

The Center Page

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

OCTOBER/NOVEMBER 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:
Pam King

Center Page Editor:
Jenna Bluemlein

Director's Corner



Dear Members and Friends,

USS has always been a strong advocate for families who become caregivers of a loved one, often because of a physical or cognitive disability. We offer services to help in the home, resources for care outside of the home, and support and respite for caregivers. The Alzheimer's Association is also a strong advocate for people and families providing care to a loved one living with a cognition or dementia diagnosis.

According to the Alzheimer's Association, 220,000 people in Ohio or 10% of Ohio's 60+ population are living with an Alzheimer's diagnosis. By 2025 the Association expects that number to increase to 250,000 or 12%. Together USS and the Association advocate at the state for the rights and needs of families, the necessity of continued research, and for the training and recruitment of the future workforce to help with care.

Locally, the Association is now scheduling in-person appointments at the USS downtown location to provide assistance and resources for individuals and families living with a dementia diagnosis. Also locally, USS provides in-home services, such as meals and housekeeping to ease the burden for eligible families, and remote and in-person support groups for caregivers to share information and offer ongoing resources. USS is also sponsoring a team at the Alzheimer's Association local annual Walk to End Alzheimer's.

The annual Walk to End Alzheimer's is the Association's largest worldwide fundraiser. Traditionally it is a large event with hundreds of walkers, local partners hosting exhibit tables of information, and a fun, purposeful atmosphere. The goals are twofold – to raise awareness about Alzheimer's and other dementias, and to raise money for research. **The Walk to End Alzheimer's is on Saturday, October 1st at 9:00am at Snyder Park.** You are welcome to walk with me as part of the USS team, with or without making a donation. I hope to see you there.

Thank you for the opportunity,

Maureen Fagans
Executive Director/CEO



What's NEW ↓

Medicare Open Enrollment

Medicare Open Enrollment is October 15th - December 7th.

Are you retiring, turning 65, or interested in a reevaluation of your current Medicare plan coverage? Medicare open enrollment is almost here and counseling is available by appointment throughout open enrollment.

USS Benefits Counselor, Eric Demmings, along with Jane Skogstrom and Mark Fisher, will be available to assist those new to Medicare as well as those currently enrolled in Medicare and interested in reviewing alternative plans and benefits available during the open enrollment period. Counselors provide Medicare beneficiaries with free, objective health insurance information, one-on-one counseling, and education about Medicare, Medicare prescription drug coverage (Part D), Medicare Advantage options, and Medicare supplement insurance.

Additional counselors from OSHIIP, a division of the Ohio Department of Insurance, will be on-site at the USS Downtown location on Tuesday, November 10th and Thursday, December 1st. If you don't need an in-person appointment, you may visit www.insurance.ohio.gov for additional Medicare resources or call 1-800-686-1578 to connect with an OSHIIP counselor by phone.

USS wants to make certain you have the resources you need to make important decisions about your Medicare Coverage for 2023! Please call the Welcome Center at 937-323-4948 to schedule your appointment with us starting **Monday, October 3rd.**

USS T-Shirts for Sale!

Would you like some new USS swag? We are now selling USS t-shirts for \$15, sales tax included. If you are interested, stop by and see Cortney in the Member Services Department to get yours today! Cash or check accepted, checks can be made out to USS. There are a limited number of sizes, but if there's enough interest, we will order more at a later date.



USS Social Dance

Holiday Social Dance
Friday, December 9th
Appetizers at 5:20pm, Dance at 6:00pm

Dust off your dancing shoes and join us for our first social dance since 2019! Dick Hatfield will be coming out of retirement for our holiday dance. He will be spinning the records from his collection of music we all have come to love. Appetizers and desserts will start at 5:20pm and the dance will be from 6:00pm to 8:00pm. There is a **\$5 fee to participate** in this activity. To reserve your spot, please RSVP no later than Friday, December 2nd with Cortney in the Member Services Department. Payment is required at the time you make your reservation. This event is sponsored by **MediGold.**

What's NEW ↓

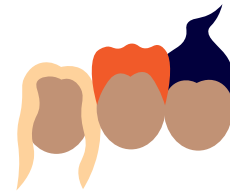
Closed Days at USS

USS will be closed on Thursday, November 24th and Friday, November 25th for Thanksgiving. We will open for regularly scheduled activities on Monday, November 28th at 7:00am.

