

# The Center Page

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

AUGUST/SEPTEMBER 2022

**Annual  
Campaign  
Kick-off**

see pg 13



## 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:  
Paul Espo

Center Page Editor:  
Jenna Bluemlein

# Director's Corner

Dear Members and Friends,

One year ago, USS re-opened our recreation centers. After

16 months of closure we weren't certain what to expect – if members were ready to re-engage, and if COVID would cooperate. Today I am happy to report that the daily statistics at our centers meet or exceed our pre-pandemic numbers! And as COVID continues to trend up, then down, and then up again, the safety policies we developed during that closure still serve us well today. We appreciate that our members abide by the policies we still enforce, recognizing they are meant to help keep us safe.

One of the most valuable COVID protection programs we offer is help to understand, schedule, and transport you to your COVID booster shots. There seems to be plenty of confusion about the safety and the necessity of boosters. USS has specially trained case managers to understand the science behind the COVID immunization program. They have helped hundreds of people to make decisions about getting immunized. If you are interested in learning more about immunization or other protection strategies, please contact Laura Fulton at 937-323-4948 ext. 227.

USS has commissioned a very important study for residents in Springfield and Clark County who are 55 and older. This is your opportunity to provide feedback that will help our agency with strategic planning for the benefit of the older adults in our community. You may have received a survey in the mail regarding this topic. (The envelope says, "Important Community Survey Enclosed" and it has the USS return address.) If you have received a survey, please complete it. Your opinions are very important to this process. If you have not received a survey in the mail and are 55 or older, please use one of the following options to participate in this important survey:

1. Take the survey online by using the QR code below or by typing the following into your browser: [www.ClarkCommunity.com](http://www.ClarkCommunity.com).
2. Take the survey over the phone by calling 419-460-9426 to talk to a live interviewer.

Thank you for the opportunity,



Maureen Fagans  
Executive Director/CEO



# What's NEW ↓

## USS Wellness Conference

Join us for the 8th annual USS Wellness Conference on  
Thursday, August 25th, 2022, 1:00pm - 4:00pm

This conference focuses on *"Engaging in Aging"* and emphasizes an *integrative approach to health and wellness*. Dr. Benjamin Mostaed will open the event as the keynote speaker, followed by an interactive afternoon of fitness demonstrations, health screenings, healthy snack demonstrations and samples, building tours, door prizes, and resource sharing among USS staff, community partner exhibitors, and older adults.

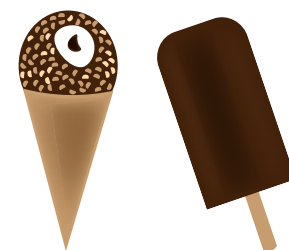
Dr. Ben Mostaed, PhD, is retired from a long career as a biomedical engineer and scientist. He is a lifelong learner continually studying new research and "walks his talk" living the healthy and robust life that he teaches. His presentation will help older adults recognize the importance of living healthy, strong, and independent lives.

Health screenings will include balance, blood pressure, chair massage, glucose, flu/pneumonia, foot care, hearing, mammography, skin, and vision screenings.

Fitness demonstrations and observations will include demonstrations of the following USS fitness classes: Drums 4 Fitness, Keep Moving, Moving with Music, Tai Chi, Yoga, and Zumba Gold, as well as of our aquatics center, billiards hall, and fitness center.

## Return of the Ice Cream Social!

Who wants some ice cream? Members are invited to the return of our Ice Cream Social on **Thursday, August 18th at 1:00pm**. Music will be provided by the USS Vintage Voices Choir. There is no charge for this event, but you will need to make a reservation by calling the Welcome Center by Friday, August 12th. This event is sponsored by **Community Mercy Home Care**. Stop by and see Kelly Rowe from Community Mercy Home Care in our lobby area during the social.



## Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program (SFMNP) is open **May 1st - November 30th**. Fresh vegetables and fruit add flavor and variety to meals and are key to a healthy diet, but there's not always room in the budget to include them. SFMNP serves low-income seniors, age 60 and older, who are at or below 185% of the Federal Poverty Line. Approved seniors receive \$50 in coupons to spend on fresh vegetables and fruit!

In partnership with the **Ohio Department of Aging** and the **Area Agency on Aging, PSA 2, Homefull** will administer the program for our nine-county service area that includes Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby. Go to <https://www.homefull.org/food> for more information and an application. Coupons are limited in quantity and available on a first-come, first-served basis.

Contact Rita Marshall at USS at 937-323-4948 ext. 126 for more information and help signing up.

# What's NEW ↓

## USS Closed Days

USS will close at 4:00pm on Tuesday, August 2nd and will be closed all day on Monday, September 5th, for Labor Day. We will open for regularly scheduled activities the following days at 7:00am.

## Aquatics Center Expansion

USS is excited to offer expanded morning hours in the aquatics center! Every Monday, Wednesday, and Friday, the Lap Pool will add open swim hours 7:30am - 9:00am in addition to all other hours. We are excited by this newest expansion in aquatics center programming. Continue keeping an eye on the *Center Page* for even more expansions in aquatics programming.

