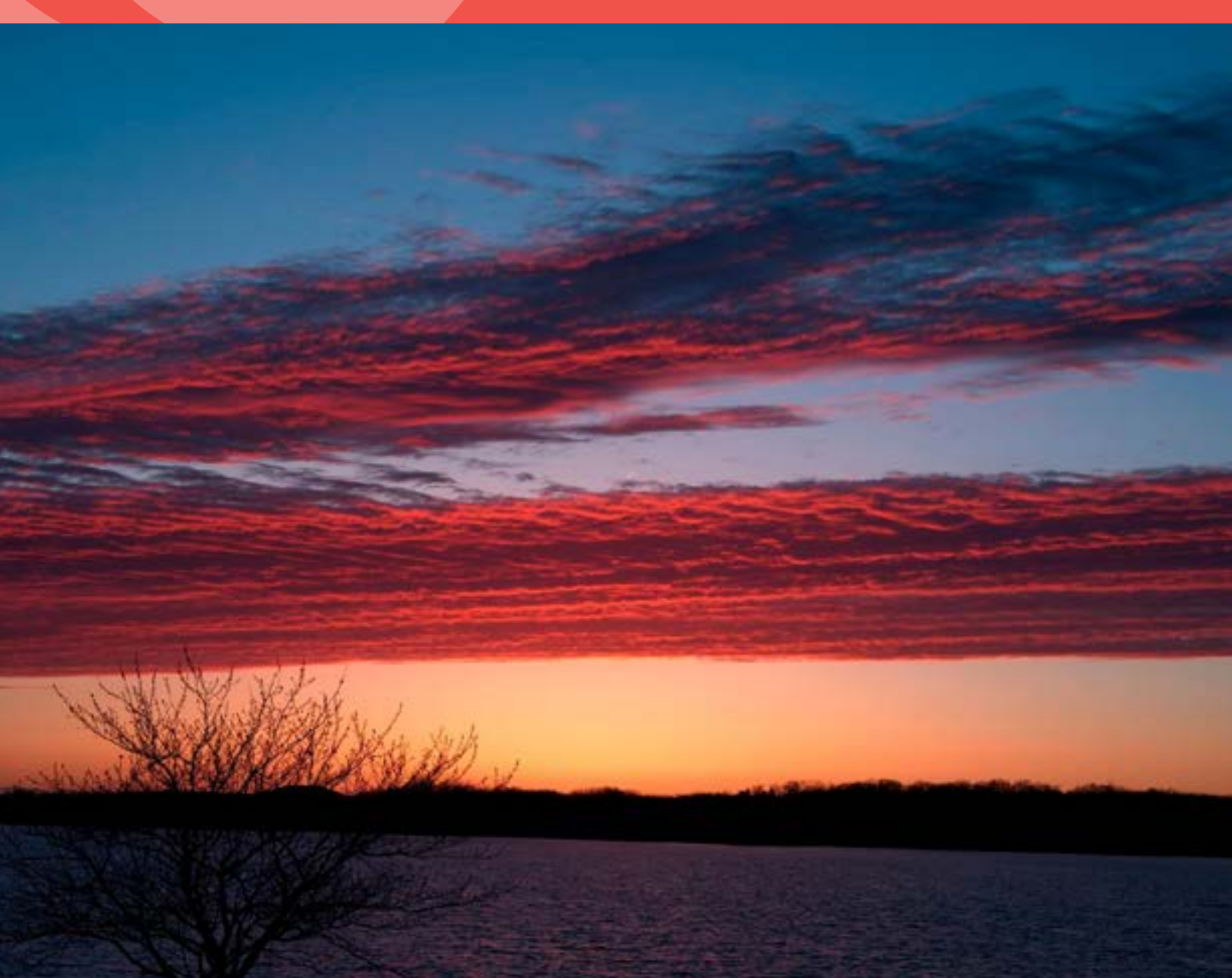


# The Center Page

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

AUGUST/SEPTEMBER 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

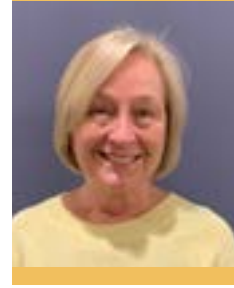
- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers, President
- Arlin Par Tolliver, Vice President
- Mike Trempe
- Chris Wells, Treasurer
- Maureen Fagans, CEO

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,

We love your suggestions about new ways to connect with you and our community! This edition of the Center Page is full of favorite activities, new events, and some favorite events with new twists. Review all of the ways to get fit, learn something new, give back, and find new friends at USS.

