

# The Center Page

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

MAY 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

- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers, President
- Arlin Par Tolliver
- 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, Title III grants 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:  
Russell Yeley

Center Page Editors:  
Jenna Bluemlein  
Stephanie McCuiston

# Director's Corner

Dear Members and Friends,

May is "Older Americans Month."

According to the Administration for Community Living, when President John Kennedy established the month of May as Older Americans Month in 1963, less than half of older Americans reached their 65th birthday, about a third lived in poverty, and there were few programs to meet their needs. The designation provided an opportunity to grow interest in the contributions of older Americans and raise awareness of the concerns we face as we age.

Historically, Older Americans Month has been a time to acknowledge and celebrate the contributions of past and current older persons to our country, especially our veterans, but also those among us who have quietly raised healthy children, retired after lifelong, loyal service to our employer, and actively supported our churches, our schools, and our communities. It is appropriate for our nation and our communities to pay tribute in some way to older persons.

At USS we will celebrate Older Americans Month by hosting Clark County Senior Day on May 10th with a large luncheon and program at the Clark State Hollenbeck Bayley Center. This event is a wonderful celebration and acknowledgment of our contributions, rather than a reminder of our frailties. Please see the back cover for details to reserve your spot at this annual event.

Unfortunately, we have all felt the sting of ageist attitudes at different points in our life. Ageism refers to discrimination based solely on age. The USS mission is a reflection of our commitment to eliminate ageist attitudes, language, and practices that diminish the value and dignity of older adults. We believe that the frailties of aging should be supported and honored, not feared or disregarded. We invite you to unite with us during Older Americans Month, but also all year, to advocate against systemic barriers and inequalities that we encounter. We believe engaging people of all ages is the source for transforming ageist attitudes, removing barriers to living our lives fully, and honoring our life accomplishments.

Thank you for the opportunity,



Maureen Fagans, CEO



# What's NEW ↓

## Hugh Taylor Fire Victim Fund Drive: Thank You!

When residents of the Hugh Taylor Apartment complex were displaced by a devastating fire February 9th, USS took action immediately by coordinating the needs of the victims. Monica Spencer, Director of Caring Services and her staff worked one-on-one with each fire victim to help them settle into new apartments and replace important items lost or damaged in the fire. We asked for help from USS members and from the Springfield community to support our efforts and, as always, you came through to help those in need! USS was successful in meeting our fundraising goal of \$25,000 in addition to donations of items needed by the fire victims. THANK YOU to all those who contributed!

The Springfield Foundation, Littleton & Rue, Walmart, St. Vincent de Paul, Springfield Masonic Community, Blocks 2 Blankets, Northridge Lions Club, Community Health Foundation, Stephen Short, Richards, Raff & Dunbar, McGregor Metals, Ohio Valley Surgical Hospital, Peter Noonan, Mercy Community Sleep Center, Jane Eckels, Richard Rutan, Patrick Field, Courtyard by Marriott, Debbie McCool, Tracy Wickham, Wallace & Turner, Jones, Kenney Zechman, Maureen Fagans, Janet & Ray Schreiber, Linda Lauffenberger, Matthew Edwards, Teresa Womak, Monica Spencer, John Yowler, and Kay Blair.



## USS Golden Wedding

Are you celebrating your 50th wedding anniversary this year? Let us know and you can get a lifetime pass to the Clark County Fair! This year we will once again host the Golden Wedding Celebration at the Clark County Fair. Check our June/July issue of the *Center Page* for more specific information. Tell your friends to contact USS if they have also reached this special milestone. Contact Jenna Bluemlein at [jbluemlein@unitedseniorservices.org](mailto:jbluemlein@unitedseniorservices.org) or 937-323-4948 ext. 115 with your names, home address, and anniversary date if you're celebrating this anniversary and we'll mail your lifetime passes and invitation.

## Center Page Publication Update

After this edition of the *Center Page*, we will be returning to bi-monthly publications. **The next Center Page will have information about June AND July**, followed by August/September, October/November, December/January, and so on. We welcome your feedback on this change in distribution of our newsletter.