## 2022 Fall SAILL Term

The 8-week **Fall SAILL** term is

**September 19th - November 11th**

**Registration for classes will open Monday, August 29th at USS**

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be hosting the final term of the year with a variety of classes including archaeology, breathing education, diabetes management, fall prevention, healthy aging, historic or global events discussion, How It's Made tours, Pilates, sign language, technology, and writing classes, as well as a variety of instrumental, art, and crafting classes.

**Contact Cindy Lockwood, SAILL Coordinator at [clockwood@unitedseniorservices.org](mailto:clockwood@unitedseniorservices.org) or 937-323-4948 ext. 140 for more information on the fall SAILL term.**



## Food Trucks at USS!

Are you ready for some delicious grub? USS has invited local food truck vendors to set up in our front parking lot throughout the summer months! Watch your email, Facebook, and USS building flyers for more information and updates to the food truck schedule!

**August 4th Grandpa's Doggin' It**

**August 9th Griddles & Cheese**

**More to come! Stay tuned!**

## USS Lunch & Learns

**Preparation for Medicare Open Enrollment - Presented by Eric Demmings, USS  
Thursday, August 18th at 12:00pm**

USS Benefits Counselor, Eric Demmings, will discuss preparation for Medicare Open Enrollment, including dates, plans, Part D, and items to bring to your appointment. To reserve your spot, please RSVP by the end of the day Monday, August 15th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Forest Glen Health Campus*.

**How to Make Your Retirement Income Last - Presented by Tiffany Dailey, Edward Jones  
Thursday, September 15th at 12:00pm**

USS welcomes Tiffany Dailey to talk about making your retirement income last. She will discuss withdrawal strategies and ways to plan for expected and unexpected expenses with insurance. To reserve your spot, please RSVP by the end of the day Monday, September 12th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Edward Jones*.

## USS Dinner & Discussions

**Universal Home Design - Presented by Kathy Tutt, OSU Clark Co. Extension Office  
Wednesday, August 24th  
Dinner at 5:30pm, Presentation at 6:00pm**

USS welcomes Kathy Tutt to speak on Universal Design. The concept is based on the idea that all environments and products should be usable by all people, regardless of their ages or abilities. To reserve your spot, please RSVP no later than Friday, August 19th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Humana*.

**Fall Maintenance & Home Winterizing - Presented by Kerri Brammer & James Klay,  
Neighborhood Housing Partnership  
Wednesday, September 28th  
Dinner at 5:30pm, Presentation at 6:00pm**

USS welcomes Kerri Brammer and James Klay from the Neighborhood Housing Partnership to present the best maintenance tips this fall as we prepare for cooler weather. They will also share the best ways to save money during the winter months. To reserve your spot, please RSVP no later than Friday, September 23rd by calling the Welcome Center at 937-323-4948. This event is sponsored by *Haven Behavioral Hospital*.

# What's NEW ↓

## Paid Activities in September & October

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 Tuesday, September 6th. Payments for activities can be made starting Monday, August 29th.** Additional information will be available at the Welcome Center in mid-August. Paid activities include:

**Chair Yoga – Tuesdays at 9:30am**

**Drums 4 Fitness – Fridays at 1:15pm**

**Focus on Fitness – Tuesdays & Thursdays at 9:00am**

**Functional Fitness – Mondays & Wednesdays at 10:00am**

**Lap Pool Water Aerobics**

**Mondays at 1:00pm**

**Mondays at 2:00pm**

**Tuesdays at 9:00am**

**Wednesdays at 1:00pm**

**Thursdays at 9:00am**

**Yoga – Tuesdays at 8:30am**

**Yoga – Thursdays at 4:45pm**

**WWP Aquatics Class**

**Mondays at 9:00am**

**Tuesdays at 1:00pm**

**Tuesdays at 2:00pm**

**Wednesdays at 9:00am**

**Wednesdays at 2:00pm**

**Thursdays at 1:00pm**

**Thursdays at 2:00pm**

**Fridays at 9:00am**

**Zumba Gold – Fridays at 12:30pm**

## Blood Pressure & Glucose Screenings

In partnership with Northwood Skilled Nursing, USS offers Blood Pressure & Glucose screenings every other week in the lobby at 10:00am. Stop in to get a free screening and a convenient card to keep your information on.

## Foot & Nail Care Clinic

Due to increased demand, USS has expanded Foot & Nail Care Clinic times to 8:30am - 4:00pm on the 4th Monday of every month. USS is excited to continue working with Lisa Weber from Restorative Foot & Nail Care to provide this important service to all who need it. Individuals with questions or who are interested in scheduling an appointment are invited to call 1-855-536-6876.

## Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, August 17th** and **September 21st at 1:00pm**. Reservations and membership are required. Contact Tracy Wickham at 937-521-3010 to reserve your spot and get the information to get connected to the game. Bingo cards can be picked up at USS downtown or they can be mailed. Winners of the game will receive a \$10 gift card provided by **Aventura at Oakwood Village**. Gift cards are for Kroger, Subway, and Chick-fil-A. There is no charge for this event.

