

The Center Page

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

FEBRUARY 2022



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

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- Brad Boyer
- Joti Carson
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- George Degenhart
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- Wendy Ford
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
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- Mike Trempe, Vice President
- Chris Wells, Treasurer
- Maureen Fagans, CEO

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

Cover Photo By:
Nancy Flinchbaugh

Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston

Director's Corner

Dear Member and Friends,

I remain hopeful that the coronacoaster we have all been riding will soon be on a downward trajectory. Unfortunately, as I write this, the downward trend has not yet begun. In fact, Clark County, the State of Ohio, and the nation are at an all-time high for COVID-19 infections.

USS recognizes that you will assess your personal health as you decide when to participate in activities at our centers. Although we cannot promise to eliminate all COVID-19 risk, USS staff works hard to provide our members and visitors a safe environment for recreation and services. We are monitoring new information, and when necessary, updating protocols based on CDC guidance and in consultation with the Clark County Combined Health District. Therefore, for the next many weeks we are adjusting some of our programming to maintain our safety standards. We will utilize our robocall system, Facebook, and email to alert you of any additional changes. Please read further for changes to existing activities that we are implementing. We appreciate your patience and flexibility!

Important Updates:

Meals in our downtown café have moved to curbside pickup until further notice. Meals may be picked up during the regular lunch hours of 11:00am-1:00pm.

We will continue to make every effort to create a safe environment for all, but it is not possible to eliminate all risk.

Please remember:

All members are required to wear masks until further notice.

Always check-in at the Welcome Center in the lobby before proceeding to your desired activity.

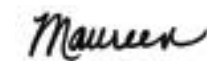
For your safety and the safety of others, refrain from visiting our centers if you are feeling sick.

The CDC recommends vaccination, boosters, and masks as the best defense against COVID-19.

Participation in some USS activities requires that your COVID-19 vaccine be 'up to date'. The CDC defines 'up to date' as a person who has received all recommended COVID-19 vaccines, **including any booster dose(s)** when eligible.

If you would like assistance scheduling your COVID-19 vaccine or booster, or scheduling a ride to your appointment, call us at 937-323-4948.

Stay Safe! Thank you for the opportunity,



Maureen Fagans, CEO



What's NEW ↓

2022 Spring SAILL Term

The 8-Week SAILL Spring Term is
March 21st - May 13th, 2022.

Registration for classes will
open March 1st at USS.



There will be a variety of classes in the catalog including watercolor, photography, piano, guitar, memory management, line dancing, balance and recovery, acrylic painting, sewing, make it/take it activities, quilting, billiards, memoir writing, stress/anxiety management, pilates, global events discussion, Ohio archeology, zentangle, educational tours, and end of life planning.

To participate in these engaging topics, SAILL participants must have a current USS membership. Contact Cindy Lockwood, SAILL Coordinator at clockwood@unitedseniorservices.org or 937-323-4948 ext. 140 for more information.

USS Celebrates Black History Month

Although the United States has been celebrating Black History Month for 46 years, the concept began much sooner. Carter Woodson & the Association for the Study of Negro Life and History declared the second week of February as Negro History Week. This date was chosen in recognition of both Abraham Lincoln and Frederick Douglass' birthdays. It wasn't until 1969 that the Kent State University Black Educators and Black United Students proposed the idea of Black History Month. In 1976, President Gerald Ford urged Americans to "seize the opportunity to honor the too often neglected accomplishments of Black Americans in every area of endeavor throughout history".

The theme for Black History Month 2022 at USS is Health and Wellness.

USS will be offering a variety of events including a dinner and discussion - with the speaker and health related topic to be announced, weekly minority owned food truck vendors available in the USS parking lot, and interviews with members to share how black history has impacted their lives. For dates and details keep an eye out on Facebook, email, and around our center.

What's NEW ↓

Virtual Lunch & Learn

Medicaid Waiver Program Area Agency on Aging

Thursday, February 17th at 12:00pm

USS is excited to welcome Janet Patterson to speak about the Medicaid Waiver program. She will cover what the program offers as well as the parameters to qualify. Medicaid is designed to help those who need it most. This opportunity will allow individuals to gain a better understanding of the Medicaid Waiver program. This program is for individuals in long-term care, skilled nursing facilities, and has recently been expanded to assist people living in their homes as well. Please RSVP no later than **Monday, February 14th**. For the Zoom link, call the Welcome Center at 937-323-4948.