Halloween Party

USS Spooktacular Halloween Party Monday, October 31st, 12:00pm - 3:00pm

We will be celebrating Halloween at USS this year on Monday, October 31st in the lobby and café. Be our guest as ghouls and goblins while we play games, share some treats and tricks, and partake in a costume contest. The contest will take place from 1:00pm to 2:00pm and prizes will be awarded to the top three winners. Join the fun... if you dare...



Service Project

Food Packing Event - In partnership with Lesotho Nutrition Initiative, Wittenberg University Friday, November 4th, 11:00am - 1:00pm

Lesotho Nutrition Initiative (LNI) is a student-led group on Wittenberg's campus that packs meals across the Midwest and partners with organizations in Lesotho to combat childhood malnutrition by distributing these meals. Lesotho is a small country in South Africa with high rates of children suffering from severe/chronic malnutrition and stunting, also known as wasting. The meals LNI provides are proven to halt malnutrition and reverse the long-term effects.

LNI will be at USS on Friday, November 4th from 11:00am - 1:00pm packing meals to ship over to Lesotho. If 65 members and friends can join us, we will be able to pack **10,000 meals!** To reserve your spot, please RSVP no later than Monday, October 31st by stopping by the Welcome Center.

There is a **\$5 cash fee** to participate. This is to cover the lunch that will be provided to you at this event and the rest will go towards shipping the meals to Lesotho. Payment is expected at the time you make your reservation. You do not have to be a USS member to participate in this rewarding activity. LNI will also accept monetary donations on the day of the pack to go towards purchasing more food and shipping the packed meals. To learn more about LNI, visit www.lesothonutritioninitiative.com.

Fall Craft

Handmade Dried Fruit Wreath Tuesday, November 8th, 2:00pm - 5:00pm

Join us for this year's fall craft! We will be constructing a festive wreath made out of dried fruit. You will be sure to impress all fall and winter long with this piece. Keep it for yourself or give it to a friend this Christmas. To reserve your spot, please RSVP no later than Tuesday, November 1st by calling the Welcome Center at 937-323-4948. There is a **\$5 fee** to participate.

[4 USS - The Center Page](#)

USS Lunch & Learns

Paving the Way Forward - Presented by Chris Moore, City of Springfield Thursday, October 20th at 12:00pm

USS welcomes Chris Moore, Service Director of Springfield, Ohio. Chris will provide a behind-the-scenes look at what really goes into ensuring the success of the city's roadway and resurfacing projects. To reserve your spot, please RSVP no later than Monday, October 17th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Villa Springfield*.

Title to be Announced - Presented by Oakwood Village Thursday, November 17th at 12:00pm

Please stay tuned; the details of this program will be announced closer to November. We apologize for any inconvenience. To reserve your spot, please RSVP no later than Monday, November 14th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Oakwood Village*.

OVSH Lunch & Learn

All About Incontinence - Presented by Dr. James Colombo, Urology Specialists of Ohio Thursday, October 6th at 12:00pm

USS welcomes Dr. James Colombo, MD, of Springfield Urology to present helpful information on symptoms, causes, and treatments. Dr. Colombo brings with him 21 years of experience in the medical field, along with resources and education on how to "fix those leaky pipes" so to speak. To reserve your spot, please RSVP no later than Monday, October 3rd by calling the Welcome Center at 937-323-4948. This event is sponsored by *Ohio Valley Surgical Hospital*.