# What's NEW ↓

## Lunch & Learn

### **Summer Homeowner Tips** **Presented by Neighborhood Housing Partnership** **Thursday, May 19th at 12:00pm**

USS welcomes James Klay and Kerri Brammer from the Neighborhood Housing Partnership to share information about summer maintenance, budgeting for repairs, and community resources. This program is a great opportunity to learn more about improving your home on a budget, ways to save money on your utility bills this summer, and to speak with experts in home maintenance. To reserve your spot, please RSVP by the end of the day Monday, May 16th by calling the Welcome Center at 937-323-4948. This event is sponsored by [Richwood Bank](#).

## Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, May 18th at 1:00pm**. Reservations and membership are required. Call Tracy Wickham at 937-521-3010 or email her at [twickham@unitedseniorservices.org](mailto: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 Monday, May 2nd. 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

### **Health Resources -** **Presented by Kettering Health Network** **Wednesday, May 25th** **Dinner at 5:30pm, Presentation at 6:00pm**

Join USS for a Dinner & Discussion with the Kettering Health Network. Representatives from Kettering will be here to share information about their new emergency department in Springfield and other services they provide in our community. To reserve your spot, please RSVP no later than Friday, May 20th by calling the Welcome Center at 937-323-4948. This event is sponsored by [Villa Springfield](#).

## Welcoming Back Activities

Welcome back Jigsaw Puzzle Group, Zumba Gold, and Drums 4 Fitness! We are happy to have these activities back on the regular schedule at our downtown center. See pages 8-9 for details in our Activity Calendar.

# 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 or not sure what group you are in? Call Tracy Wickham at 937-521-3010.

## Prevention Group Schedule: May 2022

### **May 2nd at 10:30am**

Playing Cards and Virtual Reality Demonstration. *Reservations are required, call 937-521-3010.*

### **May 3rd**

Lunch at Young's Dairy.

### **May 5th at 10:30am**

Cinco de Mayo Walking Tacos. *Reservations are required, call 937-521-3010.*

### **May 6th at 10:30am**

Manicures for Mother's Day. *Reservations are required, call 937-521-3010.*

### **May 9th at 10:30am**

Let's Get Moving and Loom Knitting.

### **May 10th**

Senior Day Luncheon at the Hollenbeck Bayley Conference Center. *See page 3 for full event information.*

### **May 11th & 25th at 1:00pm**

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

### **May 12th**

Lunch and Shopping at the Dayton Mall.

### **May 13th - South Group; May 27th - West Group**

Lunch at Mel-O-Dee.

### **May 16th at 10:30am**

Make your own hand scrub. *Reservations are required, call 937-521-3010.*

### **May 17th - East Group**

Rob's and Dollar General in Brookville.

### **May 18th at 1:00pm**

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

### **May 19th**

Lunch and Shopping at Jungle Jims - Discover a World of Food.

### **May 20th - New Carlisle Group**

Rob's and Dollar General in Brookville.

### **May 23rd at 10:30am**

Prevention Bingo with Prizes, sponsored by Oakwood Village. *Reservations are required, call 937-521-3010.*

### **May 24th at 10:30am**

Garden Club - Plant your own herbs and houseplants. *Reservations are required, call 937-521-3010.*

### **May 26th - Northridge Group**

Lunch at the Gathering Place and stop at Marie's Candies.

### **May 31st at 10:30am**

Movie day: Jumanji 2 (Comedy). *Reservations are required, call 937-521-3010.*

# What's NEW ↓

## USS Closed Memorial Day

USS will be closed Monday, May 30th for Memorial Day. USS locations will reopen for regularly scheduled activities at 7:00am on Tuesday, May 31st. USS wishes everyone a happy holiday!

## 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!

## Activities Added in May

**Enon Satellite Programming**  
**Drums 4 Fitness**  
**Jigsaw Puzzle Group**  
**Zumba Gold**

## Welcome Back to Enon Celebration

The USS Enon Satellite location is excited to welcome members back to their favorite activities with plans to introduce new opportunities that will help meet the needs of all our members! This location will be **reopening on Monday, May 2nd**.

