

# The Center Page

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

FEBRUARY/MARCH 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

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- Brad Boyer
- Joti Carson
- Connie Craig, Vice President
- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
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- 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,

It is hard to believe that four years ago our centers

closed as we all endured the realities of the global COVID-19 pandemic. Thank goodness, the pandemic is behind us, but the coronavirus will now be a lasting part of our life, and on the list of viral infections to guard against as it continues to mutate and infect. The good news is that immunizations are now adjusting annually in response to the latest mutation and they do a good job of preventing or lessening the severity of a future infection. If you did not get a booster shot in fall 2023, I encourage you to ask your physician if a booster is right for you. If you need help to schedule or need a ride to a vaccination, please call USS at 937-323-4948!

Since our centers reopened, we have achieved a number of new records: almost 5,000 members joined USS to use our centers in 2023 and our average daily volume, or "check-ins" downtown, has grown to 315 per day. The top reasons members are using our centers are for exercise equipment and classes, then pickleball, aquatics, lifelong learning, and 40+ other clubs, games, and activities.

As the growth of activities continues, USS staff do our best to adjust schedules, rooms, and spaces to accommodate group size and activity requirements. This often causes a ripple effect with other groups. We do our best to alert every one of changes well in advance by communicating in the Center Page, sending group emails, or contacting group leaders. If you have a suggestion about your group, an idea about something new, or a complaint about our centers, please alert your group leader, use our suggestion box at the Welcome Center, or email [info@ussohio.org](mailto:info@ussohio.org). USS staff read, record, route, and always consider ideas and complaints, and we will respond as quickly as possible if we have your contact information. We pride ourselves on offering welcoming, friendly centers for everyone. We want your experience at USS to be enjoyable and fulfilling!

I invite you to read this edition of *the Center Page* to find your new favorite activity, a surprising special event to try, a travel destination on your bucket list, and many other opportunities to learn with your peers, improve your health, and make new friends.

Thank you for the opportunity,

Maureen Fagans, AICP  
Executive Director/CEO

# What's NEW ↓

## Heart Strong Event

USS is excited to be hosting our first **Heart Strong Event** on **Thursday, February 29th at 2:00pm!** Clark County has identified hypertension as a leading contributing factor in poor cardiovascular health and chronic disease in our community; here is an opportunity to learn about the causes and what you can do to continue living a healthy life in 2024. This event will have blood pressure checks, healthy snacks, medication reviews (bring a list of current medications, pharmacy staff will review and help guide questions to your doctor), education on causes of hypertension, and prizes. This event is open to the public, please RSVP with the Welcome Center at 937-323-4948 by Friday, February 23rd. This is a partnership between the **Clark County Combined Health District, Mercy Health, Second Harvest Food Bank, USS,** and **Villa Springfield.**

## USS Dances

Dust off your dancing shoes and join us for our first dance in 2024! Mike & Amy Stooksberry will be taking the reins for our March Spring Fling. This will be on **Friday, March 8th.** Doors open and dinner service starts at 5:00pm and dancing starts at 6:00pm. Dinner will be provided by Carmae Catering.

There is a **\$5 fee** to participate in this fun-filled evening. Reservations can be made February 21 - March 1st with Cortney in Member Services at 937-323-4948 ext. 112. Payment is required at the time you make your reservation. Space is limited. This event is sponsored by **Forest & Wooded Glen Health Campuses.**

*If you are interested in volunteering at this event, please contact Mindy Allender at 937-324-5705.*

**Mark your calendars! Our next dances will be on Friday, April 12th and Friday, May 17th.**

Reservations open on March 11th for the April dance and on April 15th for the May dance. We look forward to having you join us for these exciting events!

## 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.ussohio/seasonal-services.org](http://www.ussohio/seasonal-services.org).* 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 at USS!

## Older Americans Month Nominations

USS is beginning to accept nominations to recognize older adults in Clark County who have made worthy contributions to our community in Leadership and in Service. The deadline for USS award nominations is April 19th for the **2024 USS Excellence in Leadership** and **2024 USS Inspirational Service awards.** Nominations and questions can be directed to Tracy Wickham at 937-521-3010.