USS Dinner & Discussions

Physical Therapy Awareness - Presented by Oakwood Village Wednesday, October 26th Dinner at 5:30pm, Presentation at 6:00pm

October is Physical Therapy Awareness month. Oakwood Village's rehabilitation team will be presenting the importance of physical therapy and its benefits. To reserve your spot, please RSVP no later than Friday, October 21st by calling the Welcome Center at 937-323-4948. This event is sponsored by *Forest Glen Health Campus*.

Lung Health - Presented by Angela Wagner, RN, Mercy Health Wednesday, November 16th Dinner at 5:30pm, Presentation at 6:00pm

November is Lung Cancer Awareness month and USS welcomes Angela Wagner, RN to present on the importance of lung screenings and early detection. To reserve your spot, please RSVP no later than Friday, November 11th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Villa Springfield*.

[USS - The Center Page 5](#)

What's NEW ↓

Social Support



The Social Support Group 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.

Paid Activities in November & December

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. Payments can be made 8:30am - 7:00pm, Monday - Thursday, or 8:30am - 4:30pm on Friday. **All paid activities start the week of Monday, October 31st. Payments for activities can be made starting Monday, October 24th.** Additional information will be available at the Welcome Center in mid-October.

Mobile Mammography

USS is partnering with *Mercy Health Imaging and Lab Center* to have the Mobile Mammography bus in our parking lot on **Thursday, October 27th, 10:00am - 4:00pm**. To make an appointment, please call 937-523-9332.



Flu Shot Clinic

USS is partnering with *Carson's Northridge Pharmacy* to provide flu shots to anyone who needs one. On **Thursday, October 13th at 1:30pm** at USS, members are invited to get protection for the winter against the flu. No appointments required, please bring your insurance card.



AARP Driver Safety Course

October 27th, 12:30pm - 4:30pm

AARP members: \$20, Non-members: \$25

USS is partnering with AARP to offer the convenience of bringing the AARP Smart Driver Classroom to you at our downtown location. This course, paid through AARP will help you to be a safer and more confident driver while adjusting to your changing environment on and off the road. You may also be eligible to receive discounts on your AARP auto insurance by joining this course.

Blocks to Blankets Thank You

The Blocks to Blankets group wants to thank everyone who has been donating to the ongoing sock drive in the USS lobby, as well as yarn for Madison Correctional Institution, and the many hats, scarves and blankets received. So far this year the group has donated over 4,000 items and over 1,700 pairs of socks. The group has made several donations to Sheltered, Inc. (formerly Interfaith Hospitality Network), Victory Faith Church, Perrin Woods Elementary, Child Advocacy Center, Jackson Lytle & Lewis, and 3 Indian reservations in South Dakota. The group will continue to accept donations through the winter.

October 2022 Schedule:

- 3rd** Manicures
- 2nd** Halloween Banner...NC
- 6th** Social Support Bingo
- 7th** Pfeifer Orchards & Young's Dairy
- 10th** Make a Spooky Wreath
- 11th** Hospice Project
- 13th** Tai Chi
- 14th** Oregon District
- 17th** Game Day
- 18th** Reader's Theatre Thrills & Chills
- 20th** USS Lunch & Learn...R
- 21st** Lunch at Cracker Barrel
- 24th** USS Ghost Hunt
- 25th** Halloween Mask Making
- 27th** Monster Movie Day
- 28th** Lunch at Foy's & Fairborn Family Diner
- 31st** Halloween Celebration...NC

***R=Reservations are required - call Tracy Wickham at 937-521-3010**

NC=At New Carlisle Satellite

November 2022 Schedule:

- 1st** Manicures
- 3rd** This and That
- 4th** New Carlisle Outing
- 7th** Gratitude Workshop
- 8th** Chair Volleyball
- 10th** Social Support Bingo
Sponsored by Aventura at Oakwood Village
- 11th** Christmas Tree Shop & More
- 14th** Loom Knitting
- 15th** Recipe Swap & Cake Testing
- 17th** Amity Wellness Workshop / 4 Paws for Ability
- 18th** Springfield Art Museum
- 21st** Leaf Votive
- 22nd** Working with Clay
- 24th** USS Closed
- 25th** USS Closed
- 28th** Winter Wreath
- 29th** DIY Hot Cocoa Jars

Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, October 19th** and **November 16th at 1:00pm**. 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.