Beginning August 3rd, USS is partnering with Mercy Health - Springfield to host a Stroke Support Group. This group will meet monthly at USS downtown. More information is available on page 12. Then reserve your spots at the USS Ice Cream Social on August 10th for you and your grandchildren and make time for one last celebration before school is back in session. Mark your calendar for the annual USS Wellness Conference on August 24th. This event includes a keynote presentation, fitness demonstrations, health screenings, and annual immunizations. This is always time well spent to learn tips and resources to improve your health. See page 3 for more details.

If you are interested in travel, check out what's new in our Trips & Tours section on page 13. Our Day Trips have been very popular this year, so reserve your space soon to get in on the fun. We also added a new destination on our Tours calendar - South Africa, departing in February 2024! Travelers will fly to Cape Town and board an Azamara cruise ship to explore Africa's southern coast cities and countryside. To learn more about this trip, attend the Special Preview on August 10th at 11:00am.

The Blocks to Blankets group is organizing a coat drive starting September 1st through October 31st. Bring new or gently used (washed or dry cleaned) coats, sweatshirts, and/or sweaters for children and adults. Containers will be available in the USS downtown lobby. USS is bringing back New Member Orientations on September 12th at 1:00pm downtown. This is an opportunity to learn all that USS offers, tour the downtown building, and ask your questions. Learn how to reserve your seat on page 6. The Friday night social dance has a new twist. On September 15th, USS will host a Bluegrass Festival with dinner and dancing to live music provided by Lafferty Pike. Reservations only, read page 3 for details.

There is so much more to explore, so turn the page to find your new favorite events and friends at USS!

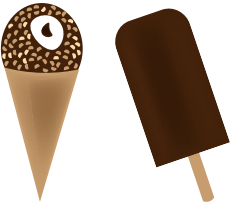
Thank you for the opportunity,

Maureen Fagans, AICP  
Executive Director/CEO

# What's NEW ↓

## 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 no later than 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, fitness 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. Health screenings will include balance, blood pressure, foot care, glucose, hearing, mammography, skin, and vision. Fitness demonstrations will include the following USS fitness classes: Hula Dance, Hula Hoop, Let's Get Moving, Moving with Music, and Tai Chi. Fitness Observations will include our aquatics center, billiards hall, and fitness center.

## USS September Dance

### Bluegrass Festival

Friday, September 15th

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

Lafferty Pike is a band that will entertain us with bluegrass, old-time, and gospel music – never before seen at USS! Lafferty Pike has been sharing their uniquely American music since 2014. **Rudy's Smokehouse** will provide boxed meals that are included in the registration fee. There will be a variety of drinks on hand including lemonade, soft drinks, and craft beer from Mother Stewarts. Reservations can be made with Cortney in the Member Services Department until Friday, September 8th. There is a \$5 fee to attend. This event is sponsored by **MediGold**.

*USS events continue to be a huge success with the help of our generous volunteers. If you are interested in helping make this and other events a success, please contact Mindy Allender at 937-324-5705.*

**Mark your calendars! The upcoming dates for USS Dances will be Friday, October 20th and Friday, November 17th.**

# Educational Opportunities ↓

## USS Dinner & Discussion

### Transitional Care

Presented by Ashton Milby, Aventura at Oakwood Village

Thursday, August 17th at 5:30pm

USS welcomes Ashton to share what transitional care means for short-term rehab, as well as the continuum-of-care model and the benefits to your quality of life. This event is sponsored by *Cherish Hospice*.

## OVSH Lunch & Learn

### Title to be Announced

Presenter to be Announced

Thursday, September 7th at 12:00pm



Information on this Lunch & Learn will be announced at a later date. Keep an eye out on Facebook and throughout our downtown building. This event is sponsored by *Villa Springfield*.

## USS Lunch & Learn

### Investing & Retirement

Presented by Tiffany Dailey, Edward Jones

Thursday, September 21st at 12:00pm

USS welcomes Tiffany Dailey to share about rules for investing; learn about strategy, investment options, portfolio diversification, and focusing on your goals and what you can control. She will discuss how to plan for rising healthcare costs, including an introduction to Medicare, healthcare and long-term care costs, and ways to prepare for the unexpected. The information shared is for educational purposes only. No products will be promoted or sold. This event is sponsored by *Edward Jones*.

