

The Center Page

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

APRIL 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

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- 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:
 Dean Elam

Center Page Editors:
 Jenna Bluemlein
 Stephanie McCuiston

Director's Corner



Dear Members and Friends,

I am happy to announce that Clark County is now in the "Low" risk category on the CDC's most recent COVID-19 Dashboard. Hooray! What does that mean for our members and clients? Masks are now optional at USS activities and facilities as long as the county risk category remains low. You are welcome at USS centers without a mask or with it. It is your choice. Let's enjoy this reprieve and honor each other's decision to wear a mask, or not.

We have learned and adopted some safety protocols that will remain in place, including a more frequent sanitation schedule at all USS facilities and requiring proof of up-to-date vaccinations for specific group activities.

I invite you to become familiar with the Centers for Disease Control and Prevention graph shown below of the COVID-19 Community Levels dashboard. This dashboard is available by searching "COVID-19 Community Levels | CDC". Red on the graph indicates "high" risk and masks will be required in indoor public spaces, among other safety precautions. If Clark County inches into the "medium" risk category masks will be recommended, and "low" risk means masks are optional. This new simplified system considers factors such as infection trends, potential for severe illness, and strain on our healthcare system when calculating risk levels. USS will continue to rely on CDC guidance as we relax our COVID restrictions, which also means we will be prepared to re-enforce them if we need to. It will be a handy guide for USS decision making as new variants of COVID emerge, possible infections spike again, and we continue to learn how to live with COVID-19 into the future.

Enjoy the spring weather and thank you for the opportunity,

Maureen

Maureen Fagans, CEO

Low	Medium	High
<ul style="list-style-type: none"> • Stay up to date with COVID-19 vaccines. • Get tested if you have symptoms. 	<ul style="list-style-type: none"> • If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions. • Stay up to date with COVID-19 vaccines. • Get tested if you have symptoms. 	<ul style="list-style-type: none"> • Wear a mask indoors in public. • Stay up to date with COVID-19 vaccines. • Get tested if you have symptoms. • Additional precautions may be needed for people at high risk for severe illness.

What's NEW ↓

USS Annual Meeting

The USS Annual Meeting will be held on **Thursday, April 28th, 2022, 1:30pm-3:00pm** at USS downtown. Please join us to celebrate the highlights and accomplishments of another great year at USS, as well as a keynote address from Ashley Davis, Division Chief of Elder Connections at the Ohio Department of Aging. Ashley will share the goals and objectives of the statewide *Strategic Action Plan on Aging*, the roadmap developed by ODA to ensure all Ohioans live longer, healthier lives with dignity and autonomy and that disparities and inequities among older Ohioans are eliminated. Light refreshments will be provided.

Senior Day Luncheon & Nominations

May is Older Americans Month! The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. USS will be celebrating with our annual Senior Day Luncheon and the presentation of awards recognizing the important contributions of older adults in Clark County.

The luncheon is on **Tuesday, May 10th, 2022, at 12:00pm** at the Hollenbeck Bayley Conference Center. This luncheon is open to all seniors age 55 and better. Entrance is \$5 per person. USS is now accepting nominations for the **Outstanding Service Award** and the **Excellence in Leadership Award**.

Nomination forms can be found at the USS Welcome Center, at our satellite locations, and on the homepage of our website. If you have questions, call Debbie McCool at 937-323-4948 x 110 for more information. Nominations must be received by April 15th.

Senior Living Resource Fair

The second annual USS Senior Living Resource Fair will be on **Thursday, June 9th, 2022, 2:30pm-5:30pm**. This fair will feature more than 50 local agencies and businesses that provide important resources and services for older adults in Clark County. Attendance is free and open to all seniors and their families. Vendors will include senior living communities, downsizing, home health equipment, assisted living, memory care, caregiver support, and so much more! This is the only one-stop-shop for ALL senior living resources in Clark County, right here at USS!

Center Page Mailing List Update

Starting with the May *Center Page*, we will only be mailing the newsletter to current 2022 members. If you haven't updated your membership for this year, stop by our downtown center anytime from 8:30am-4:00pm, Monday-Friday to sign your form and pay your dues. USS membership is \$15 per year. You can also download the form on our website at www.unitedseniorservices.org/membership and mail it in to USS at 125 W Main St, Springfield, OH 45502, attn. Cortney Schneider.