Caregiver Support Group

The Caregiver Support Group will meet on **Wednesday, February 16th 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.

Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, February 16th 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, February 1st, 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.

Parkinson's Disease Support Group

The Parkinson's Disease Support Group will meet on **Tuesday, February 8th 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 Dr. Gina Boerger, Director of Clinical Excellence for Therapy Advantage, Inc. The title of her presentation is, "Hot off the Parkinson's Press: The Latest in Research and Fact vs. Fiction". Dr. Boerger has participated in clinical research regarding the effectiveness of physical therapy interventions for people with Parkinson's. For more information, contact Jane at jeckels@unitedseniorservices.org or 937-521-3016.

Prevention

Programming for the Prevention program has been adjusted due to COVID-19. This program has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. Proof of vaccination - including a booster - is required. Want more information about the Prevention program? Call Tracy Wickham at 937-521-3010.

Prevention Schedule: February 2022

February 3rd at 10:30am (National Tongue Twister Month)

Learn about the world's hardest, the very first, and remembering your favorite tongue twister.

February 4th

Lunch at Young's Dairy. *Reservations are required, call 937-521-3010.*

February 7th at 10:30am

'Let's Get Moving' - Chair exercise at USS. *Reservations are required, call 937-521-3010.* Make your own Valentine's Day decoration.

February 8th at 10:30am

Make your own Valentine's Day decoration at USS.

February 10th at 10:30am

Coffee, donuts and conversation at USS. *Reservations are required, call 937-521-3010.*

February 11th at 10:30am

Name that singer at USS. *Reservations are required, call 937-521-3010.*

February 14th at 10:30am

'Let's Get Moving' - Chair exercise at USS. *Reservations are required, call 937-521-3010.* Learn how to knit a hat using a knitting loom to be donated to the Rocking Horse Community Health Center.

February 15th at 10:30am

Learn how to knit a hat using a knitting loom to be donated to the Rocking Horse Community Health Center.

February 16th at 1:00pm

Stay at Home Bingo, play over your phone. *Reservations are required, call 937-521-3010.*

February 17th at 12:00pm

Samples of hot tea and conversation at USS.

February 18th at 10:30am

Learn how to knit a hat using a knitting loom to be donated to the Rocking Horse Community Health Center.

February 22nd at 10:30am

Learn how to knit a hat using a knitting loom to be donated to the Rocking Horse Community Health Center.

February 24th

Lunch at Young's Dairy. *Reservations are required, call 937-521-3010.*

February 25th at 10:30am

Bingo at USS. *Reservations are required, call 937-521-3010.*

February 28th at 10:30am

'Let's Get Moving' - Chair exercise at USS. *Reservations are required, call 937-521-3010.* Get more mentally fit and learn how to play very basic Sudoku and word puzzles.

What's NEW ↓

Closed Days in February

USS will be closed all day on Monday, February 21st for Presidents Day. We will reopen Tuesday, February 22nd at 7:00am for regular programming. Have a safe and happy holiday!

Wednesday Pickleball Lessons

Pickleball lessons on Wednesdays is being restructured to allow for better flow during the time. At 1:30pm, the courts will be open for those who know the rules of pickleball and want to receive assistance with drills and tips for improvement. At 2:00pm, one court will open for players who have never played before to receive individual attention on improving their game. If no members arrive for lessons at 2:00pm, the courts will remain open for players at a novice skill level.

Bingo is back!

USS is excited to reintroduce bingo as a regularly scheduled activity starting Wednesday, March 2nd at 1:00pm. There are several new rules to keep everyone safe as they return to our downtown location.

1. Masks are required at all times while playing

2. Proof of up-to-date COVID-19 vaccination is required

- Members and volunteers who participate must show proof of vaccination - including a booster - upon arrival.
- Those not able to provide proof of vaccination will not be allowed to play bingo or volunteer.

3. Maximum 50 members per week; members may only play every other week

4. Reservations are required and will be first-come, first-served

- Reservations for March 2nd can be made beginning Thursday, February 24th at 8:30am until full. Reservations must be completed through the Member Services department via phone at 937-323-4948 ext.112 or in-person.
- Moving forward, reservations for each Wednesday can be made beginning at 8:30am the Thursday before play: example, for Wednesday, March 9th, reservations begin on Thursday, March 3rd.
- To allow everyone a chance to play, members are not permitted to participate 2 weeks in a row.
- Members can register themselves and 1 other member and must provide first and last names and phone numbers.
- No wait list will be kept and no walk-ins will be allowed.
- Doors open at 12:00pm. Play begins at 1:00pm.