**To celebrate this exciting news, we will host an open house featuring live music, refreshments, and time to re-connect with other members and USS staff on Thursday, May 12th from 11:00am - 1:00pm!** Entertainment will begin right at 11:00am. Bring your dancing shoes!! If you have suggestions for new activities or interests, bring those too. If you have any questions, please contact Tammy Sanderson, Enon Satellite Coordinator at [ussenon@unitedseniorservices.org](mailto:ussenon@unitedseniorservices.org) or Kyle Farnbauch at [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org). We look forward to seeing you there!

## Paid Activities in May & June

There is still time to sign up for your favorite activities! 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 2nd, 2022.

### 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: May 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-\$	Lap Pool Open Swim 9:00a - 12:00p ...D-NC	Poker.....9:00a - 3:00p...D-NC	Weaving.....9:00a - 11:30a...D-NC
Lap Pool Open Swim 9:00a - 12:00p ...D-NC	Water Aerobics.....9:00a - 9:45a...R-\$	Long Arm Quilting.....9:00a - 1:00p...A-\$	Water Aerobics.....9:00a - 9:45a...R-\$	WWP Aquatics Class 9:00a - 9:45a...R-\$
Blocks to Blankets.....10:00a - 12:00p ...D-NC *May 2nd & 16th*	Chair Yoga.....9:30a - 10:20a...R-\$	Vintage Voices.....9:00a - 11:00a..D-NC-V	Alz Assoc. Office Hours 10:00a - 1:00p ...D-NC *May 12th*	Hula.....10:00a - 12:30p...D-NC
WWP Open Swim 10:00a - 1:00p...D-NC	Blocks to Blankets.....10:00a - 12:00p ...D-NC *May 31st*	WWP Aquatics Class 9:00a - 9:45a...R-\$	Lap Pool Open Swim 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	Caregiver Support 10:00a - 11:00a...R-NC *May 18th*	Tai Chi.....10:00a - 12:00p...D-NC	WWP Open Swim 10:00a - 1:00p...D-NC
Bridge.....11:00a - 3:00p...D-NC	Legal Consulting 10:00a - 11:30a...A-NC	*May 18th*	Congregate Meals 11:00a - 1:00p	Congregate Meals 11:00a - 1:00p
Congregate Meals 11:00a - 1:00p	Moving with Music 10:30a - 11:30a..D-NC	WWP Open Swim....10:00a - 1:00p...D-NC	Lunch & Learn.....12:00p - 1:00p...R-NC *May 19th*	Bridge.....12:00p - 3:30p...D-NC
Pickleball for Novice 1:00p - 3:00p...D-NC	By the Sea Tour Preview ...11:00a - 12:00p...R-NC *May 17th*	Congregate Meals 11:00a - 1:00p	Pinochle.....12:00p - 3:30p...D-NC	Ping Pong.....12:00p - 4:00p...D-NC
Water Aerobics.....1:00p - 1:45p...R-\$	Congregate Meals 11:00a - 1:00p	Functional Fitness....11:00a - 12:00p...R-\$	USS Jammers.....12:00p - 1:30p...D-NC-V	Samba (Card Game) 12:30p - 4:00p...D-NC
WWP Volleyball.....1:30p - 2:30p...D-NC	Bid Euchre.....11:30a - 2:30p...D-NC	Bingo.....1:00p - 3:30p....R-\$-V	Canasta.....1:00p - 4:00p...D-NC	Zumba Gold.....12:30p - 1:00p...R-\$
Tai Chi.....2:00p - 4:00p...D-NC	Senior Day Luncheon 11:30a - 1:00p ...R-\$ *May 10th* *See page 3*	Card Making Club.....1:00p - 4:00p...D-NC *May 11th & 25th*	WWP Aquatics Class 1:00p - 1:45p...R-\$	Euchre.....1:00p - 3:30p...D-NC
Water Aerobics.....2:00p - 2:45p...R-\$	Friendly Euchre.....12:00p - 3:00p...D-NC	Quilting Group.....1:00p - 3:00p...D-NC	Intermediate Pickleball 1:30p - 4:30p ...D-NC	WWP Open Swim.....1:00p - 3:00p...D-NC
WWP Open Swim 2:30p - 6:30p...D-NC	Pinochle.....12:00p - 3:30p...D-NC	Water Aerobics.....1:00p - 1:45p...R-\$	Jigsaw Puzzle Group 2:00p - 6:30p...D-NC	Drums 4 Fitness.....1:15p - 1:45p...R-\$
Intermediate Pickleball 3:00p - 5:00p ...D-NC	USS Jammers.....12:00p - 1:30p...D-NC-V	Pickleball Lessons & Novice ...1:30p - 4:00p...D-NC	Parkinson's Exercise 2:00p - 3:00p...D-NC	Advanced Pickleball 2:30p - 4:30p...D-NC
Lap Pool Open Swim 3:30p - 6:30p...D-NC	Long Arm Quilting.....1:00p - 6:00p...A-\$	WWP Aquatics Class 2:00p - 2:45p...R-\$	WWP Aquatics Class 2:00p - 2:45p...R-\$	
Advanced Pickleball 5:00p - 7:00p...D-NC	Mah Jongg.....1:00p - 3:00p...D-NC	Lap Pool Open Swim 3:30p - 6:30p...D-NC	Lap Pool Open Swim 3:00p - 6:30p...D-NC	
**USS Closed on May 30th for Memorial Day**	Parkinson's Support 1:00p - 2:00p...D-NC *May 10th*	WWP Open Swim.....3:30p - 6:30p...D-NC	Photo Club.....3:00p - 4:30p...D-NC	
	WWP Aquatics Class 1:00p - 1:45p...R-\$	Intermediate & Advanced Pickleball ...4:00p - 7:00p...D-NC	Yoga.....4:45p - 5:45p...R-\$	
	Chair Volleyball.....2:00p - 4:00p...D-NC	Dinner & Discussion 6:00p - 7:00p ...R-NC *May 25th* *See page 4*	Chair Volleyball.....5:00p - 7:00p...D-NC	
	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			