What's NEW ↓

Lunch & Learn

Welcome to Medicare - Presented by Mary Leep Pitchert Thursday, April 21st at 2:00pm

USS welcomes Mary Leep Pitchert of the Ohio Senior Health Insurance Information Program (OSHIIP) to present on Medicare and the important things to know as we approach 2022 open enrollment. Mary provides a wealth of knowledge and resources for anyone getting started in the Medicare process, as well as those who are looking to make a change. Come learn about Medicare Part A, Part B, and Part D prescription Drug Benefits, as well as Medicare Advantage and Supplemental Plan Coverage. OSHIIP staff are trained by the Ohio Department of Insurance and do not sell or promote any insurance companies or policies. **This program will offer light snacks but not a full lunch.** To reserve your spot, please RSVP by **Monday, April 18th** by calling the Welcome Center at 937-323-4948.

Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, April 20th 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. Bingo cards can be picked up at USS downtown starting Friday, April 1st. 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.

Dinner & Discussion

Prevention of Heart Disease - Presented by Dr. Neravetla, MD Wednesday, April 27th; Dinner at 5:30pm, Presentation at 6:00pm

USS is excited to welcome Dr. Surender Neravetla, cardiac and thoracic surgeon and author of *Salt Kills*. Dr. Neravetla will talk about heart disease and prevention, including the often unknown risks of table salt in our diet, and steps we can all take to improve our health, reduce the risk of heart attack and stroke, and improve our long-term well-being. To reserve your spot, please RSVP no later than **Friday, April 22nd** by calling the Welcome Center at 937-323-4948. This event is sponsored by **Villa Springfield**.

Card Making Club Donations

USS and the Card Making Club want to thank everyone who donated holiday cards! While donations are no longer being accepted, the group received hundreds of cards that they will recycle into new holiday cards for individuals living in long-term care facilities and military families around Clark County. The Card Making Club is always welcoming new participants regardless of experience. If you are interested in participating, join them on the 2nd and 4th Wednesdays of the month at 1:00pm.

Prevention

The Prevention program has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. Want more information about joining the Prevention program? Call Tracy Wickham at 937-521-3010.

Prevention Group Schedule: April 2022

April 1st & 12th at 10:30am

Making your own earrings. *Reservations are required, call 937-521-3010.*

April 4th at 10:30am

Remembering Springfield. *Reservations are required, call 937-521-3010.*

April 5th

Visit the Heritage Center in downtown Springfield. *Reservations are required, call 937-521-3010.*

April 6th & 13th at 10:30am

Learn how to crochet and make a dishcloth. *Reservations are required, call 937-521-3010.*

April 7th - North Group & 21st - West Group

Lunch at Der Dutchman.

April 8th - New Carlisle Group & 29th - East Group

Lunch at Cracker Barrel.

April 11th at 10:30am

Picture Frame Craft. *Reservations are required, call 937-521-3010.*

April 13th & 27th at 1:00pm

Bingo at USS! *Reservations and Proof of Vaccination are required, call 937-323-4948 ext. 112.*

April 14th - South and West Group

Meadowview Greenhouse and lunch at Studebakers.

April 15th - Central Group

Lunch at Studebakers on Route 41 and thrifting.

April 18th

Fun with watercolors by Vicki Trempe. *Reservations are required, call 937-521-3010.*

April 19th

Lunch at Urbana Airport Café. *Reservations are required, call 937-521-3010.*

April 20th at 1:00pm

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

April 22nd - Earth Day

Planting flowers out front at USS. *Reservations are required, call 937-521-3010.*

April 25th at 10:30am

Brush up on how to play 500 Rummy. *Reservations are required, call 937-521-3010.*

April 26th at 10:30am

Drink your veggies by sampling smoothies. *Reservations are required, call 937-521-3010.*

April 28th

Lunch out and movie at USS with popcorn. *Reservations are required, call 937-521-3010.*

What's NEW ↓

USS Meal Services

Seniors 60 and better can enjoy delicious, nutritious meals at 3 USS locations in Clark County!

North: Visit the USS Villa Park Satellite from 11:00am to 12:00pm to pick up a meal to take home, or stay in the community room to eat with others.

