

The Center Page

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

APRIL/MAY 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,

If you ask Google, as I sometimes do, what special awareness or event occurs every month, Google will provide a long list of silly, absurd, and important listings. For example, April is National Fresh Celery Month but also National Parkinson's Awareness Month. USS is not planning to celebrate celery, but I am happy to promote our Parkinson's Exercise class and Parkinson's Support group. USS professionals lead these groups and are always glad to welcome new participants and others to exercise together, and share tips and resources. Check our enclosed Activity Calendar for the schedule, or call Cindy Lockwood at 937-323-4948 ext. 140, for more information and to get involved.

I didn't need to ask Google to know that Thursday, April 27th is always a special day at USS. It is the USS Annual meeting. I hope you will join me to learn about what is happening at USS, what we learned from our recent community survey, and to hear about the movement to "Reframe Aging" from special guest Beth Kowalczyk, the Chief Policy Officer for the Ohio Association of Area Agencies on Aging. Reframing Aging is powered by research and proven to change how people think about aging. Beth's presentation will bring awareness of the harm to society that ageism and ageist attitudes promote. One of our society's strengths is our belief in justice. A just society ensures that everyone, regardless of age, can participate and contribute in meaningful ways. Too often, we limit opportunities for older people and minimize their contributions. The Reframing Aging Initiative seeks to promote change to tell a more balanced story about aging, to recognize the negative stereotypes associated with getting older, and to change the way we talk about it. I am very excited to bring this topic to our members and our greater community. It is refreshing to hear this inspiring message and I hope you will attend.

Google says that May marks the start of National Older Americans Month. USS celebrates the achievements of Clark Countians all month long but especially at the Clark County Senior Day luncheon on Tuesday, May 9th at the Clark County Fairgrounds. This large event includes a nice meal, entertainment, and the honoring of a number of deserving people. Read page 3 for more information and to reserve your tickets.

Thank you for the opportunity,

Maureen Fagans, AICP
Executive Director/CEO

What's NEW ↓

USS Annual Meeting

USS invites the Clark County community to our **Annual Meeting** on **Thursday, April 27th, 1:30pm - 3:00pm**. Please join us to celebrate the highlights and accomplishments of our 54th year. Our keynote speaker this year is Beth Kowalczyk from the Ohio Association of Area Agencies on Aging. She will present on the the movement to Reframe Aging, the value that older adults contribute to society, and why it matters. Join us to learn more and enjoy light refreshments. This event is sponsored by **Wooded Glen Health Campus**.

Senior Day Luncheon & Nominations

May is **Older Americans Month!** The 2023 theme is *Aging Unbound*. USS encourages and promotes Clark County older adults to stay engaged, educated, and active. Stereotypes like ageism keep our aging population bound to old standards, and USS is here to help ensure endless possibilities and boundless opportunities for our members. Please join us as we recognize this year's very deserving contributors to the growing aging community of Clark County and enjoy our musical guests, the *Corn Drinkers*.

The Clark County **Senior Day Luncheon** is on **Tuesday, May 9th** at the Clark County Fairgrounds, in the Arts & Crafts Building. **Doors open at 11:00am** and **entertainment will begin at 11:30am**. It is open to all older adults age 55 and better. Entrance is \$5 per person and payments can be made with cash or check at USS downtown (8:30am - 4:00pm). This event is sponsored by **Villa Springfield**.

USS continues to accept nominations to recognize older adults in Clark County who have made worthy contributions to our community in Leadership and in Service. The deadline for nominations is April 15th for the **Clark County 2023 Excellence in Leadership** and the **2023 Inspirational Service awards**. Nominations and questions can be directed to Tracy Wickham at 937-323-4948 ext. 110.

USS Senior Living Resource Fair

The 3rd annual **USS Senior Living Resource Fair** is on **Thursday, June 8th, 2:30pm - 5:30pm**. This fair will feature more than 50 local agencies and businesses that provide important resources and services for older adults in Clark County. Attendance is free and open to anyone interested in learning more about senior living options and support services in the Clark County area. Vendors will include senior living communities, downsizing businesses, home health equipment, hospice care, assisted living agencies, memory care, caregiver support, and more. Door prizes will be awarded hourly! This is the only one-stop-shop for ALL senior living resources in Clark County!