## Mercy Health Lunch & Learn

### Breast Cancer

Presented by Dr. Colleen Alexander, MD

Thursday, October 5th at 12:00pm



USS is excited to welcome Dr. Colleen Alexander, MD to discuss breast cancer awareness and screening. She will provide insights into breast cancer, diagnosis, screening, treatment, and recovery. Dr. Alexander works at the Cancer Center in affiliation with the James Cancer Center to offer advanced clinical trials and genetic testing. 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.

## Medicare Presentation

### Medicare 101 – Benefits Education

Presented by Kendra Burford, OSHIIP

Wednesday, September 6th at 1:30pm

USS is partnering with the Springfield Masonic Community (SMC) to offer a New to Medicare Seminar at the *Festival Green Clubhouse on the SMC campus*. This session will share new information and changes to different plans, and will help to prepare you for the 2023 Open Enrollment period. Please contact Emily Hammond at 937-525-3074 to reserve your spot for this informational event.

## Blocks to Blankets Presentation

### Introduction to USS Group – Blocks to Blankets

Presented by Brad Tharp, Madison Correctional

Tuesday, August 15th at 1:30pm

USS welcomes Brad Tharp from Madison Correctional to share success stories of how the men at the prison have been involved in community projects. Brad will also share how the recidivism to the prison has been low since the involvement in various community projects.

One of the projects is their involvement in Blocks to Blankets through USS. Yarn is donated from our community and then taken to the prison. Several of the men learned how to crochet on their own and have been able to teach others. Blocks to Blankets became involved with this prison in 2018 with the direction of Linda Deaton. Since that time, the men have contributed over 2,900 items. The items are then donated back to people and organizations that need them most. For reservations and any donations for yarn, please contact Tracy Wickham at 937-521-3010.

## 2023 Fall SAILL Term

The 8-week Fall SAILL term is

September 18th - November 10th

Registration for classes will open Monday, August 28th at USS

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be hosting the final term of the year with a variety of classes including alternative ways to watch TV, cake decorating, calligraphy, cooking, country line dancing, drawing, flower arranging, French, ghost/paranormal entities, iPhone or Android basics, mixed media art, music lessons, oil painting, Pilates, quilting, reader's theatre, sign language, stained glass, restoring health, and more. Look for a complete course catalog available at the Welcome Center or at [www.unitedseniorservices.org/saill](http://www.unitedseniorservices.org/saill) in mid-August!



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

# What's NEW ↓

## Paid Activities in September & October

USS offers a range of activities to accommodate all members. Payments can be made 8:30am - 7:00pm, Monday - Thursday, or 8:30am - 4:30pm on Friday. **The next series of paid activities starts the week of Tuesday, September 5th. Payments for activities can be made starting Monday, August 28th.** Additional information will be available at the Welcome Center in mid-August.

## Blocks to Blankets Coat Drive

Blocks to Blankets will be collecting clean, new, and gently used coats, sweaters, sweatshirts of all sizes (baby – adult) in the USS downtown lobby throughout September and October. There will be a donation container in the lobby for drop-off. The coats will be donated to local organizations including Sheltered Inc. and Victory Faith Church. The year-long sock drive continues, and we thank you in advance for your donations!

## Healthy Living with Diabetes Workshop

If you're looking to prevent or control diabetes, this is a great workshop for you! Learn to deal with symptoms of diabetes including fatigue, hyper and hypoglycemic stress, and emotional concerns such as depression, anger, fear, and frustration.

This free phone discussion workshop meets for 30-60 minutes, weekly, for 6 weeks on **Tuesdays, September 5th - October 10th at 1:00pm.** These workshops can result in a lifetime of new options for a healthier you! New topics are discussed each week, so don't worry if you miss a week.

This evidence-based program created by the Self-Management Resource Center has been reviewed by physicians, diabetes educators, dietitians, and other health professionals, and content meets American Diabetes Association's standards. There is no charge, but registration is required. Call-in information will be sent upon registration confirmation. Workshop materials are mailed directly to you. Please RSVP by Wednesday, August 16th by calling Tracy Wickham at 937-521-3010.

*You do not need to be a USS member to participate in this event.*



## Closed Days at USS

USS will be closed on **Monday, September 4th** for Labor Day. We hope you enjoy your holiday!