The Area Agency on Aging (AAA), PSA 2 is accepting nominations for the **2024 Outstanding Senior Citizen Award.** AAA award nomination forms can be picked up from USS, found on the AAA website ([www.info4seniors.org](http://www.info4seniors.org)), or emailed to individuals or organizations interested in making a nomination. The deadline for AAA award nominations are is Friday, March 22nd at 5:00pm.

# Educational Opportunities ↓

## USS Snacks & Facts

### Living in Retirement: A Successful Foundation and Market Update

Presented by Tiffany Dailey

Thursday, February 15th at 1:00pm

USS welcomes Tiffany Dailey to present on how to build a successful retirement foundation and how the current market may encourage an update. This event is sponsored by *Edward Jones*.

## OVSH Lunch & Learn

### Exercise: A Prescription for Body, Mind, & Spirit

Presented by Dr. Kevin Macy, DO

Thursday, March 7th at 12:00pm



USS welcomes Dr. Macy, DO to present on the importance of exercise and the physical, mental, and emotional benefits. This event is sponsored by *Villa Springfield*.

## USS Lunch & Learn

### Ferncliff Jeopardy!

Presented by Marilyn Knize

Thursday, March 14th at 12:00pm

USS welcomes Marilyn Knize to present on updates and upcoming improvements to Ferncliff through an interactive Jeopardy! presentation. This event is sponsored by *Ferncliff Cemetery & Arboretum*.

## USS Dessert & Dialogue

### Affordable Hearing Options

Presented by Sheila Portz

Thursday, March 21st at 5:30pm

USS welcomes Sheila Portz to present information on how medications, vitamins and much more can affect ones hearing, as well as the difference between over-the-counter aids and a specialized hearing evaluation. This event is sponsored by *Cherish Hospice*.

## Guardianship Presentation

### Guarding Rights in Long-Term Care

Presented by Courtney Williamson, Amy Scott, and Betty Stutler

Friday, March 22nd at 1:00pm

USS welcomes Long-Term Care Ombudsmen, Courtney Williamson and Amy Scott, who will be presenting on resident rights and advocacy for those in nursing homes and assisted living, along with USS Advocacy Coordinator Betty Stutler, who will be speaking about the USS Volunteer Guardianship Program. This event is open to the public.

## Mercy Health Lunch & Learn

### Genetics & Cancer Risk

Presented by Susan Weisman, CNP

Thursday, April 4th at 12:00pm



USS welcomes Susan Weisman, CNP to share information on genetic testing offered at the Springfield Cancer Center, who qualifies or may benefit from testing, and what information we can learn about tests. 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 8-week Spring SAILL term is

March 18th - May 10th

Registration for classes will open Monday, March 4th

USS' Springfield Area Institute for Lifelong Learning (SAILL) will offer a variety of interesting classes this spring, including but not limited to, amateur radio licensing, android phones, bird watching, cake decorating, calligraphy, cooking, genealogy, elections voting safeguards, Great Decisions, journaling, Ohio aerospace pioneers, Pilates, sewing, sign language, t-shirt quilt, UFO's, watercolor painting, and women's history.



**SAILL participants must have a current USS membership. 2024 Spring SAILL catalogs will be available in our centers and on our website at [www.ussohio.org/saill](http://www.ussohio.org/saill) on February 20th. Contact Cindy Lockwood, Education and Travel Coordinator 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 a **Knowledge Shared** event with the Margaret Ermarth Institute for the Public Humanities. This event is open to the public; no registration is required.

**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

### Special Presentation

Join local Clark County Amateur Radio Association (CLARA) President, Kevin Kampman on **Thursday, February 22nd at 12:30pm** to learn about the hobby of amateur radio, aka "ham radio" before his class in the Spring SAILL term. There is no fee to participate, but registration is required. Please register at the Welcome Desk by Tuesday, February 20th.