USS Golden Wedding

Are you celebrating your **50th wedding anniversary** in 2023? Let us know and you can get a **lifetime pass to the Clark County Fair!** This year we will once again host the **Golden Wedding Celebration** at the Clark County Fair. Check our June/July issue of the *Center Page* for more event details. Tell your friends to contact USS if they have also reached this special milestone. Contact Jenna Bluemlein at 937-323-4948 ext. 115 or jbluemlein@unitedseniorservices.org with your names, home address, anniversary date, and phone number if you're celebrating this anniversary, and we will mail your lifetime passes and invitation.

Educational Opportunities ↓

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 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*.

Welcome to Medicare Seminar

Welcome to Medicare

Presented by Mary Leep-Pritchert

Thursday, April 20th at 2:00pm

If you will be eligible for Medicare soon, currently have Medicare but still have questions, or have a family member with Medicare issues, we can help! Come and learn about Medicare Part A and Part B benefits, Medicare Advantage plans (Part C), the prescription drug benefit (Part D), and Medicare supplement insurance. This event, presented by the Ohio Senior Health Insurance Information Program (OSHIIP), is a service of the Ohio Department of Insurance. OSHIIP staff are trained by the state and do not sell or promote any insurance companies, policies or agents.

USS Dinner & Discussion

Land Preservation & Agriculture

Presented by Michele Burns

Thursday, April 20th at 5:30pm

USS welcomes Michele Burns from the Tecumseh Land Trust to present about land preservation and agriculture in Clark County and the surrounding area. Earth Day is Saturday, April 22nd and this presentation is a great way to remember all of the resources the Earth provides to us and how we can best protect what we are given. This event is sponsored by *Forest Glen Health Campus*.

OVSH Lunch & Learn

BoneFit Therapy

Presented by Brandy Fyffe, BS, PTA, LMT, CLT
& Emily Frantz, PT, DPT

Thursday, May 4th at 12:00pm



USS is excited to share this Ohio Valley Surgical Hospital program that helps individuals with Osteopenia and Osteoporosis. This program provides an assessment of posture, balance screening, and review of current exercise regimen. It can also provide individual treatment plans including education on spine protection and personalized home programs. This event is sponsored by *Wooded Glen Health Campus*.

USS Lunch & Learn

Financial Fitness for Older Adults

Presented by Rachel Goff, HUD-certified Housing Counselor

Thursday, May 18th at 12:00pm

For many older adults, the path to economic security begins with basic money and credit management. Neighborhood Housing Partnership and their Financial Fitness program helps gain an understanding of financial literacy and learning to make more informed financial judgements. Often challenged with living on a fixed income, financial literacy is a necessary skill for older adults to stay secure and independent longer. This event is sponsored by *Hearth & Home - Urbana* and *Day City Hospice*.

Mercy Health Lunch & Learn

Stroke Risk & Management

Presented by Dr. Jody Short

Thursday, June 1st at 12:00pm



Mercy Health - Springfield is partnering with USS to present new services they offer to the community in Interventional Neurology and stroke care. Dr. Jody Short, Interventional Neurologist at Mercy Health will share about his experience caring for patients, as well as different procedures impacting the head, neck and spine. Dr. Short will also touch on tips for living a healthy lifestyle and the signs and symptoms of a stroke. This event is sponsored by *Villa Springfield*.

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

SAILL-ing into Summer

The 2023 Spring SAILL term has begun, offering over 25 different classes and one local "How It's Made" tour to our lifelong learners!

Now is the time to start planning for the 2023 Summer SAILL term. Do you have an interest in teaching a class? Instructors may be educators, experts in a variety of fields, or enthusiasts for specific topics, hobbies, and/or fitness. Contact Cindy Lockwood, Education and Travel Coordinator at clockwood@unitedseniorservices.org or 937-323-4948 ext. 140 for more information.



What's NEW ↓

Service Project

Food Packing Event – with LNI, Wittenberg University Friday, April 21st, 11:00am - 1:00pm

Lesotho Nutrition Initiative (LNI) is a group at Wittenberg that packs meals across the Midwest and partners with organizations in Lesotho to combat childhood malnutrition by distributing meals. Lesotho is a small country in South Africa with high rates of children suffering from severe/chronic malnutrition. The meals LNI provides are proven to halt malnutrition and reverse the long-term effects.