# Prevention

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



## August 2022 Schedule:

**1st** Prevention Nail Polish Parlor

**2nd** Farm Day at USS

**3rd** Garden Club Activity

**4th** Prevention Bingo!

\*Sponsored by **Aventura at Oakwood\***

**5th** New View and Mic's Italian Restaurant

**8th** Make Your Own Earrings

**9th** Senior day at the Champaign County Fair...R

**10th** Consumer Scam Presentation at USS Enon...R

**11th** *Slice of Knowledge* - The Art & History of Bernice Abbott

**12th** Fact Finding & Lunch at Fountain on Main

**15th** POP! Trivia - Trivia & Popcorn

**16th** Looming & Grooving

**17th** Garden Club Activity

**18th** USS Annual Ice Cream Social...R

**19th** Dinner & Discussion at Loretta's Country Kitchen

**22nd** Hometown Reminiscing with Google Earth

**23rd** Lunch at USS & Chair Volleyball

**24th** Breakfast at Farmer's Daughter & Champaign County Historical Society

**25th** USS Annual Wellness Conference...R

**26th** Picnic at George Rogers Clark Park

**29th** Amity Wellness Workshop

**30th** *Birds of Prey* - Presented by Glen Helen Raptor Center, held at USS

**31st** Fall Flower Box Refresh with the Garden Club

## September 2022 Schedule:

**1st** Prevention Bingo

\*Sponsored by **Aventura at Oakwood Village\***

**2nd** Lunch at CoHatch & History

**6th** Jewelry Swap

**8th** Sign Language 101

**9th** Air Force Museum

**12th** Historical Buttons

**13th** Manicures

**14th** Davidson Interpretive Center

**15th** USS Lunch & Learn...R \*See page 5\*

**16th** Visit Historic Clifton Mill

**19th** Autumn Wreath Making

**20th** Movie Tuesday - \$5

**22nd** USS Tai Chi

**23rd** Park of Roses Picnic

**26th** Pop Art Project

**27th** Boomwackers

**29th** DIY Handscrub

**30th** Driving Tour & Lunch at 571 Grill & Draft House...NC

\*R=Reservations are required - call Tracy Wickham at 937-521-3010  
NC=New Carlisle

# Activity Calendar: August 2022

\*Additional information available at the Welcome Center\*

## Mondays

Billiards.....7:00a - 7:00p...D-NC  
Fitness Center.....7:00a - 7:00p...D-NC  
Adv Pickleball.....7:00a - 9:30a...D-NC  
LP Open Swim.....7:30a - 12:00p...D-NC  
Foot & Nail Clinic.....8:30a - 4:00p...R-\$  
\*August 22nd\*  
WWP Aquatics Class...9:00a - 10:00a...R-\$  
Blocks to Blankets..10:00a - 12:00p...D-NC  
\*August 8th & 29th\*  
Functional Fitness....10:00a - 11:00a...R-\$  
WWP Open Swim.....10:00a - 1:00p...D-NC  
Let's Get Moving.....10:30a - 11:30a...D-NC  
Bridge.....11:00a - 3:00p...D-NC  
Congregate Meals.....11:00a - 1:00p  
Pickleball for Novice...1:00p - 3:00p...D-NC  
LP Water Aerobics.....1:00p - 2:00p...R-\$  
WWP Volleyball.....1:30p - 2:30p...D-NC  
Tai Chi.....2:00p - 4:00p...D-NC  
LP Water Aerobics.....2:00p - 3:00p...R-\$  
WWP Open Swim.....2:30p - 6:30p...D-NC  
Int Pickleball.....3:00p - 5:00p...D-NC  
LP Open Swim.....3:30p - 6:30p...D-NC  
Adv Pickleball.....5:00p - 7:00p...D-NC

\*Activity times, dates, and rooms are subject to change.\*

## Tuesdays

Billiards.....7:00a - 7:00p...D-NC  
Fitness Center.....7:00a - 7:00p...D-NC  
Yoga.....8:30a - 9:20a...R-\$  
Focus on Fitness.....9:00a - 10:15a...R-\$  
LP Water Aerobics.....9:00a - 10:00a...R-\$  
Chair Yoga.....9:30a - 10:20a...R-\$  
Alz. Assoc. Office Hours.....10:00a - 1:00p  
...D-NC \*August 16th\*  
LP Open Swim.....10:00a - 12:00p...D-NC  
Legal Consulting.....10:00a - 11:30a...A-NC  
Moving with Music...10:30a - 11:30a...D-NC  
Congregate Meals.....11:00a - 1:00p  
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  
\*August 9th\*  
WWP Aquatics Class....1:00p - 2:00p...R-\$  
Chair Volleyball.....2:00p - 4:00p...D-NC  
Parkinson's Exercise...2:00p - 3:00p...D-NC  
WWP Aquatics Class....2:00p - 3:00p...R-\$  
LP Open Swim.....3:00p - 6:30p...D-NC  
The Entertainers.....3:30p - 4:30p...D-NC  
Adv Pickleball.....4:30p - 7:00p...D-NC

