

# The Center Page

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

FEBRUARY/MARCH 2023



## 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

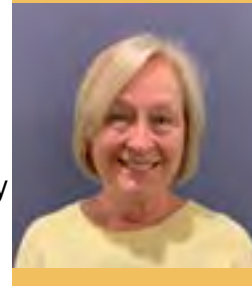
- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers, President
- Arlin Par Tolliver, Vice President
- Mike Trempe
- Chris Wells, Treasurer
- Maureen Fagans, CEO

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 Photos By:  
Russell Yeley

Center Page Editor:  
Jenna Bluemlein

# Director's Corner



Dear Members and Friends,

I recently read a provocative article in The Atlantic January 2020 edition titled "When Does Someone Become Old?" by Joe Pinsker. As the title suggests, the author tries to answer that surprisingly difficult question. We already know that as we get older we become sensitive to being told we are.

What does being "old" really mean? Consider typical age references researchers, academics, and anyone who is not old use - young, middle age, and old age - evenly divided by the mortality table. From a purely quantitative perspective that means we are no longer "young" when we hit age 30 years, and no longer "middle age" when we pass the 60-year mark. Of course these labels are not very flattering descriptions of who we are at any age. Thirty and forty year olds still seem very young to me, but I do not see myself as old either.

The same article cites a 2016 Marist poll where 60% of 18 to 29 year olds agreed that age 65 is old. When people age 60 or older answered the same question, only 15% thought 65 years is "old" although we are clearly within the last third of our lifespan.

As we get older, age becomes an attitude rather than a rule, which is probably why we get sensitive about the labels foisted upon us. This makes sense. I have proudly earned a number of labels, including wife, mother, graduate, but in polite conversation I want to be called by my name, not "hey Grandma you forgot your keys".

The same article offers a number of less cringe-worthy ways to describe older people, including older adults, and even elders as more acceptable than old people, old adults, the elderly, old geezer, old bat, old girl, or frail. Surprising to me (but not the generation behind me) seniors and senior citizens are also labels that the next generation does not want, as they get older.

Within the "aging industry", there is growing recognition that labeling should be limited to things, not people. The Ohio Department of Aging recently released their three-year Strategic Plan. It does not say elderly, senior, senior citizen, the aged, or old people anywhere in its 131 pages.

I suppose it is good to consider the labels we assign each other. What a shame that there is so much negative language about getting older. People our age are busy, setting goals, tackling our bucket list, and enjoying what is important to us. We do not have time for negativity.

At USS, we will examine the language we use to ensure we stay focused on the people we serve, and not contribute to the negative labeling associated with the years ahead.

Thank you for the opportunity,

Maureen Fagans, AICP  
Executive Director/CEO

# What's NEW ↓

## AARP Tax Prep at USS

USS is partnering with AARP to provide personal income tax preparation appointments for our community. Appointments begin on Monday, February 6th and end Friday, April 14th. Appointments can be scheduled for Mondays, Tuesdays, and Thursdays, 11:00am - 3:00pm. Individuals or couples looking to schedule an appointment can call the USS Welcome Center at 937-323-4948. 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 look forward to providing this service once again!

## USS March Formal

### Spring Fling

Friday, March 17th

Dinner at 5:00pm, Dance at 6:00pm

Dust off your dancing shoes and join us for our first formal dance in 2023! Enjoy food and dancing at our March Spring Fling. Doors open and dinner starts at 5:00pm and the dance will be from 6:00pm to 8:00pm. There is a \$5 fee to participate in this fun-filled evening. Reservations can be made with Cortney in the Member Services Department starting Wednesday, February 22nd and close on Friday, March 10th. Payment is required at the time you make your reservation. This event is sponsored by **Wooded Glen Health Campus** and **Ohio Valley Hospice**. USS events continue to be a huge success with the help of our generous volunteers, if you are interested in helping make this event a success, please contact Mindy Allender at 937-324-5705.

**Mark your calendars! Our next formals will be on Friday, April 14th and Friday, May 26th.**

Reservations open Monday, March 20th and Monday, April 17th, respectively. We look forward to having you join us for these exciting events!

