

# The Center Page

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

DECEMBER 2022/JANUARY 2023

2023 Tour  
Catalog Inside!

## 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

### 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:  
Dean A. Elam

Center Page Editor:  
Jenna Bluemlein

# Director's Corner



Dear Members and Friends,

Thank you for participating in our recent Community Survey. We reached 25,000 households of people 55 years old and better and received completed surveys from 10%, which our researchers said is a "statistically significant" (or reliable) response rate. In addition to the survey our researcher also conducted interviews with community leaders and with respondents who wanted to talk about specific subjects important to them.

We are still reviewing the large amount of interesting data from our research, which will be helpful to USS as we plan for the services of the future. Our typical respondent has lived in Clark County for more than 20 years. Most (81%) are living in their single family home and still drive (92%) their personal car. 70% are retired. One third (33%) of respondents are in a caregiver role for a spouse, parent, or other family member.

Topping the list of "needed services" for older adults is home maintenance, housekeeping services, and social/recreational events, followed by home care, caregiver services, and transportation. Many seniors who need services either cannot find a provider or believe they cannot afford a provider. A primary need for seniors is a resource to help them find providers for in-home services and care. They trust USS to source or provide the resources they need, such as handymen, housekeepers, caregiver resources, transportation, and recreation.

The majority of people surveyed (60%) know about USS. There were some who have limited knowledge of us and fewer who don't know us at all. Most want to learn more about USS, what we offer, and who is eligible for services.

USS values our good relationship with our members and clientele. We are always interested in your feedback and ideas. And we are interested in reaching more of our community. USS leadership is using this survey data for long term planning - which existing services and programs to expand, which new ones to add, and how to allocate resources and partner with community organizations to achieve our goal to best meet the needs of the older population in Clark County.

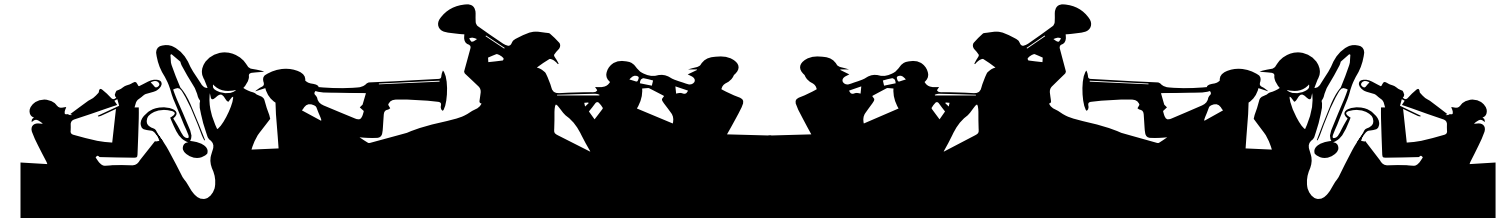
Thank you for the opportunity and Happy Holidays!

Maureen Fagans, AICP  
Executive Director/CEO

# What's NEW ↓

## Red Hot Holiday Stomp

USS is happy to announce the return of **Todd Stoll** for the annual **Red Hot Holiday Stomp** on **Thursday, December 22nd at 7:00pm**. Seating is limited for this special event. Tickets are \$10 each and can be purchased at USS downtown, Monday - Thursday, 8:30am - 7:00pm and Friday 8:30am - 4:30pm. Tickets are sold on a first-come-first-served basis starting Thursday, December 1st at 8:30am. Please see Cortney in Member Services for your ticket with check or cash only. This holiday event is sponsored by the **Springfield Masonic Community**.

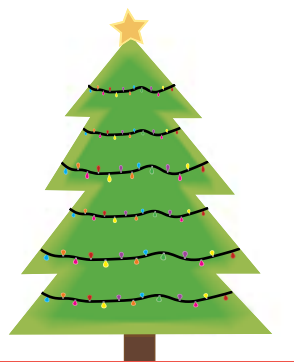


## USS Holiday Concert with Vintage Voices

### Holiday Concert

**Thursday, December 15th at 1:30pm**

Nothing says the holidays are here like a performance by our own Vintage Voices! Join us to listen to many of your holiday favorites. Following the performance, a hot chocolate bar will be provided by **Wooded Glen Health Campus** and holiday cookies from **Ohio Valley Hospice**. You don't want to miss this! Reservations are not required, we hope to see you there.