\*\*USS Closed Early on August 2nd at 4pm\*\*

## Wednesdays

Billiards.....7:00a - 7:00p...D-NC  
Fitness Center.....7:00a - 7:00p...D-NC  
Adv Pickleball.....7:00a - 9:30a...D-NC  
LP Open Swim.....7:30a - 12:00p...D-NC  
Long Arm Quilting.....9:00a - 1:00p...A-\$  
Vintage Voices.....9:00a - 11:00a...D-NC-V  
WWP Aquatics Class..9:00a - 10:00a...R-\$  
Blood Glucose Screenings 10:00a - 12:00p  
...D-NC \*August 10th\*  
Blood Pressure Screenings 10:00a-12:00p  
...D-NC \*August 24th\*  
Caregiver Support..10:00a - 11:00a...R-NC  
\*August 17th\*  
Functional Fitness....10:00a - 11:00a...R-\$  
WWP Open Swim....10:00a - 1:00p...D-NC  
Congregate Meals.....11:00a - 1:00p  
In-Touch Support.....1:00p - 2:30p...D-NC  
\*August 3rd\*  
Bingo.....1:00p - 3:30p...D-\$-V  
Card Making Club.....1:00p - 4:00p...D-NC  
\*August 10th & 24th\*  
Cornhole.....1:00p - 3:00p...D-NC  
Crafting Group.....1:00p - 3:00p...D-NC  
LP Water Aerobics.....1:00p - 2:00p...R-\$  
Pickleball for Novice..1:00p - 3:00p...D-NC  
WWP Aquatics Class....2:00p - 3:00p...R-\$  
Pickleball Lessons....3:00p - 4:00p...D-NC  
LP Open Swim.....3:30p - 6:30p...D-NC  
WWP Open Swim.....3:30p - 6:30p...D-NC  
Int/Adv Pickleball.....4:00p - 7:00p...D-NC  
Dinner & Discussion..6:00p - 7:00p ...R-NC  
\*August 24th\* \*See page 5\*

## Thursdays

Billiards.....7:00a - 7:00p...D-NC  
Fitness Center.....7:00a - 7:00p...D-NC  
WWP Open Swim...7:30a - 10:30a...D-NC  
Focus on Fitness.....9:00a - 10:15a...R-\$  
Poker.....9:00a - 3:00p...D-NC  
LP Water Aerobics....9:00a - 10:00a...R-\$  
LP Open Swim.....10:00a - 12:00p...D-NC  
Tai Chi.....10:00a - 12:00p...D-NC  
Congregate Meals.....11:00a - 1:00p  
Pickleball for Novice 11:00a-1:30p...D-NC  
Lunch & Learn.....12:00p - 1:00p...R-NC  
\*August 18th\* \*See page 5\*  
Pinochle.....12:00p - 3:30p...D-NC  
USS Jammers.....12:00p - 1:30p...D-NC-V  
Canasta.....1:00p - 4:00p...D-NC  
Ice Cream Social.....1:00p - 2:30p...R-NC  
\*August 18th\*  
Wellness Conference.....1:00p - 4:00p  
...D-NC \*August 25th\* \*See page 3\*  
WWP Aquatics Class...1:00p - 2:00p...R-\$  
Int Pickleball.....1:30p - 4:30p...D-NC  
Jigsaw Puzzle Group 2:00p - 6:45p...D-NC  
Parkinson's Exercise..2:00p - 3:00p...D-NC  
WWP Aquatics Class...2:00p - 3:00p...R-\$  
LP Open Swim.....3:00p - 6:30p...D-NC  
Photo Club.....3:00p - 4:30p...D-NC  
\*August 4th & 18th\*  
Yoga.....4:45p - 5:45p...R-\$  
Chair Volleyball.....5:00p - 7:00p...D-NC

## Fridays

Billiards.....7:00a - 4:30p...D-NC  
Fitness Center.....7:00a - 4:30p...D-NC  
Adv Pickleball.....7:00a - 9:30a...D-NC  
LP Open Swim.....7:30a - 12:00p...D-NC  
Weaving.....9:00a - 11:30a...D-NC  
WWP Aquatics Class...9:00a - 10:00a...R-\$  
Hula.....10:00a - 12:30p...D-NC  
WWP Open Swim....10:00a - 1:00p...D-NC  
Congregate Meals.....11:00a - 1:00p  
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  
WWP Open Swim.....1:00p - 3:00p...D-NC  
Adv Pickleball.....2:30p - 4:30p...D-NC

### KEY

**\$:** Cost    **NC:** No Cost  
**D:** Drop-in  
**R:** Registration Required  
**A:** Appointment Required  
**V:** Vaccination Required  
**WWP:** Warm Water Pool  
**LP:** Lap Pool  
**Int:** Intermediate  
**Adv:** Advanced