5. Prepackaged items will be sold at the concession stand (12:00pm – 3:00pm)

6. Bingo will not play when there is a 5th Wednesday in a month (March, June, August, November)

Please remember this is a volunteer run activity. We appreciate your patience as we work to reintroduce this popular activity safely.

Paid Activities in March & April

All paid activities start the week of Monday, February 28, 2022. As always, payments can be made with Cortney in Member Services during normal business hours (8:30am – 4:00pm).

Payments for activities can be made starting Monday, February 21, 2021.

Chair Yoga

Tuesdays at 9:30am (8 total classes; \$48 total cost)

Focus on Fitness

Tuesdays & Thursday's at 9:00am (18 total classes; \$36 total cost)

Functional Fitness

Wednesdays at 11:00am (9 total classes; \$90 total cost)

Lap Pool Water Aerobics – *members can sign up for as many classes as they'd like*

Mondays at 1:00pm (9 total classes; \$18 total cost)

Mondays at 2:00pm (9 total classes; \$18 total cost)

Tuesdays at 9:00am (9 total classes; \$18 total cost)

Wednesdays at 1:00pm (9 total classes; \$18 total cost)

Thursdays at 9:00am (9 total classes; \$18 total cost)

Fridays at 1:00pm (9 total classes; \$18 total cost)

Thursday Yoga

Thursdays at 4:45pm (8 total classes; \$48 total cost)

Tuesday Yoga

Tuesdays at 8:30am (8 total classes; \$48 total cost)

WWP Aquatics Class – *members can sign up for as many classes as they'd like*

Mondays at 9:00am (9 total classes; \$18 total cost)

Tuesdays at 1:00pm (9 total classes; \$18 total cost)

Tuesdays at 2:00pm (9 total classes; \$18 total cost)

Wednesdays at 9:00am (9 total classes; \$18 total cost)

Wednesdays at 2:00pm (9 total classes; \$18 total cost)

Thursdays at 1:00pm (9 total classes; \$18 total cost)

Thursdays at 2:00pm (9 total classes; \$18 total cost)

Fridays at 9:00am (9 total classes; \$18 total cost)

Fridays at 2:00pm (9 total classes; \$18 total cost)

Aquatics Center Additions Coming Soon

USS is excited to offer more aquatics center classes! Starting in March, USS will have expanded opportunities in the Lap Pool and Warm Water Pool. Members may sign up for as many aquatic center classes as they like. With new classes in the morning and both pools every day of the week, there is bound to be an opportunity for you.

Activity Calendar: February 2022

Additional information available at the Matthies Welcome Center

Mondays

Billiards.....7:00a - 7:00p...D-NC
 Fitness Center.....7:00a - 7:00p...D-NC
 Advanced Pickleball 8:00a-10:00a...D-NC
 WWP Open Swim 9:00a - 11:00a...D-NC
 Blocks to Blankets 10:00a - 12:00p...D-NC
February 7th
 Let's Get Moving 10:30a - 11:30a...D-NC
 Curbside Pickup Meals 11:00a - 1:00p
 Bridge.....11:00a - 3:00p...D-NC
 Lap Pool Open Swim 11:00a-1:00p...D-NC
 Tax Preparation.....11:00a - 3:00p...A-NC
 Pickleball for Novice 1:00p - 3:00p...D-NC
 Scrabble..... 1:00p - 4:30p...D-NC
 WWP Volleyball.....1:30p - 2:30p...D-NC
 Tai Chi..... 2:00p - 4:00p...D-NC
 WWP Open Swim 2:30p - 4:30p...D-NC
 Intermediate Pickleball 3:00p - 5:00p
 ...D-NC
 Lap Pool Open Swim 3:30p - 6:30p...D-NC
 Advanced Pickleball 5:00p - 7:00p...D-NC

USS will be closed Monday, February 21st for Presidents Day
WWP=Warm Water Pool
V=Proof of up-to-date Vaccination Required