## USS Social Dance

### Holiday Social Dance

**Friday, December 9th**

**Appetizers at 5:20pm, Dance at 6:00pm**

The cut-off date for reservations is quickly approaching! Dick Hatfield will be coming out of retirement for our holiday dance, so be sure to dust off your dancing shoes! Appetizers and desserts will start at 5:20pm and dancing 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 Member Services. 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 close early at 2:00pm on Wednesday, December 21st and at 12:00pm on Friday, December 23rd. USS will be closed all day on Monday, December 26th for the holidays. USS will also be closed all day on Monday, January 2nd for New Year's and Monday, January 16th for Martin Luther King Jr. Day.

## Food Drive with SHFB

USS is partnering with **Second Harvest Food Bank (SHFB)** to collect nonperishable items for their annual holiday food drive. SHFB is looking for peanut butter, cereal, dry goods, canned fruit, vegetables, meats, soup, and meals in a can. SHFB asks that food donations be low-sodium and "healthy" items; in addition, please avoid donating items in glass containers. There is now a collection bin in the USS downtown lobby, and the **last day for donations is Tuesday, January 3rd.**



## Tree Decorating at USS

Want to join in on the festive cheer at USS this holiday season? Bring in your own ornament from home to add to our Christmas tree in our downtown lobbies! The trees are already up, so stop by with your ornament anytime. Ornaments can be picked up after the trees are taken down. Any remaining ornaments will be used to decorate in following years. To allow all members this opportunity, USS asks that members only bring in one ornament per person.

## Card Making Club Thank You

The USS Card Making Club made **over 500 holiday cards** that were sent to United Soldiers & Sailors of America (SOA). Your generous donations of cards, money, and supplies are all greatly appreciated. These cards will be sent to hundreds of United States service members deployed around the world.



## USS Lunch & Learns

### Medicare Fraud & Scams - Presented by Vicki Fortman Thursday, December 15th at 12:00pm

USS welcomes Vicki Fortman with Ohio Senior Medicare Patrol (SMP) to explain how to protect your personal information, detect and report Medicare errors, abuse and fraud, as well as how to avoid scams. SMP will take time to teach how to recognize, prevent, and report suspected abuse or errors. To reserve your spot, please RSVP no later than Monday, December 12th by calling the Welcome Center at 937-323-4948. This event is sponsored by **Brookdale Senior Living.**

### Coping with Grief - Presented by Angela Timpson, MDiv Thursday, January 19th at 12:00pm

USS welcomes Angela Timpson from Ohio's Hospice of Dayton to present on how to cope with grief. As many know, the grieving process is slow and far too common. Angela will be helping provide clarity to this process through the pain of loss after the death of a loved one. She will teach healthy coping tools that will bring comfort and healing on the journey through grief. To reserve your spot, please RSVP no later than Tuesday, January 17th by calling the Welcome Center at 937-323-4948. This event is sponsored by **Wooded Glen Health Campus.**

## OVSH Lunch & Learn

### Hip Arthritis - Presented by Dr. David Galluch, MD, FAAOS Thursday, January 5th at 12:00pm

USS welcomes Dr. Galluch from Springfield Orthopedics & Sports Medicine Institute to present on hip arthritis. Dr. Galluch specializes in general orthopedic surgery and sports medicine, particularly related to the knee, hip, and shoulder. He will speak about common symptoms, at-home exercises, and what steps to take if you have hip pain. In addition, Dr. Galluch will be available to answer all your questions. To reserve your spot, please RSVP no later than Thursday, December 29th by calling the Welcome Center at 937-323-4948.

## AARP Tax Prep at USS

USS will be partnering with AARP to provide tax preparation appointments for our members, clients, and the Clark County community. Individuals or couples looking to schedule an appointment can call the Welcome Center at 937-323-4948 starting **Tuesday, January 17th at 8:30am.** Once your appointment is scheduled, AARP asks that you arrive at least 15 minutes early to complete the intake form. Please bring the following items on the day of your appointment: Social Security Card, photo ID, and last year's taxes. We are looking forward to providing this service again in 2023.

# What's NEW ↓

## Paid Activities in January & February

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. **The next series of paid activities start the week of Tuesday, January 3rd. Payments for activities can be made starting Tuesday, December 27th.** Additional information will be available at the Welcome Center in mid-December.