## Medicare Open Enrollment

Medicare Open Enrollment is approaching fast! USS will offer appointments with an OSHIIP trained benefits counselor during open enrollment (**October 15th - December 7th**). Counselors provide Medicare beneficiaries with free and objective health insurance information, one-on-one counseling and education about Medicare, Medicare prescription drug coverage (Part D), Medicare Advantage options, and Medicare supplement insurance. Additional counselors from OSHIIP, a division of the Ohio Department of Insurance, will be on-site at USS downtown on Thursday, November 30. If you do not need an in-person appointment, you may visit [www.insurance.ohio.gov](http://www.insurance.ohio.gov) for additional Medicare resources or call 1-800-686-1578 to connect with an OSHIIP counselor by phone.

USS wants to make certain you have the resources you need to make important decisions about your Medicare Coverage! Please call the Welcome Center at 937-323-4948 to schedule your appointment with us starting Monday, October 2nd.

## Members Claim Gold Medals in Competition

Two USS members, Dan Shroyer and Dr. John Eichelberger, qualified for, competed in, and won gold medals at a National Veterans Competition in Iowa. The National Veterans Golden Age Games (NVGAG) were held in Des Moines. The event was limited to 700+ veterans, aged 55 and better, who represented all 50 states.

Both are avid pickleball players at USS who learned about the national competition through the Dayton Veterans Administration. Both are also Marine Corps veterans who are active in the Springfield Marine Corps League, providing military honors for veteran burial services and life celebrations in Clark County.

Eichelberger claimed a gold medal in the men's pickleball doubles event and a silver in the pickleball mixed doubles. He also placed fourth in power walking and cornhole.

Shroyer claimed a gold medal in discus throw and a bronze medal in nine-ball billiards. He also competed in pickleball mixed doubles, men's pickleball doubles, and cornhole.

We love seeing our members' success outside of USS!



## USS Member Orientation

USS turned 55 this year! We are finally eligible for our own membership! Join us on **Tuesday, September 12th at 1:00pm** for a member orientation. This will be an opportunity to learn about our history and how we have made it to where we are today. We will also share some exciting plans for the future! New members and those looking to become more familiar with USS are invited to join us for this event. Please register no later than Friday, September 8th by calling the Welcome Center at 937-323-4948.

# Activity Calendar: August 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-\$  
 \*August 28th\*  
 WWP Aquatics Class...9:00a - 10:00a...R-\$  
 Blocks to Blankets..10:00a - 12:00p...D-NC  
 \*August 14th & 28th\*  
 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  
 Focus on Fitness.....9:00a - 10:15a...R-\$  
 LP Water Aerobics.....9:00a - 10:00a...R-\$  
 Bingocize@.....9:30a - 10:30a...D-NC  
 Alz. Assoc. Office Hours.....10:00a - 1:00p  
 ...D-NC \*August 22nd\*  
 Balance & Fitness.....10:00a - 11:00a...R-\$  
 Grief Support.....10:00a - 11:30a...D-NC  
 \*August 8th\* \*See page 12\*  
 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  
 Blue Christmas Tour Preview  
 ...11:00a - 12:00p...R-NC \*August 8th\*  
 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  
 Blocks to Blankets Presentation  
 ...1:00p - 4:00p...D-NC \*August 15th\*  
 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  
 WWP Aquatics Class..9:00a - 10:00a...R-\$  
 Blood Glucose Screenings 10:00a - 12:00p  
 ...D-NC \*August 9th\*  
 Blood Pressure Screenings..10:00a-12:00p  
 ...D-NC \*August 23rd\*  
 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-\$  
 Card Making Club.....1:00p - 4:00p...D-NC  
 \*August 9th & 23rd\*  
 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  
 \*August 2nd\* \*See page 12\*

## 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  
 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  
 South Africa Preview.....11:00a - 12:30p  
 ...R-NC \*August 10th\*  
 MH Lunch & Learn.....12:00p - 1:00p  
 ...R-NC \*August 3rd\*  
 Pinochle.....12:00p - 3:30p...D-NC  
 USS Jammers.....12:00p - 1:30p...D-NC  
 Hand & Foot (Cards)..1:00p - 4:00p...D-NC  
 Connecting Threads..1:00p - 3:30p...D-NC  
 \*August 17th\*  
 Ice Cream Social.....1:00p - 2:30p...R-NC  
 \*August 10th\*  
 LP Open Swim.....1:00p - 6:30p...D-NC  
 Wellness Conference.....1:00p - 4:00p  
 ...D-NC \*August 24th\*  
 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  
 \*August 3rd & 17th\*  
 Ping Pong.....3:00p - 7:00p...D-NC  
 Chair Volleyball.....5:00p - 7:00p...D-NC  
 Stroke Support.....5:30p - 7:00p...D-NC  
 \*August 3rd\* \*See page 12\*  
 USS Dinner & Discussion.....5:30p - 7:00p  
 ...R-NC \*August 17th\* \*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 - 3:00p...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 - 4:30p...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  
**WWP:** Warm Water Pool  
**LP:** Lap Pool  
**Int:** Intermediate    **Adv:** Advanced