# What's NEW ↓

## Paid Activities for March/April

USS offers a range of activities to accommodate all members. Payments can be made 8:30am - 7:00pm, Monday - Thursday, 8:30am - 4:30pm on Friday, or 8:00am - 12:00pm on Saturday. The next series of paid activities starts the week of **Monday, March 4th**. Payments for activities can be made beginning on **Monday, February 26th**. Additional information will be available in mid-February.

*USS is excited to include self-defense on Mondays at 5:30pm and yoga on Saturdays at 10:30am beginning in March. See the paid activities flyer for more information!*

## Veterans Coffee Hour

Join USS and the Marine Corps League, Detachment 963 for coffee and donuts on **Saturday, February 10th at 9:00am**. Join the group for conversation and friendship, please RSVP for this event by calling the Welcome Center at 937-323-4948. This event is open to the public and sponsored by *Aventura at Oakwood Village*.

## Clark County Council on Aging Meeting

Join USS for the Clark County Council on Aging Meeting on **Tuesday, February 13th at 10:00am**. Chris Cook and Anna Jean Sauter will share the latest information regarding the Clark County Community Health Improvement Plan. Please RSVP for this event by calling the Welcome Center at 937-323-4948 by Friday, February 9th. This event is sponsored by *Cherish Hospice*.

## USS Staff Welcome

USS is happy to welcome Amber LeValley to USS as the Executive Assistant. Amber started in September, working directly with Maureen Fagans, CEO. Amber has been married to Kevin for 18 years; together they have two children, Emmarie, age 6 and Raiden, age 4. They love country living with their dog Blue, they enjoy gardening in the spring and summer months, as well as caring year round for their 30+ chickens on their happy acre farm. Amber is excited to be a part of the USS team, and is looking forward to a prosperous career serving older adults at USS!



## USS Staff Retirement

USS sends well wishes to Sharon Torres after 30+ years as the Meal Services Director. Sharon looks forward to traveling, cooking, and spending more time with family and friends. As a great co-worker, manager, and friend, she will be greatly missed. Rita Marshall has stepped in as the new Director, bringing 29 years of experience serving Clark County older adults. "I am honored to step into this position and work with our excellent staff in service to our community. Nutrition is key to healthy aging and disease management." - Rita.



## Crafts Mini Series

Join USS on Saturdays to try your hand at a variety of crafts; pick your favorite or join us for all of these creative classes! Reservations are required by calling Member Services at 937-323-4948 ext. 112. Payment is due at the time of reservation, space is limited.

### Dream Catcher Saturday, February 10th at 9:00am

Learn how to create and decorate your own personalized dreamcatcher! There is a \$5 materials fee for this craft.



### Bling It Saturday, February 24th at 9:00am

Learn to use Hotfix Crystal and a template to add sparkle to any article of clothing, hat, or bag! There is a \$10 materials fee for this craft.



### Ceramic Painting Saturday, March 2nd at 9:00am

Choosing between an owl and a gnome, create your own masterpiece! There is a \$5 materials fee for this craft.



### Terrarium Saturday, March 9th at 9:00am

Create and learn how to care for your own living terrarium! There is a \$10 materials fee for this craft.



## Stay at Home Bingo

Join USS for Stay at Home Bingo on March 15th at 1:00pm. Contact Jenn Queen at 937-323-4948 ext. 132 or [jqueen@ussohio.org](mailto:jqueen@ussohio.org) to reserve your spot. Reservations are on a first-come, first-served basis, with a waiting list. You will be provided with a phone number to call and a pin number to get connected for the game. Land lines and cell phones will both work. Bingo cards can be picked up at USS downtown starting March 1st 8:30am - 4:30pm. Bingo cards will also be mailed to those unable to pick them up. Winners of the game need to bring in their winning card to receive their prize.

## Closed Days at USS

USS will be closed on Saturday, February 17th and Monday, February 19th for President's Day. We hope you enjoy your holiday!