Tuesdays

Billiards.....7:00a - 7:00p...D-NC
 Fitness Center.....7:00a - 7:00p...D-NC
 Yoga.....8:30a - 9:20a...R-\$
No class on February 8th
 Focus on Fitness.....9:00a - 10:15a...R-\$
 Chair Yoga.....9:30a - 10:20a...R-\$
No class on February 8th
 Alzheimer's Assoc. Office Hours by phone
 10:00a - 1:00p...D-NC **February 15th**
 Blocks to Blankets 10:00a - 12:00p...D-NC
February 22nd
 Lap Pool Open Swim 10:00a-1:00p...D-NC
 Legal Consulting 10:00a - 11:30a...A-NC
 Moving with Music 10:30a - 11:30a...D-NC
 Curbside Pickup Meals 11:00a - 1:00p
 Pacific Northwest Tour Preview
 11:00a-12:00p...R-NC **February 15th**
 Tax Preparation.....11:00a - 3:00p...A-NC
 Bid Euchre.....11:30a - 2:30p...D-NC
 Friendly Euchre.....12:00p - 3:00p...D-NC
 Pinochle.....12:00p - 3:30p...D-NC
 USS Jammers.....12:00p - 1:30p...D-NC-V
 Long Arm Quilting.....1:00p - 6:00p...A-\$
 Mah Jongg.....1:00p - 3:00p...D-NC
 Parkinson's Support 1:00p - 2:00p...D-NC
February 8th
 WWP Aquatics Class 1:00p - 1:45p...R-\$
 Chair Volleyball.....2:00p - 4:00p...D-NC
 Riverboatin' Tour Preview
 2:00p - 3:00p...R-NC **February 15th**
 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

Wednesdays

Billiards.....7:00a - 7:00p...D-NC
 Fitness Center.....7:00a - 7:00p...D-NC
 Advanced Pickleball 8:00a-10:00a...D-NC
 Long Arm Quilting.....9:00a - 1:00p...A-\$
 Lap Pool Open Swim 9:00a-11:00a...D-NC
 Vintage Voices.....9:00a-11:00a...D-NC-V
 Caregiver Support 10:00a - 11:00a...R-NC
February 16th
 NARFE.....10:00a - 11:30a
February 9th
 Curbside Pickup Meals 11:00a - 1:00p
 Functional Fitness.....11:00a-12:00p...R-\$
 WWP Open Swim 11:00a-1:00p...D-NC
 Card Making Club.....1:00p - 4:00p...D-NC
February 9th & 23rd
 Quilting Group.....1:00p - 3:00p...D-NC
February 2nd & 16th
 Water Aerobics.....1:00p - 1:45p...R-\$
 Pickleball Lessons & Novice
 ...1:30p - 4:00p...D-NC
 Lap Pool Open Swim 3:30p - 6:30p...D-NC
 Intermediate & Advanced Pickleball
 ...4:00p - 7:00p...D-NC

Thursdays

Billiards.....7:00a - 7:00p...D-NC
 Fitness Center.....7:00a - 7:00p...D-NC
 Focus on Fitness.....9:00a - 10:15a...R-\$
 Poker.....9:00a - 3:00p...D-NC
 Lap Pool Open Swim 10:00a-1:00p...D-NC
 Tai Chi.....10:00a - 12:00p...D-NC
 Curbside Pickup Meals 11:00a - 1:00p
 Tax Preparation.....11:00a - 3:00p...A-NC
 Virtual Lunch & Learn.....12:00p - 1:00p
 ...R-NC **February 17th**
 Pinochle.....12:00p - 3:30p...D-NC
 USS Jammers.....12:00p - 1:30p...D-NC-V
 Canasta.....1:00p - 4:00p...D-NC
 Scrabble.....1:00p - 5:30p...D-NC
 WWP Aquatics Class 1:00p - 1:45p...R-\$
 Intermediate Pickleball 1:30p - 4:30p
 ...D-NC
 Parkinson's Exercise 2:00p - 3:00p...D-NC
 WWP Aquatics Class 2:00p - 2:45p...R-\$
 Photo Club.....3:00p - 4:30p...D-NC
 Yoga.....4:45p - 5:45p...R-\$
No class on February 10th
 Chair Volleyball.....5:00p - 7:00p...D-NC

Fridays

Billiards.....7:00a - 4:30p...D-NC
 Fitness Center.....7:00a - 4:30p...D-NC
 Advanced Pickleball 8:00a-10:30a...D-NC
 WWP Open Swim 9:00a - 11:00a...D-NC
 Weaving.....9:00a - 11:30a...D-NC
 Hula.....10:00a - 12:30p...D-NC
 Curbside Pickup Meals 11:00a - 1:00p
 Lap Pool Open Swim 11:00a - 1:00p...D-NC
 Bridge.....12:00p - 3:30p...D-NC
 Ping Pong.....12:00p - 4:00p...D-NC
 Samba (Card Game) 12:30p - 4:00p...D-NC
 Euchre.....1:00p - 3:30p...D-NC
 Advanced Pickleball 2:30p - 4:30p...D-NC