# Activity Calendar: September 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-\$  
\*September 25th\*
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC  
\*September 11th & 25th\*
- 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 September 4th for Labor Day\**

**\*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
- Chair Yoga.....9:30a - 10:20a...R-\$
- Alz. Assoc. Office Hours.....10:00a - 1:00p  
...D-NC \*September 19th\*
- Balance & Fitness.....10:00a - 11:00a...R-\$
- Financial Planning...10:00a - 2:00p...A-NC  
\*September 26th\* \*See page 12\*
- Grief Support.....10:00a - 11:30a...D-NC  
\*September 12th\* \*See page 12\*
- 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
- 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
- Member Orientation...1:00p - 2:30p...D-NC  
\*September 12th\* \*See page 6\*
- 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
- WWP Aquatics Class..9:00a - 10:00a...R-\$
- Blood Glucose Screenings 10:00a - 12:00p  
...D-NC \*September 6th\*
- Blood Pressure Screenings 10:00a-12:00p  
...D-NC \*September 20th\*
- Financial Planning.....10:00a - 2:00p  
...A-NC \*September 27th\* \*See page 12\*
- 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-\$
- Card Making Club.....1:00p - 4:00p...D-NC  
\*September 13th & 27th\*
- 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  
\*September 6th\* \*See page 12\*

## 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
- 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 \*September 7th\* \*See page 4\*
- USS Lunch & Learn.....12:00p - 1:00p  
...R-NC \*September 21st\* \*See page 4\*
- Pinochle.....12:00p - 3:30p...D-NC
- USS Jammers.....12:00p - 1:30p...D-NC
- Hand & Foot (Cards)..1:00p - 4:00p...D-NC
- Connecting Threads..1:00p - 3:30p...D-NC  
\*September 21st\*
- 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
- Stroke Support.....5:30p - 7:00p...D-NC  
\*September 7th\* \*See page 12\*

## 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 - 3:00p...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 - 4:30p...D-NC
- Euchre.....1:00p - 3:30p...D-NC
- Adv Pickleball.....2:30p - 4:30p...D-NC
- September Dance.....5:00p - 7:30p...R-\$  
\*September 15th\*

### KEY

- \$:** Cost      **NC:** No Cost
- D:** Drop-in
- R:** Registration Required
- A:** Appointment Required
- WWP:** Warm Water Pool
- LP:** Lap Pool
- Int:** Intermediate      **Adv:** Advanced

# Enon Satellite Activity Calendar: August & September

## Mondays:

**Billiards...D-C-NC**  
**Focus on Fitness...9:30a...R-\$**  
**Bridge...12:30p...R-NC**  
**Cornhole...12:30p...D-NC**  
**\*Closed on September 4th\***

## Tuesdays:

**Billiards/Darts/Ping Pong...D-C-NC**  
**Snacks & Facts...10:30a...R-NC**  
\*August 1st\* (SMC)  
\*August 29th\* (FG)  
\*September 12th\* (GSV)  
\*September 26th\* (FG)  
**Euchre...1:00p...D-NC**  
**Wii Bowling...9:00a...D-NC**  
\*September 5th\*  
**Dog Show...10:30a...D-NC**  
\*August 22nd & September 19th\*  
**\*Closed on August 8th\***

## Wednesdays:

**Billiards/Darts/Ping Pong...D-C-NC**  
**Focus on Fitness...9:30a...R-\$**  
**Games...11:00a...D-NC**  
\*August 2nd & September 6th\*  
**Flute Performance...1:00p...D-NC**  
\*August 9th & September 13th\*  
**Potluck...12:30p...R-NC**  
\*August 16th\*  
**Ice Cream Social...1:30p...R-NC**  
\*August 23rd\* (GSV)  
**Crafts...1:00p...R-NC**  
\*August 30th & September 27th\*  
**Open House...12:30p...R-NC**  
\*September 20th\* (FG)  
**Wii Bowling...9:00a...D-NC**  
\*September 27th\*