## Closed Days at USS

USS will be closed on **Monday, February 20th** for Presidents' Day. We will reopen for regularly scheduled activities at 7:00am on Tuesday, February 21st.

## Upcoming Special Events in 2023

USS is excited to continue offering popular special events throughout the year! Keep an eye out for more information in the coming months!

USS Annual Meeting - April

Senior Day - May

Senior Living Resource Fair - June

Golden Wedding Party - July

# Educational Opportunities



## Mercy Health Lunch & Learn

### Heart Health

Presented by Dr. Bilal Alam, MD

Thursday, February 9th at 12:00pm



In Clark County, chronic diseases of the heart, including Heart Disease and Stroke are two of the top-ten critical illnesses impacting local residents. Dr. Alam, MD will lend his expertise as an Interventional Cardiologist with Mercy Springfield Heart House to provide insights into what he commonly sees within his practice. He will also share his tips for living a healthy lifestyle and function of the heart. This event is sponsored by [Forest Glen Health Campus](#).

## Black History Month Lunch & Learn

### Black Resistance

Presented by Ronald T. May

Tuesday, February 14th at 12:00pm

*The national theme for Black History Month 2023 is Black Resistance.*

*Will resistance always be part of Black existence?* USS is excited to welcome local author, Ronald T. May to share his poetry and spoken word while exploring this point. Share in his journey and experiences, and create conversation that leads to deeper cultural thought and understanding. This event is sponsored by [Northwood Skilled Nursing & Rehabilitation](#).

## USS Dinner & Discussion

### Behind the Leash

Presented by Penny Rodrigue

Thursday, February 16th at 5:30pm

USS welcomes professional dog trainer with over 50 years of experience, Peggy Rodrigue, to engage in conversation about the time, experience, and everything you want to know about training therapy/service dogs. In addition, she will discuss the positive health benefits that accompany service animals. This event is sponsored by [Brookdale Senior Living & Affinity](#).

## Healthy Living Workshops

### Healthy Living with Chronic Conditions

Fridays, February 17th - March 24th, 9:00am - 11:00am

Healthy Living is an interactive, informative, and fun program proven to improve your health and well-being. This six-week workshop addresses how to best manage day-to-day concerns and symptoms of long-term health conditions. This is an evidence-based program developed by the [Self-Management Resource Center](#). Set your own goals and priorities, and follow your own timeline to find what works best for you. Each week introduces a new topic and each topic provides valuable information and resources. Materials provided include the new edition of *Living a Healthy Life with Chronic Conditions*, as well as exercise and relaxation CD's.

## OVSH Lunch & Learn

### Advancements in Total Joint Replacement

Presented by Dr. Thomas Cook, DO

Thursday, March 2nd at 12:00pm



One in five Americans suffer from arthritis – that is more than 50 million Americans! Adults over the age of 65 account for approximately 50% of those 50 million. With those statistics in mind, USS welcomes Dr. Cook, DO, of Orthopedic Associates of Dayton to discuss the latest techniques in total joint replacement surgery and total joint revision surgery. Dr. Cook is certified in orthopedic surgery with a subspecialty in adult reconstruction/total joint replacement of the hip and knee. Dr. Cook, DO, will provide a wealth of knowledge and answer all your burning questions. This event is sponsored by [Villa Springfield](#).

## USS Lunch & Learn

### Hoarding Awareness for a Healthier You

Presented by Anne Kaup-Fett, MS, REHS

Thursday, March 16th at 12:00pm

USS welcomes Anne Kaup-Fett, MS, REHS, a Registered Environmental Health Specialist and NEHA Certified Healthy Homes Specialist. She will discuss how large accumulations of material and pets can become a burden for so many individuals and families. Often, families don't know where to go to find help, but Anne will share all her knowledge. This presentation will be beneficial to everyone, regardless of how much you have in your home. This event is sponsored by [Ohio Valley Hospice](#).

## Mercy Health Lunch & Learn

### Genetics and Cancer Care

Presented by Susan Weisman, APRN, CNP

Thursday, April 6th at 12:00pm



With breakthroughs in cancer research, there is now specific testing that can be done to help physicians understand a patient's predisposition to cancers, as well as new and cutting-edge treatments to support recovery. Susan Weisman, APRN, CNP with Mercy Health - Springfield Cancer Center will share more about the connection between genetics and cancer care and how the linkage of these two things can impact screening, treatment and patient outcomes. This event is sponsored by [Villa Springfield](#).