If 65 people can join us, we will be able to pack **10,000 meals!** To reserve your spot, please RSVP at the Welcome Center by Monday, April 17th.

USS is asking for a **\$5 donation** per person to participate. Donations will go towards shipping the packed meals to Lesotho. Donations of any amount will be accepted until the conclusion of the event. You do not have to be a USS member to participate. To learn more about LNI, visit www.lesothonutritioninitiative.com. If you have questions about this event, contact Jenna Bluemlein at 937-323-4948 ext. 115.



USS April Dance

Singing in the Rain Friday, April 14th Dinner at 5:00pm, Dance at 6:00pm

April showers bring dances! That's what they say, right? Come inside and stay dry at USS while listening to the Stooksberry's, as they provide us with all our favorite songs to groove to. Doors open with catered buffet service starting at 5:00pm, music to follow starting at 6:00pm. **There is a \$5 fee to attend.** Reservations are open now and close Wednesday, April 12th. Payment is required at the time you make your reservation. This event is sponsored by *Humana*.

USS Prom

“Senior” Prom Wednesday, May 17th Doors Open at 5:00pm

USS is excited to be hosting our first Prom! The theme this year will be “To the Moon and Back”. This event will have live entertainment, including our USS Jammers, and light refreshments. Formal attire or evening wear is suggested. Doors will open at 5:00pm and there is a **\$5 fee to attend.** Reservations start on Monday, April 10th and close Wednesday, May 10th. Payment is required at the time you make your reservation. This event is sponsored by *Forest Glen Health Campus*.

Paid Activities in May & June

USS offers a range of activities to accommodate 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, May 1st. Payments for activities can be made starting Monday, April 24th.** Additional information will be available at the Welcome Center in mid-April.

Closed Days at USS

USS will be closed on **Monday, May 29th** for Memorial Day. We hope you enjoy your holiday!

USS Jammers

The USS Jammers have geared up to make 2023 bigger, better, and louder. With no fee or registration to join them, they are encouraging any USS members to join them on the first Tuesday of each month, 12:30pm - 1:30pm. Come catch a vibe and play along with the band, sing, or just sit back and appreciate the music!

Volunteers Needed - Guardianship Program

It is often assumed that older adults in nursing homes have someone to advocate and make medical decisions for them when they are unable to do so themselves. The fact is, not everyone has someone capable or willing to be responsible for this. The Ohio Supreme Court provides a six hour, self-paced online training to become a Guardian of Person for these vulnerable individuals. If you'd like more information about this fulfilling volunteer opportunity, please contact Monica Spencer at 937-521-3014.

USS May Dance

USS Fiesta Friday, May 26th Dinner at 5:00pm, Dance at 6:00pm

Come out and shake your tail feathers at our May dance! We are throwing a fun fiesta, catered by a local favorite Mexican restaurant. Doors open with catered buffet service starting at 5:00pm, music to follow starting at 6:00pm. **There is a \$5 fee to attend.** Reservations start on April 28th and close Wednesday, May 24th. This event is sponsored by *Northwood Skilled Nursing & Rehabilitation*.

Drop-in Ping Pong

Starting Monday, April 3rd, USS is happy to offer drop-in time for members to play ping pong throughout the week. The only times that the ping pong tables won't be available are on Tuesdays, 12:00pm - 3:00pm and Thursdays, 9:00am - 3:00pm due to other scheduled activities. Paddles and balls will be provided and two tables will be ready for use.