# Activity Calendar: September 2022

\*Additional information available at the Welcome Center\*

## Mondays

Billiards.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Adv Pickleball**.....7:00a - 9:30a...D-NC  
**LP Open Swim**.....7:30a - 12:00p...D-NC  
**Foot & Nail Clinic**.....8:30a - 4:00p...R-\$  
 \*September 26th\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*September 12th & 26th\*  
**Functional Fitness**....10:00a - 11:00a...R-\$  
**WWP Open Swim**.....10:00a - 1:00p...D-NC  
**Let's Get Moving**....10:30a - 11:30a...D-NC  
**Bridge**.....11:00a - 3:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**LP Open Swim**.....1:00p - 6:30p...D-NC  
**Pickleball for Novice**...1:00p - 3:00p...D-NC  
**WWP Volleyball**.....1:30p - 2:30p...D-NC  
**Tai Chi**.....2:00p - 4:00p...D-NC  
**WWP Open Swim**.....2:30p - 6:30p...D-NC  
**Int Pickleball**.....3:00p - 5:00p...D-NC  
**Adv Pickleball**.....5:00p - 7:00p...D-NC

**\*\*USS Closed on September 5th for Labor Day\*\***

\*Activity times, dates, and rooms are subject to change.\*

## Tuesdays

Billiards.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Yoga**.....8:30a - 9:20a...R-\$  
**Focus on Fitness**.....9:00a - 10:15a...R-\$  
**LP Water Aerobics**.....9:00a - 10:00a...R-\$  
**Chair Yoga**.....9:30a - 10:20a...R-\$  
**Alz. Assoc. Office Hours**.....10:00a - 1:00p  
 ...D-NC \*September 20th\*  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Legal Consulting**....10:00a - 11:30a...A-NC  
**Moving with Music**...10:30a - 11:30a...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**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  
 \*September 13th\*  
**WWP Aquatics Class**....1:00p - 2:00p...R-\$  
**Chair Volleyball**.....2:00p - 4:00p...D-NC  
**Parkinson's Exercise**...2:00p - 3:00p...D-NC  
**WWP Aquatics Class**....2:00p - 3:00p...R-\$  
**LP Open Swim**.....3:00p - 6:30p...D-NC  
**WWP Open Swim**.....3:00p - 5:00p...D-NC  
**The Entertainers**.....3:30p - 4:30p...D-NC  
**Adv Pickleball**.....4:30p - 7:00p...D-NC

## Wednesdays

Billiards.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Adv Pickleball**.....7:00a - 9:30a...D-NC  
**LP Open Swim**.....7:30a - 12:00p...D-NC  
**Long Arm Quilting**.....9:00a - 1:00p...A-\$  
**Vintage Voices**.....9:00a - 11:00a...D-NC-V  
**WWP Aquatics Class**..9:00a - 10:00a...R-\$  
**Blood Glucose Screenings** 10:00a - 12:00p  
 ...D-NC \*September 7th\*  
**Blood Pressure Screenings** 10:00a-12:00p  
 ...D-NC \*September 21st\*  
**Caregiver Support**..10:00a - 11:00a...R-NC  
 \*September 21st\*  
**Functional Fitness**....10:00a - 11:00a...R-\$  
**WWP Open Swim**....10:00a - 1:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**In-Touch Support**.....1:00p - 2:30p...D-NC  
 \*September 7th\*  
**Bingo**.....1:00p - 3:30p...D-\$-V  
**Card Making Club**.....1:00p - 4:00p...D-NC  
 \*September 14th & 28th\*  
**Cornhole**.....1:00p - 3:00p...D-NC  
**Crafting Group**.....1:00p - 3:00p...D-NC  
**Pickleball for Novice** 1:00p - 3:00p...D-NC  
**Pickleball Lessons**....3:00p - 4:00p...D-NC  
**LP Open Swim**.....3:30p - 6:30p...D-NC  
**WWP Open Swim**.....3:30p - 6:30p...D-NC  
**Int/Adv Pickleball**.....4:00p - 7:00p...D-NC  
**Dinner & Discussion**...6:00p - 7:00p...R-NC  
 \*September 28th\* \*See page 5\*

## Thursdays

Billiards.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**WWP Open Swim**.....7:30a - 9:00a...D-NC  
**Focus on Fitness**.....9:00a - 10:15a...R-\$  
**Poker**.....9:00a - 3:00p...D-NC  
**LP Water Aerobics**....9:00a - 10:00a...R-\$  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Tai Chi**.....10:00a - 12:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**Pickleball for Novice** 11:00a - 1:30p...D-NC  
**Lunch & Learn**.....12:00p - 1:00p...R-NC  
 \*September 15th\* \*See page 5\*  
**Pinochle**.....12:00p - 3:30p...D-NC  
**USS Jammers**.....12:00p - 1:30p...D-NC-V  
**Canasta**.....1:00p - 4:00p...D-NC  
**WWP Aquatics Class**...1:00p - 2:00p...R-\$  
**Int Pickleball**.....1:30p - 4:30p...D-NC  
**Jigsaw Puzzle Group** 2:00p - 6:45p...D-NC  
**Parkinson's Exercise** 2:00p - 3:00p...D-NC  
**WWP Aquatics Class**...2:00p - 3:00p...R-\$  
**LP Open Swim**.....3:30p - 6:30p...D-NC  
**Photo Club**.....3:00p - 4:30p...D-NC  
**Yoga**.....4:45p - 5:45p...R-\$  
**Chair Volleyball**.....5:00p - 7:00p...D-NC