# Activity Calendar: February 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-\$  
 \*February 26th\*  
 WWP Aquatics Class...9:00a - 10:00a...R-\$  
 Blocks to Blankets..10:00a - 12:00p...D-NC  
 \*February 12th & 26th\*  
 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  
 Tax Preparation.....11:00a - 4:00p...A-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  
 Uno.....1:00p - 3:00p...D-NC  
 Tai Chi.....2:00p - 4:00p...D-NC  
 Int Pickleball.....3:00p - 5:00p...D-NC  
 Adv Pickleball.....5:00p - 7:00p...D-NC

*\*USS will be closed on February 19th\**

### 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-\$  
 Bingocize®.....9:30a - 10:30a...D-NC  
 Chair Yoga.....9:30a - 10:20a...R-\$  
 Alz. Assoc. Office Hours.....10:00a - 1:00p  
 ...D-NC \*February 20th\*  
 Council on Aging...10:00a - 11:30a ...R-NC  
 \*February 13th\* \*See page 6\*  
 LP Open Swim.....10:00a - 12:00p...D-NC  
 Moving with Music...10:30a - 11:30a...D-NC  
 Tax Preparation.....11:00a - 4:00p...A-NC  
 Congregate Meals.....11:00a - 1:00p  
 Minnesota Tour Preview...11:00a - 12:00p  
 ...D-NC \*February 27th\*  
 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  
 Niagara Tour Preview.....2:00p - 3:00p  
 ...D-NC \*February 27th\*  
 WWP Aquatics Class.....1:00p - 2:00p...R-\$  
 Chair Volleyball.....2:00p - 4:00p...D-NC  
 Parkinson's Exercise...2:00p - 3:00p...D-NC  
 WWP Open Swim.....2:00p - 6:30p...D-NC  
 Adv Pickleball.....4:30p - 7:00p...D-NC

## 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 \*February 21st\*  
 Blood Pressure Screenings..10:00a-12:00p  
 ...D-NC \*February 7th\*  
 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  
 \*February 14th & 28th\*  
 Crafting Group.....1:00p - 3:00p...D-NC  
 Healthy Living.....1:00p - 2:00p...R-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  
 \*February 14th\* \*See page 15\*  
 Diabetes Support.....5:30p - 6:30p...D-NC  
 \*February 7th\* \*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-\$  
 Bingocize®.....9:30a - 10:30a...D-NC  
 LP Open Swim.....10:00a - 12:00p...D-NC  
 Tai Chi.....10:00a - 12:00p...D-NC  
 Tax Preparation.....11:00a - 4:00p...A-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 \*February 8th\*  
 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  
 \*February 15th\*  
 LP Open Swim.....1:00p - 6:30p...D-NC  
 WWP Aquatics Class...1:00p - 2:00p...R-\$  
 USS Snacks & Facts.....1:00p - 2:00p  
 ...R-NC \*February 15th\* \*See page 4\*  
 Int Pickleball.....1:30p - 4:30p...D-NC  
 Heart Strong Event...2:00p - 4:00p...R-NC  
 \*February 29th\* \*See page 15\*  
 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  
 \*February 1st\* \*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...R-NC  
 \*February 9th & 23rd\*  
 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  
 Crafts.....9:00a - 11:00a...R-\$  
 \*February 10th & 24th\* \*See page 7\*  
 Vets Coffee Hour.....9:00a - 10:00a...R-NC  
 \*February 10th\* \*See page 6\*  
 Adv Pickleball.....10:00a - 12:00p...D-NC

*\*USS will be closed on February 17th\**

# Activity Calendar: March 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-\$  
 \*March 25th\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*March 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  
**Tax Preparation**.....11:00a - 4:00p...A-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  
**Self Defense**.....5:00p - 6:30p...R-\$

