

# The Center Page

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

DECEMBER 2023/JANUARY 2024



## UNITED SENIOR SERVICES

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

### USS DOWNTOWN HOURS:

Mon-Thurs 7:00am - 7:00pm

Fri 7:00am - 4:30pm

Sat 8:00am - 12:00pm

### 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.

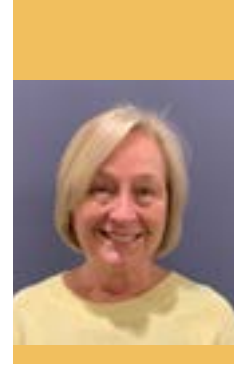
### Cover Photos By:

Russell Yeley

### Center Page Editor:

Jenna Bluemlein

## Director's Corner



Thank you Members and Friends!

On behalf of USS Board of Directors, we are very grateful for our community's overwhelming support for the Clark County Senior Services levy. Seventy-four percent approval on election night is a reassuring confirmation that the Clark County community cares deeply about the welfare of our growing older adult population.

USS, originally Elderly United, has a 55-year history of providing essential services to Clark County's older citizens, services made possible with the Senior Services levy. From home-delivered meals, transportation, respite care, in-home care, personal care, and home modifications in the community to education, fitness, and recreation in our centers, we are committed to helping older adults in Springfield and Clark County to maintain their active, independent lifestyles.

The Clark County older population continues to grow. USS recorded 4,700 members using our centers, and served more than 4,000 clients in the community last year. With levy support, USS continued expansion of our existing services to meet growing demand. With levy support, we have also added new services such as group respite and home modifications to meet new demand. With levy support, we maintain our recreation centers to meet growing demand.

This gratifying work is only possible with the support of our Clark County voting community. Thank you for enabling us to continue fulfilling our mission for all older Clark Countians.

Wishing you a joyous, peaceful holiday season!

Thank you for the opportunity,

Maureen Fagans, AICP  
Executive Director/CEO

# What's NEW ↓

## Member Appreciation

### Trim-a-Tree Holiday Concert Monday, December 4th at 1:00pm

Nothing says the holidays like a performance by our own Vintage Voices! Join us to listen to many holiday favorites. Holiday-themed cookies and a hot chocolate bar with flavored syrups will be provided by **Forest & Wooded Glen Health Campuses**.

Along with the Holiday concert, bring ornaments to decorate the Christmas tree in our lobby to make USS feel like your home away from home! To allow all members this opportunity, USS asks that you bring only one ornament per person. Please put your full name on ornaments so they are returned correctly. Please call the Welcome Center at 937-323-4948 to make a reservation for this event.

### Wrap-a-Gift Tuesday, December 5th at 10:00am - 2:00pm

USS is providing a time for members to bring in a maximum of two gifts to be wrapped for the holidays! This event is first-come, first-served for the first 100 attendees and is sponsored by **Cherish Hospice**.

## Imperial Red Hot Holiday Stomp

USS is excited to partner with Holiday in the City at the restored State Theater for the annual **Imperial Red Hot Holiday Stomp** on **Friday, December 22nd at 7:00pm!** Springfield native Todd Stoll and his band will perform your favorites. This year Todd will be joined by special guest, the Imperial Debubba! You won't want to miss this! Reservations for this event will begin on Monday, December 4th at USS downtown. **Tickets are \$15.** Payment is due upon registration. Due to space, USS has a limited number of tickets.



## Tax Prep

USS is partnering with AARP to provide tax preparation appointments for USS members and clients. *Individuals or couples looking to schedule an appointment for their individual return can visit [www.bit.ly/uss-tax-prep](http://www.bit.ly/uss-tax-prep) starting Tuesday, January 16th.* Once your appointment is scheduled, AARP asks that you arrive at least 15 minutes early to complete the intake form. Please bring the following items on the day of your appointment: Social Security Card for each person on the return, photo ID, and last year's taxes. We are looking forward to providing this service again in 2024 at USS!

# Educational Opportunities ↓

## USS Dinner & Discussion

### New Procedure for Bunions

Presented by Dr. Joseph Kerr, DPM

Thursday, December 14th at 5:30pm

Dr. Kerr will present on a new surgical procedure for bunions called Lapiplasty. The advantages of this are the shorter recovery time and fewer long-term impacts. This event is sponsored by *Brookdale Senior Living*.

## USS Snacks & Facts

### What You Need to Know About Stroke

Presented by Brian Miller

Tuesday, December 19th at 2:00pm

USS welcomes Brian Miller from Mercy Health to present on the common signs of a stroke. Mercy is working hard to provide care to stroke patients in the area by opening their new stroke unit at Springfield Regional Hospital. Join us to learn how to be fast and save a life! This event is sponsored by *Villa Springfield*.