Activity Calendar: April 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
Ping Pong.....7:00a - 7:00p...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-\$
 April 24th
WWP Aquatics Class...9:00a - 10:00a...R-\$
Blocks to Blankets..10:00a - 12:00p...D-NC
 April 10th & 24th
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
 Ends April 13th
WWP Volleyball.....11:00a - 12:00p...R-\$
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
Ping Pong.....7:00a - 12:00p...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 *April 18th*
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
Tax Preparation.....11:00a - 3:00p...A-NC
 Ends April 13th
Bid Euchre.....11:30a - 2:30p...D-NC
Friendly Euchre.....12:00p - 3:00p...D-NC
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....12:00p - 1:30p...D-NC-V
Long Arm Quilting.....1:00p - 6:00p...A-\$
LP Open Swim.....1:00p - 6:30p...D-NC
Mah Jongg.....1:00p - 3:00p...D-NC
Parkinson's Support.....1:00p - 2:00p
 ...D-NC *April 11th* *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
Ping Pong.....3:00p - 7:00p...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
Ping Pong.....7:00a - 7:00p...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 *April 19th*
Blood Pressure Screenings 10:00a-12:00p
 ...D-NC *April 5th*
Caregiver Support..10:00a - 11:00a...R-NC
 April 19th *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
 April 5th *See page 10*
Bingo.....1:00p - 3:30p...D-\$-V
Card Making Club.....1:00p - 4:00p...D-NC
 April 12th & 26th
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
 April 5th *See page 10*

Thursdays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Ping Pong.....7:00a - 9:00a...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
 Ends April 13th
MH Lunch & Learn 12:00p - 1:00p...R-NC
 April 6th *See page 4*
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....12:00p - 1:30p...D-NC-V
Hand & Foot (Cards)..1:00p - 4:00p...D-NC
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
USS Annual Meeting.....1:30p - 3:00p
 ...D-NC *April 27th* *See page 3*
Jigsaw Puzzle Group 2:00p - 6:45p...D-NC
Parkinson's Exercise..2:00p - 3:00p...D-NC
Welcome to Medicare.....2:00p - 3:00p
 ...R-NC *April 20th* *See page 4*
Photo Club.....3:00p - 4:30p...D-NC
Ping Pong.....3:00p - 7:00p...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 *April 20th* *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
Ping Pong.....7:00a - 7:00p...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-\$
WWP Open Swim....10:00a - 1:00p...D-NC
Congregate Meals.....11:00a - 1:00p
Hula Dance.....11:00a - 12:30p...D-NC
LNI Food Pack.....11:00a - 1:00p...D-NC
 April 21st *See page 6*
Tulip Tour Predeparture....11:00a - 12:30p
 ...D-NC *April 28th*
Bridge.....12:00p - 3:30p...D-NC
Novice Pickleball Tournament
 ...12:00p - 4:00p...R-\$ *April 7th*
Samba (Cards).....12:00p - 4:00p...D-NC
Euchre.....1:00p - 3:30p...D-NC
Adv Pickleball.....2:30p - 4:30p...D-NC
USS Dance.....5:00p - 8:00p...R-\$
 April 14th *See page 7*

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: May 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
- Ping Pong.....7:00a - 7:00p...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-\$
May 22nd
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC
May 8th & 22nd
- 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
- WWP Volleyball.....11:00a - 12:00p...R-\$
- Ping Pong.....12:00p - 4:00p...D-NC
- WWP Open Swim.....12:00p - 6:30p...D-NC
- Business Retirement Prep.....1:00p - 4:00p
...R-NC *May 1st*
- 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 May 29th for Memorial Day

Tuesdays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- Ping Pong.....7:00a - 12:00p...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 *May 16th*
- 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
- Senior Day Luncheon.....11:00a - 1:00p
...R-\$ *May 9th* *See page 3*
- Bid Euchre.....11:30a - 2:30p...D-NC
- Friendly Euchre.....12:00p - 3:00p...D-NC
- Pinochle.....12:00p - 3:30p...D-NC
- USS Jammers.....12:00p - 1:30p...D-NC-V
- Long Arm Quilting.....1:00p - 6:00p...A-\$
- LP Open Swim.....1:00p - 6:30p...D-NC
- Mah Jongg.....1:00p - 3:00p...D-NC
- 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
- Ping Pong.....3:00p - 7:00p...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
- Ping Pong.....7:00a - 7:00p...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 *May 17th*
- Blood Pressure Screenings 10:00a-12:00p
...D-NC *May 3rd & 31st*
- Hula Hoop Group...10:00a - 11:00a...D-NC
- WWP Open Swim....10:00a - 6:30p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Bingo.....1:00p - 3:30p...D-\$-V
- Card Making Club.....1:00p - 4:00p...D-NC
May 10th & 24th
- 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
- USS Prom.....5:00p - 7:00p...R-\$
May 17th *See page 7*
- Diabetes Support.....5:30p - 6:30p...D-NC
May 3rd *See page 10*