New Activity! Uno Group

All USS members who enjoy the thrill of a good clean card game, grab a buddy and come down to the center for some friendly UNO! We provide the decks, you provide the sportsmanship. Join us on **Mondays, 1:00pm - 3:00pm** starting **Monday, October 3rd**. If you'd like to request another meeting time, contact Sophia Justice at 937-323-4948 ext. 219.

Activity Calendar: October 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-\$
 October 24th
 WWP Aquatics Class...9:00a - 10:00a...R-\$
 Blocks to Blankets..10:00a - 12:00p...D-NC
 October 10th & 24th
 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
 Uno.....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

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 *October 18th*
 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-\$
 LP Open Swim.....1:00p - 6:30p...D-NC
 Mah Jongg.....1:00p - 3:00p...D-NC
 Parkinson's Support...1:00p - 2:00p...D-NC
 October 11th
 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-\$
 WWP Open Swim.....3:00p - 5:00p...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 *October 5th*
 Blood Pressure Screenings 10:00a-12:00p
 ...D-NC *October 19th*
 Caregiver Support..10:00a - 11:00a...R-NC
 October 19th
 Functional Fitness.....10:00a - 11:00a...R-\$
 WWP Open Swim.....10:00a - 6:30p...D-NC
 Congregate Meals.....11:00a - 1:00p
 In-Touch Support.....1:00p - 2:30p...D-NC
 October 5th
 Bingo.....1:00p - 3:30p...D-\$-V
 Card Making Club.....1:00p - 4:00p...D-NC
 October 12th & 26th
 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
 Int/Adv Pickleball.....4:00p - 7:00p...D-NC
 Dinner & Discussion..6:00p - 7:00p ...R-NC
 October 26th *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
 October 6th & 20th *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-\$
 Flu Shot Clinic.....1:30p - 3:30p...D-NC
 October 13th
 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
 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: November 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-\$
November 28th
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC
November 7th & 21st
- 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
- Uno.....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

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 *November 15th*
- 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-\$
- LP Open Swim.....1:00p - 6:30p...D-NC
- Mah Jongg.....1:00p - 3:00p...D-NC
- Parkinson's Support....1:00p - 2:00p...D-NC
November 8th
- 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-\$
- WWP Open Swim.....3:00p - 5:00p...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 *November 2nd*
- Blood Pressure Screenings 10:00a-12:00p
...D-NC *November 16th*
- Caregiver Support..10:00a - 11:00a...R-NC
November 16th
- Functional Fitness....10:00a - 11:00a...R-\$
- WWP Open Swim....10:00a - 6:30p...D-NC
- Congregate Meals.....11:00a - 1:00p
- In-Touch Support.....1:00p - 2:30p...D-NC
November 2nd
- Bingo.....1:00p - 3:30p...D-\$-V
- Card Making Club.....1:00p - 4:00p...D-NC
November 9th & 23rd
- 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
- Int/Adv Pickleball.....4:00p - 7:00p...D-NC
- Dinner & Discussion..6:00p - 7:00p ...R-NC
November 16th *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-\$
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November 17th *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

USS Closed on November 24th for Thanksgiving

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

USS Closed on November 25th for Thanksgiving

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 Activity Calendar

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

Enon Activity Calendar

October 2022:

Mondays:

- Karaoke Party...** 12:30p
October 3rd
- Bingo...** 12:30p
October 10th
Sponsored by **Vancrest of New Carlisle**
- Movie Day...** 12:30p
October 17th
Hocus Pocus 2
- Games & Snacks...** 12:30p
October 24th Sponsored by **Good Shepherd Village**
- Halloween Party!**...12:30p
October 31st