## Congregate Meals Update

Attention all congregate meal patrons! Starting January 1st, 2023 if you are new to the USS Meal Services program or if you are an existing patron, you must register for the year of 2023. You cannot be served a meal until you have completed a 2023 registration form. Also starting January 1st, the suggested donation price per meal will increase. Be on the lookout for the new price to be announced soon. If you have questions, please call USS Meal Services at 937-323-9688.

## Meal Services Substitute Drivers Needed

USS Meal Services is looking for substitute drivers for our Meals on Wheels program. Sub drivers are paid an hourly rate plus mileage. Includes county-wide deliveries, Monday - Friday, 10:30am - 1:30pm. Sub drivers use their own vehicles and it is preferred that applicants have a smart phone with GPS access.

## Staying Green at USS in the New Year

Turn over a new green leaf in 2023! Consider bringing a coffee mug/traveler's mug from home to use while enjoying coffee provided by USS in our centers. Let's try reducing our carbon footprint one small step at a time!

## Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, December 21st** and **January 18th 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 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.

## Food Trucks at USS

Mom Andrasiks Hungarian Cabbage Rolls Food Truck will be at USS on **Thursday, December 8th, 11:00am - 2:00pm**. Stop by to enjoy their authentic Hungarian cabbage rolls!

# 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.



## December 2022 Schedule:

- 1st** Popcorn Garlands
  - 2nd** Winterfair...\$
  - 5th** Manicures
  - 8th** Social Support Bingo  
\*Sponsored by **Aventura at Oakwood Village\***
  - 9th** Christmas Choir...NC
  - 12th** Pillows for Hospice
  - 13th** Christmas Movie
  - 15th** Holiday Concert by the Vintage Voices  
Lunch & Learn...R (Call 937-323-4948)
  - 16th** Last Minute Gifts at an Antique Mall
  - 19th** Make Your Own Gingerbread House  
\*Refreshments provided by **Comfort Keepers\***
  - 20th** Christmas with the Dogs...E
  - 22nd** Ugly Christmas Sweater Party
  - 29th** Learning to Knit on a Loom
  - 30th** New Year's Party
- \*Closed at 2:00p on December 21st, at 12:00pm on December 23rd, all day on December 26th\**

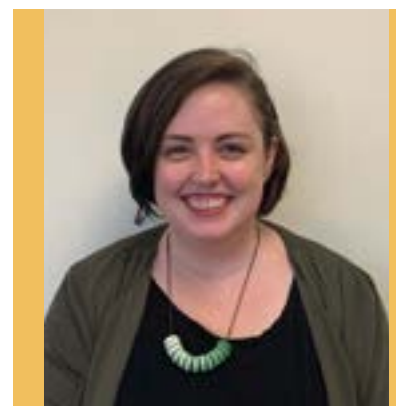
## January 2023 Schedule:

- 3rd** Manicures
  - 5th** OVSH Lunch & Learn...R (Call 937-323-4948)
  - 6th** Shopping & Chinese Buffet
  - 9th** Watercolors with Vicki (Landscapes)
  - 10th** Identify & Avoid Scams Presentation
  - 12th** Social Support Bingo  
\*Sponsored by **Aventura at Oakwood Village\***
  - 13th** Lunch at Der Dutchman
  - 19th** Lunch & Learn...R (Call 937-323-4948)
  - 20th** Winery Trip
  - 23rd** Tea Party
  - 24th** Suicide Prevention Gatekeeping Training
  - 26th** Spa Day
  - 27th** Air Force Museum
  - 30th** Popcorn Sampling
  - 31st** Amity (Friendship) Wellness Workshop
- \*Closed all day on January 2nd & 16th\**

**\*R=Reservations Required \$=\$5 fee**  
**NC=At New Carlisle Satellite E=At Enon Satellite**

## Welcome, Chelsea Mutschler-Huber

USS would like to welcome new staff member, Chelsea Mutschler-Huber, as our newest Social Support Coordinator! Chelsea joined USS staff in November. She worked in adult education for 6 years before joining USS. She enjoys working with adults and is an advocate of mental health, so she is very excited for her new role in the community which combines both of her passions. Outside of work, Chelsea and her husband Seth have three kids; Cole, Maria, and Havily. With her children she tries to share her love of reading, crafting, and thrifting while they in turn share their love of video games and anime. Welcome to the USS family, Chelsea!