## OVSH Lunch & Learn

Title & Presenter to be Announced

Thursday, January 11th at 12:00pm



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

## USS Coffee & Conversation

### Intro to Developmental Disabilities of Clark County

Presented by Bonnie Bazill-Davis

Thursday, January 18th at 9:00am

USS welcomes Bonnie Bazill-Davis to present about the different programs and services provided by Developmental Disabilities of Clark County and ways our community can get involved. This event is sponsored by *Forest & Wooded Glen Health Campuses*.

## Mercy Health Lunch & Learn

### Congestive Heart Failure

Presented by Tiffany Beedy, CNP

Thursday, February 8th at 12:00pm



USS welcomes Tiffany Beedy, CNP to present on Congestive Heart Failure and the Community Health Foundation program at the Springfield Heart House. This event is sponsored by *Villa Springfield*.

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

## SAILL Updates

The 5-week Winter SAILL term is

January 8th - February 9th

Registration for classes will open Thursday, December 21st

USS' Springfield Area Institute for Lifelong Learning (SAILL) is hosting a winter term this January! Keep active with a variety of classes including 3-Yard Quilt, Android Phone Help, Around the World in 5 Hours, DIY Home Repair, Drawing, Drums Alive, Exercise in Disguise, Guitar, History of Springfield, Acrylic/Oil/Watercolor Painting, Pendant Wire Wrapping, Pilates, R&B Line Dancing, Readings in Theatre, Retro Splash, Self-Defense, Spanish 2, Stained Glass, Tap Dancing, Tarot Card Majors, and Ukulele!



**SAILL participants must have a 2024 USS membership. Membership forms can be downloaded from our website at [www.ussohio.org/membership](http://www.ussohio.org/membership). 2024 Winter SAILL catalogs will be available in our centers and on our website at [www.ussohio.org/saill](http://www.ussohio.org/saill) in mid-December. Contact Cindy Lockwood at 937-521-3009 or [clockwood@ussohio.org](mailto:clockwood@ussohio.org) if you have questions.**



## Knowledge Shared Events

SAILL's partner, Wittenberg University, is hosting two **Knowledge Shared** events with the Margaret Ermarth Institute for the Public Humanities. These events are open to the public; no registration is required.

**Over Here, Springfield & Clark County's World War II Homefront Efforts:**

Wednesday, December 13th, 6:00pm with Natalie Fritz at the Heritage Center

**Desegregation and the Path to Integration of Major League Baseball: 1947-1972:**

Thursday, February 8th, 6:00pm with Scott Rosenberg at the Clark County Public Library

# What's NEW ↓

## Paid Activities for January/February

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, January 2nd**. Payments for activities can be made beginning on **Tuesday, December 26th**. Additional information will be available in mid-December.

*USS is excited to be offering an additional yoga class with a new instructor on Wednesdays at 4:00pm! See the paid activities flyer for more information!*

## Closed Days at USS

USS will be closed on Tuesday, December 12th (at 2:00pm); Friday, December 22nd (at 12:00pm); Saturday, December 23rd; Monday, December 25th; Saturday, December 30th; Monday, January 1st; Saturday, January 13th; and Monday, January 15th. We hope you enjoy your holidays!

## USS 2024 Membership Drive

Don't forget! Our membership drive at USS is ongoing. **All members, NEW & RETURNING, must complete a 2024 Membership Form.** Forms are available at our downtown, Enon, and New Carlisle centers or on our website, [www.ussohio.org/membership](http://www.ussohio.org/membership). **Clark County Residents: \$15** **Out of County Residents: \$50**

## USS Member Orientation

Join us on **Tuesday, January 16th at 1:00pm** for a member orientation. This will be an opportunity to learn about USS from 1968 to today. We will also share our newest service and recreation additions! 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, January 12th by calling the Welcome Center at 937-323-4948.

## Springfield Symphony Orchestra Event

### Dinner & Concert

**Saturday, January 27th**

**Dinner at 6:00pm at USS, Concert at 7:30pm at Clark State Performing Arts Center**

Enjoy an evening with dinner at USS followed by a performance of the Springfield Symphony Orchestra at the Clark State Performing Arts Center (PAC)! Participants will park at the PAC, and be shuttled to and from USS for dinner. Shuttle service will begin at 5:30pm. Enjoy *Bruch Violin Concerto* showcasing violinist, **Sarah Chang** plus the *Martini Overture* and the sweet lyric grace of *Schubert Symphony No 4*. Please register no later than January 5th with Cortney in Member Services at 937-323-4948 ext. 112. **Tickets are \$60 for this event**, payable at registration. Contact Cindy Lockwood at 937-521-3009 for more information.

## Winter Saturday Crafts

USS is excited to be hosting two paint & sips on Saturdays in December! Please join us for these fun, festive winter crafts! Light refreshments will be provided. There is a \$10 materials fee due upon registration to participate for each craft.