Tuesdays:

- Mexican Train Dominos...** 12:30p
- Halloween Banner Activity...** 12:00p
October 4th
- Rock Painting & Euchre...** 12:30p
October 11th
- Crafts & Yahtzee...** 12:30p
October 18th
- Ladderball...** 12:30p...OWP
October 25th

Wednesdays:

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

Thursdays:

- Bridge...** 12:30p
- Funnel Pong...** 12:30p...OWP
October 6th
- Trip to Enon for Bingo & UDF**
...12:30p **October 13th**
- Football Bowling...** 12:30p
October 20th
- Costume Party at Enon...** 12:30p
October 27th

Fridays:

- Hand, Knee & Foot...** 12:30p
- Pinochle...** 12:30p **October 7th**
- Bradford Pumpkin Festival...** 12:00p
October 14th
- Trip to Foy's...** 12:00p
October 28th

OWP: Outside Weather Permitting

October 2022:

Mondays:

- Focus on Fitness...** 9:30a...\$
- Bridge & Cornhole...** 12:30p

Tuesdays:

- Euchre...** 1:00p
- Snacks & Facts...** 10:00a **October 4th**
Sponsored by **Forest Glen Health Campus**
- Ping Pong & Washer Toss...** 10:30a
October 11th & 18th
- Halloween Dogs 101...** 10:30a
October 25th

Wednesdays:

- Focus on Fitness...** 9:30a...\$
- Games...** 11:00a **October 5th**
- String Ring...** 1:00p **October 12th & 26th**
- Potluck...** 12:00pm **October 19th**
Sponsored by **Forest Glen Health Campus**

Thursdays:

- Crafts with Nancy...** 1:00p...R **October 6th**
Sponsored by **Good Shepherd Village**
- Bingo...** 12:30p **October 13th**
Sponsored by **Forest Glen Health Campus**
- Lunch & Learn...** 10:30a **October 20th**
Sponsored by **Northwood Skilled Nursing and Rehabilitation**
- Movie Day...** 1:00p
October 20th
- Costume Party...** 12:30p **October 27th**
Sponsored by **Springfield Masonic Community**

Fridays:

- Kai Chair Yoga...** 9:00a...\$
- Stitchers...** 11:30a
- Hospice Pillows...** 12:30p

\$: Additional Fee for Class
R: Registration Required

November 2022:

Mondays:

- Thanksgiving Potluck...** 12:30p
November 7th
With USS Jammers.
Sponsored by **Vancrest of New Carlisle**
- Bingo...** 12:30p
November 14th
Sponsored by **Vancrest of New Carlisle**
- Movie Day...** 12:30p
November 21st
Honey I Shrank The Kids
- Games & Snacks...** 12:30p
November 28th Sponsored by **Good Shepherd Village**

Tuesdays:

- Mexican Train Dominos...** 12:30p
- Rock Painting & Yahtzee...** 12:30p
November 8th
- Working with Clay...** 12:00p
November 15th
- Crafts...** 12:30p
November 22nd
- Football Bowling...** 12:30p
November 29th

Wednesdays:

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

Thursdays:

- *Closed on November 24th**
- Bridge...** 12:30p
- Cornhole...** 12:30p...OWP
November 3rd
- Trip to Enon for Bingo...** 12:30p
November 10th
- Chair Volleyball...** 12:30p...OWP
November 17th

Fridays:

- *Closed on November 25th**
- Hand, Knee & Foot...** 12:30p
- Pinochle...** 12:30p
November 4th
- Veterans Pinning...** 10:00a
November 4th Sponsored by **Cherish Hospice**

OWP: Outside Weather Permitting

November 2022:

Mondays:

- Focus on Fitness...** 9:30a...\$
- Bridge & Cornhole...** 12:30p

Tuesdays:

- *Closed on November 8th**
- Euchre...** 1:00p
- Snacks and Facts...** 10:00a **November 1st**
Sponsored by **Forest Glen Health Campus**
- Ping Pong & Washer Toss...** 10:30a
November 8th & 29th
- Putt Putt Golf...** 9:30a **November 15th**
- Dogs 101...** 10:30a **November 22nd**

Wednesdays:

- Focus on Fitness...** 9:30a...\$
- Games...** 11:00a **November 2nd**
- String Ring...** 1:00pm **November 9th & 30th**
- Potluck...** 12:30pm **November 16th**
Sponsored by **Wooded Glen Health Campus**
- Christmas Craft...** 11:00am **November 23rd**

Thursdays:

- *Closed on November 24th**
- Snacks & Facts...** 10:00a **November 3rd**
Sponsored by **Northwood Skilled Nursing and Rehabilitation**
- Crafts with Nancy...** 1:00p...R **November 3rd**
Sponsored by **Good Shepherd Village**
- Bingo...** 12:30p **November 10th**
Sponsored by **Forest Glen Health Campus**
- Ribbon Wreaths...** 10:00a **November 17th**
- Movie Day...** 1:00p **November 17th**

Fridays:

- *Closed on November 25th**
- Kai Chair Yoga...** 9:00a...\$
- Stitchers...** 11:30a
- Hospice Pillows...** 12:30p

\$: Additional Fee for Class
R: Registration Required

What's NEW ↓

Enon Satellite Special Activities

Trick or Treat with Service Dogs

Have you ever smiled so much that your face hurt? To the delight of our members, *Fulton's Finest 4-H Therapy and Service Dogs* will be back at the Enon Satellite location. The dogs will 'trick or treat' with us in Halloween costumes on **Tuesday, October 25th at 10:30am**. Sure to melt the heart!

Halloween Costume Party

The *Springfield Masonic Community* is sponsoring our Halloween costume party on **Thursday, October 27th at 12:30pm**. Lonnie Freeman will be in the building as our Elvis impersonator. We will all have a chance to vote for best costume. If "you ain't nothin' but a hound dog" that's ok, you're welcome too. Just "don't step on my blue suede shoes."

New Activities! Ping Pong and Washer Toss

Bring your competitive spirit and have some fun with the addition of Ping Pong and Washer Toss games to our programming in Enon on varying Tuesdays this fall. Refer to the Enon Activity Calendar on page 9 for specific dates and times.

Kai Chair Yoga

Great News! Kai Chair Yoga will continue in Enon on Friday mornings at 9:00am. Dress comfortably and join us as we exercise our minds, bodies, and spirits. There is an additional fee for these classes. Contact Tammy Sanderson, Enon Satellite Coordinator at 937-863-0043 for more information.

Snacks & Facts and Lunch & Learn

Join us for Snacks & Facts on **Tuesday, October 4th at 10:00am** for a presentation about assisted living, sponsored by *Forest Glen Health Campus* and on **Thursday, November 3rd at 10:00am** for a presentation about slips and falls, sponsored by *Northwood Skilled Nursing and Rehabilitation*. Also, join us for our Lunch & Learn on **Thursday, October 20th** at 10:30am with the Enon Historical Society to learn about the Knob Prairie Cemetery. This event is sponsored by *Northwood Skilled Nursing and Rehabilitation*

Food Trucks at USS

Warm up with some tasty treats this fall! USS has invited local food truck vendors to set up in our front parking lot throughout the year. Watch Facebook and USS building flyers for more information and updates to the food truck schedule!

October 6th, 20th, 27th, November 3rd, 10th, 17th Grandpa's Doggin' It

October 13th White's Good Time Griddle Breakfast

December 8th Mom Andrasik's Hungarian Cabbage Rolls

More to come! Stay tuned!