# Activity Calendar: December 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-\$  
\*December 19th\*
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC  
\*December 5th & 19th\*
- 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
- Ping Pong.....12:00p - 4:00p...D-NC
- 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 Open Swim.....1:30p - 6:30p...D-NC
- Tai Chi.....2:00p - 4:00p...D-NC
- Int Pickleball.....3:00p - 5:00p...D-NC
- Adv Pickleball.....5:00p - 7:00p...D-NC

\*USS Closed on December 26th for the Holidays\*

\*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 \*December 13th\*
- LP Open Swim.....10:00a - 12:00p...D-NC
- Moving with Music...10:30a - 11:30a...D-NC
- Cabo Tour Preview.....11:00a - 12:00p  
...R-NC \*December 13th\*
- Congregate Meals.....11:00a - 1:00p
- Bid Euchre.....11:30a - 2:30p...D-NC
- Friendly Euchre.....12:00p - 3:00p...D-NC
- Parkinson's Support.....12:00p - 1:00p  
...D-NC \*December 13th\* \*See page 11\*
- 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
- 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 \*December 28th\*
- Blood Pressure Screenings 10:00a-12:00p  
...D-NC \*December 14th\*
- Caregiver Support..10:00a - 11:00a...R-NC  
\*December 21st\* \*See page 11\*
- 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  
\*December 7th\* \*See page 11\*
- Bingo.....1:00p - 3:30p...D-\$-V
- Card Making Club.....1:00p - 4:00p...D-NC  
\*December 14th & 28th\*
- Cornhole.....1:00p - 3:00p...D-NC
- Crafting Group.....1:00p - 3:00p...D-NC
- LP Open Swim.....1:00p - 6:30p...D-NC
- Pickleball for Novice..1:00p - 3:00p...D-NC
- Pickleball Lessons.....3:00p - 4:00p...D-NC
- Int/Adv Pickleball.....4:00p - 7:00p...D-NC

\*USS Closed at 2:00p on December 21st for Staff Luncheon\*

## 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
- Greenbrier Predeparture...11:00a - 12:00p  
...R-NC \*December 1st\*
- Pickleball for Novice 11:00a-1:30p...D-NC
- Lunch & Learn.....12:00p - 1:00p...R-NC  
\*December 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-\$
- Holiday Concert.....1:30p - 3:00p...D-NC  
\*December 15th\* \*See page 3\*
- Int Pickleball.....1:30p - 4:30p...D-NC
- Jigsaw Puzzle Group 2:00p - 6:45p...D-NC
- Member Appreciation.....2:00p - 4:00p  
...D-NC \*December 22nd\* \*See page 13\*
- 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
- Red Hot Holiday Stomp.....7:00p - 9:00p  
...R-\$ \*December 22nd\* \*See page 3\*

## 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 - 3:00p...D-NC
- Winter Craft.....9:00a - 10:30p...R-\$  
\*December 2nd\*
- 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
- Winter Craft.....2:00p - 3:30p...R-\$  
\*December 2nd\*
- Adv Pickleball.....2:30p - 4:30p...D-NC
- Holiday Dance.....5:15p - 8:00p...R-\$  
\*December 9th\* \*See page 3\*

\*USS Closed at 12:00p on December 23rd for the Holidays\*

### 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: January 2023

\*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 - 6:30p...D-NC
- Foot & Nail Clinic.....8:30a - 4:00p...R-\$  
\*January 23rd\*
- WWP Open Swim.....7:30a - 9:00a...D-NC
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC  
\*January 17th & 30th\*
- WWP Open Swim.....10:00a - 6:30p...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
- Ping Pong.....12:00p - 4:00p...D-NC
- Pickleball for Novice...1:00p - 3:00p...D-NC
- Uno.....1:00p - 3:00p...D-NC
- Tai Chi.....2:00p - 4:00p...D-NC
- Int Pickleball.....3:00p - 5:00p...D-NC
- Adv Pickleball.....5:00p - 7:00p...D-NC