## Thursdays:

**Billiards...D-C-NC**  
**Hand & Foot...12:30p...D-NC**  
\*August 3rd & 17th, September 7th & 21st\*  
**Crafts...1:00p...R-NC**  
\*August 3rd & September 7th\* (GSV)  
**Bingo...12:30p...D-NC**  
\*August 10th\* (FG) \*September 14th\* (SMC)  
**Movie...1:00p...D-NC**  
\*August 17th & September 21st\*  
**Snacks & Facts...R-NC...1:00p**  
\*August 24th\* (OH)  
**Birthdays Celebration...10:30a...R-NC**  
\*August 31st & September 28th\* (NW)  
**Wii Bowling...1:00p...D-NC**  
\*August 31st & September 28th\*

## Fridays:

**Billiards/Darts/Ping Pong...D-C-NC**  
**Chair Yoga...9:00a...D-\$**  
**Stitchers...11:30a...D-NC**

**KEY**

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

**Sponsors in August/September:**

- Forest Glen Health Campus (FG)
- Good Sheperd Village (GSV)
- Our Home - Fairborn (OH)
- Northwood Skilled Nursing & Rehabilitation (NW)
- Springfield Masonic Community (SMC)

# New Carlisle Satellite Activity Calendar: August & September

## Mondays:

**Movie Day...12:30p...D-NC**  
\*August 7th\*  
**Bingo...12:30p...D-NC (VC)**  
\*August 14th & September 11th\*  
**Ice Cream Social...12:30p...D-NC**  
\*August 21st\* (NW)  
**Luau...12:30p...D-NC**  
\*September 18th\*  
**Games & Snacks...12:30p...D-NC**  
\*August 28th & September 25th\* (GSV)  
**Karaoke...12:30p...D-NC**  
\*August 28th & September 25th\*  
**\*Closed on September 4th\***

## Tuesdays:

**Mexican Train Dominos...12:30p...D-NC**  
**Champaign County Fair Senior Day...12:30p...R-NC**  
\*August 8th\*  
**Exercise...10:00a...D-NC**  
\*August 15th & September 19th\*  
**Euchre...12:30p...D-NC**  
\*September 5th\*  
**Vintage Voices Performance...12:30p...D-NC**  
\*September 12th\* (SMC)  
**Crafts...12:30p...D-NC**  
\*September 19th\*

## Wednesdays:

**"500" Card Game...12:30p...D-NC**  
**\*Closed on August 16th\***

**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**  
\*August 10th & September 14th\*  
**Trip to Arrow Queen...12:30p...D-NC**  
\*August 17th & September 21st\*  
**Wellness Conference at USS Downtown...2:30p...D-NC**  
\*August 24th\* \*See page 3\*

**Sponsors in August/September:**

- Good Shepherd Village (GSV)
- Northwood Skilled Nursing & Rehabilitation (NW)
- Springfield Masonic Community (SMC)
- Vancrest (VC)

## Fridays:

**Hand, Knee & Foot...12:30p...D-NC**  
**Pinochle...12:30p...D-NC**  
\*August 4th & September 1st\*  
**Birthdays Celebration...11:30a...D-NC**  
\*August 18th & September 15th\* (NW)

# What's NEW ↓

## Enon Satellite Special Activities

### Snacks & Facts

**Everything on Bees: Tuesday, August 1st, 10:30am.** This Snacks & Facts session will host guest speakers, Tom and Fran Davidson, master bee keepers and gardeners, from Golden Queen Honey. They will share their extensive knowledge of bees and bring an enclosed observation frame of working bees and a hand crank extractor for honey. This event is sponsored by [Springfield Masonic Community](#).

**Brain Health: Thursday, August 24th, 1:00pm.** This Snacks & Facts session will host a representative from Our Home - Fairborn as a guest speaker to present on brain health. This event is sponsored by [Our Home - Fairborn](#).

**Social Support Services at USS: Tuesday, August 29th, 10:30am.** This Snacks & Facts session will host USS Social Support Director, Tracy Wickham. She will discuss how USS Social Support services can help you. This event is sponsored by [Forest Glen Health Campus](#).

**Best Plants for Pollinators: Tuesday, September 12th, 10:30am.** This Snacks & Facts session will host guest speaker, Cindy Wright. She will discuss the best plants for pollinators and friendly insects as well as how important pollinators are for the ecosystem. This event is sponsored by [Good Shepherd Village](#).

**Emergency Assistance at USS: Tuesday, September 26th, 10:30am.** This Snacks & Facts session will host USS Outreach Coordinator, Joyce Robinson. She will discuss the various emergency assistance services USS offers as well as the Home Energy Assistance Program (HEAP). This event is sponsored by [Forest Glen Health Campus](#).