## 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  
 \*Ends March 12th\*  
**Chair Yoga**.....9:30a - 10:20a...R-\$  
**Alz. Assoc. Office Hours**.....10:00a - 1:00p  
 ...D-NC \*March 19th\*  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Moving with Music**...10:30a - 11:30a...D-NC  
**Tax Preparation**.....11:00a - 4:00p...A-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 - 2:30p...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  
**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 \*March 20th\*  
**Blood Pressure Screenings**..10:00a-12:00p  
 ...D-NC \*March 6th\*  
**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  
 \*March 13th & 27th\*  
**Crafting Group**.....1:00p - 3:00p...D-NC  
**Healthy Living**.....1:00p - 2:00p...R-NC  
 \*March 6th\*  
**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  
**Caregiver Support**.....5:30p - 6:30p...D-NC  
 \*March 13th\* \*See page 15\*  
**Diabetes Support**.....5:30p - 6:30p...D-NC  
 \*March 6th\* \*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-\$  
**Bingocize®**.....9:30a - 10:30a...D-NC  
 \*Ends March 14th\*  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Tai Chi**.....10:00a - 12:00p...D-NC  
**Tax Preparation**.....11:00a - 4:00p...A-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 \*March 7th \*See page 4\*  
**USS Lunch & Learn**.....12:00p - 1:00p  
 ...R-NC \*March 14th \*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  
 \*March 21st\*  
**LP Open Swim**.....1:00p - 6:30p...D-NC  
**Stay at Home Bingo**..1:00p - 2:00p...R-NC  
 \*March 15th\*  
**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  
 \*March 7th\* \*See page 15\*  
**Dessert & Dialogue**...5:30p - 6:30p...R-NC  
 \*March 21st \*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  
**Pickleball Skills**.....10:00a - 12:00p...R-NC  
 \*March 8th & 22nd\*  
**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  
**Guardianship Presentation**....1:00p - 3:00p  
 ...R-NC \*March 22nd \*See page 4\*  
**Adv Pickleball**.....2:30p - 4:30p...D-NC  
**USS Dance**.....5:00p - 8:00p...R-\$  
 \*March 8th \*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 - 11:00a...D-NC  
**WWP Open Swim**....8:30a - 11:30a...D-NC  
**Crafts**.....9:00a - 11:00a...R-\$  
 \*March 2nd & 9th\* \*See page 7\*  
**Adv Pickleball**.....10:00a - 12:00p...D-NC  
**Yoga**.....10:30a - 11:30a...R-\$

**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: February & March

## **Mondays:**

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

**\*Closed on February 19th\***

**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  
**Snacks & Facts**...10:30a...R-NC  
\*February 6th\* (SMC)  
\*February 27th\* (FG)  
\*March 5th\* (FG)  
\*March 12th\* (SMC)  
**Crafts**...10:30a...R-NC  
\*February 13th\* (FG)  
**Dog Show**...10:30a...D-NC  
\*February 20th & March 19th\*

## **Wednesdays:**

**Billiards/Darts/Ping Pong**...D-C-NC  
**Focus on Fitness**...9:30a...R-\$  
**Congregate Meal**...11:00a ...R-\$  
**Games**...11:00a...D-NC  
\*February 7th & March 6th\*  
**Chair Volleyball**...1:00p...D-NC  
\*February 28th\* (SMC)  
**Crafts**...1:00p...R-NC  
\*March 27th\*

**Sponsors in February/March:**

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

## **Thursdays:**

**Billiards/Darts/Ping Pong**...D-C-NC  
**Taco Bar Potluck**...12:30p...R-NC  
\*February 8th\* (GSV)  
**Hand & Foot**...12:30p...D-NC  
\*February 1st & 15th, March 7th & 21st\*  
**Movie**...1:00p...D-NC  
\*February 15th & March 21st\*  
**Bingo**...12:30p...R-NC  
\*February 22nd\* (NW)  
**Birthdays Celebration**...10:30a...R-NC  
\*February 29th & March 28th\* (NW)  
**Crafts**...1:00p...R-NC  
\*February 1st & March 7th\* (GSV)  
**Potluck**...12:30p...R-NC  
\*March 14th\* (FG)

