota.



2022 Tours

Southern Charm

April *tour preview this month, see pg 8*

Escape to Wisconsin

May *tour preview this month, see pg 8*

Dirty Dancing Themed Weekend

June

Pacific Northwest

July

By the Sea

August

Riverboatin'

September

Massachusetts & More

October

Annual Mystery Tour

October

Greenbrier Christmas

December

COVID-19 Vaccination is required for all USS travelers

For more information on any of our 2022 USS Tours, see our 2022 Tours Catalog in our December 2021 Center Page, on our website at www.unitedseniorservices.org/trips-tours/, or contact Debbie McCool at 937-323-4948 ext. 120.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Thank you!! The Springfield Foundation has awarded \$6,000 of grant funding to our AmeriCorps Retired and Senior Volunteer Program for the upcoming 2022 year. RSVP is pleased to receive this grant award and put it towards assisting senior volunteers in bringing their unique skillsets and experiences to help our community thrive. Over 300 Clark County RSVP volunteers are working with our partner organizations to tackle our community's most pressing challenges.

Volunteers Needed:

Central Community Center:

Has a new program offering a safe and welcoming place for taking showers. Their Shower Ministry provides dignity and often improved mental and physical health for the housing-insecure population. For many of us, a regular shower is something we take for granted, along with all its essentials. Many use their services before a doctor's appointment or a job interview. Volunteers help with check-in and provide clean undergarments, towel & washcloth, and toiletry bags, and sanitize the area for the next person. If you would like to help with this vitally important program, please contact RSVP for more details.

Family Needs:

A local food pantry and community meal site that is in need of volunteers. They serve meals and have a food and clothing pantry for those who are in need. This agency has a warm and friendly family atmosphere and has long served their surrounding neighborhoods. Please consider this opportunity to help our community members.

Open Hands Free Pantry:

Is continuing to search for someone to help with translation – French and Creole speaking! Do you have this unique talent??? This pantry, at Covenant United Methodist Church, offers boxes with food and personal hygiene essentials to residents struggling with food and financial insecurities. Volunteers help to register clients, or pack and distribute boxes to those in need. Please contact RSVP to help out with this great program.

St. John's Outreach Thrift Store

A local thrift store looking for a store clerk on Fridays 8:45am-12:00pm. This would include opening the store, sorting donations, pricing items, stocking the store, and helping customers.

****RSVP members: please remember to submit your yellow time sheets by January 7th. Please make sure they are signed by the site supervisor.****

Please Contact Barb Rossler or Mindy Allender in the RSVP department at 937-324-5705 for more information and to serve your neighbors through AmeriCorps Seniors RSVP Program.



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

Services Available at USS

For more than 53 years, USS has been the focal point for supporting the independent and active lifestyles of older adults in Clark County. As the holidays approach, remember that we are here for you, especially when you need us most. Please let us know how we can be of help!

1. Meals on Wheels

If you would like to receive home-delivered meals or someone you know would benefit from this service, please call Rita Marshall at 937-323-9688.

2. Dining Room Meals

Dining room meals are available in our downtown café Monday-Friday, 11am-1pm. You can take them to-go or sit and eat in the café. Please contact Sharon Torres at 937-323-9688 for additional information and clarification on this service.

3. In-Home Services

USS offers In-Home Personal Care & Respite Care. Questions can be directed to Jenny Cunningham at 937-521-3012.

4. Transportation

USS provides transportation to essential medical appointments. Please call Lisa McDonough at 937-521-3000 to schedule a ride.

5. Grocery Delivery

Instead of trips to the grocery store, USS provides grocery delivery. Please call 937-323-4948 ext. 143 for more information.

6. Medicare Assistance

Medicare assistance is available at USS. Please call Eric Demmings at 937-323-4948 ext. 114 to schedule an appointment.

7. Emergency Assistance

USS provides emergency assistance to residents of Clark County who may need it. Please call Joyce Robinson at 937-521-3005 for more information.

**All other questions regarding services
can be directed to 937-323-4948.**

UNITED SENIOR SERVICES

www.unitedseniorservices.org
125 W Main St
Springfield, OH 45502
937-323-4948

USS DOWNTOWN HOURS:

M-Th 7:00am - 7:00pm
F 7:00am - 4:30pm

NEW CARLISLE SATELLITE

1216 W Lake Ave
New Carlisle, OH 45344
937-845-2080

ENON SATELLITE

7571 Dayton-Springfield Rd,
Enon, OH 45323
937-863-0043

MISSION

Our mission is to enhance the lives of Clark County older adults by offering quality services that promote active, involved and independent lives.

VISION

Our vision is for older adults in Clark County to enjoy vibrant, healthy, independent lives.

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



Elderly United of Springfield & Clark County, Ohio, Inc.

125 West Main Street
Springfield, OH 45502

**Wishing
you a healthy
and happy
New Year.**