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

### Open House / Levy Q&A

USS Enon will host an Open House on **Wednesday, September 20th at 12:30pm**. Guest speakers Maureen Fagans, CEO, and John Detrick, former Clark County Commissioner, will provide important information and answer questions regarding the Clark County Senior Services Levy, on the ballot this November. Refreshments and appetizers will be served. Please register for this event by calling Tammy Sanderson at 937-863-0043.

## English Tutoring at USS

Do you have a friend who needs help with reading or writing? USS has two volunteer tutors waiting and ready!

**Want to read for fun?**

**Need to read for work?**

Our tutors can help!

**Want to text a grandchild?**

**Write to a friend?**

We've got a tutor for that too!

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

# 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.



## August 2023 Schedule:

- 1st** Manicures & Music
- 3rd** Social Support Bingo
- 4th** Lunch at Der Dutchman and Market
- 7th** Clay Day 2: Ceramics 101 - Painting
- 8th** Champaign County Fair Senior Day
- 10th** USS Ice Cream Social...R \*See page 3\*
- 11th** Cheap Thrills! Bargain Hunting & Pizza Party
- 14th** Clay Day 3: Ceramics 101 - Glazing
- 15th** Guest Speaker from Madison Correctional
- 17th** Smartphone Smarties
- 18th** Lunch at The Farmer's Daughter & Visit Champaign Co. Historical Society Museum
- 21st** Monday Mind Games
- 22nd** Scrap & Relax
- 24th** Lunch & USS Wellness Conference \*See page 3\*
- 25th** Fresh Water Farms
- 28th** Tea & Meaningful Coloring
- 29th** Day at the Clark County Public Library
- 31st** No-Sew Pillows

\*R=Reservations Required

## September 2023 Schedule:

- 1st** Scioto Downs Casino Visit
- 5th** Manicures & Audio Books
- 7th** Social Support Bingo on the Patio
- 8th** Champaign Aviation Museum Visit & Lunch at the Urbana Brewery
- 11th** Movie Monday: Documentary
- 12th** String Art
- 14th** Painting Activity
- 15th** Trip to Yellow Springs: Riding Center Tour & Lunch at Ye Olde Trail Tavern
- 18th** DIY (Faux) Autumn Flower Centerpiece
- 19th** The Magic Show You'll Never Forget by King of Diamonds
- 21st** Picnic at George Rogers Clark Park
- 22nd** Penny Lane Art Gallery Visit & Café
- 25th** Photo Craft
- 26th** Tats & Truffles
- 28th** Ohio Caverns Trip
- 29th** Brunch & Paul Laurence Dunbar House Visit

\*Closed Monday, September 4th for Labor 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 Betty Stutler, Advocacy Coordinator, at 937-521-3014.

# What's NEW ↓

# 2023 Trips & Tours

## Support Groups

### Diabetes Support Group

USS partners with the **Clark Champaign Diabetes Association (CCDA)** to provide a support group for individuals with diabetes. This group is open to the public and hosted at USS downtown on the 1st Wednesday of each month at 5:30pm. CCDA will provide information and resources from experts in the field. Please consider joining the group on **Wednesdays, August 2nd** and **September 6th** at **5:30pm**.

### Grief Support Group

USS hosts a support group for individuals navigating grief. This group is open to the public and hosted at USS downtown on the 2nd Tuesday of each month at 10:00am. Please consider joining the group on **Tuesdays, August 8th** and **September 12th** at **10:00am**.

### Stroke Support Group

USS partners with **Mercy Health - Springfield** to provide a support group for individuals who have experienced a stroke. This group is open to the public and hosted at USS downtown on the 1st Thursday of each month at 5:30pm. Please consider joining the group on **Thursdays, August 3rd** and **September 7th** at **5:30pm**.

## Welcome, Betty Stutler!

Betty Stutler joined USS as the Advocacy Coordinator in June. Betty was a Long-term Care Ombudsman for nine years and was assigned all facilities in Clark County (along with, at various times, all facilities in Champaign and Logan counties, as well as parts of Greene and Montgomery) and worked a number of cases involving guardianship. For two years, Betty was the Special Project Ombudsman for this region under a grant to work with ten nursing homes on Person-Centered Care, employee recruitment, and retention.

She is passionate about advocating for vulnerable populations, and is pleased to be able to continue to serve the older adults of Clark County. Betty has a cat that she rescued from Clark County SPCA.