### Winter Wonderland

**Saturday, December 9th at 9:00am**

Reservations are required by calling Member Services at 937-323-4948 ext. 112 no later than Wednesday, December 6th.



### Winter Treats

**Saturday, December 16th at 9:00am**

Reservations are required by calling Member Services at 937-323-4948 ext. 112 no later than Wednesday, December 13th.

## Bingocize®

Bingocize® is back for another 10-week session! This is 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, January 9th. The class is free of charge and drop-in; no registration is required.

## Winter Saturday Hours Continue

USS downtown is now open **8:00am - 12:00pm on Saturdays** for drop-in activities including the aquatics center, fitness center, billiards, pickleball, and ping pong.

**Please note:** USS will be closed on the following Saturdays due to holidays: December 23rd, December 30th, January 13th, and February 17th.

# Activity Calendar: December 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...A-\$  
 \*December 18th\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*December 4th & 18th\*  
**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  
**Congregate Meals**.....11:00a - 1:00p  
**WWP Volleyball**.....11:00a - 12:00p...R-\$  
**Bridge**.....12:00p - 3:00p...D-NC  
**WWP Open Swim**.....12:00p - 6:30p...D-NC  
**Pickleball for Novice**..1:00p - 3:00p...D-NC  
**Trim-a-Tree Concert**....1:00p - 2:30p...R-NC  
 \*December 4th\* \*See page 3\*  
**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 December 25th\**

### 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

## Tuesdays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Ping Pong**.....7:00a - 7:00p...D-NC  
**LP Open Swim**.....7:30a - 9:00a...D-NC  
**WWP Open Swim**.....7:30a - 9:00a...D-NC  
**Yoga**.....8:30a - 9:20a...R-\$  
**Focus on Fitness**.....9:00a - 10:15a...R-\$  
**LP Water Aerobics**.....9:00a - 10:00a...R-\$  
**Chair Yoga**.....9:30a - 10:20a...R-\$  
**Alz. Assoc. Office Hours**.....10:00a - 1:00p  
 ...D-NC \*December 19th\*  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Wrap-a-Gift**.....10:00a - 12:00p...D-NC  
 \*December 5th\* \*See page 3\*  
**Moving with Music**...10:30a - 11:30a...D-NC  
**Computer Help**.....11:00a - 1:00p...A-NC  
**Congregate Meals**.....11:00a - 1:00p  
**Cruise of the Mediterranean Tour Preview**  
 ..11:00a - 12:00p...D-NC \*December 12th\*  
**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  
**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  
 \*December 19th\* \*See page 4\*  
**WWP Open Swim**.....2:00p - 6:30p...D-NC  
**Adv Pickleball**.....4:30p - 7:00p...D-NC

*\*USS will be closing early at 2:00p on December 12th\**

## 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 \*December 27th\*  
**Blood Pressure Screenings**..10:00a-12:00p  
 ...D-NC \*December 13th\*  
**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-\$  
**Bridge for Beginners**..1:00p - 3:00p...D-NC  
**Card Making Club**.....1:00p - 4:00p...D-NC  
 \*December 13th & 27th\*  
**Crafting Group**.....1:00p - 3:00p...D-NC  
**Int Pickleball**.....1:00p - 3:00p...D-NC  
**Pickleball Lessons**....3:00p - 4:00p...D-NC  
**Pickleball for Novice**..4:00p - 7:00p...D-NC  
**Diabetes Support**.....5:30p - 6:30p...D-NC  
 \*December 6th\* \*See page 15\*  
**Caregiver Support**.....5:30p - 6:30p...D-NC  
 \*December 13th\* \*See page 15\*

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

## Thursdays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Ping Pong**.....7:00a - 7:00p...D-NC  
**LP Open Swim**.....7:30a - 9:00a...D-NC  
**WWP Open Swim**.....7:30a - 1:00p...D-NC  
**Focus on Fitness**.....9:00a - 10:15a...R-\$  
**Poker**.....9:00a - 3:00p...D-NC  
**LP Water Aerobics**....9:00a - 10:00a...R-\$  
**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  
**MH Lunch & Learn**.....12:00p - 1:00p  
 ...R-NC \*December 7th\*  
**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  
 \*December 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  
**Yoga**.....4:45p - 5:45p...R-\$  
**Chair Volleyball**.....4:45p - 6:45p...D-NC  
**Stroke Support**.....5:30p - 6:30p...D-NC  
 \*December 7th\* \*See page 15\*  
**USS Dinner & Discussion**....5:30p - 6:30p  
 ...R-NC \*December 14th\* \*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  
**Pickleball Potluck**....11:30a - 1:00p...R-NC  
 \*December 15th\*  
**Bridge**.....12:00p - 3:00p...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  
**Red Hot Holiday Stomp**..7:00p - 9:00p  
 ...R-\$ \*December 22nd\* \*See page 3\*