To reserve your spot, please RSVP no later than one (1) week prior to the educational opportunity by calling the Welcome Center at 937-323-4948.

# What's NEW ↓

## 2023 Spring SAILL Term

The 8-week **Spring SAILL** term is  
March 20th - May 12th

Registration for classes opens Monday, February 27th at USS

USS' **Springfield Area Institute for Lifelong Learning** (SAILL) will offer a variety of thought-provoking and interesting classes this spring including Aging Mastery Program, balance & falls, Braver Angels, cake decorating, DIY home projects, drawing, guitar, Great Decisions, history/genealogy, line dancing, local tours, mixed media art, music appreciation, quilting, reader's theatre, sewing, social media 101, Spanish, stained glass, and writing workshops.



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. 2023 Spring SAILL Catalogs will be available in our center and on our website at [www.unitedseniorservices.org/saill](http://www.unitedseniorservices.org/saill) in mid-February.



## 2023 USS Membership Reminder

All members, **NEW & RETURNING**, must complete a 2023 Membership Form. Your 2023 membership will expire on 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.

Do you know someone turning 55 at any time in 2023? They're eligible for a free membership!

## Paid Activities in March & April

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 Monday, March 6th. Payments for activities can be made starting Monday, February 27th.** Additional information will be available at the Welcome Center in mid-February.

## Pickleball Tournaments

**Intermediate/Advanced Tournament: Friday, March 24th**

**Novice Tournament: Friday, April 7th**

If you can't take the heat, then get out of the kitchen! You won't want to miss out on the USS 2023 Pickleball Tournaments!

If you are an Intermediate/Advanced level player, please sign up no later than Friday, March 17th. For Novice level players, please sign up no later than Friday, March 31st. Reservations and payment (**\$5 per person**) can be made with Cortney in the Member Services Department starting Wednesday, March 1st. There are 20 individual spots, equaling 10 total teams. There will be a prize awarded to the top 3 teams. Please come enjoy the fun, whether you're competing or cheering on a friend! These events are sponsored by **Northwood Skilled Nursing & Rehabilitation**.

## Connecting Threads Quilting Group

USS has a new group to promote the art and craft of quilt making. This group is open to everyone of all skill/experience levels and is your opportunity to try new techniques, complete your unfinished projects, create a community with like-minded quilters, and show off your latest project. Facilitated by our USS Long Arm Quilting Coordinator, this group will meet the **3rd Thursday of every month at 1:00pm** starting **Thursday, February 16th**. We hope you join us!

## How to Start a Food Truck Event

USS is excited to introduce our new Community Navigator, Keith Baldwin. The Community Navigator Program is designed to provide high-quality services and technical assistance to small businesses and entrepreneurs at no cost. USS is a partner of the Springfield Small Business Development Center. Keith is inviting USS members to a **'How to Start a Food Truck'** event to learn the ins and outs of starting a mobile food business. This event is on **Thursday, March 9th, 10:00am - 1:00pm**, located at 100 S Limestone St, Springfield, OH 45502. For more information and to register, please call Keith at 937-232-9916 or email [kbaldwin@unitedseniorservices.org](mailto:kbaldwin@unitedseniorservices.org).