## **Fridays:**

**Billiards/Darts/Ping Pong**...D-C-NC  
**Chair Yoga**...9:00a...D-\$  
**Stitchers**...11:30a...D-NC  
**Pillows**...12:30p...D-NC  
\*February 9th & 23rd, March 8th & 22nd\*  
**Billiards 101**...1:00p...D-NC  
\*February 16th & March 15th\*

## **Saturdays:**

**Tax Preparation**...10:00a...R-NC  
**\*Closed on February 17th\***

# New Carlisle Satellite Activity Calendar: February & March

## **Mondays:**

**Wii Bowling**...10:00a...D-NC  
**Congregate Meal** 11:00a ...R-\$  
**Guardianship Presentation**  
...11:30a...D-NC \*February 5th\*  
**Movie Day**...12:30p...D-NC  
\*February 5th & March 4th\*  
**Bingo**...12:30p...D-NC (VC)  
\*February 12th & March 11th\*  
**Games & Snacks** 11:30a...D-NC  
\*February 26th & March 25th\*  
**Karaoke**...12:30p...D-NC  
\*February 26th\*  
**St. Patricks Day** 11:00a...D-NC  
\*March 18th\*

**\*Closed on February 19th\***

## **Tuesdays:**

**Congregate Meal**...11:00a ...R-\$  
**Mexican Train**...12:30p...D-NC  
**Euchre**...12:30p...D-NC  
\*February 6th & March 5th\*  
**Hand, Knee & Foot**...12:30p  
...D-NC \*February 6th\*  
**Mardi Gras Celebration**...10:00a  
...D-NC \*February 13th\*

## **Wednesdays:**

**Congregate Meal**...11:00a ...R-\$  
**"500" Card Game**...12:30p  
...D-NC  
**Valentines Dance**...12:30p...D-NC  
\*February 14th\*  
**Bingo at USS Downtown**  
...12:30p...D-NC  
\*February 21st & March 13th\*

**KEY**

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

## **Thursdays:**

**Congregate Meal**...11:00a ...R-\$  
**Bridge**...12:30p...D-NC  
**Trip to Arrow Queen**...12:30p...D-NC  
\*February 15th & March 7th\*

**Sponsors in February/March:**

- Northwood Skilled Nursing & Rehabilitation (NW)
- Vancrest (VC)

## **Fridays:**

**Congregate Meal**...11:00a ...R-\$  
**Hand, Knee & Foot**...12:30p...D-NC  
**Groundhog Day Movie**...9:30a...D-NC  
\*February 2nd\*  
**Pinochle**...12:30p...D-NC  
\*February 2nd & March 1st\*  
**Birthdays Celebration**...11:30a...D-NC  
\*February 16th & March 15th\* (NW)  
**Bingo**...12:30p...D-NC (VC)  
\*February 16th\*

# What's NEW ↓

## USS Enon Special Activities

### Tax Preparation

USS Enon is partnering with AARP to provide tax preparation appointments for USS members and clients. *Individuals or couples looking to schedule an appointment can call USS Enon at 937-863-0043.*

**Appointments in Enon are on Saturdays only.** 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.

### Snacks & Facts

**USS Education & Travel Opportunities: Tuesday, February 6th, 10:30am.** This Snacks & Facts session will host guest speaker, Cindy Lockwood, USS Education and Travel Coordinator. She aims to educate members about the many resources available to them specific to education, including the SAILL program, and travel, including day trips and extended tours with USS. This event is sponsored by **Springfield Masonic Community.**

**USS Volunteer Guardianship: Tuesday, February 27th, 10:30am.** This Snacks & Facts session will host guest speaker, Betty Stutler, USS Volunteer Guardian and Advocacy Coordinator. She will discuss the USS Volunteer Guardianship Program, the guidelines for candidates, requirements for guardians, the application process, and more on the guardianship process. This event is sponsored by **Forest & Wooded Glen Health Campuses.**

**Gut Health: Tuesday, March 5th, 10:30am.** This Snacks & Facts session will host guest speaker, Leslie Edmunds, MPH, RDN, CDCES, CLT, IFNCP Owner and Registered Dietitian Clem and Thyme Nutrition/Wellness. She will discuss gut health and the benefits of pre and pro-biotics as they relate to improving overall health. This event is sponsored by **Forest & Wooded Glen Health Campuses.**