Downtown Springfield: At our main building you have two choices: grab-and-go, or dine-in! For a to-go meal, drive right up. We will take your name then bring a hot meal out to you. If you would prefer to eat in the café, make a reservation for the 11:00am seating or 12:00pm seating to come in to eat.

New Carlisle: Seniors in Western Clark County may visit the USS Satellite located at Lake Avenue Retirement Village. Grab-and-Go and dining room meals are available. Between 11:30am-12:30pm, pick up a meal to take home, or stay in the community room to eat and enjoy afternoon activities with others.

For more information, please call the USS Meal Services Office at 937-323-9688.

Bingo Updates

Bingo is back! USS is excited that bingo has returned! We have welcomed back our members and helped new players feel at home. Please remember the rules to keep everyone safe as they return to USS.

1. Masks are now optional while playing.

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

- Members and volunteers returning for the first time must show proof of vaccination - including a booster - upon arrival with no exceptions.

3. Members are welcome to make reservations any week they want to play.

4. Reservations are required and will be first-come, first-served. No walk-ins will be allowed.

- Reservations for April 6th can be made beginning Thursday, March 31st 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 week can be made beginning at 8:30am the Thursday before Wednesday play.
- Members can register themselves and 1 other member and must provide first and last names and phone numbers.
- 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 continue to welcome everyone back safely.

If you are interested in volunteering for Bingo, please contact Mindy Allender at 937-324-5705.

Paid Activities in May & June

USS offers a wide range of activities to accommodate the needs of all 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, May 2, 2022.

Payments for activities can be made starting Monday, April 25, 2021 at 8:30am.

Chair Yoga

Tuesdays at 9:30am (9 total classes; \$54 total cost)

Drums 4 Fitness

Fridays at 1:15pm (7 total classes; \$14 total cost)

Focus on Fitness

Tuesdays & Thursdays 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

Mondays at 1:00pm (6 total classes; \$12 total cost)

Mondays at 2:00pm (6 total classes; \$12 total cost)

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

Wednesdays at 1:00pm (8 total classes; \$16 total cost)

Thursdays at 9:00am (8 total classes; \$16 total cost)

Thursday Yoga

Thursdays at 4:45pm (7 total classes; \$42 total cost)

Tuesday Yoga

Tuesdays at 8:30am (9 total classes; \$54 total cost)

Warm Water Pool (WWP) Aquatics Classes

Mondays at 9:00am (6 total classes; \$12 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 (8 total classes; \$16 total cost)

Wednesdays at 2:00pm (8 total classes; \$16 total cost)

Thursdays at 1:00pm (8 total classes; \$16 total cost)

Thursdays at 2:00pm (8 total classes; \$16 total cost)

Fridays at 9:00am (7 total classes; \$14 total cost)

Zumba Gold

Fridays at 12:30pm (7 total classes; \$14 total cost)