## Saturdays

**Billiards**.....8:00a - 12:00p...D-NC  
**Fitness Center**.....8:00a - 12:00p...D-NC  
**Ping Pong**.....8:00a - 12:00p...D-NC  
**Int Pickleball**.....8:00a - 10:00a...D-NC  
**LP Open Swim**.....8:30a - 11:30a...D-NC  
**WWP Open Swim**.....8:30a - 11:30a...D-NC  
**Crafts**.....9:00a - 11:00a...R-\$  
 \*December 9th & 16th\* \*See page 7\*  
**Adv Pickleball**.....10:00a - 12:00p...D-NC

*\*USS will be closing early at 12:00p on December 22nd and closed all day on December 23rd & 30th\**

# Activity Calendar: January 2024

\*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...A-\$  
 \*January 22nd\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*January 29th\*  
**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  
**Congregate Meals**.....11:00a - 1:00p  
**WWP Volleyball**.....11:00a - 12:00p...R-\$  
**Bridge**.....12:00a - 3:00p...D-NC  
**WWP Open Swim**.....12:00p - 6:30p...D-NC  
**Pickleball for Novice**...1:00p - 3:00p...D-NC  
**Uno**.....1:00p - 3:00p...D-NC  
**Tai Chi**.....2:00p - 4:00p...D-NC  
**Int Pickleball**.....3:00p - 5:00p...D-NC  
**Adv Pickleball**.....5:00p - 7:00p...D-NC

**\*USS will be closed on January 1st & 15th\***

### KEY

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

## Tuesdays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Ping Pong**.....7:00a - 7:00p...D-NC  
**LP Open Swim**.....7:30a - 9:00a...D-NC  
**WWP Open Swim**.....7:30a - 9:00a...D-NC  
**Yoga**.....8:30a - 9:20a...R-\$  
**Focus on Fitness**.....9:00a - 10:15a...R-\$  
**LP Water Aerobics**.....9:00a - 10:00a...R-\$  
**Bingocize®**.....9:30a - 10:30a...D-NC  
 \*Starting January 9th\*  
**Chair Yoga**.....9:30a - 10:20a...R-\$  
**Alz. Assoc. Office Hours**.....10:00a - 1:00p  
 ...D-NC \*January 16th\*  
**Blocks to Blankets** 10:00a - 12:00p ...D-NC  
 \*January 2nd & 16th\*  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Moving with Music**...10:30a - 11:30a..D-NC  
**Arizona Adventure Tour Preview**  
 ..11:00a - 12:00p...D-NC \*January 23rd\*  
**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 - 2:00p...R-NC  
 \*January 16th\* \*See page 6\*  
**WWP Aquatics Class**....1:00p - 2:00p...R-\$  
**Bourbon Trail Tour Preview**..2:00p - 3:00p  
 ...D-NC \*January 23rd\*  
**Chair Volleyball**.....2:00p - 4:00p...D-NC  
**Parkinson's Exercise**...2:00p - 3:00p...D-NC  
**WWP Open Swim**.....2:00p - 6:30p...D-NC  
**Adv Pickleball**.....4:30p - 7:00p...D-NC

## 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 \*January 24th\*  
**Blood Pressure Screenings**..10:00a-12:00p  
 ...D-NC \*January 10th\*  
**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-\$  
**Bridge for Beginners**..1:00p - 3:00p...D-NC  
**Card Making Club**.....1:00p - 4:00p...D-NC  
 \*January 10th & 24th\*  
**Crafting Group**.....1:00p - 3:00p...D-NC  
**Int Pickleball**.....1:00p - 3:00p...D-NC  
**Pickleball Lessons**....3:00p - 4:00p...D-NC  
**Pickleball for Novice**..4:00p - 7:00p...D-NC  
**Yoga**.....4:00p - 5:00p...R-\$  
**Caregiver Support**.....5:30p - 6:30p...D-NC  
 \*January 10th\* \*See page 15\*
**Diabetes Support**.....5:30p - 6:30p...D-NC  
 \*January 3rd\* \*See page 15\*

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

## Thursdays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Ping Pong**.....7:00a - 7:00p...D-NC  
**LP Open Swim**.....7:30a - 9:00a...D-NC  
**WWP Open Swim**.....7:30a - 1:00p...D-NC  
**Coffee & Conversation**.....9:00a - 10:00a  
 ...R-NC \*January 18th\* \*See page 4\*  
**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  
 \*Starting January 11th\*  
**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  
**OVSH Lunch & Learn**.....12:00p - 1:00p  
 ...R-NC \*January 11th \*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  
 \*January 18th\*  
**LP Open Swim**.....1:00p - 6:30p...D-NC  
**WWP Aquatics Class**...1:00p - 2:00p...R-\$  
**Int Pickleball**.....1:30p - 4:30p...D-NC  
**Jigsaw Puzzle Group** 2:00p - 6:45p...D-NC  
**Parkinson's Exercise**..2:00p - 3:00p...D-NC  
**Photo Club**.....3:00p - 4:30p...D-NC  
**Yoga**.....4:45p - 5:45p...R-\$  
**Chair Volleyball**.....4:45p - 6:45p...D-NC  
**Stroke Support**.....5:30p - 6:30p...D-NC  
 \*January 4th\* \*See page 15\*