Thursdays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- Ping Pong.....7:00a - 9:00a...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
- OHS Lunch & Learn.....12:00p - 1:00p
...R-NC *May 4th* *See page 5*
- USS Lunch & Learn.....12:00p - 1:00p
...R-NC *May 18th* *See page 5*
- Pinochle.....12:00p - 3:30p...D-NC
- USS Jammers.....12:00p - 1:30p...D-NC-V
- Hand & Foot (Cards)..1:00p - 4:00p...D-NC
- Connecting Threads.....1:00p - 3:30p
...D-NC *May 18th*
- 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
- Ping Pong.....3:00p - 7:00p...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
- Ping Pong.....7:00a - 7:00p...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-\$
- WWP Open Swim....10:00a - 1:00p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Hula Dance.....11:00a - 12:30p...D-NC
- Bridge.....12:00p - 3:30p...D-NC
- Samba (Cards).....12:00p - 4:00p...D-NC
- Euchre.....1:00p - 3:30p...D-NC
- Adv Pickleball.....2:30p - 4:30p...D-NC
- USS Dance.....5:00p - 8:00p...R-\$
May 26th *See page 7*

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.

Enon Satellite Activity Calendar: April & May

Mondays:

Billiards...9:00a...D-NC
Focus on Fitness...9:30a...R-\$
Bridge...12:30p...R-NC
Cornhole...12:30p...D-NC
New Carlisle Spring Festival
...12:30p...D-NC *April 3rd*

Closed on May 29th

KEY

\$: Cost **NC:** No Cost
D: Drop-in
R: Registration Required,
Call 937-863-0043

Tuesdays:

Billiards...9:00a...D-NC
Darts/Ping Pong...9:30a...D-NC
Euchre...1:00p...D-NC
Easter Rock Painting...10:30a
...D-NC *April 4th*
Dogs 101 with Fulton's Finest
4-H Therapy & Service Dogs
...10:30a...D-NC
April 18th & May 23rd

Snacks & Facts - Managing Grief
...10:30a...R-NC *May 30th*
(WG)

Closed on May 2nd

Wednesdays:

Billiards...9:00a...D-NC
Focus on Fitness...9:30a...R-\$
Darts/Ping Pong...11:00a...D-NC
Games...11:00a...D-NC
April 5th & May 3rd
Potluck...12:30p...R-NC
April 19th **(NW)** *May 17th* **(FG)**
Earth Day Project...12:30p
...R-NC *April 26th* **(FG)**
Lunch & Learn - May Flowers
...11:00a...R-NC *May 10th* **(NW)**
Crafts with Mari...1:00p...R-NC
May 24th **(WG)**
Bird House Craft...1:00p...R-NC
May 31st

Thursdays:

Billiards...9:00a...D-NC
Darts/Ping Pong...9:00a or 3:00p...D-NC
Hand & Foot...12:30p...D-NC
April 6th & 20th
May 4th & 18th
Crafts with Nancy...1:00p...R-NC
April 6th & May 4th **(GS)**
Bingo...1:00p...D-NC
April 13th **(WG)** *May 11th* **(FG)**
Movie...1:00p...D-NC
April 20th & May 18th
April Birthdays Celebration...10:30a...R-NC
April 27th **(NW)**
May Birthdays Celebration...10:30a...R-NC
May 25th **(NW)**

Fridays:

Chair Yoga...9:00a...D-\$
Billiards...10:00a...D-NC
Darts/Ping Pong...11:00a...D-NC
Stitchers...11:30a...D-NC
Hospice Pillows...12:30p...D-NC

Sponsors in April/May:

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

New Carlisle Satellite Activity Calendar: April & May

Mondays:

Spring Festival...12:30p...D-NC
April 3rd
Bingo...12:30p...D-NC
April 10th & May 8th **(VC)**
Movie Day...12:30p...D-NC
April 17th & May 1st
Games & Snacks...12:30p...D-NC
April 24th & May 22nd **(GS)**
Memorial Day...12:30p...D-NC
May 15th
Karaoke...12:30p...D-NC
May 22nd