Activity Calendar: April 2022

Additional information available at the 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 Aquatics Class 9:00a - 9:45a...R-\$	Focus on Fitness.....9:00a - 10:15a...R-\$	Long Arm Quilting.....9:00a - 1:00p...A-\$	Poker.....9:00a - 3:00p...D-NC	Weaving.....9:00a - 11:30a...D-NC
Blocks to Blankets 10:00a - 12:00p...D-NC *April 4th & 18th*	Water Aerobics.....9:00a - 9:45a...R-\$	Vintage Voices.....9:00a - 11:00a...D-NC-V	Water Aerobics.....9:00a - 9:45a...R-\$	WWP Aquatics Class 9:00a - 9:45a...R-\$
Lap Pool Open Swim 9:00a - 12:00p...D-NC	Chair Yoga.....9:30a - 10:20a...R-\$	WWP Aquatics Class 9:00a - 9:45a...R-\$	Lap Pool Open Swim 10:00a - 12:00p...D-NC	Hula.....10:00a - 12:30p...D-NC
WWP Open Swim 10:00a - 1:00p...D-NC	Alzheimer's Assoc. Office Hours ...10:00a - 1:00p...D-NC *April 19th*	Caregiver Support 10:00a - 11:00a...R-NC *April 20th*	Tai Chi.....10:00a - 12:00p...D-NC	Lap Pool Open Swim 9:00a - 12:00p...D-NC
Let's Get Moving 10:30a - 11:30a...D-NC	Lap Pool Open Swim 10:00a - 12:00p...D-NC	Lap Pool Open Swim 9:00a - 12:00p...D-NC	Curbside Pickup Meals 11:00a - 1:00p	WWP Open Swim 10:00a - 1:00p...D-NC
Bridge.....11:00a - 3:00p...D-NC	Legal Consulting 10:00a - 11:30a...A-NC	WWP Open Swim 10:00a - 1:00p...D-NC	Tax Preparation.....11:00a - 3:00p...A-NC *Ends April 14th*	Curbside Pickup Meals 11:00a - 1:00p
Curbside Pickup Meals 11:00a - 1:00p	Moving with Music 10:30a - 11:30a...D-NC	Curbside Pickup Meals 11:00a - 1:00p	Pinochle.....12:00p - 3:30p...D-NC	Bridge.....12:00p - 3:30p...D-NC
Tax Preparation.....11:00a - 3:00p...A-NC *Ends April 14th*	Curbside Pickup Meals 11:00a - 1:00p	Functional Fitness....11:00a - 12:00p...R-\$	USS Jammers.....12:00p - 1:30p...D-NC-V	Ping Pong.....12:00p - 4:00p...D-NC
Pickleball for Novice 1:00p - 3:00p...D-NC	Tax Preparation.....11:00a - 3:00p...A-NC *Ends April 14th*	Southern Charm Predeparture 11:00a - 12:00p...R-NC *April 6th*	Canasta.....1:00p - 4:00p...D-NC	Samba (Card Game) 12:30p - 4:00p...D-NC
Water Aerobics.....1:00p - 1:45p...R-\$	Bid Euchre.....11:30a - 2:30p...D-NC	Bingo.....1:00p - 3:30p...R-\$-V	WWP Aquatics Class 1:00p - 1:45p...R-\$	Euchre.....1:00p - 3:30p...D-NC
WWP Volleyball.....1:30p - 2:30p...D-NC	Friendly Euchre.....12:00p - 3:00p...D-NC	Card Making Club.....1:00p - 4:00p...D-NC *April 13th & 27th*	Intermediate Pickleball 1:30p - 4:30p...D-NC	WWP Open Swim.....1:00p - 3:00p...D-NC
Tai Chi.....2:00p - 4:00p...D-NC	Pinochle.....12:00p - 3:30p...D-NC	Quilting Group.....1:00p - 3:00p...D-NC	USS Annual Meeting 1:30p - 3:00p...R-NC *April 28th*	Advanced Pickleball 2:30p - 4:30p...D-NC
Water Aerobics.....2:00p - 2:45p...R-\$	USS Jammers.....12:00p - 1:30p...D-NC-V	Water Aerobics.....1:00p - 1:45p...R-\$	Lunch & Learn.....2:00p - 3:00p...R-NC *April 21st*	
WWP Open Swim 2:30p - 6:30p...D-NC	Long Arm Quilting.....1:00p - 6:00p...A-\$	Pickleball Lessons & Novice ...1:30p - 4:00p...D-NC	Parkinson's Exercise 2:00p - 3:00p...D-NC	
Intermediate Pickleball 3:00p - 5:00p...D-NC	Mah Jongg.....1:00p - 3:00p...D-NC	WWP Aquatics Class 2:00p - 2:45p...R-\$	WWP Aquatics Class 2:00p - 2:45p...R-\$	
Lap Pool Open Swim 3:30p - 6:30p...D-NC	Parkinson's Support 1:00p - 2:00p...D-NC *April 12th*	Lap Pool Open Swim 3:30p - 6:30p...D-NC	Lap Pool Open Swim 3:00p - 6:30p...D-NC	
Advanced Pickleball 5:00p - 7:00p...D-NC	WWP Aquatics Class 1:00p - 1:45p...R-\$	WWP Open Swim.....3:30p - 6:30p...D-NC	Photo Club.....3:00p - 4:30p...D-NC	
	Chair Volleyball.....2:00p - 4:00p...D-NC	Intermediate & Advanced Pickleball ...4:00p - 7:00p...D-NC	Yoga.....4:45p - 5:45p...R-\$	
	Parkinson's Exercise 2:00p - 3:00p...D-NC	Virtual Dinner & Discussion 6:00p - 7:00p...R-NC *April 27th* *See page 4*	Chair Volleyball.....5:00p - 7:00p...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			