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

**KEY**  
**\$:** Cost    **NC:** No Cost  
**D:** Drop-in  
**R:** Registration Required  
**A:** Appointment Required  
**V:** Vaccination Required  
 \*WWP=Warm Water Pool\*

## New Carlisle Satellite Calendar: May 2022

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

### Mondays:

**Pinochle & Crafts** 12:30p

\*May 2nd\*

**Bingo** 12:30p

\*May 9th\*

**QPR Course - Jane Eckels** 9:00a

\*May 16th\*

**Movie Day** 12:30p

\*May 16th\*

**Euchre & Yahtzee** 12:30p

\*May 23rd\*

### Tuesdays:

**Mexican Train Dominos** 12:30p

**Corn Hole** 12:30p

\*May 3rd\* \*OWP\*

**Rock Painting** 12:30p

\*May 10th\*

**Chair Volleyball** 12:30p

\*May 17th\* \*OWP\*

**Football Bowling** 12:30p

\*May 24th\* \*OWP\*

**Cookout/Potluck** 12:00p

\*May 31st\* \*OWP\*

### Wednesdays:

**"500" Card Game** 12:30p

### Thursdays:

**Bridge** 12:30p

**Taco Bar** 11:30a

\*May 5th\* \*OWP\*

**Funnel Pong** 12:30p

\*May 12th\* \*OWP\*

**Trip to Arrow Queen** 12:30p

\*May 19th\*

**Ladderball** 12:30p

\*May 26th\* \*OWP\*

### Fridays:

**Hand, Knee & Foot** 12:30p

**\*\*CLOSED on Monday, May 30th for  
Memorial Day\*\***

**OWP=Outside Weather Permitting**

## Enon Satellite Calendar: May 2022

Programming  
Hours vary by day.  
Call for details.

The Enon Satellite location is excited to reopen to new opportunities and expanded programming beginning Monday, May 2nd. We will host an open house on Thursday, May 12th to welcome members back. See page 6 for more details!

### Mondays:

**Focus on Fitness** 9:30a

\*additional fee for class\*

### Tuesdays:

**Bridge** 9:00a

**Euchre** 1:00p

### Wednesdays:

**Focus on Fitness** 9:30a

\*additional fee for class\*

### Thursdays:

**Games** 11:00a

\*May 5th\*

**Welcome Back Open House** 11:00a

\*May 12th\*

### Fridays:

**Stitches** 11:30a

**Pillows** 12:30p

# What's NEW ↓

## SAILL-ing Into the Horizon

With the 2022 Spring SAILL term wrapping up this month, it's time to plan for the rest of the year!