Closed on May 29th

Tuesdays:

Mexican Train Dominos...12:30p
...D-NC
Crafts...12:30p...D-NC
April 4th & May 16th
Yahtzee...12:30p...D-NC
April 11th
Euchre...12:30p...D-NC
April 18th & May 2nd
Rock Painting...12:30p...D-NC
April 25th & May 23rd
Senior Day Luncheon...12:30p
...R-\$ *May 9th* *See page 3*

Wednesdays:

"500" Card Game...12:30p
...D-NC
Bingo at USS Downtown
...1:00p...D-NC *May 17th*

KEY

\$: Cost **NC:** No Cost
D: Drop-in
R: Registration Required,
Call 937-845-2080

Thursdays:

Bridge...12:30p...D-NC
Trip to Arrow Queen...12:30p...D-NC
April 6th, April 20th & May 18th
Bingo at USS Enon...12:30p...D-NC
April 13th & May 11th

Sponsors in April/May:

- Good Shepherd Village (GS)
- Northwood Skilled Nursing & Rehabilitation (NW)
- Vancrest (VC)

Fridays:

Hand, Knee & Foot...12:30p...D-NC
Pinocle...12:30p...D-NC
April 14th & May 12th
April Birthdays Celebration...11:30a...D-NC
April 21st **(NW)**
Cinco de Mayo Taco Bar...12:30p...D-NC
May 5th
May Birthdays Celebration...11:30a...D-NC
May 19th

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, April 11th at 1:00pm**. A neurologist from Mercy Health will be speaking about Parkinson's Disease. 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, April 19th 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, April 5th 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.

There will not be meetings in May for the USS Support Groups, these groups are taking a break and may reconnect at a later date.

For more information about any of these groups, contact Monica Spencer at 937-323-4948 ext. 218 or [mspencer@unitedseniorservices.org](mailto:m Spencer@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, April 5th and May 3rd at 5:30pm**.

Dog Show at USS

Fulton's Finest Dog Show

Tuesday, April 25th, 11:30am - 2:00pm

Peggy Rodrigue is back again for another canine program. Bringing 60 years of experience and her four-legged friends, she will be putting on an agility dog show. You will not want to miss this special performance. You will get to see what amazing things dogs are capable of with the proper training. This is a free event. To reserve your spot, call the Welcome Center at 937-323-4948. Contact Sophia Justice with any questions at 937-323-4948 ext. 219.

Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, April 19th and May 17th 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 \$5 or \$10 gift card provided by **Aventura at Oakwood Village**. There is no charge for this event.

April 2023 Schedule:

- 3rd** Spring Festival at USS New Carlisle
- 4th** Mason Jar Easter Baskets
- 6th** Mercy Health Lunch & Learn...R *See page 4*
- 7th** London Senior Center Lunch
- 10th** Manicures
- 11th** National Pet Day: Photo Collage
- 13th** Social Support Bingo
- 14th** Prom Shopping in Columbus
- 17th** Wii Games
- 18th** 4 Paws for Ability Trip
- 20th** Tree of Life Wreath
- 21st** Lunch and Guest Nutritionist: Sepi Zoufonoun
- 24th** Midsummer Night's Luncheon
- 26th** Earth Day Project at USS Enon
- 27th** Loom Knitting
- 28th** Lunch and visit the Gardenland Nursery

**R=Reservations Required*

May 2023 Schedule:

- 1st** Manicures
- 2nd** Jewelry Exchange
- 4th** OVSH Lunch & Learn...R *See page 5*
- 5th** Cinco de Mayo Celebration
- 11th** Social Support Bingo
Sponsored by **Aventura at Oakwood Village**
- 12th** Prom Shopping in Dayton...NC
- 15th** Pen Pals for Hospice
- 17th** USS Prom...R *See page 7*
- 18th** USS Lunch & Learn...R *See page 5*
- 19th** Arboretum at Ferncliff
- 22nd** Card Game Day
- 23rd** Dog Show at USS Enon
- 25th** Marie Kondo's the Art of Tidying Up
- 26th** Springfield Art Museum
- 30th** Floats and Tunes

Closed Monday, May 29th for Memorial Day

English Tutoring Class

The Social Support team is excited to announce the start of **English Tutoring for adults** at USS! Many of our RSVP volunteers currently serve as tutors at the Warder Literacy Center (WLC). By extending our partnership with WLC, we will begin offering English tutoring classes at USS for any member wishing to improve their reading and/or writing skills. Interested volunteers will also receive their training from WLC right here at USS!

