

The Center Page

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

JUNE/JULY 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

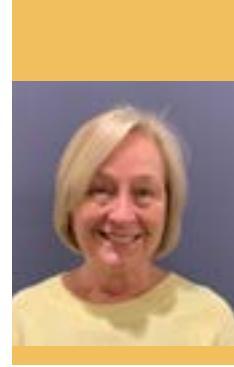
- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers, President
- Arlin Par Tolliver, Vice President
- Mike Trempe
- Chris Wells, Treasurer
- Maureen Fagans, CEO

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:
Nancy Flinchbaugh

Center Page Editor:
Jenna Bluemlein

Director's Corner



Dear Members and Friends,

The theme of Older Americans Month this year is "Age Unbound" – a wonderful reminder that we are a busy, productive bunch, and *Reframing Aging* is necessary to challenge negative attitudes that marginalize our older population. Instead, this time of our lives is often our busiest and most rewarding. USS is dedicated to challenging the negative stereotypes associated with getting older by offering opportunities to maintain and improve our physical, emotional, and intellectual health, advocating for opportunities to live purposefully, and providing support to maintain our independent lifestyles. USS' focus on all of the many dimensions of wellness is not a new idea.

New members are finding USS to celebrate their gift of longevity and to support their desire to live longer, healthier lives, often by working, volunteering, traveling, and exercising their bodies and brains. The steady growth in USS membership is a testament to the friendly, welcoming culture of wellness that our centers promote. As you read this *Center Page*, I invite you to try something new this summer.

We appreciate your help to identify new couples who are celebrating their 50th wedding anniversary in 2023, so we can invite them to the Golden Wedding Party at the Clark County Fair on Tuesday, July 25th. To beat the heat, this event is at 10:30am in the Arts and Crafts Building where we will be gathering for cupcakes, ice cream, and entertainment. Please call USS at 937-323-4948 ext. 115 to tell us who is celebrating 50 years of marriage this year and to help us identify the longest married couples in Clark County.

Public officials have been clear that as the COVID-19 public health emergency ends, the COVID-19 virus continues to circulate and mutate. They also continue to warn the 65+ population that because of our age, we are considered high risk for serious consequences of infection. The CDC recommends that our best defense against the virus is masking and staying up-to-date with the COVID-19 bivalent booster. USS will continue to assist people who want to schedule a booster shot and will continue to monitor the CDC for future recommendations and challenges related to the COVID-19 virus.

Thank you for the opportunity and enjoy the nice weather,

Maureen Fagans, AICP
Executive Director/CEO

What's NEW ↓

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 40 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, in-home care agencies, caregiver support, and more! Door prizes will be awarded hourly and we will have a DJ! This is the only one-stop-shop for ALL senior living resources in Clark County, right here at USS! This event is sponsored by **Springfield Masonic Community**.

USS Golden Wedding Party

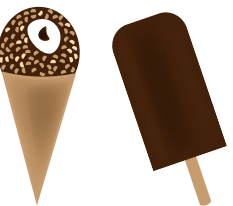
Are you celebrating your 50th wedding anniversary this year? Let us know, and you can get a lifetime pass to the Clark County Fair! Contact Jenna Bluemlein at jbluemlein@unitedseniorservices.org or 937-323-4948 ext. 115 with your names, home address, anniversary date, and phone number if you live in Clark County and are celebrating this anniversary. We'll mail your lifetime passes and invitation to the Golden Wedding Party to you.

USS and the Springfield Kiwanis Club want to celebrate with those celebrating 50 years or more of marriage this year! Please join us for the **USS Golden Wedding Party** at the Clark County Fair on **Tuesday, July 25th, 10:30am - 12:00pm!**

If you have attended the Golden Wedding Party in the past, watch for your invitation in June with all the event details.

USS Ice Cream Social

The annual **USS Ice Cream Social** will be on **Thursday, August 10th at 1:00pm**. Members and their families are invited to attend. Bring your children and grandchildren for this end-of-summer celebration! This event would not be complete unless we had our very own Vintage Voices performing. There is no charge to attend, but reservations are required by calling the Welcome Center at 937-323-4948 by Monday, August 7th. This event is sponsored by **Northwood Skilled Nursing & Rehabilitation**.