**Gardening: Tuesday, March 12th, 10:30am.** This Snacks & Facts session will host guest speaker, Cindy Wright, educator and gardener. We are delighted for her to return to discuss the advantages of container gardening and composting as we prepare for spring! This event is sponsored by **Springfield Masonic Community.**

### Chair Volleyball

Trying something new never gets old! USS Enon is excited to begin offering Chair Volleyball! Join us on **Wednesday, February 28th at 1:00pm** for this activity where you can reconnect with your competitive self while in fellowship with other athletic minded members in a casual and welcoming environment! This will include a contest with prizes for most creative team names. This event is sponsored by **Springfield Masonic Community.**

### Bingo

USS Enon is excited to bring Bingo back on **Thursday, February 22nd at 12:30pm** with plans to add Bingo back to the months that have five Thursdays this year, which includes May, August, and October. Watch the Enon Satellite Calendar for dates and times, and please don't hesitate to come join us! This event is sponsored by **Northwood Skilled Nursing and Rehabilitation.**

**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.*



## February 2024 Schedule:

- 1st Support Black Business:** D.Sweets Visit...R
- 2nd** National Afro-American Museum and Culture Center Visit
- 5th** Scam Awareness Presentation with **Tompkins & Ellis Co. LPA**
- 6th** Button Heart Wreath Craft
- 8th** Social Support Bingo  
Sponsored by **Aventura at Oakwood Village**
- 9th** Thrifty Thrifters
- 12th** Manicures and Documentary of **Annie Turnbo Malone**
- 13th** Music with **Art Nitsch**
- 14th** Valentine's Cupcakes
- 16th** Copey's Butcher Shop Visit
- 20th** Let's Get Funky! Soul Music and Pot Luck
- 22nd** Amenity Wellness Workshop
- 23rd** National Veterans' Memorial and Museum...\$
- 26th** Monday Mind Games
- 27th** Wool Felt Ball Coasters Craft
- 29th** Leap Year Activity
- Closed February 19th**

## March 2024 Schedule:

- 1st Black Women's Day:** Special Brunch Outing
- 4th** "Old Fashion, New Age"  
Manicures & Reminiscing
- 5th** Springtime Door Wreath Craft
- 11th** Jewelry Making
- 12th** Cupcake Liner Initial Craft...R
- 14th Support Women-Owned Business:** Nearly New Shop and Lunch at Mariana's Tacos...R
- 15th** A "Craic" St. Patrick's Day Celebration
- 18th** Yarn Art
- 19th** "Hoppy" Easter Craft
- 21st** Ceramic Clay Studio...R-\$
- 22nd Support Women-Owned Business:**  
Sunflower Yoga...R-\$
- 25th** Monday Mind Games
- 26th** Perler Beads Craft
- 28th Support Women-Owned Business:** Lunch at Iron Works Cafe
- 29th** Amity Wellness Workshop

**\*R=Reservations Required \$=Fee**

## 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

Do you have a heart for protecting vulnerable seniors? If so, then the Volunteer Guardianship Program might be for you! Our Volunteers "guard" the rights of older adults and advocate for their care while cultivating relationships that are meaningful both to them and to the people they serve. Self-paced training is provided online. If you'd like more information about this fulfilling volunteer opportunity, please contact Betty Stutler, Advocacy Coordinator, at 937-521-3014.

# 2024 Trips & Tours

For more information on any of our 2024 Trips or Tours, visit our website at [www.ussohio.org/travel](http://www.ussohio.org/travel), contact Cindy Lockwood at 937-521-3009 or [clockwood@ussohio.org](mailto:clockwood@ussohio.org), or stop in for a visit to learn more!

## 2024 Tours:

### Arizona Adventure - Coming Soon!

**April 21-26** Activity Level: Moderate

This spring, travel to a vacationer's paradise in the middle of a desert in **Sedona**. Arizona is a place that inspires, revitalizes, and reignites your sense of wonder! Experience the canyons and red rock formations as you travel on 2 fabulous train adventures. See the dramatic architecture of the **Chapel of the Holy Cross** and visit many of Arizona's best kept secrets.