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: February 2022

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

Mondays:

Movie Day 12:30p
February 7th

Bingo 12:30p
February 14th

Mexican Train Dominos 12:30p
February 28th

Crafts 12:30p
February 28th

****CLOSED on Monday, February 21st for
Presidents Day****

Tuesdays:

Mexican Train Dominos 12:30p

Rock Painting 12:30p
February 15th

Yahtzee 12:30p
February 22nd

Wednesdays

"500" Card Game 12:30p

Fridays

Hand, Knee & Foot 12:30p

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

Enon Satellite Calendar: February 2022

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

The USS Enon satellite location is open on Mondays and Wednesdays 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. USS is also hiring for a full-time Satellite Coordinator for the Enon location.

Focus on Fitness – Enon (March & April)

Monday's & Wednesday's at 9:30am (18 total classes; \$36 total cost)

Mondays

Focus on Fitness 9:30a
additional fee for class

Wednesdays

Focus on Fitness 9:30a
additional fee for class

Games 11:00a
February 2nd

What's NEW ↓

Parkinson's Exercise Group

Beginning Tuesday, February 1st, the Parkinson's Disease Exercise Group is returning to in-person meetings. This group will meet regularly on Tuesday's and Thursday's at 2:00pm. The group will be led by our own Cindy Lockwood, a licensed Physical Therapist Assistant with vast experience leading Parkinson's exercise groups and assisting older adults to restore strength, balance, and movement needed to maximize safety and independence. For more information, contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-521-3016.

Healthy U at Home Diabetes Workshop

Healthy U Free Phone Discussion Group

Wednesdays, 3:00pm-4:00pm, March 16th - April 20th

Learn techniques to deal with symptoms of diabetes including fatigue, pain, hyper and hypoglycemia, stress, and emotional concerns such as depression, anger, fear, and frustration. An 800 number is provided to call into each week and all workshop materials are mailed to participant's home in advance. This free phone discussion group workshop is offered 3:00pm-4:00pm on Wednesday's.

This evidence-based program created by the **Self-Management Resource Center** has been reviewed by physicians, diabetes educators, dietitians and other health professionals and content is updated to meet current American Diabetes Association's standards.

Space is limited and the registration deadline is March 3rd. Contact Tracy Wickham at 937-521-3010 or twickham@unitedseniorservices.org to register or for more information.



Dinner & Discussions

USS is excited to offer a new opportunity! Starting soon, USS is creating a new series of educational opportunities called Dinner & Discussion. Similar to our Lunch & Learn series, these will explore a wide range of topics. Keep an eye on the *Center Page* for more details each month.

What's NEW ↓

Community Wellness

Confirmed cases of COVID-19 are at an all-time high in Clark County, Ohio and the nation. Up-to-date vaccination is the best defense against severe illness, hospitalization, and death from COVID-19. 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.

Want to do something to help? Consider donating blood. The Red Cross is experiencing the worst blood shortage in over a decade. The dangerously low blood supply has forced some hospitals to defer patients from major surgery, including organ transplants. Visit <https://www.redcrossblood.org/> to learn more about where you can donate.

Did you know? COVID-19 tests are now available to each household. To order up to 4 rapid tests at no cost with free delivery, visit <https://www.covidtests.gov/>.

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.

RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Reaching Out

Often times we need to get in touch with our volunteers but the USS phone number on your caller id will show up as spam or unknown. Please add USS to your phone contacts, our number is 937-323-4948. Also, please let us know if you've had a change in phone number, address, or email so that we can update your contact information.

Food Pantries and Community Meal Sites

These sites can always use more volunteers to help those in our community who do not have enough to eat. They are often the only source of free healthy and nutritious food in a neighborhood and often provide other critical resources such as nutrition education, health screenings, seasonal food baskets, and back to school supplies.

Sites that have partnered with RSVP to provide food are:

Clark County: Enon Emergency Relief, Central Community Center, Family Needs, Open Hands Free Pantry, St Vincent de Paul, St John's Lutheran's Rainbow Table, Second Harvest Food Bank, Springfield Soup Kitchen.

Madison County: Food Thru Faith, Food Samaritan Food Pantry, Jeffersonian Senior Citizen Center, Meals-on-Wheels (Life Care Alliance), Mt Sterling Community Center.