**\*USS Closed on January 2nd for New Years and January 16th for MLK Day\***

## Tuesdays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- LP Open Swim.....7:30a - 9:00a...D-NC
- WWP Open Swim.....7:30a - 9:00a...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 \*January 17th\*
- Balance & Fitness.....10:00a - 11:00a...R-\$
- LP Open Swim.....10:00a - 12:00p...D-NC
- Moving with Music...10:30a - 11:30a...D-NC
- Branson Tour Preview.....11:00a - 12:00p  
...R-NC \*January 17th\*
- Congregate Meals.....11:00a - 1:00p
- Bid Euchre.....11:30a - 2:30p...D-NC
- Friendly Euchre.....12:00p - 3:00p...D-NC
- Parkinson's Support.....12:00p - 1:00p  
...D-NC \*January 10th\* \*See page 11\*
- 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
- 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
- Tulip Tour Preview.....2:00p - 3:00p...R-NC  
\*January 17th\*
- WWP Open Swim.....2:00p - 6:30p...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 - 6:30p...D-NC
- WWP Open Swim.....7:30a - 9:00a...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 \*January 25th\*
- Blood Pressure Screenings 10:00a-12:00p  
...D-NC \*January 11th\*
- Caregiver Support..10:00a - 11:00a...R-NC  
\*January 18th\* \*See page 11\*
- WWP Open Swim....10:00a - 6:30p...D-NC
- Congregate Meals.....11:00a - 1:00p
- In-Touch Support.....1:00p - 2:30p...D-NC  
\* January 4th\* \*See page 11\*
- Bingo.....1:00p - 3:30p...D-\$-V
- Card Making Club.....1:00p - 4:00p...D-NC  
\*January 11th & 25th\*
- 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
- Int/Adv Pickleball.....4:00p - 7:00p...D-NC

## Thursdays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- LP Open Swim.....7:30a - 9:00a...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-\$
- Balance & Fitness....10:00a - 11:00a...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  
\*January 19th\* \*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
- LP Open Swim.....1:00p - 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 - 3:00p...D-NC
- WWP Open Swim.....7:30a - 9:00a...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
- Adv Pickleball.....2:30p - 4:30p...D-NC

**\*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  
**LP:** Lap Pool  
**Int:** Intermediate    **Adv:** Advanced

# New Carlisle Activity Calendar

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

# Enon Activity Calendar

Programming  
Hours vary by day.  
Call for details.

## December 2022:

### Mondays:

**Vintage Voices Concert**  
...12:30p \*December 5th\*

**Bingo**...12:30p  
\*December 12th\*  
Sponsored by **Vancrest of New Carlisle**

**Movie Day**...12:30p  
\*December 19th\*  
*White Christmas*

\*Closed on December 26th\*

### Tuesdays:

**Mexican Train Dominos**...12:30p

**Crafts & Euchre**...12:30p  
\*December 13th\*

**Pinochle**...12:30p  
\*December 20th\*

**Rock Painting & Yahtzee**...12:30p  
\*December 27th\*

### Wednesdays:

**"500" Card Game**...12:30p  
\*Closed at 2:00p on December 21st\*

### Thursdays:

**Bridge**...12:30p

**Trip to Enon for Bingo**...12:30p  
\*December 8th\*

**Football Bowling**...12:30p  
\*December 22nd\*

### Fridays:

**Hand, Knee & Foot**...12:30p  
\*December 2nd, 16th & 30th\*

**Senior Dinner at Tecumseh**  
...1:00p \*December 2nd\*

**Christmas Celebration & Tecumseh Choir**...12:00p \*December 9th\*

\*Closed at 12:00p on December 23rd\*

## December 2022:

### Mondays:

**Bridge & Cornhole**...12:30p  
**Focus on Fitness**...9:30a...\$ \*December 5th & 12th\*  
**Matter of Balance**...10:00a \*December 19th\*  
\*Closed on December 26th\*

### Tuesdays:

**Euchre**...1:00p  
**Snacks & Facts**...10:00a \*December 6th\*  
Sponsored by **Forest Glen Health Campus**  
**Christmas Craft**...10:30a \*December 13th\*  
Sponsored by **Northwood Skilled Nursing and Rehabilitation**  
**Santa Dog/Elves**...10:30a \*December 20th\*  
**Darts/Ping Pong/Washer Toss**...10:00a \*December 27th\*