## 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  
**Pickleball Skills**.....10:00a - 12:00p...D-NC  
 \*January 12th & 26th\*  
**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 - 3:00p...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

## Saturdays

**Billiards**.....8:00a - 12:00p...D-NC  
**Fitness Center**.....8:00a - 12:00p...D-NC  
**Ping Pong**.....8:00a - 12:00p...D-NC  
**Int Pickleball**.....8:00a - 10:00a...D-NC  
**LP Open Swim**.....8:30a - 11:00a...D-NC  
**WWP Open Swim**.....8:30a - 11:30a...D-NC  
**Adv Pickleball**.....10:00a - 12:00p...D-NC

**\*USS will be closed on January 13th\***

# Enon Satellite Activity Calendar: December & January

## Mondays:

**Billiards**...D-C-NC  
**Focus on Fitness**...9:30a...R-\$  
**Bridge**...12:00p...R-NC  
**Cornhole**...12:30p...D-NC

*\*Closed on December 25th,  
January 1st, and January 15th\**

**KEY**

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

## Tuesdays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Euchre**...1:00p...D-NC

**White Elephant Game**...10:30a  
...R-NC \*December 5th\* **(SMC)**

**Snacks & Facts**...10:30a...R-NC  
\*December 12th\* **(GH)**

\*January 16th\* **(OH)**  
\*January 30th\* **(FG)**

**Crafts**...10:30a...R-NC  
\*January 2nd\* **(SMC)**

**Dog Show**...10:30a...D-NC  
\*December 19th & January 23rd\*

*\*Closing at 2:00p on December 12th\**

## Wednesdays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Focus on Fitness**...9:30a...R-\$

**Games**...11:00a...D-NC  
\*December 6th & January 3rd\*

**Congregate Meals**...11:00a ...R-\$

**Cookie/Cake Walk**...1:00p...R-NC  
\*December 13th\*  
**(FG / GSV / NW / SMC)**

**Crafts**...1:00p...R-NC  
\*December 27th\*

\*January 17th\* **(GH)**  
\*January 24th\*

**Flute Performance**...1:00p ...D-NC  
\*January 10th\*

**Repurposing Greeting Cards**  
...1:00p...R-NC \*January 31st\*

## Thursdays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Hand & Foot**...12:30p...D-NC

\*December 7th & 21st, January 4th & 18th\*

**Crafts**...1:00p...R-NC  
\*December 7th & January 4th\* **(GSV)**

**Potluck & Santa's Gift Stop**...12:30p...R-NC  
\*December 14th\* **(FG)**

**Movie**...1:00p...D-NC  
\*December 21st & January 18th\*

**Birthdays Celebration**...10:30a...R-NC  
\*December 28th & January 25th\* **(NW)**

**Baked Potato Potluck**...12:30p...R-NC  
\*January 11th\* **(SMC)**

**Bow Making 101**...1:00p...R-NC  
\*January 25th\*

## Fridays:

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

**Stitchers**...11:30a...D-NC

**Bow Making 101**...1:00p...R-NC  
\*December 1st\*

**Pillows**...12:30p...D-NC  
\*December 8th, January 12th & 26th\*

**Billiards 101**...1:00p...D-NC  
\*December 15th\*

**Christmas Caroling**...10:30a...R-NC  
\*December 22nd\*

*\*Closing at 12:00p on December 22nd\**

**Sponsors in December/January:**

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

# New Carlisle Satellite Activity Calendar: December & January

## Mondays:

**Wii Bowling**...10:00a...D-NC  
**Congregate Meals** 11:00a ...R-\$  
**Movie Day**...12:30p...D-NC  
\*December 4th & January 29th\*