# Activity Calendar: February 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  
**WWP Open Swim**.....7:30a - 9:00a...D-NC  
**Foot & Nail Clinic**.....8:30a - 4:00p...R-\$  
 \*February 27th\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*February 13th & 27th\*  
**WWP Open Swim**...10:00a - 11:00a...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  
**Tax Preparation**.....11:00a - 3:00p...A-NC  
**WWP Volleyball**.....11:00a - 12:00p...R-\$  
**Ping Pong**.....12:00p - 4:00p...D-NC  
**WWP Open Swim**.....12:00p - 6:30p...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 will be closed on February 20th for Presidents 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 \*February 21st\*  
**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  
**Red Neckin' Toe Tappin' Tour Preview**  
 ...11:00a - 12:00p...R-NC \*February 7th\*  
**Discover Alaska Tour Preview**  
 ...11:00a - 12:00p...R-NC \*February 21st\*  
**Congregate Meals**.....11:00a - 1:00p  
**Tax Preparation**.....11:00a - 3:00p...A-NC  
**Bid Euchre**.....11:30a - 2:30p...D-NC  
**Friendly Euchre**.....12:00p - 3:00p...D-NC  
**BHM Lunch & Learn**.....12:00p - 1:30p  
 ...R-NC \*February 14th\* \*See page 4\*  
**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 \*February 14th\* \*See page 10\*  
**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  
**Colorado Trains Tour Preview**  
 ...2:00p - 3:00p...R-NC \*February 7th\*  
**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 \*February 22nd\*  
**Blood Pressure Screenings** 10:00a-12:00p  
 ...D-NC \*February 8th\*  
**Caregiver Support**..10:00a - 11:00a...R-NC  
 \*February 15th\* \*See page 10\*  
**NARFE**.....10:00a - 11:30a...D-NC  
**WWP Open Swim**....10:00a - 6:30p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**In-Touch Support**.....1:00p - 2:30p...D-NC  
 \*February 1st\* \*See page 10\*  
**Bingo**.....1:00p - 3:30p...D-\$-V  
**Card Making Club**.....1:00p - 4:00p...D-NC  
 \*February 8th & 22nd\*  
**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  
**Diabetes Support**.....5:30p - 6:30p...D-NC  
 \*February 1st\* \*See page 10\*

## 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 - 1:00p...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  
**Tax Preparation**.....11:00a - 3:00p...A-NC  
**MH Lunch & Learn** 12:00p - 1:00p...R-NC  
 \*February 9th\* \*See page 4\*  
**Pinochle**.....12:00p - 3:30p...D-NC  
**USS Jammers**.....12:00p - 1:30p...D-NC-V  
**Canasta**.....1:00p - 4:00p...D-NC  
**Connecting Threads** 1:00p - 3:30p...D-NC  
 \*February 16th\* \*See page 7\*  
**LP Open Swim**.....1:00p - 6:30p...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  
**Photo Club**.....3:00p - 4:30p...D-NC  
**Yoga**.....4:45p - 5:45p...R-\$  
**Chair Volleyball**.....5:00p - 7:00p...D-NC  
**USS Dinner & Discussion**....5:30p - 7:00p  
 ...R-NC \*February 16th\* \*See page 4\*

## 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

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

# Activity Calendar: March 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
- WWP Open Swim.....7:30a - 9:00a...D-NC
- Foot & Nail Clinic.....8:30a - 4:00p...R-\$  
\*March 27th\*
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC  
\*March 13th & 27th\*
- Hula Hoop Group...10:00a - 11:00a...D-NC
- WWP Open Swim...10:00a - 11:00a...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
- Tax Preparation.....11:00a - 3:00p...A-NC
- WWP Volleyball.....11:00a - 12:00p...D-NC
- Ping Pong.....12:00p - 4:00p...D-NC
- WWP Open Swim.....12:00p - 6:30p...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

\*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
- 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 \*March 21st\*
- 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
- Congregate Meals.....11:00a - 1:00p
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- 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 \*March 14th\* \*See page 10\*
- 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 Open Swim.....2:00p - 6:30p...D-NC
- Adv Pickleball.....4:30p - 7:00p...D-NC

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...D-NC \*March 22nd\*
- Blood Pressure Screenings 10:00a-12:00p  
...D-NC \*March 8th\*
- Caregiver Support..10:00a - 11:00a...R-NC  
\*March 15th\* \*See page 10\*
- Hula Hoop Group...10:00a - 11:00a...D-NC
- WWP Open Swim....10:00a - 6:30p...D-NC
- Congregate Meals.....11:00a - 1:00p
- In-Touch Support.....1:00p - 2:30p...D-NC  
\*March 1st\* \*See page 10\*
- Bingo.....1:00p - 3:30p...D-\$-V
- Card Making Club.....1:00p - 4:00p...D-NC  
\*March 8th & 22nd\*
- 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
- Diabetes Support.....5:30p - 6:30p...D-NC  
\*March 1st\* \*See page 10\*