## Fridays

Billiards.....7:00a - 4:30p...D-NC  
**Fitness Center**.....7:00a - 4:30p...D-NC  
**Adv Pickleball**.....7:00a - 9:30a...D-NC  
**LP Open Swim**.....7:30a - 12:00p...D-NC  
**Weaving**.....9:00a - 11:30a...D-NC  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Hula**.....10:00a - 12:30p...D-NC  
**WWP Open Swim**....10:00a - 3:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**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  
**Adv Pickleball**.....2:30p - 4:30p...D-NC

### KEY

**\$:** Cost    **NC:** No Cost  
**D:** Drop-in  
**R:** Registration Required  
**A:** Appointment Required  
**V:** Vaccination Required  
**WWP:** Warm Water Pool  
**LP:** Lap Pool  
**Int:** Intermediate  
**Adv:** Advanced

# New Carlisle Satellite Calendars

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

# Enon Satellite Calendars

Programming  
Hours vary by day.  
Call for details.

## August 2022:

### Mondays:

**Movie Day...**12:30p  
\*August 1st\*  
"Murder on the Orient Express"  
**Bingo...**12:30p  
\*August 8th\*  
Sponsored by **Vancrest**  
**Lunch & Learn...**12:30p  
\*August 15th\* Sponsored by  
**Springfield Masonic Community**  
**Games & Snacks...**12:30p  
\*August 22nd\* Sponsored by  
**Good Shepherd Village**  
**Luau with Wayne Hobbs...**12:00p  
\*August 22nd\* Food from  
**Carmae Catering**

**OWP: Outside Weather Permitting**

### Tuesdays:

**Mexican Train Dominos...**12:30p  
**Crafts...**12:30p  
\*August 9th\*  
**Chair Volleyball...**12:30p...OWP  
\*August 16th\*  
**Rock Painting & Yahtzee...**12:30p  
\*August 23rd\*  
**Football Bowling...**12:30p  
\*August 30th\*

### Wednesdays:

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

### Thursdays:

**Bridge...**12:30p  
**Cornhole...**12:30p...OWP  
\*August 4th\*  
**Funnel Pong...**12:30p...OWP  
\*August 18th\*  
**Trip to Arrow Queen & Ladderball**  
...12:30p \*August 25th\*

### Fridays:

**Hand, Knee & Foot...**12:30p  
**Pinochle...**12:30p  
\*August 5th\*

## August 2022:

### Mondays:

**Kai Chair Yoga/Focus on Fitness ...**9:30a...\$  
**Bridge & Cornhole...**12:30p

### Tuesdays:

\*Closed on August 2nd\*  
**Euchre...**1:00p  
**Therapy/Serivce Dog Show...**10:00a

### Wednesdays:

**Kai Chair Yoga/Focus on Fitness ...**9:30a...\$  
**Games...**11:00a \*August 3rd\*  
**"Consumer Scams" at Clark County Public Library - Enon...**1:00p \*August 10th\*  
**"String Ring" Open Acoustic Jam...**1:00pm  
\*August 17th & 31st\*  
**Potluck...**12:30pm \*August 24th\*  
Sponsored by **Forest Glen Health Campus**

### Thursdays:

**Crafts...**1:00p...R \*August 4th\*  
Sponsored by **Good Shepherd Village**  
**Bingo...**12:30p  
\*August 11th\* Sponsored by  
**Forest Glen Health Campus**  
**Scrap Booking...**11:00a \*August 18th\*  
**Movie & Popcorn...**1:00p \*August 18th\*  
**Ice Cream Social & DJ Amy Stooksberry**  
...12:30p \*August 25th\* Sponsored by  
**Springfield Masonic Community**

### Fridays:

**Stitchers...**11:30a  
**Hospice Pillows...**12:30p

**\$: Additional Fee for Class**  
**R: Registration Required**

## September 2022:

### Mondays:

\*Closed on September 5th\*  
**Bingo...**12:30p  
\*September 12th\*  
Sponsored by **Vancrest**  
**Movie Day...**12:30p  
\*September 19th\*  
"The House with the Clock in the Walls"  
**Games & Snacks...**12:30p  
\*September 26th\* Sponsored  
by **Good Shepherd Village**

**OWP: Outside Weather Permitting**

### Tuesdays:

**Mexican Train Dominos...**12:30p  
**Labor Day Potluck...**12:30p  
\*September 6th\* Music from  
**Pat Carine**  
**Crafts & Ladderball...**12:30p  
\*September 13th\*  
**Yahtzee...**12:30p  
\*September 20th\*  
**Rock Painting...**12:30p  
\*September 27th\*