USS Support Groups

The Parkinson's Disease Support Group will meet on **Tuesday, October 11th at 1:00pm**. The speaker will be Ashley Adam from Area Agency on Aging to discuss their new caregiver website, Trualta. The group will also meet on **Tuesday, November 8th at 1:00pm**. The speaker will be Leann Castillo, Executive Director of the National Trail Parks and Recreation District. Leann will discuss getting out to the parks to enjoy the winter season. 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, October 19th** and **Wednesday, November 16th 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 for this free service.

The In-Touch Support Group will meet on **Wednesday, October 5th** and **Wednesday, November 2nd 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.

4 Paws for Ability Visits USS

Meet a service dog in training on **Thursday, November 17th at 10:30am** at USS. *4 Paws for Ability* is a nonprofit in Xenia whose mission is to train and place quality task-trained service dogs for children and veterans with disabilities. 4 Paws for Ability places over 100 service dogs a year worldwide. KaLynn Clark, Development Director, has been part of the 4 Paws team for over four years and fosters service dogs in training. She has a passion for the 4 Paws mission and loves plugging people into service opportunities.

SAILL Update

The fall term for the USS Springfield Area Institute for Lifelong Learning (SAILL) program is underway, but it's not too late to register for the following:

Autumn Trails Stable Equine-Assisted Services Center Tour; Balance & Fall Recovery; Digging Other People's Trash; Furoshiki - The Art of Japanese Fabric Wrapping; Getting to Know Your Android Phone; Sewing a Swing Jacket; Vertigo, BPPV, Dizziness? What Can You Do?; and When Disaster Strikes: Personal Preparedness. Class descriptions can be found in the Fall SAILL catalog, available for download at www.unitedseniorservices.org/saill/.

Looking for something not currently offered? Class suggestions are always welcome! Interested in teaching a class? Contact Cindy Lockwood, SAILL Coordinator at clockwood@unitedseniorservices.org or 937-323-4948 ext. 140.



RSVP

Retired & Senior Volunteer Program

VOLUNTEERS
Always Needed, Forever Appreciated

Volunteer Spotlight

Gary Truss grew up in Springfield, graduated from South High, and worked at Navistar for 30½ years. With his sister Wanda, he opened and ran the soul food restaurant O' Taste and See for eight years. Today he volunteers to lead the Rainbow Table at St. John's Lutheran Church where he cooks for approximately 90 community members each Friday with the help of 17-20 other volunteers.

Gary has high praise for the volunteers that share this mission. "What I do, I do because I love it, but my volunteers allow me to succeed at what I love". He is amazed at the bond he's built with the volunteers. He believes if you put yourself aside to see other people, they will open up to you. The volunteers let him know he's on the right path and ask what they can do to help.

Volunteering for him at the Rainbow Table is about so much more than nurturing the homeless and providing food. He ministers to people and lets them know they are all appreciated. He really takes the time to listen and has been able to provide advice about community support and referrals. Gary says because he has been so blessed in his life, it allows him to fill some voids in other folks' lives and the reward has been a great amount of joy to do this and see others benefit. "My joy is my wealth".

Thank you Gary for all you do for our community. We're so pleased to have you as a member of the AmeriCorps Retired and Senior Volunteer Program!



Volunteers Are Needed

Ohio's Community and Mercy Hospice is seeking RSVP volunteers. They need a licensed hairstylist to cut hair, music support (singing, playing guitar, etc), and Assisted Pet Therapy teams that are certified through Dogtors, Best Friends Pet Assisted Therapy, or Miami Valley Pet Therapy. All volunteers must be current on COVID-19 vaccinations.

St. John's Lutheran Outreach Store needs volunteers. Thrift store clerks sort donations, stock shelves, and assist customers with purchases.

St John's Lutheran Church "Mary Marthas" committee prepares and serves lunch on Tuesdays for the local Kiwanis meeting. Volunteers set up, prepare, serve, and clean up. Three volunteers are needed to work from 9:00am-1:00pm. Please consider helping out with this group.

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.