## 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 - 1:00p...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
- Tax Preparation.....11:00a - 3:00p...A-NC
- OVSH Lunch & Learn.....12:00p - 1:00p  
...R-NC \*March 2nd\* \*See page 5\*
- Pinochle.....12:00p - 3:30p...D-NC
- USS Jammers.....12:00p - 1:30p...D-NC-V
- USS Lunch & Learn.....12:00p - 1:00p  
...R-NC \*March 16th\* \*See page 5\*
- Canasta.....1:00p - 4:00p...D-NC
- Connecting Threads 1:00p - 3:30p...D-NC  
\*March 16th\* \*See page 7\*
- LP Open Swim.....1:00p - 6:30p...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
- 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

### 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

# Enon Satellite Activity Calendar: February & March

## Mondays:

**Focus on Fitness**...9:30a...R-\$  
**Bridge**...12:30p...R-NC  
**Cornhole**...12:30p...D-NC  
*\*Closed on February 20th\**

**KEY**

**\$:** Cost    **NC:** No Cost  
**D:** Drop-in  
**R:** Registration Required

## Tuesdays:

**Darts/Ping Pong**...9:30a - 3:00p  
...D-NC  
**Valentines Craft**...10:30a...R-NC  
*\*February 7th\* (NW)*  
**Euchre**...1:00p...D-NC  
**April Showers Window Decorating**  
...10:30a...R-NC    *\*March 14th\**  
**Dogs 101 with Fulton's Finest**  
**4-H Therapy & Service Dogs**  
...10:30a...D-NC  
*\*February 21st & March 21st\**

## Wednesdays:

**Focus on Fitness**...9:30a...R-\$  
**Darts/Ping Pong**...11:00a - 3:00p  
...D-NC  
**Games**...11:00a...D-NC  
*\*February 1st & March 1st\**  
**Hand & Foot**...1:00p...D-NC  
*\*February 8th & 22nd\**  
*\*March 8th & 22nd\**  
**Potluck**...12:30p...R-NC  
*\*February 15th\* (FG)*  
**Potluck & Live Music**...12:30p  
...R-NC    *\*March 15th\* (WG)*

## Thursdays:

**Darts/Ping Pong**...9:00a - 3:00p or 1:00p - 3:00p...D-NC  
**Crafts with Nancy**...12:30p...R-NC  
*\*February 2nd & March 2nd\* (GS)*  
**Snacks & Facts - Self-Help Reflexology**...10:00a...R-NC  
*\*February 9th\**  
**Bingo**...1:00p...D-NC  
*\*February 9th & March 9th\* (WG/FG)*  
**St. Patrick's Day Window Decorating** ...10:30a...R-NC  
*\*February 16th\* (NW)*  
**Movie**...1:00p...D-NC  
*\*February 16th & March 16th\**  
**February Birthdays Celebration**...10:30a...R-NC  
*\*February 23rd\* (NW)*  
**Lunch & Learn - Benefits of Music**  
...11:00a...R-NC    *\*March 23rd\* (WG)*  
**March Birthdays Celebration**...10:30a...R-NC  
*\*March 30th\* (NW)*

## Fridays:

**Chair Yoga**...9:00a...D-\$  
**Darts/Ping Pong**...11:00a - 3:00p...D-NC  
**Stitchers**...11:30a...D-NC  
**Hospice Pillows**...12:30p...D-NC

**Sponsors in February/March:**

- Wooded Glen Health Campus (WG)
- Good Sheperd Village (GS)
- Forest Glen Health Campus (FG)
- Northwood Skilled Nursing & Rehabilitation (NW)

# New Carlisle Satellite Activity Calendar: February & March

## Mondays:

**Movie Day**...12:30p...D-NC  
*\*February 6th & March 6th\**  
**Bingo**...12:30p...D-NC  
*\*February 13th & March 13th\**  
*(VC)*  
*\*Closed on February 20th\**  
**Karaoke**...12:30p...D-NC  
*\*March 20th\**  
**Games & Snacks**...12:30p...D-NC  
*\*February 27th & March 27th\**  
*(GS)*