The **2022 Summer SAILL** term will begin on **July 11th** and run for **5 weeks**. The **2022 Fall SAILL** term will begin on **September 19th** and run for **8 weeks**.

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 [clockwood@unitedseniorservices.org](mailto:clockwood@unitedseniorservices.org) or 937-323-4948 ext. 140 for more information.



## USS Support Groups

The **Parkinson's Disease Support Group** will meet on **Tuesday, May 10th at 1:00pm** at USS. This 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 Fleming, a local speaker on group dynamics. Carol will discuss Self Care with Parkinson's.

The **Caregiver Support Group** will meet on **Wednesday, May 18th at 10:00am** at USS. This 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](mailto:jeckels@unitedseniorservices.org).**

## Welcome, New Enon Satellite Coordinator



Tammy Sanderson joined the USS team in April 2022 as the Enon Satellite Coordinator. Tammy has worked as a physical therapist assistant in home health care and long term care settings, and as a customer service coordinator in retail settings. She is excited to bring her compassionate heart and "focus on excellence" approach to the USS programming team. Tammy has a passion for rescuing animals and currently has five foster-fail fur-kids. She is proud of her two grown children and her many grand fur-babies. Tammy is excited to be part of the USS team and is looking forward to a seamless transition into her new role. Welcome to the USS family, Tammy!

# RSVP

Retired & Senior Volunteer Program

## RSVP Senior Day Raffle: 5 CHANCES TO WIN!!



**Retired and Senior Volunteer Program Fundraiser**

**\$1 PER TICKET**  
**\$5 FOR 6 TICKETS**



**32" Flat Screen TV!**  
**(3) \$100 Kroger Gift Cards!**  
**Fellows Office Shredder!**

**Anyone can purchase their tickets in the RSVP Program Office!**

The RSVP Raffle Drawing will be held at the USS Senior Day Luncheon, Tuesday May 10th, 2022 at 12:00pm at the Hollenbeck Bayley Conference Center.

*\*Need not be present to win.\**

The Senior Day Luncheon is open to all Clark County residents age 55 and older. Lunch is \$5 per person.



*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.*

# What's NEW ↓

## 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 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.

## HEAP Reminder

The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills. The regular HEAP Program ends on May 31st. This program provides assistance with home energy bills. 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.

## Day Trips Are Back!

**Cleveland Day Trip**  
**Thursday, June 9th, 2022**  
**\$139 per person**

Day trips are back at USS! Our first trip will be to Cleveland, OH on Thursday, June 9th with a tour of Progressive Field, lunch, tasting, and tour of Great Lakes Brewing Company, shopping at West Side Market, and dinner at Der Dutchman on the way home.

Contact Debbie McCool at 937-323-4948 ext. 120 or [dmccool@unitedseniorservices.org](mailto:dmccool@unitedseniorservices.org) for a detailed itinerary and to register. **Travelers must pay in full by Thursday, May 19th** and have proof of COVID-19 vaccination - including a booster. Current USS membership is required to travel.



# 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.

## Escape to Wisconsin - **TOUR CANCELED**

May 16-19

### 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 (no partner needed), 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

**\*\*Special Preview at USS on May 17th at 11:00am\*\***

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

For more information about our 2022 Tours, see our 2022 Tours Catalog and registration packets on our website at [www.unitedseniorservices.org/trips-tours](http://www.unitedseniorservices.org/trips-tours), or contact Debbie McCool at 937-323-4948 ext. 120.

### Historic Massachusetts & More

October 14-19

Activity Level: Moderate-High

**\*\*Special Preview at USS on June 14th at 11:00am\*\***

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

**\*\*Special Preview at USS on June 14th at 2:00pm\*\***

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](http://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

# May is Older American's Month!

The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain 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.

## Clark County Senior Day

The luncheon is on Tuesday, May 10th, 2022, at 12:00pm at the Hollenbeck Bayley Conference Center. This luncheon is open to everyone age 55 and better. Lunch is \$5 per person. To reserve your spot and pay for lunch, please stop by the USS Welcome Center. If you need further information please call 937-323-4948.