RSVP to Celebrate Black History Month at USS

Make sure to see the USS Welcome Center volunteer to get your Black History Month Bookmark featuring influential people throughout February (while supplies last). Watch for other upcoming celebratory events and contact us to volunteer!

Our communities are stronger when we come together. Join AmeriCorps Seniors and give the gift of time! Start where you are and when you can.

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.

2022 Tours

Proof of COVID-19 vaccination - including a booster - is required for all USS travelers

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

Southern Charm - coming soon!

April 14-20 Activity Level: Moderate

Visit the Charleston Tea Plantation and Savannah's Historic District. Then enjoy a city tour of Savannah, GA, 2 nights at Jekyll Island Resort, and end with a visit to Mt. Airy, NC!

Tour Fare: \$1,999 per person (2 in a room)

Deposit: \$500 was due 1/31 **Balance Due:** 2/28

Call NOW - this trip only has a few seats left!



Escape to Wisconsin - coming soon!

May 16-19 Activity Level: Easy-Moderate

Visit House on the Rock, Frank Lloyd Wright's Taliesin, Wisconsin Dells, and more! This tour is full of a mix of artists, eccentricity, invention, and natural beauty that will leave a unique thumbprint on your memory.

Tour Fare: \$1,145 per person (2 in a room)

Deposit: \$350 due 2/11 **Balance Due:** 3/31



The "Time of Your Life" Getaway

June 24-26 Activity Level: Easy

Have "The Time of Your Life" at Mountain Lake Lodge with a full itinerary of *Dirty Dancing* themed activities, group dance lessons, and dance party including a costume contest!

Tour Fare: \$999 per person (2 in a room)

Deposit: \$300 due 3/31 **Balance Due:** 5/6



The Great Pacific Northwest

July 15-22 Activity Level: Moderate-High

****Special Preview at USS on February 15th at 11:00am****

Visit Portland, OR and enjoy a city tour. Stops also include, Mt. St. Helen's, Columbia River Gorge, Crater Lake, Redwood National Park, Mendocino Coast Botanical Gardens and the Charles Schultz Museum in Santa Rosa, CA, and finally, enjoy another city tour of Sacramento, CA.

Tour Fare: \$2,999 per person (2 in a room)

Deposit: \$500 due 3/25 **Balance Due:** 5/6



By the Sea

August 23-26 Activity Level: Easy

Visit Atlantic City, Bally's Resort & Casino, enjoy Atlantic City's Air Show, "Thunder Over the Boardwalk", and explore Cape May!

Tour Fare: \$799 per person (2 in a room)

Deposit: \$300 due 5/15 **Balance Due:** 7/10



Riverboatin'

September 16-20 Activity Level: Easy-Moderate

****Special Preview at USS on February 15th at 2:00pm****

Visit Danville, IL with a tour honoring Abraham Lincoln and a 3-day cruise aboard the Spirit of Peoria, a full-blown replica of 19th century riverboats. The cruise will end in St. Louis, MO where you will tour the Cathedral Basilica of St. Louis and the Drury Inn at Union Station.

Tour Fare: \$1,246 per person (2 in a room)

Deposit: \$350 due 6/10 **Balance Due:** 8/1

Historic Massachusetts & More

October 14-19 Activity Level: Moderate-High

On this amazing coach tour of Massachusetts, you will relive the history that sparked the American Revolution in historic Boston, MA. You will also explore Salem and Gloucester, MA, ending the trip by traveling through Pennsylvania on your way back to Ohio.

Tour Fare: Coming soon!

Deposit: \$500 due 7/22 **Balance Due:** 9/2

Annual Mystery Tour

October 26-28 Activity Level: Easy

Lights, Camera, Action!

Tour Fare: \$689 per person (2 in a room)

Deposit: \$300 due 8/26 **Balance Due:** 9/9

Greenbrier Christmas

December 11-13 Activity Level: Easy

Visit the breathtaking mountains of West Virginia at the Greenbrier Resort, a National Historic Landmark and world-class resort that has been welcoming guests from around the world since 1778.

Tour Fare: \$1,199 per person (2 in a room)

Deposit: \$350 due 9/2 **Balance Due:** 10/31



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.



UNITED SENIOR SERVICES

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

125 W Main St

Springfield, OH 45502

FEBRUARY IS BLACK HISTORY MONTH

See page 3 for USSS activities
celebrating all month long.