WWP= Warm Water Pool
V=Proof of up-to-date 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: April 2022

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

Mondays:

Pinochle & Euchre 12:30p

April 4th

Easter Celebration & Bingo 12:30p

April 11th

Movie Day 12:30p

April 18th

Euchre & Yahtzee 12:30p

April 25th

Tuesdays:

Mexican Train Dominos 12:30p

Corn Hole 12:30p

April 5th* *OWP

Crafts 12:30p

April 12th

Chair Volleyball 12:30p

April 19th* *OWP

Rock Painting 12:30p

April 26th

Wednesdays:

"500" Card Game 12:30p

Thursdays:

Bridge 12:30p

Funnel Pong 12:30p

April 7th* *OWP

Trip to Arrow Queen 12:30p

April 14th

Ladderball 12:30p

April 28th* *OWP

Fridays:

Hand, Knee & Foot 12:30p

Football Bowling 12:30p

April 22nd

OWP=Outside Weather Permitting

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

Enon Satellite Calendar: April 2022

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

The Enon satellite location has limited programming on Mondays and Wednesdays. Keep an eye on the *Center Page* for new and expanded programming at this location.

Focus on Fitness – Enon

Mondays & Wednesdays at 9:30am (16 total classes; \$32 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

April 6th

Villa Park
1350 Vester Ave,
Springfield, OH 45503
937-399-3411

Villa Park Satellite

Meals Served
11:00am-12:00pm

Visit the USS Villa Park Satellite from 11:00am to 12:00pm to pick up a meal to take home or stay in the community room to eat with others!

What's NEW ↓

Smooth SAILL-ing Ahead!

The 2022 Spring SAILL term has begun! We are 2 weeks into an exciting curriculum of 24 classes, 2 lectures, and 3 tours, with more than 170 enrollments!

With this term underway, it's time to start planning for the Summer 2022 term. Do you have an interest in teaching a class? Instructors may be educators, experts in a variety of fields, or enthusiasts for specific topics, hobbies, or sports. Contact Cindy Lockwood, SAILL Coordinator at 937-323-4948 ext. 140 or clockwood@unitedseniorservices.org for more information.



USS Support Groups

The Parkinson's Disease Support Group will meet on **Tuesday, April 12th at 1:00pm** at USS. 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 Carol Dyer, a local dietician. Carol will speak about healthy eating and keeping hydrated.

The Caregiver Support Group will meet on **Wednesday, April 20th at 10:00am** at USS. The group is open to those who provide 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. It will be held in an adjoining room during the support group meeting. For more information about either of these groups, contact Jane Eckels at 937-521-3016 or jeckels@unitedseniorservices.org.

Notary Public Available at USS

Eric Demmings, Medicare Counselor at USS, is a certified Notary Public and can assist with notarizing documents at no charge. The main task of a Notary Public is to witness, authenticate and verify signatures, administer oaths, and take affidavits. As a Notary Public, Eric will serve as an impartial witness to those needing documents signed and notarized. Anything being notarized will have to be done during business hours, preferably at USS downtown. For more information, contact Eric at 937-323-6059 or edemmings@unitedseniorservices.org.

AARP Tax Prep

There are still appointments available! USS is partnering with AARP to provide tax preparation appointments for USS members and clients. Please call the Welcome Center at 937-323-4948 to schedule an appointment on Monday, Tuesday, or Thursday between 11:00am and 3:00pm.

What's NEW ↓

RSVP

Retired & Senior Volunteer Program



Welcome, New USS Prevention Staff



Emery Lawson (left) joined the USS team in January as the Prevention Assistant Coordinator. Emery has worked in activities in long term care settings and is excited to bring her enthusiasm and skills to USS. Her background in education, activities, and disability services will be put to good use helping the Prevention Program as it expands and thrives in our local community. Sophia Justice (right) joined the USS team in February as a Prevention Assistant. While working here part-time, Sophia is also pursuing a degree in business management and is eager to begin her non-profit career. She fell in love with community enrichment after joining the Yellow Springs Community Foundation's Nonprofit Leadership Institute and is excited to make a difference here in the Prevention Program. Please join us in welcoming Emery and Sophia to the USS family!