Volunteer training will be on Wednesday, May 3rd, 12:00pm - 2:00pm **AND** Wednesday, May 10th, 12:00pm - 2:00pm. Volunteers need to attend both days of training.

Student orientation will be on Wednesday, May 24th, 1:00pm - 2:00pm **OR** Wednesday, May 31st, 10:00am - 11:00am. Students only need to attend one day.

Students and tutors will begin meeting in June. Schedules are agreed upon by both parties and can be held anytime during USS business hours. The tutoring pair will meet twice a week for an hour each session.

For more information, contact Chelsea Mutschler-Huber at 937-323-4948 ext. 116.

2023 Trips & Tours

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

2023 Tours:

For more information on any of our 2023 USS Tours, see our 2023 Tours Catalog on our website at www.unitedseniorservices.org/trips-tours, contact Cindy Lockwood at 937-323-4948 ext. 140, or stop in for a visit to learn more.

Of Art & Tulips - Holland Tulip Festival - Coming Soon!

May 10-14 Activity Level: Easy-Moderate

This grand getaway in **Holland, MI** is for the artist and horticulturist, the epicurean and the connoisseur.

Tour Fare: \$1,825 per person (double); \$2,199 (single)

Deposit: \$500 due ASAP **Balance Due:** 4/7



Red Neckin' Toe Tappin' Tour - Coming Soon!

June 13-16 Activity Level: Moderate

This tour is pure fun! Come enjoy 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 ASAP **Balance Due:** 4/28



Rockies to the Red Rocks Rail Adventure

July 11-18 Activity Level: Moderate

Immerse yourself in the beauty of the American West from the comfort of five train journeys.

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

Tour Fare: \$3,899 per person (2 in a room)

Deposit: \$500 due ASAP **Balance due:** 5/25



Discover Alaska

August 23-September 3 Activity Level: Moderate-Heavy

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 ASAP **Balance Due:** 5/12



Annual Mystery Tour

September 12-15 Activity Level: Easy-Moderate

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

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 lakeside grounds of the **Chautauqua Institution**, stay at the "Grande Dame", sip wine at a local winery, and visit cultural attractions. Finally, enjoy a visit to **Lancaster County, PA** and enjoy authentic Amish cooking and 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 when you spend two nights at the **Graceland Guest House!** Enjoy the **Elvis Blue Christmas Holiday Show**, a private tour of Elvis' home, the **Presley Motors Automobile Museum**, and 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



2023 Day Trips:

More information on our 2023 USS Day Trips will be available upon request and on our website at www.unitedseniorservices.org/trips-tours in April. If you have questions, contact Cindy Lockwood at 937-323-4948 ext. 140 or stop in for a visit to learn more.

Mansions and Wineries May 24

Trip includes stops at Stan Hywet Hall, Gate Lodge, Corbin Conservatory & Gardens, Gervasi Winery, 1875 Winery, and a mystery stop!

Trip Fare: \$145 per person **Balance Due:** 4/28

Kentucky in a Day June 21

Trip includes stops at the Newport Aquarium, BB Riverboats Captain's Lunch Cruise, and Findlay Market!

Trip Fare: \$158 per person **Balance Due:** 5/12

Summer Day at the Islands August 16

Snooty Fox Shopping Adventure October 18

La Comedia Dinner Theater December 7

Visit our website, call, or stop in to learn more about all 2023 USS Day Trips!

RSVP

Retired & Senior Volunteer Program



National Volunteer Week: April 17th - 21st, 2023

The theme this year for National Volunteer Week is **UNITED WE SERVE**. This week celebrates the importance of volunteer work and people dedicated to serving their friends, neighbors, and community organizations. Your service turns your spare time, knowledge, skills, passions, and creativity into real world solutions. No matter how you engaged in service this year, we are thankful for and appreciative of you!