### Wednesdays:

**Focus on Fitness**...9:30a...\$ \*December 7th\*  
**Games**...11:00a \*December 7th\*  
**Matter of Balance**...10:00a \*December 14th, 21st & 28th\*  
**String Ring**...1:00p \*December 14th & 28th\*  
**Ugly Sweater Potluck**...12:30p \*December 21st\*  
Sponsored by **Forest Glen Health Campus**  
\*Closed at 2:00p on December 21st\*

### Thursdays:

**Snacks & Facts**...10:00a \*December 1st\*  
Sponsored by **Comfort Keepers**  
**Crafts with Nancy**...1:00p \*December 1st\*  
Sponsored by **Good Shepherd Village**  
**Bingo**...12:30p \*December 8th\*  
Sponsored by **Wooded Glen Health Campus**  
**Lunch & Learn**...11:00a \*December 15th\*  
Sponsored by **Northwood Skilled Nursing and Rehabilitation**  
**Movie Day**...1:00p \*December 15th\*  
**White Elephant with Caroling**...12:30p \*December 22nd\*  
Sponsored by **Fulton's Finest 4-H Therapy/Service Dogs**  
**Window Decorating Contest**...12:30p \*December 29th\*  
Sponsored by **Northwood Skilled Nursing and Rehabilitation**

### Fridays:

**Kai Chair Yoga**...9:00a...\$  
**Stitchers**...11:30a  
**Hospice Pillows**...12:30p  
\*Closed at 12:00p on December 23rd\*

\$: Additional Fee for Class

## January 2023:

### Mondays:

**Bingo**...12:30p  
\*January 9th\*  
Sponsored by **Vancrest of New Carlisle**

**Games & Snacks**...12:30p  
\*January 23rd\* Sponsored  
by **Good Shepherd Village**

**Movie Day**...12:30p  
\*January 30th\*  
*Charlie and the Chocolate Factory*  
\*Closed on January 2nd & 16th\*

### Tuesdays:

**Mexican Train Dominos**...12:30p

**Euchre**...12:30p  
\*January 3rd & 24th\*

**Crafts**...12:30p  
\*January 10th\*

**Yahtzee**...12:30p  
\*January 17th\*

**Rock Painting**...12:30p  
\*January 31st\*

### Wednesdays:

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

### Thursdays:

**Bridge**...12:30p

**Trip to Enon for Bingo**...12:30p  
\*January 12th\*

### Fridays:

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

**Pinochle**...12:30p  
\*January 6th\*

### Mondays:

**Bridge & Cornhole**...12:30p  
**Matter of Balance**...10:00a \*January 9th\*  
**Focus on Fitness**...9:30a...\$ \*January 23rd & 30th\*  
\*Closed on January 2nd & 16th\*

### Tuesdays:

**Euchre**...1:00p  
**Darts/Ping Pong/Washer Toss**...10:00a \*January 3rd & 10th\*  
**Window Decorating Contest**...10:30a \*January 17th\*  
Sponsored by **Northwood Skilled Nursing and Rehabilitation**  
**Dogs 101**...10:30a \*January 24th\*  
**Snacks & Facts**...10:00a \*January 31st\*  
Sponsored by **Forest Glen Health Campus**

### Wednesdays:

**Matter of Balance**...10:00a \*January 4th & 11th\*  
**Games**...1:00p \*January 4th\*  
**String Ring**...1:00p \*January 11th & 25th\*  
**Focus on Fitness**...9:30a...\$ \*January 18th & 25th\*  
**Potluck**...12:30p \*January 18th\*  
Sponsored by **Northwood Skilled Nursing and Rehabilitation**

### Thursdays:

**Crafts with Nancy**...1:00p \*January 5th\*  
Sponsored by **Good Shepherd Village**  
**Bingo**...12:30p \*January 12th\*  
Sponsored by **Forest Glen Health Campus**  
**Lunch & Learn**...11:00a \*January 19th\*  
Sponsored by **Comfort Keepers**  
**Movie Day**...1:00p \*January 19th\*  
**Party for January Birthdays**...1:00p \*January 26th\*  
Sponsored by **Northwood Skilled Nursing and Rehabilitation**

### Fridays:

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

\$: Additional Fee for Class

# What's NEW ↓

## Enon Satellite Special Activities

### Snacks & Facts and Lunch & Learns

Join us for Snacks & Facts on **Thursday, December 1st at 10:00am** for a presentation about home care options, sponsored by [Comfort Keepers](#). On **Tuesday, December 6th at 10:00am** about caring for loved ones who have dementia, sponsored by [Forest Glen Health Campus](#). And on **Tuesday, January 31st at 10:00am** about nutrition as we age, sponsored by [Forest Glen Health Campus](#).