**Bingo**...12:30p...D-NC **(VC)**  
\*December 11th & January 8th\*

**Caroling**...2:30p...D-NC  
\*December 18th\* **(SMC)**

**Elvis Celebration**... 11:30a  
...D-NC \*January 8th\*

**Games & Snacks**...12:30p  
...D-NC \*January 22nd\* **(GSV)**

*\*Closed on December 25th,  
January 1st, and January 15th\**

## Tuesdays:

**Congregate Meals**...11:00a ...R-\$  
**Mexican Train**...12:30p...D-NC

**Sanders Luncheon**...11:30a...R-NC  
\*December 5th\*

**Exercise**...10:00a...D-NC  
\*December 12th\*

**Wii Fit**...10:00a...D-NC  
\*December 19th\*

**Rock Painting**...11:30a...D-NC  
\*December 19th & January 23rd\*

**Euchre**...12:30p...D-NC  
\*January 2nd\*

**Crafts**...11:30a...D-NC  
\*January 9th\*

*\*Closing at 2:00p on December 12th\**

## Wednesdays:

**Congregate Meals**...11:00a ...R-\$  
"500" **Card Game**...12:30p  
...D-NC

**Crafts**...11:30a...D-NC  
\*December 6th\*

**Bingo at USS Downtown**  
...12:30p...D-NC  
\*December 13th & January 17th\*

**KEY**

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

## Thursdays:

**Congregate Meals**...11:00a ...R-\$  
**Bridge**...12:30p...D-NC

**Trip to Arrow Queen**...12:30p...D-NC  
\*December 14th & January 11th\*

**Sponsors in December/January:**

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

## Fridays:

**Congregate Meals**...11:00a ...R-\$  
**Hand, Knee & Foot**...12:30p...D-NC

**Luncheon at Tecumseh**...1:00p...R-NC  
\*December 1st\*

**Holiday Celebration Lunch**...11:30a...R-NC  
\*December 8th\*

**Birthdays Celebration**...11:30a...D-NC  
\*December 15th & January 19th\* **(NW)**

**Bingo**...12:30p...D-NC **(VC)**  
\*December 15th\*

**Pinochle**...12:30p...D-NC  
\*January 5th\*

*\*Closing at 12:00p on December 22nd\**

# What's NEW ↓

## Enon Satellite Special Activities

### Billiards 101

Interested in improving your billiards game? Jack Riley, well-known Clark County billiards player, will be at USS Enon on **Friday, December 15th at 1:00pm** to share his experience and knowledge with us. You won't want to miss his interesting approach to winning the game of billiards!

### Dining Meals

We are excited to announce that USS Enon is now serving dining room meals on **Wednesdays, 11:00am - 12:00pm** with a suggested donation of just \$4! Registration and reservation is required for this opportunity to enjoy a great meal in fellowship with others. Contact Tammy Sanderson at 937-863-0043 for more information and to receive a registration form.

### Crafts

Don't miss out on our many craft opportunities in December and January! These include introduction to bow-making, repurposing greeting cards, valentine jar etching, and much more!!! Check the Enon Activity Calendar on pages 8-9 for dates and times.

### Holiday Celebrations

Catch the holiday spirit in December at USS Enon during our **White Elephant Dice Game** on **Tuesday, December 5th at 10:30am**. This event is sponsored by *Springfield Masonic Community*.

Our **Christmas Cookie/Cake Walk** is on **Wednesday, December 13th at 1:00pm**. This event is sponsored by *Forest Glen Health Campus, Good Shepherd Village, Springfield Masonic Community, and Northwood Skilled Nursing & Rehabilitation*.

Finally, the Laurel Mountain Blue Grass Band will lead us in an hour of **Christmas Caroling** on **Friday, December 22nd at 10:30am**. Light refreshments will be served.

### Snacks & Facts

**Rekindle Your Spark & Protect Your Mental Health After Retirement: Tuesday, December 12th, 10:30am.** This Snacks & Facts session will host guest speaker, Mary Berus, volunteer coordinator at Gentiva Hospice. She will outline the benefits of volunteering and making connections with others. This event is sponsored by *Gentiva Hospice*.

**Holiday Dieting: Tuesday, January 16th, 10:30am.** This Snacks & Facts session will host guest speakers from Our Home-Fairborn and they will provide insights on regaining a nutritional and healthy diet after the holidays. This event is sponsored by *Our Home-Fairborn*.

**USS Benefits Counseling: Tuesday, January 30th, 10:30am.** This Snacks & Facts session will host guest speaker, Laura Fulton, USS Benefits Counselor. She will share the value in receiving medicare benefits counseling to help us make plan decisions. 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.**

# Social Support

The Social Support Group has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. For more information call Tracy Wickham at 937-521-3010.



## December 2023 Schedule:

- 1st** Holiday shopping on Derr Road
  - 4th** String Popcorn before Trim-a-Tree Event
  - 5th** Sander's Luncheon at the Marriott...R
  - 7th** Bingo  
\*Sponsored by *Aventura at Oakwood Village*.\*
  - 8th** First Day of Hanukkah Celebration
  - 11th** Ornament Swap Party
  - 12th** Volunteer for Ohio Hospice: Holiday Cards
  - 14th** Favorite Things Party & Amenity Wellness Workshop
  - 15th** America's Packard Museum...\$
  - 18th** Monday Mind Games
  - 19th** Holiday Craft
  - 21st** Holiday Sock Exchange
  - 22nd** Manicures
  - 26th** Movie: *Miracle on 34th Street*
  - 28th** Volunteer for Rocking Horse: Looming
  - 29th** New Year's Party
- Closed December 12th (2:00pm), December 22nd (12:00pm), and December 25th**