## Tuesdays:

**Mexican Train Dominos**...12:30p  
...D-NC  
**Euchre**...12:30p...D-NC  
*\*February 7th & March 7th\**  
**Crafts**...12:30p...D-NC  
*\*March 14th\**  
**Mardi Gras Celebration**...12:30p  
...R-NC    *\*February 21st\**

## Wednesdays:

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

**KEY**

**\$:** Cost    **NC:** No Cost  
**D:** Drop-in  
**R:** Registration Required

## Thursdays:

**Bridge**...12:30p...D-NC  
**Trip to Enon for Bingo**...12:30p...D-NC  
*\*February 9th & March 9th\**

**Sponsors in February/March:**

- Vancrest (VC)
- Good Shepherd Village (GS)

## Fridays:

**Hand, Knee & Foot**...12:30p...D-NC  
**Pinochle**...12:30p...D-NC  
*\*February 3rd & March 3rd\**  
**February Birthdays Celebration**...11:30a...D-NC  
*\*February 17th\**  
**March Birthdays Celebration**...11:30a...D-NC  
*\*March 17th\**  
**St. Patrick's Day Celebration**...12:30a...R-NC  
*\*March 17th\**

# 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.



### USS Support Groups

The **Parkinson's Disease Support Group** will meet on **Tuesday, February 14th at 1:00pm**. The speaker will be Emily Stanton, Board Certified Geriatric Specialist. Her topic will be "Love Yourself". The group will also meet on **Tuesday, March 14th at 1:00pm**. The speaker will be our own Laura Fulton, USS Community Wellness Case Manager. She will present on the services that her new position can offer to the Clark County community. 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, February 15th** and **Wednesday, March 15th at 10:00am**. This group is open to those who provide care to family or friends. It is a peer-to-peer group to 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, February 1st** and **Wednesday, March 1st 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).

### 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. Please consider joining the group on **Wednesdays, February 1st, March 1st, and April 5th at 5:30pm**.

### Enon Satellite Special Activities

Thanks to multiple donors, USS Enon is now able to offer **drop-in activities!** These activities currently include darts and ping pong, with more to come.

USS Enon is now offering times to play the card game, **Hand & Foot**. Joann Welland is offering her years of experience playing the game to help us learn how to play, with the goal of adding this to our regular programming.

The **Opening Knights Music Group** from Greenon High School will perform for our members on **Wednesday, March 15th at 1:15pm**, following our potluck. We are grateful for their willingness to share their talents with the community and look forward to the soul-soothing effects that music can bring. Please contact Tammy Sanderson at 937-863-0043 to sign up for this event.

See the **Enon Satellite Activity Calendar** on pages 8-9 for more details on all these activities.

### February 2023 Schedule:

- 2nd** Painting with Food
- 3rd** Freshwater Farms of Ohio & Lunch at Farmer's Daughter
- 6th** National Frozen Yogurt Day
- 7th** Black History Month Presentation
- 9th** Social Support Bingo  
\*Sponsored by **Aventura at Oakwood Village\***
- 10th** Lunch (TBD) & Grandpa Joe's Candy Shop
- 13th** Volunteer at Soup Kitchen
- 14th** Valentine's Day Cookie Decorating
- 16th** Manicures
- 17th** Lunch at the Jaguar Room
- 21st** Mardi Gras Party
- 23rd** Pinocchio Day - New Movie & Popcorn
- 24th** Second Street Market...NC
- 27th** Making Pillows for Hospice
- 28th** Floral Design Day

**\*Closed February 20th for Presidents' Day\***

**\*R=Reservations Required**

**NC=New Carlisle**

### March 2023 Schedule:

- 2nd** OVSH Lunch & Learn...R (Call 937-323-4948)
- 3rd** Breakfast Club
- 6th** Manicures
- 7th** First Tuesday Tea at the King Arts Complex
- 9th** Social Support Bingo  
\*Sponsored by **Aventura at Oakwood Village\***
- 10th** Bowling...NC
- 13th** Loom Knitting
- 14th** Pi Day
- 16th** Beginning Genealogy at the Library
- 17th** St. Patrick's Day Party
- 20th** First Day of Spring Craft
- 21st** World Poetry Day
- 23rd** Divas and Desserts - a Women's History Month Celebration
- 24th** Ohio Valley Thrift & Lunch at Studebakers
- 27th** Tablet Tutorial
- 28th** Working with Clay - Succulents
- 30th** Cake Decorating
- 31st** Matinée at UEC

### Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, February 15th** and **March 15th 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.