USS Wellness Conference

The 9th annual **USS Wellness Conference** will be on **Thursday, August 24th, 1:00pm - 4:00pm**. This conference focuses on "Engaging in Aging" and emphasizes an integrative approach to health and wellness. It will be an interactive afternoon of guest speaker presentations, demonstrations, health screenings, healthy snacks and samples, building tours, door prizes, and resource sharing among USS staff, community partner exhibitors, and older adults. The keynote speaker will be Dr. Jordan Allison, a clinical psychologist and behavioral health consultant with Mercy Health Springfield.

Educational Opportunities ↓

Pride Paint & Pour

Painting & Wine Tasting
In Partnership with Equality Springfield
Friday, June 9th at 4:30pm



Join us in celebrating Pride Month with our first Paint & Pour! Painting will be led by Nathan Conner and will be for all skill levels. We will be offering a safe space to converse and be artsy while enjoying a variety of wines and non-alcoholic drinks paired with charcuterie. Celebrating with your community all month long gives everyone a chance to gather, show support, talk about tough topics, and just be yourself! All are welcomed and respected at USS. This event is in partnership with local nonprofit organization, *Equality Springfield*. There is a **\$10 materials fee**.

Juneteenth Observance

Juneteenth Observance
Presented by Denise Williams, President of NAACP - Springfield Chapter
Thursday, June 15th at 12:00pm

USS welcomes Denise Williams, President of Springfield Ohio's Chapter of the NAACP as our keynote speaker. There will also be entertainment by Lamarr Rhodes & Friends and organizations offering resources and information for our community and how you can get involved. Please join us to honor this holiday and continue what Opal Lee, the 'Grandmother of the Movement', walked for. This event is open to the public and free of charge. Please register in advance with our Welcome Center. This event is sponsored by *Northwood Skilled Nursing & Rehabilitation*.

USS Dinner & Discussion

Health and Sleep
Presented by Natalie Huber, Springfield Sleep Center
Thursday, June 15th at 5:30pm

Sleep is extremely important in keeping our body's system performing at its best. There is a lot that can be discerned from a poor sleep cycle. Your health and sleep coincide more than you expect, so please join us to hear Natalie Huber present on what you need to know about sleep disorders. This event is sponsored by *Northwood Skilled Nursing & Rehabilitation*.

OVSH Lunch & Learn

Pelvic Organ Prolapse and Treatment
Presented by Dr. Ananth Annamraju, MD
Thursday, July 6th at 12:00pm



USS is excited to welcome Dr. Annamraju from Urology Specialists of Ohio to present on pelvic organ prolapse. There are a variety of treatment options and exercises that can help provide a new level of comfort. This event is sponsored by *Wooded Glen Health Campus*.

USS Lunch & Learn

The Wonder of Hydration
Presented by Gina Boerger, DPT
Thursday, July 20th at 12:00pm

Is it hot enough for ya? This presentation will focus on hydration as temperatures rise and heat exhaustion becomes a threat to everyone, especially older adults. USS welcomes Gina Boerger, licensed physical therapist and Director of Clinical Excellence for Therapy Advantage, to present on this topic. This event is sponsored by *Northwood Skilled Nursing & Rehabilitation*.

Mercy Health Lunch & Learn

Balance & Strength Training
Presented by David Comer, PA-C
Thursday, August 3rd at 12:00pm



With warmer weather and more time outside, it is the perfect time for walking, golfing, and all of your favorite outdoor activities. David Comer, PA from Mercy Health - Springfield, will present on the importance of balance and strength training, how they can help support your wellness goals, and how physical activity can help prevent other critical illnesses. 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.

2023 Summer SAILL Term

The 5-week **Summer SAILL** term is
July 10th - August 11th

Registration for classes will open Tuesday, June 20th at USS

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be returning this summer with a variety of classes including air fryer cooking, caregiver tools, CPR, defensive driving, line dancing, mindset mastery, Pilates, quilting, Reiki, self-defense, stained glass, tap dancing, and tote bag quilting. SAILL will also offer multiple tours, including garden tours with the Master Gardeners, behind-the-scenes tours with the Heritage Center and NPTRD Chiller, as well as a Kevin Rose coach tour of the works of local architect Charles A. Cregar.

SAILL participants must have a current USS membership. Contact Cindy Lockwood, Education and Travel Coordinator, at clockwood@unitedseniorservices.org or 937-323-4948 ext. 140 for more information.



What's NEW ↓

Paid Activities in July & August

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, July 3rd. Payments for activities can be made starting Monday, June 26th.** Additional information will be available at the Welcome Center in mid-June.