### Wednesdays:

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

### Thursdays:

**Bridge...**12:30p  
**Cornhole...**12:30p...OWP  
\*September 1st\*  
**Funnel Pong...**12:30p...OWP  
\*September 8th\*  
**Trip to Arrow Queen...**12:30p  
\*September 15th\*  
**Football Bowling...**12:30p...OWP  
\*September 22nd\*  
**Chair Volleyball...**12:30p...OWP  
\*September 29th\*

### Fridays:

**Hand, Knee & Foot...**12:30p  
**Pinochle...**12:30p  
\*September 2nd\*

## September 2022:

### Mondays:

\*Closed on September 5th\*  
**Focus on Fitness...**9:30a...\$  
**Bridge & Cornhole...**12:30p

### Tuesdays:

**Putt Putt Golf...**9:30a \*September 6th & 20th\*  
**Euchre...**1:00p

### Wednesdays:

**Focus on Fitness...**9:30a...\$  
**Games...**11:00a \*September 7th\*  
**Marie's Candies...**12:00p \*September 7th\*  
**"String Ring" Open Acoustic Jam...**1:00pm  
\*September 14th & 28th\*  
**Potluck...**12:30pm \*September 21st\*  
Sponsored by **Wooded Glen Health Campus**

### Thursdays:

**Crafts...**1:00p \*September 1st\*  
Sponsored by **Good Shepherd Village**  
**Bingo...**12:30p \*September 8th\*  
Sponsored by **Wooded Glen Health Campus**  
**Scrap Booking...**11:00a \*September 15th\*  
**Movie and Popcorn...**1:00p \*September 15th\*  
**Lunch & Learn with Enon Historical Society**  
...12:00p \*September 22nd\* Sponsored by  
**Northwood Skilled Nursing and Rehabilitation**  
**Fall Festival...**12:30p \*September 29th\*  
Sponsored by **Springfield Masonic Community**

### Fridays:

**Snacks & Facts...**10:00a \*September 2nd\*  
Sponsored by **Med Mart**  
**Stitchers...**11:30a  
**Hospice Pillows...**12:30p

# What's NEW ↓

## Enon Satellite Special Activities

### Consumer Scams Presentation

We are proud to announce that USS Enon and the Enon branch of the Clark County Public Library are partnering to sponsor "Consumer Scams" on **Wednesday, August 10th at 1:00pm**. This event will be held at the library in Enon and will feature guest speaker and consumer educator Danielle Murphy from the Ohio Attorney General's Office. As a consumer educator, Danielle conducts presentations to groups across the state to educate Ohioans about their rights as consumers and how to avoid becoming victims of various scams. There will be a sign-up sheet posted at the Enon Satellite location for this event.

### Snacks & Facts

Join us for Snacks & Facts on **Friday, September 2nd at 10:00am** at which time Nick Hoff, who is a Rehab Solutions Specialist with Med Mart, will provide education regarding available products, home modifications, and average pricing that will allow seniors to remain safe and independent in their own homes for as long as possible. Please register for this event by calling Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043.

### Marie's Candies

Visit Marie's Candies in West Liberty Ohio on **Wednesday, September 7th at 12:00pm**. There will be a video regarding the history and nature of the chocolate making business as well as chocolate samples! Members will also have time to shop. A sign-up sheet will be posted at the Enon Satellite location and you may call Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043 for details regarding transportation plans.

### Lunch & Learn

Join us for a Lunch and Learn on **Thursday, September 22nd at 12:00pm**. Barb Arnold, from the Enon Historical Society, will guide members through exploring the history of the Knob Prairie Cemetery. Following the presentation, interested members will meet at the cemetery to tour the grounds, weather permitting. Do you think you may have family members buried at Knob Prairie Cemetery? Barb can research this if provided with your family's name. This event is sponsored by **Northwood Skilled Nursing and Rehabilitation**. Please register for this event by calling Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043.

## USS Downtown Meals

Reminder that our sandwich and salad bar has reopened for alternative lunch options! Please note, some items are an additional cost. See the menu located outside our cafe for all lunch options.

Beginning Monday, August 1st, **USS downtown congregate lunches will be dine-in only**. Only a-la-carte purchases will be grab and go.

A friendly reminder that the USS side alley parking lot is reserved daily from 8:00am - 1:00pm for our meal services delivery staff. There is no parking in this lot until after 1:00pm.

## USS Support Groups

**The Parkinson's Disease Support Group** will meet on **Tuesday, August 9th at 1:00pm**. The speaker will be from Carson's Northridge Pharmacy to discuss adaptive eating devices. The group will also meet on **Tuesday, September 13th at 1:00pm**. The speaker will be Natalie Huber-Raiff, Director of Sleep and DME Services at Mercy Health to discuss some ideas for good sleep. 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 Caregiver Support Group** will meet on **Wednesday, August 17th** and **Wednesday, September 21st at 10:00am**. 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.