Join us for our Lunch & Learns on **Thursday, December 15th at 11:00am** for a presentation regarding safety in the home, sponsored by [Northwood Skilled Nursing and Rehabilitation](#). Also on **Thursday, January 19th at 11:00am** for a presentation regarding the benefits of laughter on the human body, presented by Kristin Staffan, LPN, sponsored by [Comfort Keepers](#).

### Matter of Balance

Are you concerned about falls? Have you experienced a fall in the past? Are you interested in improving flexibility, balance and strength? Beginning December 14th, Goodwill Easter Seals will teach **Matter of Balance** based on research conducted by the Roybal Center for the Enhancement of Late-Life Function at Boston University. Join us for group discussions, problem solving, and more which will help participants learn to view the fear of falling as controllable, set realistic goals for increasing activity, reduce fall risk factors, and promote exercise to increase strength and balance.

### Holiday Celebrations

Dust off your ugly Christmas sweaters and shake out the moth balls for **Enon's Ugly Christmas Sweater Potluck** on **Wednesday, December 21st at 12:30pm**. Potluck and prize for ugliest sweater is sponsored by [Forest Glen Health Campus](#). Follow up the fun with **Enon's White Elephant Christmas Party** on **Thursday, December 22nd at 12:30pm** that will include holiday music from the band *Memory Lane Plus Two*. Refreshments and white elephant gifts are sponsored by [Fulton's Finest 4-H Therapy and Service Dogs](#). Don't forget to sign up for these events by calling 937-863-0043!

### New Monthly Activities

Beginning in December, we kick off our new **monthly window decorating contest!** Our community will be given the opportunity to vote for best window. Beginning in January, we will have **monthly birthday celebrations!** These parties will include refreshments, song, fellowship, and fun! Both of these new monthly activities are sponsored by [Northwood Skilled Nursing and Rehabilitation](#).

## Diabetes Support Group

USS is partnering with the **Clark Champaign Diabetes Association (CCDA)** to provide a support group for individuals with diabetes. This group is hosted at USS downtown on the 1st Wednesday of each month at 5:30pm. Each month, CCDA will provide information and resources from experts in the field. The group is taking a break for the holidays and will return to USS on **Wednesday, February 1st at 5:30pm**.

## USS Support Groups

**The Parkinson's Disease Support Group** will meet on **Tuesday, December 13th at 12:00pm**. The group will have their Holiday Gathering party with food and fun. Please register by Tuesday, December 6th if you plan to attend. The group will also meet on **Tuesday, January 10th at 1:00pm**. The speaker will be our own Jerry Woolf, who is a Tai Chi instructor at USS. Jerry has lots of pointers about keeping the body moving and keeping the body healthy. 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, December 21st** and **Wednesday, January 18th 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, December 7th** and **Wednesday, January 4th 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).*

## 2023 Winter SAILL Term

The 5-week **Winter SAILL** term is  
**January 9th - February 10th**

**Registration for classes will open Monday, December 19th at USS**

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be hosting a winter term this January. Keep warm and active with a variety of classes including Android phone training, art appreciation, dance, local author spotlights, local history, media misinformation, mindful wellness, Pilates, resin making, restoring health, soap making, stained glass, and wreath crafting.



**To participate in these engaging topics, SAILL participants must have a 2023 USS membership. Contact Cindy Lockwood, SAILL Coordinator at [clockwood@unitedseniorservices.org](mailto:clockwood@unitedseniorservices.org) or 937-323-4948 ext. 140 for more information. You can download a 2023 USS membership form on our website at [www.unitedseniorservices.org/membership/](http://www.unitedseniorservices.org/membership/). 2023 Winter SAILL Catalogs will be available in our center and on our website at [www.unitedseniorservices.org/saill/](http://www.unitedseniorservices.org/saill/) in mid-December.**



# RSVP

Retired & Senior Volunteer Program



## RSVP Volunteer Luncheon

On Friday, October 21st, over 100 volunteers were uplifted with the outstanding musical entertainment of the **Champion City Trio** as we gathered for a luncheon reception honoring their service to our community's non-profits. Thank you to **USS, Aventura at Oakwood Village, Richwood Bank, Allen View Healthcare Center**, and the **RSVP Advisory Council** for helping us to celebrate our extraordinary volunteers!