Closed Days at USS

USS will be closed on **Monday, June 19th** for Juneteenth and **Tuesday, July 4th** for Independence Day. We hope you enjoy your holidays!

Bingocize

After a successful SAILL Spring term, USS is excited to announce another 10-week session of Bingocize®, an evidence-based health promotion program approved by the National Council on Aging. It combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get everyone moving and socializing. The class will meet on Tuesdays and Thursdays at 9:30am starting Tuesday, July 11th. The class is free of charge and drop-in, no registration required.

Jigsaw Puzzle Tournament

Everyone is invited to register, regardless of skill level, for the Jigsaw Puzzle Tournament on **Thursday, July 27th at 1:00pm**. This event is free of charge, but requires registration. We will have prizes, awards, and light refreshments. To register, call the Welcome Desk at 937-323-4948. This event is sponsored by *Forest Glen Health Campus*.

Financial Planning

USS is partnering with *WesBanco* to provide the opportunity for older adults in Clark County to learn about financial planning options and personal trust services.

On **Tuesday, June 20th, 10:00am - 2:00pm**, Debbie Gordon, SVP & Financial Advisor at WesBanco, will be available at USS to meet with individuals to answer questions about financial planning goals, timing risks, and other key factors involved with financial planning.

On **Wednesday, June 21st 10:00am - 2:00pm**, Michael Wilhelm, CP & Senior Investment Officer at WesBanco, will be at USS to meet with individuals to answer questions about personal trusts, estate administration, and financial planning.

To schedule an appointment with Debbie or Michael, call 937-323-4948 ext. 112. Appointments are limited and are first-come, first-served.

WesBanco is offering this service for educational purposes and no products will be sold.

Senior Day Success

USS had another successful Senior Day Luncheon to celebrate Older Americans Month! We are so grateful to the 225+ attendees, staff, and volunteers who helped celebrate several deserving nominees. Nominees included Debbie Farmer, Margaret Grubb, and Dannie Mapp. Reiko Bowers (front left) received the Area Agency on Aging Outstanding Senior Citizen Award, Judy Livingston (back left) received the USS Inspirational Service Award, and Steve & Lola Walston (right) received the USS Excellence in Leadership Award. All award winners are pictured with Maureen Fagans, CEO (center). Everyone had a great time and we cannot wait to celebrate again next year with everyone!



Job Fair at USS

In partnership with **Springfield Community Navigators**, USS is hosting a job fair on **Wednesday, July 12th, 12:00pm - 4:00pm**. The goal of this job fair is to provide the older workforce with jobs that are purposeful, provide income, and fit each individual's lifestyle. It is focused on connecting people to flexible and fulfilling employment opportunities that fit their unique needs and schedules. With a variety of employers and industries represented, we're confident that we can help you find the perfect fit! If you would like more information, contact Keith Baldwin, Community Navigator at 937-232-9916.

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, June 7th and July 5th at 5:30pm**.

Drop-in Ping Pong

USS is happy to now 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, 11:00am - 3:00pm and Thursdays, 9:00am - 3:00pm due to other scheduled activities. Paddles and balls are provided and two tables are available for use.

Activity Calendar: June 2023

Additional information available at the Welcome Center

Mondays

Billiards.....7:00a - 7:00p...D-NC
 Fitness Center.....7:00a - 7:00p...D-NC
 Ping Pong.....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-\$
 June 26th
 WWP Aquatics Class...9:00a - 10:00a...R-\$
 Blocks to Blankets..10:00a - 12:00p...D-NC
 June 5th
 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-\$
 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 June 19th for Juneteenth

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 - 11:00a...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 *June 20th*
 Financial Planning...10:00a - 2:00p...A-NC
 June 20th *See page 6*
 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
 Computer Help.....11:00a - 1:00p...A-NC
 Congregate Meals.....11:00a - 1:00p
 Fall into New York Tour Preview
 ...11:00a - 12:00p...R-NC *June 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
 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
 Ping Pong.....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 *June 14th*
 Blood Pressure Screenings..10:00a-12:00p
 ...D-NC *June 28th*
 Financial Planning...10:00a - 2:00p...A-NC
 June 21st *See page 6*
 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
 June 14th & 28th
 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
 June 7th *See page 7*