Updates from RSVP:

Be on the lookout for our signs at your volunteer station showing that “*AmeriCorps Seniors Volunteer Here.*” Check out the Volunteer page on the USS at website www.unitedseniorservices.org/volunteer/ to find updated information about volunteer opportunities at our partner stations and at upcoming special events. In addition, you can find the RSVP Volunteer Handbook that was recently updated.

Food pantry and soup kitchen surveys concluded that patrons overwhelmingly reported the time you volunteer was greatly appreciated and helps them to avoid hunger and aided in improved health conditions for themselves and their families.

Stop by and say hello to Mindy & Shirley who will be at our table promoting RSVP and volunteering at the **Minority Health Fair** at Lincoln Elementary School on Saturday, April 29th!

Upcoming Volunteer Opportunities

USS Dances: Volunteers needed on Fridays, April 14th and May 26th, to serve dinner and for help with clean-up after the dance.

USS Senior Day Luncheon: Volunteers needed on Tuesday, May 9th for check-in and serving food.

USS Senior Living Resource Fair: Volunteers needed on Thursday, June 8th to assist vendors in set-up, to check-in attendees, and for help with clean-up after the event.

Second Harvest Food Bank: Volunteer is needed as a receptionist.

Springfield Regional Medical: Volunteer is needed to help repair wheelchairs.

Warder Literacy Center: Volunteers are needed as tutors for children, adults, and English as Second Language. Training and curriculum are provided.

Ohio's Community Mercy Hospice: Volunteers needed as friendly visitors, veteran pinners, hair dressers, and bereavement callers.

Madison County Life Care Alliance: Volunteers needed as meals on wheels drivers.

Be sure to also check out the green poster board in Mindy's cubicle office anytime between Center Pages for a list of the most up-to-date upcoming volunteer opportunities.

Please contact Mindy Allender in the RSVP department at mallender@unitedseniorservices.org or 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 at 988. The caller is routed to their nearest crisis center to receive immediate, confidential counseling and local mental health referrals. There is also a veteran-specific hotline service that connects callers to the Veterans Health Administration. Any person needing support can also text 988. 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.

Clark County Warmline

The Clark County Warmline is a free call line that is available 24/7. It addresses mental health concerns by listening to callers and providing experience-based empathy and support. **It can be reached at 937-662-9080.**

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! Contact Laura Fulton at 937-323-4948 ext. 227 for more information.

HEAP 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. **Applications for this program must be received by May 31st, 2023.** Joyce Robinson, USS Outreach Coordinator, can provide assistance with completing the application. Call her at 937-521-3005 for more information.

Planning for Retirement Event

The Springfield Community Navigators will be hosting a free workshop at USS on **Monday, May 1st at 1:30pm** entitled *Planning for Retirement, Both Business and Personal*. Keith Baldwin, Rich Walen, M.B.A, and Bill Johnson, M.B.A will be presenting on services that Springfield Community Navigators can offer for free, how to successfully exit from your business, and on business and personal financial wellness in retirement. For more information and to reserve your spot, contact Keith Baldwin at 937-232-9916.

UNITED SENIOR SERVICES

www.unitedseniorservices.org
125 W Main St
Springfield, OH 45502
937-323-4948

USS DOWNTOWN HOURS:

M-Th 7:00am - 7:00pm

F 7:00am - 4:30pm

NEW CARLISLE SATELLITE

1216 W Lake Ave
New Carlisle, OH 45344
937-845-2080

ENON SATELLITE

7571 Dayton-Springfield Rd
Enon, OH 45323
937-863-0043

USS SERVICES

Benefits Counseling

Caring Services Advocacy

Health Outreach

Home Modifications & Repairs

In-Home Services

Meal Services

Recreation & Education

Support Services

Transportation

Travel Programs

Volunteers Opportunities

MISSION

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



UNITED SENIOR SERVICES

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

125 W Main St

Springfield, OH 45502

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

Join USSS and celebrate
Older Americans Month this May!

See page 3 for all the ways we'll be celebrating together.