The afternoon included presentations by Maureen Fagans, USS Executive Director, and Sandy Miller, RN, Medical Reserve Corps (MRC) Coordinator. Sandy presented an informative program on the many volunteer opportunities available with MRC. Volunteers who have served 5, 10, and 15 years of service through **AmeriCorps Senior's Retired and Senior Volunteer Program** received awards and certificates. A huge thank you to the many businesses and organizations who time and time again donate door prizes and swag bag items to our volunteer events.



## Volunteers Needed at USS! Special Events

Friday, December 9th, 5:15pm

**Holiday Social Dance**

Thursday, December 22nd, 7:00pm

**Red Hot Holiday Stomp**

### USS Welcome Desk:

Volunteers needed for Tuesdays and/or Wednesdays, 8:30am - 12:30pm, and Tuesdays and/or Thursdays, 12:30pm - 4:30pm. Volunteers greet and check in members and answer the phone.

## Volunteers Needed: Springfield Community

**St. John's Outreach Store** is currently open Tuesdays, Wednesdays, and Fridays, 9:00am - 1:00pm. Dates and times are subject to change depending upon volunteer availability. Volunteers go through donations, price them, and put them on shelves. Volunteers may also work check-out lines.

**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

## 2023 USS Membership Drive

It is membership renewal time again at USS! **All members, NEW & RETURNING, must complete a 2023 Membership Form.** Your 2023 membership will last until December 31st, 2023.

**Clark County Residents: \$15**

**Out of County Residents: \$50**

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/](http://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 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!



## Member Appreciation Open House

Already a USS member? Wonderful, invite your friends and neighbors! USS is hosting a member appreciation event on **Thursday, December 22nd at 2:00pm**. This event is open to all USS members and the general public looking to explore all the options and resources USS has available to the Clark County community. USS will have sweet treats, make-your-own holiday ornaments, and the USS Jammers will be back to perform! This event will be fun for all and a great way to continue exploring all USS has to offer. Be sure to stop by! This event is sponsored by **Villa Springfield**.



# What's NEW ↓

## Hand-Made Hats for the Community

Participants of the Social Support Group have been busy for the last 8 months preparing for winter! Over 50 hats were made by the participants on a knitting loom. They will be donated to Rocking Horse Community Health Center here in Springfield.



## Join Vintage Voices!

Do you enjoy singing with a choir? The USS choir, Vintage Voices, is always welcoming new members. The group performs at a variety of USS events and functions in addition to several events in the Clark County community. This group is open to members of all skill levels. Vintage Voices meets every Wednesday at 9:00am and is open to singers of all experience levels. If you are interested in joining the group or have questions, stop in any Wednesday to speak with Linda Bodey, director. **\*Proof of up-to-date COVID-19 vaccination is required to participate.\***

## 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 Member Services 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.



# Community Resources

## 988 Suicide & Crisis Lifeline

The **988 Suicide & Crisis Lifeline** is a suicide prevention national network that provides 24/7 service via a toll-free hotline with the number 988. It is available to anyone in suicidal crisis or emotional distress. The caller is routed to their nearest crisis center to receive immediate, confidential counseling and local mental health referrals. Any veteran who calls is routed to a special hotline service which caters to veteran-specific mental health concerns and connects them to the Veterans Health Administration. Any person needing support can also text 988 to connect to services. If a caller does not participate in making a safety plan and seems imminently likely to act on a plan with a potentially self-injurious outcome, the hotline operator will dispatch emergency services. For more information, visit [988lifeline.org](http://988lifeline.org).

## Clark County Warmline

It's okay not to be okay today. The Clark County Warmline is a free, peer-to-peer call line that is available 24/7, including weekends and holidays. It is intended to address mental health concerns by listening to callers and providing 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 is 937-662-9080.** If you or someone you know is experiencing a crisis or emergency, call 911.

## 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** provides heating assistance to those in need. Joyce Robinson, USS Outreach Coordinator can provide assistance with completing the application. Call her at 937-521-3005 for more information.

**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

### 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

# Happy Holidays!

**See page 3 for how we will be  
celebrating at USSS this year!**



UNITED SENIOR SERVICES