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
 Juneteenth Observance.....12:00p - 2:00p
 ...R-NC *June 15th* *See page 4*
 MH Lunch & Learn 12:00p - 1:00p...R-NC
 June 1st
 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
 June 15th
 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
 Senior Living Resource Fair..2:30p - 5:30p
 ...D-NC *June 8th* *See page 3*
 Photo Club.....3:00p - 4:30p...D-NC
 June 1st & 15th
 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 *June 15th* *See page 4*

Fridays

Billiards.....7:00a - 4:30p...D-NC
 Fitness Center.....7:00a - 4:30p...D-NC
 Ping Pong.....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 Hoop Group...10:00a - 11:00a...D-NC
 WWP Open Swim....10:00a - 2:30p...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 - 4:30p...D-NC
 Euchre.....1:00p - 3:30p...D-NC
 Adv Pickleball.....2:30p - 4:30p...D-NC
 Pride Paint & Pour.....4:00p - 7:00p...R-\$
 June 9th *See page 4*

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: July 2023

Additional information available at the Welcome Center

Mondays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Ping Pong.....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-\$
 July 24th
WWP Aquatics Class...9:00a - 10:00a...R-\$
Blocks to Blankets..10:00a - 12:00p...D-NC
 July 3rd, 17th & 31st
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-\$
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 - 11:00a...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-\$
Bingocize®.....9:30a - 10:30a...D-NC
 Starts July 11th *See page 6*
Chair Yoga.....9:30a - 10:20a...R-\$
Alz. Assoc. Office Hours.....10:00a - 1:00p
 ...D-NC *July 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
Computer Help.....11:00a - 1:00p...A-NC
Congregate Meals.....11:00a - 1:00p
Bid Euchre.....11:30a - 2:30p...D-NC
Friendly Euchre.....12:00p - 3:00p...D-NC
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....12:00p - 1:30p...D-NC-V
Long Arm Quilting.....1:00p - 6:00p...A-\$
LP Open Swim.....1:00p - 6:30p...D-NC
Mah Jongg.....1:00p - 3:00p...D-NC
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

USS will be closed on July 4th for Independence Day

Wednesdays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Ping Pong.....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 *July 12th*
Blood Pressure Screenings 10:00a-12:00p
 ...D-NC *July 26th*
Hula Hoop Group...10:00a - 11:00a...D-NC
WWP Open Swim....10:00a - 6:30p...D-NC
Congregate Meals.....11:00a - 1:00p
Job Fair.....12:00p - 4:00p...D-NC
 July 12th *See page 5*
Bingo.....1:00p - 3:30p...D-\$-V
Card Making Club.....1:00p - 4:00p...D-NC
 July 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
 July 5th *See page 7*

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-\$
Bingocize®.....9:30a - 10:30a...D-NC
 Starts July 13th *See page 6*
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 *July 6th* *See page 5*
USS Lunch & Learn.....12:00p - 1:00p
 ...R-NC *July 20th* *See page 6*
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
 July 20th
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
 July 6th & 20th
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
Ping Pong.....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 Hoop Group....10:00a - 11:00a...D-NC
WWP Open Swim....10:00a - 2:30p...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 - 4:30p...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: June & July

Mondays:

Billiards...D-C
Focus on Fitness...9:30a...R-\$
Bridge...12:30p...R-NC
Cornhole...12:30p...D-NC
11:00a on June 26th
Matter of Balance...1:30p
...R-NC *June 26th* **(GES)**
Closed on June 19th

Tuesdays:

Billiards/Darts/Ping Pong...D-C
Snacks & Facts...10:30a...R-NC
June 6th **(CMH)**
June 27th **(CK)**
Euchre...1:00p...D-NC
Dogs 101...10:30a...D-NC
June 20th & July 18th
Crafts...10:30a...R-NC
July 11th
Putt Putt Golf...9:00a...D-NC
July 25th
Closed on July 4th

Wednesdays:

Billiards/Darts/Ping Pong...D-C
Focus on Fitness...9:30a...R-\$
Games...11:00a...D-NC
June 7th & July 5th
Flute Performance...1:00p ...D-NC
June 14th & July 12th
Potluck...12:30p...R-NC
June 21st **(WG)**
July 19th **(SMC)**
Crafts...1:00p...R-NC
June 28th **(SMC)**
July 26th **(WG)**

Thursdays:

Billiards...D-C
Hand & Foot...12:30p...D-NC
June 1st, June 15th, July 6th & July 20th
Crafts...R-NC
...10:00a *June 8th & July 13th* **(NW)**
...1:00p *June 1st & July 6th* **(GSV)**
Bingo...12:30p...D-NC
June 8th **(FF)** *July 13th* **(WG)**
Movie...1:00p...D-NC
June 15th & July 20th
Birthdays Celebration...10:30a...R-NC
June 29th & July 27th **(NW)**
Snacks & Facts...R-NC
...1:00p *June 29th* **(GSV)**
...1:30p *July 27th* **(CMH)**
Ice Cream Social...1:00p...R-NC **(WG)**
June 22nd

Fridays:

Billiards/Darts/Ping Pong...D-C
Chair Yoga...9:00a...D-\$
Stitchers...11:30a...D-NC
Matter of Balance...1:30p...R-NC
June 9th, June 16th & June 23rd **(GES)**
July 7th, July 14th & July 21st **(GES)**

KEY

\$: Cost **NC:** No Cost
D: Drop-in
R: Registration Required,
Call 937-863-0043
C: Call Center for Specific
Daily Times

Sponsors in June/July:

- Comfort Keepers (CK)
- Community Mercy Hospice (CMH)
- Forest Glen Health Campus (FG)
- Fulton's Finest (FF)
- Good Sheperd Village (GSV)
- Goodwill Easter Seals - Miami Valley (GES)
- Northwood Skilled Nursing & Rehabilitation (NW)
- Springfield Masonic Community (SMC)
- Wooded Glen Health Campus (WG)

New Carlisle Satellite Activity Calendar: June & July

Mondays:

Movie Day...12:30p...D-NC
June 5th & July 17th
Bingo...12:30p...D-NC
June 12th & July 10th **(VC)**
Games & Snacks...12:30p...D-NC
June 26th & July 24th **(GS)**
4th of July Celebration...12:30p
...D-NC *July 3rd*
Karaoke...12:30p...D-NC
July 24th
Closed on June 19th

Tuesdays:

Mexican Train Dominos...12:30p
...D-NC
Euchre...12:30p...D-NC
June 6th & July 18th
Crafts...12:30p...D-NC
June 13th & July 11th
Exercise...10:00a
...D-NC *June 20th*
Yahtzee...12:30p...D-NC
July 11th
Rock Painting...12:30p...D-NC
July 18th
Clark County Fair...12:30p
...R-NC *July 25th*
Closed on July 4th

Wednesdays:

"500" Card Game...12:30p
...D-NC
Bingo at USS Downtown
...1:00p...D-NC *July 19th*

KEY

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

Thursdays:

Bridge...12:30p...D-NC
Bingo at USS Enon...12:30p...D-NC
June 8th & July 13th
Senior Living Resource Fair at USS Downtown
...2:30p...D-NC *June 8th* *See page 3*
Trip to Arrow Queen...12:30p...D-NC
June 15th, July 6th & July 20th

Sponsors in June/July:

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

Fridays:

Hand, Knee & Foot...12:30p...D-NC
Pinochle...12:30p...D-NC
June 2nd, July 7th & July 14th
June Birthdays Celebration...11:30a...D-NC
June 16th **(NW)**
July Birthdays Celebration...11:30a...D-NC
July 21st

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.



Enon Satellite Special Activities

Snacks & Facts

Evolution of Hospice: Tuesday, June 6th, 10:30am. This Snacks & Facts session will host guest speaker, Carrie Tess Shapiro, Community Mercy Hospice. She will discuss the evolution of hospice and the expansion of services. This event is sponsored by **Community Mercy Hospice**.

Genealogy 101: Tuesday, June 27th, 10:30am. This Snacks & Facts session will host guest speaker, Natalie Fritz, archivist and outreach director with the Heritage Center. She will present on how to begin to research your family's genealogy and the best resources available. This event is sponsored by **Comfort Keepers**.

Your American Heritage: Thursday, June 29th, 1:00pm. This Snacks & Facts session will host guest speaker, Ricki Pepin, Dean of Instructors for the *Institute on the Constitution*, a nationwide educational organization. She will discuss how use of primary source documents such as the Mayflower Compact, the Declaration of Independence, and the U.S. Constitution can help listeners discover the heritage our founders gave us when they wrote and established American law and government. This event is sponsored by **Good Shepherd Village**.