# 2023 Tours

*\*Proof of a COVID-19 booster in 2022 is required for all USS travelers\**

For more information on any of our 2023 USS Tours, see our 2023 Tours Catalog on our website at [www.unitedseniorservices.org/trips-tours](http://www.unitedseniorservices.org/trips-tours), or contact Debbie McCool at 937-323-4948 ext. 120.

## Up Close and Personal in Branson - Coming Soon! April 16-21 Activity Level: Easy

Join us on this springtime adventure in **Branson, MO** and experience world-famous live entertainment at a variety of shows, delicious food, and genuine Ozark hospitality that will make you feel right at home. This tour includes seven fabulous shows with a variety of music, including *Elvis*, *the Beatles*, *Bee Gees*, and more. There is no place like springtime in the **Ozark Mountains!**

**Tour Fare:** \$1,785 per person (2 in a room)  
**Deposit:** \$500 due ASAP **Balance Due:** 2/28

## Of Art & Tulips - Holland Tulip Festival May 10-14 Activity Level: Easy-Moderate

This grand getaway in **Holland, MI** is for the artist and horticulturist, the epicurean and the connoisseur. You'll be surrounded by natural and architectural beauty throughout this tour. You'll visit the Tulip Time Festival, which is celebrating its 94th year! Holland has a rich history and heritage to share with its visitors. Be one of them this year!

**Tour Fare:** \$1,825 per person (double); \$2,199 (single)  
**Deposit:** \$500 due 2/10 **Balance Due:** 4/7

## Red Neckin' Toe Tappin' Tour

**June 13-16 Activity Level: Moderate**  
**Special Preview: Tuesday, February 7 at 11:00am**

This tour is pure fun! Come enjoy all the flavors of the Smokies. From sippin' moonshine, to down home comedy, or just enjoying the beautiful **Smoky Mountains** in **Pigeon Forge**, this trip is a hoot! Be ready to laugh and kick back on this one-of-a-kind tour.

**Tour Fare:** \$1,299 per person (2 in a room)  
**Deposit:** \$300 due 3/3 **Balance Due:** 4/28

## Rockies to the Red Rocks Rail Adventure

**July 11-18 Activity Level: Moderate**  
**Special Preview: Tuesday, February 7 at 2:00pm**

Immerse yourself in the beauty of the American West from the comfort of five train journeys. You will be absorbed in the ever-changing landscapes that can only be seen from your window.

**\*\*This tour is full. Call to join the worth-the-wait list!\*\***

**Tour Fare:** \$3,899 per person (2 in a room)  
**Deposit:** \$500 due 3/7 **Balance due:** 5/25



## Discover Alaska

**August 23-September 3 Activity Level: Moderate-Heavy**  
**Special Preview: Tuesday, February 21 at 11:00am**

On this tour, experience Alaska by land and sea! Experience the Alaskan wilderness of **Denali National Park** on the 4-day land portion of this trip. See **Mt. McKinley** in its full glory of gorgeous fall colors and get up close with the local wildlife. Then travel to Whittier where we will board *Holland America's MS Noordam* for a 7-night journey at sea.

**Tour Fare:** Starting at \$5,449 per person (2 people - Inside Stateroom)  
**Deposit:** \$500 due 3/10 **Balance Due:** 5/12

## Annual Mystery Tour

**September 12-15 Activity Level: Easy-Moderate**

**Pack your bags - we are headed to the North Pole!**

What to pack? Clothes, pajamas, and comfortable shoes. Sorry, we can't say anything more that will reveal the mystery...