**The In-Touch Support Group** will meet on **Wednesday, August 3rd** and **Wednesday, September 7th at 1:00pm**. This group is open to those who are experiencing anxiety. It is a peer-to-peer group who can share in a safe and friendly environment.

*For more information about any of these groups, contact Jane Eckels at 937-521-3016 or [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org).*

## 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.

## Community Wellness

Reliable health information about the COVID-19 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.

# RSVP

Retired & Senior Volunteer Program



## Student Mentoring Opportunity

Have you considered tutoring or mentoring? Many children have fallen behind in school because of the pandemic closings. They could use a helping hand from a friendly adult. RSVP partners with The Warder Literacy Center, Shawnee Local Schools, and Springfield City Schools. School will be starting again in August and volunteer training and orientation will be offered soon. These children really need our help. Tutoring sites offer children a safe and caring place to learn and grow and prepare for success in school. Another opportunity is to become a "lunch buddy". Some students would benefit greatly from having a trusted friend and role model to have lunch and talk with them. Shawnee Local and Springfield City Schools both offer this program.

## Medical Reserve Corps

The Medical Reserve Corps (MRC) is a national network of volunteers who help make their communities stronger and healthier during disasters and every day. Volunteers prepare for and respond to natural disasters such as wildfires, hurricanes, blizzards, and floods, as well as other emergencies affecting public health, such as disease outbreaks. MRC volunteers also regularly contribute to community preparedness – engaging in activities like CPR/AED training and assisting with community vaccination clinics. The specific role you play and activities in which you will participate will depend upon your background, interests, skills, and needs of the community. It's a chance to give back to your community, helping to keep your family, friends, and neighbors safe and healthy.

## Volunteers Are Needed:

The **USS Wellness Conference** will be held on Thursday, August 25th, 1:00pm - 4:00pm. Volunteers are needed to serve as room attendants, give building tours, and assist the vendors/exhibitors. This will be an interactive afternoon with guest speakers, demonstrations, health screenings, healthy snacks, door prizes, and resource sharing. Come share this afternoon with us!

At USS, we are also looking for **volunteer dishwashers** in the downtown Café. This will comprise of filling and loading dishwashers with no heavy lifting. Volunteers are needed Monday-Friday, 11:30am-1:30pm.

**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 USS Annual Campaign

Dear Friends of USS,

### Would you please consider a gift to the 2022 USS Annual Fund Campaign?

Your gift supports the increased demand for USS meal delivery, transportation to medical appointments, personal care, and other services, as well as ensures that all older adults in our community can take part in recreation and education at our centers. USS is proud to support our friends and neighbors through these essential services that support independent living and through the integrated wellness programs that support active, involved lifestyles.

We work hard every day to be your trusted resource and strongest advocate for successful aging. For over 50 years our mission has not wavered. Today, tomorrow and for many years to come, USS is prepared to serve Clark County's largest generation of members and clients. We take seriously our mission and responsibility to meet the opportunities and challenges that current and future generations of older adults in our community will surely face.

The Annual campaign will help to support USS operations as we serve the people in our community when they need us most.

### PLEASE DONATE NOW!

To donate online, visit [www.unitedseniorservices.org/donate](http://www.unitedseniorservices.org/donate) **OR** to donate over the phone, call Cortney Schneider at 937-323-4948 ext. 112 to make a credit card donation **OR** to donate through the mail, please use the attached envelope to send your donation to USS.

### PLEASE DONATE IN THE FUTURE!

For information about making a planned gift in the future, please call me at 937-521-3001.

### All gifts make an important and lasting impact.

Thank you in advance for your enduring commitment to keep USS strong.

Maureen Fagans  
Executive Director/CEO



# 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. 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). Contact Nowak Tours at 877-293-4900 to register and pay.

## By the Sea

**August 23-26** **\*\*Only 3 spots left! Call today!\*\***

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)

**Balance Due:** ASAP



## Riverboatin'

**September 16-20** **\*\*Call to join the worth-the-wait list!\*\***

## 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 ASAP **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



# 2022 Day Trips

## The Ark Encounter

**August 10**

Day trip to the Ark Encounter in Williamstown, KY. Enjoy a self-guided visit of the Ark Encounter and a dinner buffet at Emzara's Kitchen with spectacular views of the Ark.

**Trip Fare:** \$129 per person **Balance Due:** ASAP - Limited Spots Available



## Amish Country

**October 12**

Day trip to the Amish Country in Berlin, OH. Enjoy exploring the country and downtown area with lunch on your own and then enjoy an Amish home-cooked buffet dinner.

**Trip Fare:** \$95 per person **Balance Due:** 9/21



## La Comedia Dinner Theater

**December 8**

Day trip to the La Comedia Dinner Theatre in Springboro, OH. La Comedia is one of the nation's oldest and largest professional dinner theaters with Broadway-style productions. Enjoy the matinee performance of White Christmas and a lunch buffet.

**Trip Fare:** \$113 per person **Balance Due:** 11/17



## 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

**Join us downtown on our  
new patio to enjoy the  
weather this fall!**