Treat & Prevent UTI's: Thursday, July 27th, 1:30pm. This Snacks & Facts session will host guest speaker, Carrie Tess Shapiro, Community Mercy Hospice. She will discuss diagnosis, treatment, and prevention of urinary tract infections. This event is sponsored by **Community Mercy Hospice**.

Please register for these events by calling Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043.

Native American Style Flute Performance

We are excited to welcome Lee Gould and Hector Cruz as they share their talents and knowledge of Native American-style flute on **Wednesday, June 14th** and **Wednesday, July 12th at 1:00pm**. Enjoy this beautiful, relaxing music and explore the Native American-style flute in a casual and light jam session. This event is drop-in and open to the public!

Matter of Balance

Matter of Balance is returning in June! Learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. If you are concerned about falling, want to improve balance, flexibility, and strength, have experienced falls in the past, or have restricted your activities of daily living because of falling concerns, consider attending this class to help reduce your risk for falling. Please register for these events by calling Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043. This class is sponsored by **Goodwill Easter Seals - Miami Valley**.

Blocks to Blankets Coat Drive

USS will be working with Blocks to Blankets (B2B) to collect coats in September. As you start to clean out your closets and get ready for the warmer weather, please keep an eye out for coats you may be able to donate to the coat drive this year. USS & B2B will have a station in the lobby to collect coats that will be donated back to local non-profits, connected with the communities that need them most.

June 2023 Schedule:

- 1st** Greene County Council on Aging Yard Sale
- 2nd** Volunteer at Second Harvest Food Bank
- 5th** Monday Mind Games: Week 1
- 6th** Manicures
- 8th** Senior Living Resource Fair *See page 3*
- 9th** Oakland Nurseries Adventure
- 12th** Monday Mind Games: Week 2
- 13th** Jewelry Making
- 15th** Juneteenth Observance...R *See page 4*
- 16th** Guest Nutritionist: Zepi Zoufonoun
- 20th** Visit Champion City Pops Sweets and Treats
- 21st** World Alzheimer's Day - Wear Purple!
- 22nd** Birdhouse Painting
- 23rd** Visit Enon Beach & Treats
- 26th** Monday Mind Games: Week 3
- 27th** National Ice Cream Cake Day & Goats in the Garden
- 29th** National Waffle Day: Waffle Bar
- 30th** Visit Columbus Park of Roses

Closed Monday, June 19th for Juneteenth

***R=Reservations Required**

July 2023 Schedule:

- 3rd** Paper Stars with Tracy
- 6th** OVSH Lunch & Learn...R *See page 4*
- 7th** World Chocolate Day: Visit Bellbrook Chocolate Shoppe
- 10th** Manicures
- 11th** Clay Day: Ceramics 101
- 12th** Smartphone Smarties - Technological Help
- 13th** Social Support Bingo
*Sponsored by **Aventura at Oakwood Village***
- 14th** Visit Copey's Butcher Shop & Deering's Farm Market
- 17th** Squirt Gun Painting
- 18th** Dog Show at USS Enon
- 20th** USS Lunch & Learn...R *See page 5*
- 21st** Guided Tour at the Heritage Center
- 24th** CD Mosaics Craft
- 25th** Tea and Meaningful Coloring
- 27th** Pop Darts Game
- 28th** Picnic and duck watching at Snyder Park
- 31st** Art with Gail Eldridge

Closed Tuesday, July 4th for Independence Day

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.

2023 Trips & Tours

Proof of a COVID-19 booster in 2022 or later 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.

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 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 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

Azamara Cruise of South Africa - New! Coming in 2024!

February 6-21, 2024 Activity Level: Coming soon!

Special Preview: Thursday, August 10 at 11:00am

More information coming soon!



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

2023 Day Trips:

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

Kentucky in a Day June 21

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

Trip Fare: \$158 per person **Balance Due:** ASAP

Summer Day at the Islands August 16

This trip includes ferry and island transportation at Put-in-Bay in Port Clinton, OH. Enjoy a tour of the island, including stops at Heineman's Winery, Crystal Cave, and Perry's Monument! The tour ends downtown where you can enjoy shopping, exploring, and lunch on your own.

This trip includes deluxe motor coach transportation and gratuities for the driver and local guides.

Trip Fare: \$159 per person **Balance Due:** 7/14

Snooty Fox Shopping Adventure October 18

This trip is a full day of shopping extravaganza at the Snooty Fox Consignment Stores in Cincinnati, OH. There will be a Snooty Fox Tour guide and all participants will receive a 20% discount on all regularly priced clothing and furniture items!