**Tour Fare:** \$924 per person (2 in a room)  
**Deposit:** \$300 due 6/21 **Balance Due:** 8/4

## Fall into New York

**October 4-8 Activity Level: Moderate**  
**Special Preview: Tuesday, June 13 at 11:00am**

The Chautauqua/Lake Erie region of **Western New York** comes alive with fall colors each year! Explore the changing leaves as you stroll through the lakeside grounds of the **Chautauqua Institution** to see expressions of American architecture dating back to the late 1800's. Stay at the "Grande Dame" where famous guests such as Teddy Roosevelt and Susan B. Anthony have stayed! Sip wine at a local winery and visit cultural attractions including the National Comedy Center and the Lucy-Desi Museum. Finally, enjoy a short visit to **Lancaster County, PA** where you will enjoy authentic Amish cooking with a performance of *Moses*.

**Tour Fare: COMING SOON!**  
**Deposit:** \$300 due 7/12 **Balance due:** 8/4

## Blue Christmas

**December 4-8 Activity Level: Easy-Moderate**  
**Special Preview: Tuesday, August 8 at 11:00am**

Travel to the birthplace of Rock 'n Roll to experience Southern hospitality, royal treatment, and luxurious amenities that would make the King proud when you spend two nights at the **Graceland Guest House!** Enjoy the **Elvis Blue Christmas Holiday Show** and a private tour of Elvis' home! You will also tour the **Presley Motors Automobile Museum** and visit the **Elvis the Entertainer Career Museum.**

**Tour Fare:** \$1,725 per person (2 in a room)  
**Deposit:** \$500 due 9/1 **Balance Due:** 10/20



# RSVP

Retired & Senior Volunteer Program



## 2022 in Review

We had a busy year! We were awarded grant funding from local organizations to help with our continued mission to improve lives, strengthen communities, and foster civic engagement through service and volunteering. Our program engages Americans 55 years and older in volunteer service to meet critical community needs and to provide a high-quality experience for the volunteers. Thank you to the **Community Health Foundation** and the **Springfield Foundation!** A huge thank you to our sponsor – **USS!**

- **Martin Luther King Jr. Project** – We gave out bookmarks honoring notables such as Rosa Parks, Barack Obama, Frederick Douglas, Booker T. Washington, Harriet Tubman, and Martin Luther King Jr.
- We met with **Equality Springfield** for a recruitment meeting. They expressed interest in working with us for special projects and events for their organization.
- Mindy and an RSVP volunteer attended the **Minority Health Fair** at Lincoln Elementary and presented information on the health benefits of volunteering. This program provided free health screenings and giveaways. She also presented via *Zoom* to the local chapter of the National Council of Negro Women, Inc.
- The **Madison Co. Annual Appreciation Luncheon** was held in May. Madison Senior Living Community in London hosted a fun barbecue for our members. Lots of discussion and games better acquainted the volunteers from various stations.
- Closing of **Food Thru Faith**, a Madison County food pantry. We had 17 RSVP volunteers there.
- Mindy represented RSVP at “Grilling Day” at one of our partner volunteer stations, **Jefferson Street Oasis Garden**, a community garden established to address food insecurities that affect residents of Springfield.
- Barb attended the **Wildcat Round Up** alumni event at Springfield High School to present on RSVP.
- The **Clark County Appreciation Luncheon** was held in October. Over 100 attended and music was provided by Champion City Trio, sponsored by **Aventura at Oakwood Village**. A great time, and lots of fun!
- Mindy attended **ServeOhio Volunteer Engagement Fundamentals** 6-week Virtual Convening. Discussions included ageism, sustainability, partnerships, innovation, financial grants, management, reflection, and celebration.
- Mindy attended the **ServeOhio Conference** in Columbus OH, and the **Ohio AmeriCorps Seniors Association Meeting**.
- We added **OSU Master Gardeners** as a new partner and Barb spoke to their members about the RSVP Program. If you volunteer there, let us know! Welcome!!
- We worked on, and are continuing to review all handbooks, policies, and records to make sure we are aligning with the requirements of AmeriCorps Seniors.

## Volunteers Needed at USS!

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

**USS Bingo:** Volunteers and subs needed for Bingo when there is a 5th Wednesday in a month.

**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.

# 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

A background image showing the branches of trees with white blossoms against a clear blue sky, suggesting a spring setting.

**Spring is coming!**  
**USSS is excited to provide  
more special events this year!**  
**See page 3 for more information.**

@USSS