\*R=Reservations Required \$=Fee

## January 2024 Schedule:

- 2nd** Volunteer for Ohio Hospice: Neck Pillows
  - 4th** Charades!
  - 5th** Springfield Art Museum Visit
  - 8th** Day-After Party: Browns vs. Bengals
  - 9th** Amenity Wellness Workshop
  - 10th** Flute Performance at USS Enon & Lunch at Carriage Inn
  - 12th** Bingo  
\*Sponsored by *Aventura at Oakwood Village*.\*
  - 16th** Movie: *Our Friend Martin*
  - 18th** Chili Cook-Off!
  - 19th** Lunch at Don's Downtown Diner & Logan County Historical Society
  - 22nd** Monday Mind Games
  - 23rd** Volunteer for Rocking Horse: Looming
  - 25th** Karaoke
  - 26th** Shopping on Fountain Ave & Lunch at Eat Greek and More
  - 29th** Manicures
  - 30th** Snowman Wind Chimes
- Closed January 1st and January 15th**

## 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?**

**Want to text a grandchild?**

**Need to read for work?**

**Write to a friend?**

Our tutors can help!

We've got a tutor for that too!

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

## Volunteer Guardianship Program

It's 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 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 ↓

## Dining Room Meals Reminder

Attention all dining room meal patrons! Starting January 1st, 2024 if you are new to the USS Meal Services program OR if you are an existing patron, you must register for the 2024 year. You cannot be served a meal until you have completed a 2024 registration form. If you have questions, please call USS Meal Services at 937-323-9688.

## Blocks to Blankets Thank You

The Blocks to Blankets group wants to thank everyone who donated to the coat drive, donated yarn for Madison Correctional Institution, and the continued donations to the year-round sock drive! So far this year, the group has donated over 4,000 items, over 1,700 pairs of socks, and 437 coats and sweaters. The group has made several donations to Sheltered, Inc., Victory Faith Church, Jackson Lytle & Lewis, and 3 Indian reservations in South Dakota. The group will continue to accept sock donations year-round!

## USS T-Shirts for Sale!

Would you like new USS swag? We are selling USS t-shirts for \$10, sales tax included. There are two designs, both offered on a teal or gray shirt. If you are interested, stop by and see Cortney in Member Services to get yours today! Cash or check accepted, checks payable to USS. There are a limited number of sizes.

### Holiday Giveaway!

We're excited to have the opportunity to give away a USS t-shirt! To be eligible, you must have renewed or signed up for a 2024 membership no later than Friday, December 29th at 4:30pm. Winners will be notified during the first week of January. Shirt selection is on a first-come, first-served basis.



## New Opportunities

### Bridge for Beginners

USS has a new group of bridge players that meet on Wednesdays at 1:00pm at USS downtown. This group is an invitation to anyone interested in learning how to play bridge. Come join the group and learn this strategic card game.

### Pickleball Skills

USS is introducing more time to develop your pickleball skills and strategy. Beginning in January, on the 2nd & 4th Friday's of each month at 10:00am, USS will offer specific pickleball skill development opportunities at USS downtown. These opportunities will allow new players to build skills like serving, drop shots, dink shots, and much more! Keep an eye out for more information.

## USS 2024 Special Events Preview

### February:

Black History Month

### March:

Women's History Month  
USS Dance  
USS Pickleball Tournaments

### April:

USS Dance  
USS Annual Meeting

### May:

Older Americans Month  
USS Older Americans Day  
USS Dance

### June:

Pride Month  
USS Senior Living Resource Fair  
Juneteenth Discussion  
USS Volunteer Recognition

### July:

USS Golden Wedding Celebration  
USS Jigsaw Puzzle Tournament

### August:

USS Ice Cream Social  
USS Wellness Conference

### September:

USS Dance  
Blocks to Blankets Coat Drive  
USS Medicare Resource Event

### October:

USS Dance  
USS Halloween Carnival

### November:

USS Veterans' Day Celebration  
USS Let's be Thankful Luncheon  
USS Dance

### December:

USS Member Appreciation  
USS Sanders Luncheon  
USS Trim-a-Tree Holiday Concert  
Red Hot Holiday Stomp

## Welcome, Jenn Queen!

USS is happy to welcome Jenn Queen to the USS team as our Program Assistant. She will work directly with members to keep our downtown facility running smoothly. Jenn is a U.S. Veteran and a small business owner. As a people person, she is excited to combine her knowledge and experience with her new role to serve the members of USS. At home, Jenn enjoys making jewelry and various crafts with her husband and sister-in-law. She is a step-mother and has two dogs, Wickett & Buckbeak.



# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

**RSVP** – the Retired & Senior Volunteer Program, part of **AmeriCorps Seniors**, and is sponsored by **USS**. Each year, over 170,000 Americans age 55 and better serve non-profits in their communities. Our local RSVP volunteers serve at the animal shelter, food pantries, health department, hospitals, hospice, museums, parks, thrift stores, USS, and a VFW Post. RSVP records volunteer hours and the community impact of your service, helping your local non-profits and organizations continue receiving vital funding. Find your next passion project. Volunteer with AmeriCorps!

### Upcoming Volunteer Opportunity:

Do you want to do something that is satisfying and of great service to your community? Villa Springfield Rehabilitation & Healthcare Center has partnered with RSVP! Villa is looking for friendly visitors to offer companionship to residents. As a volunteer there, you may talk, laugh, have a cup of coffee, and share with residents, play board games or cards, engage in creative arts, or take short-distance walks. You might have lunch together, watch tv or a movie together, work a jigsaw puzzle, or read to someone. You may choose to spend time one-on-one, or assist the Activities Director with a group activity. All you need to do is let us know you're interested and we'll help get you started. As a volunteer, you can choose days, evenings, or weekends!

### Upcoming Fundraiser & Volunteer Opportunity - Speedway Ice Rink:

BRING YOUR FAMILY for a festive evening at the Speedway Ice Rink to help raise funds for our department. We are also looking for volunteers to help! The outdoor rink (between CoHatch & the Heritage Center) in downtown Springfield is open until Saturday, January 6th. Our scheduled weekend is Thursday, December 28th, 5:00pm-8:00pm, Friday, December 29th 5:00pm-9:00pm, Saturday, December 30th, 5:00pm-9:00pm, and Sunday, December 31st, 5:00pm-8:00pm. Volunteer duties include: ticket booth sales, obtaining signed waiver forms, skate rental assistance, and assisting skaters in and out of their skates. This is an outdoor volunteer opportunity, so please dress accordingly! The ticket booth is heated and you are also welcome to warm up inside CoHatch. **RSVP will receive 50% of the weekend's proceeds.** See you there!

### Updates from RSVP:

Our annual Appreciation Dinner for AmeriCorps Seniors RSVP of Clark County in October, was a baseball themed event filled with awards, door prizes, and lots of good food! With our RSVP Advisory Council, we celebrated the 150 volunteers that attended. Thank you to Southbrook Healthcare Center and Allen View Healthcare Center for providing the meal, Richwood Bank for coffee, and Aventura at Oakwood for ice cream! And of course, the many donors who supplied us with wonderful door prizes!

Barbara & Mindy recently attended the annual Ohio Conference on Service & Volunteerism in Columbus. They joined with other AmeriCorps seniors and members to attend a variety of sessions designed to meet the training and development needs of every service and volunteerism professional. AmeriCorps celebrated 30 years of service in Ohio! Attending these trainings throughout the year makes our RSVP program the best it can be for our volunteers!

*\*Check the green poster board in Mindy's cubicle for a list of the most up-to-date upcoming volunteer opportunities.\**

**Please contact Mindy Allender in the RSVP department at [mallender@ussohio.org](mailto:mallender@ussohio.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

## Support Groups

### Caregiver Support Group

USS partners with the Alzheimer's Association to provide a support group for people who care for or are affected by someone with dementia. This group is open to the public and hosted at USS downtown on the 2nd Wednesday of each month at 5:30pm. USS staff and trained Alzheimer's Association volunteers, Tracy Wickham and Chelsea Mutschler-Huber, will lead this group. Respite will be provided; contact Chelsea if this is needed. Please join the group on **Wednesday, December 13th** and **January 10th** at **5:30pm**.

### Diabetes Support Group

USS partners with the **Clark Champaign Diabetes Association (CCDA)** to provide a support group for individuals with, or who care for someone 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 join the group on **Wednesdays, December 6th** and **January 3rd** at **5:30pm**.

### Stroke Support Group

USS partners with **Mercy Health - Springfield** to provide a support group for individuals who have, or care for someone who has 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 join the group on **Thursdays, December 7th** and **January 4th** at **5:30pm**.

## 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 Winter Crisis Program ongoing!** Joyce Robinson can provide more information at 937-521-3005.

### UNITED SENIOR SERVICES

[www.ussohio.org](http://www.ussohio.org)  
125 W Main St  
Springfield, OH 45502  
937-323-4948

### USS DOWNTOWN HOURS:

Mon-Thurs 7:00am - 7:00pm

Fri 7:00am - 4:30pm

Sat 8:00am - 12:00pm

### 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

Respite Services

Support Groups

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

# Happy Holidays!

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

The USSS logo is repeated at the bottom of the page, rendered in white against a background of blue and green pine needles and red bokeh lights.

USSS