This trip includes deluxe motor coach transportation, boxed lunch, and gratuities for the driver and local guide.

Trip Fare: \$75 per person **Balance Due:** 9/15

La Comedia Dinner Theater December 7

This trip is to see a matinee performance of "Miracle on 34th Street" at La Comedia Dinner Theatre in Springboro, OH!

This trip includes deluxe motor coach transportation, lunch buffet, and gratuities for the driver.

Trip Fare: \$119 per person **Balance Due:** 11/3



RSVP

Retired & Senior Volunteer Program



Updates from RSVP:

RSVP's Mindy Allender and volunteer Shirley Harris attended the Minority Health Fair to increase the community's awareness of the AmeriCorps Seniors Retired and Senior Volunteer Program. The April event offered many opportunities for connecting with community members and other agencies.

Computer Assistance at USS! Bruce is available for 30-minute appointments on Tuesdays between 11:00am and 1:00pm. Reservations are required. You may bring your own laptop or tablet, or use the computer at USS.

Upcoming Volunteer Opportunities

Central Community Center: Looking for two volunteers on Tuesdays to package to-go meals and serve a meal, 5-6:30pm.

Family Needs Food Pantry: Congratulations to long-time Volunteer Coordinator, Ella Barnes, upon her retirement from Family Needs! They are in need of help at this very family-oriented volunteer site due to multiple retirements.

Heritage Center: Seeking volunteers to promote the museum during the Clark County Fair (July 21st-28th). The Heritage Center's mission is to preserve and share Clark County's history. Volunteers serve as front desk associate, gallery docent, library and archives associate, artifact collections associate, and Crabill Homestead docent.

Ohio's Community Mercy Hospice: Looking for friendly visitors, veteran pinners, hairdressers, bereavement callers (can be from home), and have a host of other positions for volunteering. This site is no longer requiring COVID-19 vaccination to volunteer.

Pregnancy Resource Clinic: Looking for mentors who work with young parents. They can use your wisdom and experience in learning to care for children of our community.

Springfield Regional Medical Center: Congratulations to Brooke on her promotion to Volunteer Director! SRMC has a large variety of positions for their volunteers.

Warder Literacy Center: Has a waiting list! The Center is dedicated to increasing the functional literacy in Clark County by tutoring children, adults, and ESL students. Experience in teaching is not required. A curriculum and training are provided to each tutor. Also needed are classroom assistants, a bookstore clerk, buildings and grounds help, event staffing, and an administrative helper.

USS Guardianship Program: Trained volunteers work as court-appointed Guardians of Person Only and serve as personal advocates for nursing home residents. Background check and training provided.

USS Pride Paint & Pour: Friday, June 9th at 4:30pm, USS will host Wine Tasting and Painting. This event is in collaboration with local nonprofit, Equality Springfield. Three volunteers are needed for set up and tear down.

USS Juneteenth Discussion: Thursday June 15th at 12:00pm. Along with our keynote speaker, Denise Williams, there will be local nonprofit organizations offering resources and information for the Springfield Community. USS needs 8 volunteers to set up food and drinks, decorate tables, serve, and clean-up.

USS Golden Wedding: Tuesday, July 25th. Volunteers are needed! For jobs and times, please check with Mindy in the Volunteer Office.

USS Ice Cream Social: Thursday, August 10th at 1:00pm. Nine volunteers needed for set-up, serving, and clean-up.

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 maintain their utility service if they 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. **The HEAP Summer Crisis Program will begin in July.** Joyce Robinson, USS Outreach Coordinator, can provide more information at 937-521-3005.

Clark County Medicine Drop-off Sites

There are multiple permanent medicine drop-off sites in Clark County. Please don't put prescription drugs in the trash. Instead, you can stop by any of these locations to safely dispose of unwanted/expired pills:

- Clark County Sheriff's Office: 120 N Fountain Ave, Springfield, OH (24 hrs)
- East District Office: 3130 E Main St, Springfield, OH (8a-4p, M-F)
- New Carlisle Fire House: 315 N Church St, New Carlisle, OH (8a-4p, M-F)

Before disposing of prescription medicines, be sure to remove all personal information on pill bottles and medicine packaging.

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

**Are you celebrating
50 or more years of
marriage in 2023?**

We want to celebrate with you!

See page 3 for more information.