USS Membership Drive

The 2023 USS Membership Drive Begins in November

It is hard to believe the time has come to begin another membership drive at USS. This year's drive will begin on **Monday, October 31st** and will be open to new and returning members. All those age 55 and better are eligible and welcome to join!

Clark County Residents: \$15

Out of County Residents: \$50

All members, NEW & RETURNING, must complete a 2023 Membership Form. Your 2023 membership will last until December 31st, 2023.

Copies of the forms are available at our downtown, Enon, and New Carlisle centers for pickup or on our website at www.unitedseniorservices.org/membership/ for download.

Come to our downtown lobby, 8:30am - 7:00pm, Monday-Thursday or 8:30am - 4:30pm on Friday to complete your 2023 Membership Form in person. USS staff and volunteers will be available to assist you during these times.

Do you know anyone turning 55 at any time in 2023? They're eligible for a free membership starting January 1st, 2023!



Trips & 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. Contact Nowak Tours at 877-293-4900 to register and pay.
****When paying by check, it must be made payable to 'Nowak Tours'.****

2022 Tours

Annual Mystery Tour - Coming Soon!

October 26-28 Activity Level: Easy

Lights, Camera, Action!

Tour Fare: \$689 per person (double)
 \$839 per person (single) Balance Due: **ASAP**

Greenbrier Christmas

December 11-13 Activity Level: Easy

Visit the Greenbrier Resort, a National Historic Landmark and world-class resort.

Tour Fare: \$1,199 per person (double)
 \$1,529 per person (single) Balance Due: **ASAP**

2022 Day Trips

Amish Country

October 12 ***Call to join the worth-the-wait list!***

Trip Fare: \$95 per person due **ASAP**

La Comedia Dinner Theater

December 8 ***Call to join the worth-the-wait list!***

Trip Fare: \$113 per person due 11/17

2023 Tours Sneak Peek!

The full 2023 Tour Catalog will be included in the December/January edition of the *Center Page*!

Cabo Winter Getaway

February

Holland Michigan Tulip Festival

May

Pigeon Forge Redneck & Toe Tapping Tour

June

Colorado Rail Adventure

July

Discover Alaska

August

Annual Mystery Tour

September

Fall Away in New York

October

Memphis Blue Christmas

December



Community Resources

Clark County Warmline

It's okay not to be okay today. The Clark County Warmline is a free, peer-to-peer call line. It is available 24/7 including weekends and holidays. The Warmline is intended to address mental health concerns. 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.

COVID-19 Community Wellness

Reliable health information about the COVID-19 vaccine, assistance with scheduling appointments, navigating websites 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 efficacy, please contact Laura Fulton at 937-323-4948 ext. 227.

HEAP Winter Crisis Program

The Home Energy Assistance Program (HEAP) helps income-eligible Ohioans who are at or below 175 percent of the poverty guideline and who are facing disconnection, have been disconnected, need to establish new service, need to pay to transfer service, have PIPP default, need to pay first PIPP, or have 25% (or less) supply of bulk fuel in their tank maintain their utility service.

The **HEAP Winter Crisis Program** begins on **Tuesday, November 1st** to provide heating assistance to those who need it. Joyce Robinson, USS Outreach Coordinator can provide assistance with completing the application. Please call her at 937-521-3005 for more information as it becomes available.

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

USS SERVICES

- Benefits Counseling
- Caring Services Advocacy
- Health Outreach
- Home Modifications & Repairs
- In-Home Services
- Meal Services
- Recreation & Education
- Support Services
- Transportation
- Travel Programs
- Volunteers Opportunities

MISSION

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



UNITED SENIOR SERVICES

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

125 W Main St

Springfield, OH 45502

The background of the lower half of the page is a solid orange color. Scattered across this background are several black silhouettes of bats in flight, some with wings spread wide and others in various stages of flight, creating a Halloween-themed atmosphere.

Happy Halloween!

**See page 4 for how we will be
celebrating at USS this year!**



UNITED SENIOR SERVICES