5 CHANCES TO WIN!!!!

Purchase your raffle tickets to support the Retired & Senior Volunteer Program! Tickets are on sale NOW in the Volunteer Office at USS. The drawing will be held on Senior Day; Tuesday, May 10th at the Hollenbeck Bayley Creative Arts & Conference Center. Need not be present to win!!!! Prizes include a Flat Screen TV, \$100 Kroger Gift Cards, and a Fellows Office Shredder. Tickets are \$1.00 each or \$5.00 for 6. Thank you to our donors, Aventura of Oakwood Village and Allen View Healthcare Center.

Celebrate National Volunteer Month

We couldn't be more excited to share the importance of this month! In the United States, April is National Volunteer Month—truly a time to celebrate all of the incredible individuals and groups who make an impact in our community by donating their time and talents.

Volunteers come from all walks of life and levels of capability. They pick a cause and make a difference in someone's life. Sometimes the difference is a drop in the bucket. Other times it creates a tidal wave of change. From the volunteers who donate their time at small local agencies to those whose efforts are part of larger national organizations, they provide valuable support for our community's needs.

Thank You to the 293 RSVP volunteers who served 42,090 hours at 43 different volunteer stations within the last year!

This April, in addition to celebrating volunteers, become a volunteer yourself if you don't currently serve. You already know that by volunteering you're providing a great service to those in need, but did you know it also has many benefits for you, including **increasing happiness**? Volunteering enables you to help others and improve your overall well-being in the process—it can't get any better than that!

Thank a volunteer. Volunteer! Many volunteers will tell you it is a rewarding experience. You don't need to have a ton of time. Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help.

Welcome, Terry Black



Please join us in welcoming new staff member Terry Black, our own small business community navigator, who joined the USS team in December. Terry and his wife Carolyn are Springfield natives and are proud parents and grandparents. After a prestigious career in the military and defense contracting, as well as serving as an adjunct professor at Clark State College, Terry is now sharing his expertise with USS as he connects members who own a small business or are thinking of starting one with important resources available for entrepreneurs. If you or someone you know could use this help, please contact Terry at tblack@unitedseniorservices.org or call 937-323-4948 ext. 208.

Welcome, New USS Custodial Staff



Donald Owens (left) joined the USS team in January as part of our custodial staff. Don retired from Buck Creek State Park where he worked maintaining the grounds and facilities. His need to stay busy took him to National Trail Park and Recreation District where he was a seasonal worker and then here to us. Robert Shay (right) originally joined the USS team in November as a substitute driver for Meals on Wheels, but we realized he'd be better equipped working here in the building, as he loves to spend time in our lobby reading. When we asked if he'd fill a need on the custodial staff, he readily agreed! Please join us in welcoming Don and Bob to our USS family!



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

Travelers must show their vaccination cards prior to travel. You can stop in the center, send in a picture, or bring your card to the trip's pre-departure meeting to show Debbie McCool. For more information about our 2022 Tours, see our 2022 Tours Catalog and registration packets on our website at www.unitedseniorservices.org/trips-tours, or contact Debbie McCool at 937-323-4948 ext. 120.

Southern Charm

Pre-Departure Meeting: Wednesday, April 6th at 11:00am
April 14-20 Activity Level: Moderate

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 (double) \$1,418 per person (single)

Deposit: \$350 due now **Balance:** due now

There is still time to sign up for this tour! Talk to Debbie McCool about late payment dates.

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 (double) \$1,199 per person (single)

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

There is still time to sign up for this tour! Talk to Debbie McCool about late payment dates.

The Great Pacific Northwest

July 15-22 Activity Level: Moderate-High

Visit Portland, OR and enjoy a city tour. Stops also include Mt. St. Helens, Crater Lake, Redwood National Park, the Charles Schultz Museum, a city tour of Sacramento, CA, and more!

Tour Fare: \$2,999 per person (double) \$3,860 per person (single)

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

****This tour is full but the worth-the-wait list is open****

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 (double) \$1,099 per person (single)

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



Riverboatin'

September 16-20 Activity Level: Easy-Moderate

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 spend the night at the Drury Inn at Union Station.

Tour Fare: \$1,246 per person (double) \$1,405 per person (single)

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 (double) \$839 per person (single)

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 (double)

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

A close-up photograph of numerous colorful Easter eggs in shades of blue, green, pink, and purple, filling the bottom half of the page.

Happy Easter!