## Senior Day at the Ohio State Fair

Senior Day at the Ohio State Fair is on **Tuesday, August 1st!** All fairgoers 60 and better can enjoy FREE admission to the fair. This includes more than 360 acres packed to the brim with fair fun, including the annual butter cow and calf sculpture, grand art exhibitions, livestock shows, delicious fair food, and more!

## 2023 Tours:

### Fall into New York **October 2-6** Activity Level: Moderate

The Lake Erie region of **Western New York** comes alive with fall colors! Explore the lakeside grounds of the **Chautauqua Institution**, stay at the "Grande Dame", sip wine at a local winery, and visit cultural attractions. Visit **Lancaster County, PA** to enjoy authentic Amish cooking and a performance of *Moses*. Finally, stop at the Flight 93 National Memorial for a self-guided visit.

**Tour Fare:** \$1,698

**Deposit:** \$300 due ASAP **Balance due:** 8/18

### 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 - **Coming in 2024!**

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

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

More information coming soon!

## 2023 Day Trips:

### Snooty Fox Shopping Adventure **October 18**

This trip is a shopping extravaganza at the Snooty Fox Consignment Stores in Cincinnati, OH. 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

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



# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

## Updates from RSVP:

**AmeriCorps Seniors Retired and Senior Volunteer Program of Clark and Madison Counties.** Wow – that’s a mouthful!! You are more than a valuable volunteer for the nonprofit where you serve. You are a member of AmeriCorps Seniors, a federal program with the mission to improve lives, strengthen communities, and foster civic engagement through service and volunteering. We are proud to serve in this capacity and would like to give you the opportunity to “show your heart on your sleeve”. As a fundraiser, we are selling t-shirts proclaiming pride in service of AmeriCorps. Please see Barb or Mindy if you are interested!



In May, we held our annual **Madison County Volunteer Appreciation Luncheon**. Everyone had a great time feasting on a taco bar and churros, playing a maraca game, swinging at a piñata, and taking photos with fiesta-themed props. Thank you to Madison Health for sponsoring our meal and to West Jefferson Community Center for hosting our gathering. Thank you to all of our Madison County volunteers who serve with such passion. It’s always a great time when we are with you!!

**Welcome to our newest partner site – Dunamis Ministries, Inc.!** This food pantry serves on Mondays and Wednesdays and is sponsored by St. John Missionary Baptist Church. We are so happy to have you join our group!

Over 50 RSVP volunteers served at the Clark County Fair this year driving shuttles and serving at the Golden Wedding Anniversary. THANK YOU!

**Fundraiser:** Beginning Monday, August 14th, RSVP will be raffling off a fall picnic basket. It will feature a handmade quilt, wine, and other surprises. More information to come, stop by the center to see the picnic basket! The drawing for the basket will be on Monday, October 2nd and the winner will be contacted by phone.

## Upcoming Volunteer Opportunities

**USS Wellness Conference:** Thursday August 24th at 1:00pm. We are in need of 15 more volunteers for this event, many different roles will be available.

**USS September Dance:** Friday, September 15th at 5:00pm. Join in on the fun with the Lafferty Pike Bluegrass Band.

**Springfield Wizarding Weekend:** Saturday, September 30th. This fun weekend at the Heritage Center and throughout downtown Springfield is coming up! Volunteers are needed for check-ins and to help with activity/craft stations.

*\*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](mailto: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.**

## HEAP Program

The Home Energy Assistance Program (HEAP) helps income-eligible Ohioans maintain their utility service 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. **The HEAP Summer Crisis Program has begun!** 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 (24 hrs)
- East District Office: 3130 E Main St, Springfield (8a-4p, M-F)
- New Carlisle Fire House: 315 N Church St, New Carlisle (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](http://www.unitedseniorservices.org)  
125 W Main St  
Springfield, OH 45502  
937-323-4948

### USS DOWNTOWN HOURS:

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

F 7:00am - 4:30pm

### NEW CARLISLE SATELLITE

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

### ENON SATELLITE

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

### USS SERVICES

Benefits Counseling

Caring Services Advocacy

Health Outreach

Home Modifications & Repairs

In-Home Services

Meal Services

Recreation & Education

Support Services

Transportation

Travel Programs

Volunteers Opportunities

### MISSION

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



UNITED SENIOR SERVICES

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

125 W Main St

Springfield, OH 45502

# USS Wellness Conference

Thursday, August 24th, 1:00pm - 4:00pm

See page 3 for more information