**Tour Fare:** \$2,999 per person (double)

**Deposit:** \$500 due ASAP **Balance Due:** 3/22

### Bourbon Trail: Horses & Rail - Coming Soon!

**May 21-24** Activity Level: Moderate - High

Tour the most famous Kentucky distilleries, enjoy tastings, and get a firsthand look at the art of crafting bourbon, along with lessons about the rich history of the spirit. Discover the Kentucky tradition of care, dedication, and craftsmanship inside each bottle. Delicious meals, restored 1940's vintage train cars, beautiful natural scenery, and famous thoroughbreds top off this *all-about-Kentucky* tour.

**Tour Fare:** \$1,399 per person (double)

**Deposit:** \$500 due 2/27 **Balance Due:** 4/5

### Discover Minnesota's North Shore

**June 24-28** Activity Level: Moderate

**Special Preview: Tuesday, February 27 at 11:00am**

This tour features *Red Wing, Duluth, Ely, Grand Marais*, and the spectacular 154-mile drive along *Highway 61* on the **North Shore**. With tons of green trees, rocky shorelines, gorgeous lakes, waterfalls, small towns, and great local businesses, Minnesota's North shore mimics the Pacific Northwest. Join us and discover this beauty!

**Tour Fare:** \$2,169 per person (double)

**Deposit:** \$500 due 3/31 **Balance Due:** 5/17

### Niagara-on-the-Lake \*Passport Required\*

**August 13-16** Activity Level: Moderate

**Special Preview: Tuesday, February 27 at 2:00pm**

Join us as we explore **Ontario's** best kept secret, **Niagara-on-the-Lake!** Stroll through history and enjoy world class theatre, fine dining, shopping, wineries, markets, and historical sites during this unique Canadian tour. Experience this quaint town's scenery! This is sure to be a journey you'll long remember!

**Tour Fare:** \$1,575 per person (double)

**Deposit:** \$300 due 5/3 **Balance Due:** 6/28



### Annual Mystery Tour

**September 5-8** Activity Level: Moderate - High

*Somewhere Between Two Rivers*

Sorry, we can't say anything more that will reveal the mystery...

**Tour Fare:** \$1,319 per person (double)

**Deposit:** \$300 due 6/7 **Balance Due:** 8/2

### Agawa Canyon & More \*Passport Required\*

**October 7-11** Activity Level: Moderate

Explore **Northern Ontario's** beauty and incredible landscapes on a trip to *Sault Ste. Marie* and **Northern Michigan!** On this tour, you will experience a full day of breathtaking natural beauty on the *Agawa Canyon Railroad* then a ferry ride to **Mackinac Island** to enjoy a horse-drawn carriage tour of the island and a gourmet lunch at the magnificent *Grand Hotel*.

**Tour Fare:** \$1,845 per person (double)

**Deposit:** \$500 due 7/1 **Balance Due:** 8/30

### Cities of the Western Mediterranean \*Passport Required\*

**October 29-November 9** Activity Level: Moderate - High

This 12-day **Western Mediterranean** adventure is all about architecture as you visit elegant squares and plazas, imposing palaces, and magnificent churches. The adventure starts in the Eternal city of **Rome, Italy** with a 1-night stay prior to a 9-night cruise on the *Azamara Quest*, visiting 8 ports in 4 countries. Finally, you will arrive in **Barcelona, Spain** to experience the Gothic Quarter.

**Tour Fare:** \$5,949 per person (double)

**Deposit:** \$500 due 3/1 **Balance Due:** 7/1

### Christmas at the Capital

**December 10-13** Activity Level: Moderate

Ignite your Christmas spirit by spending 3 nights at **Gaylord National Harbor Resort**. This hotel features a 19-story glass atrium boasting a 55-foot tall Starlight Christmas tree and indoor snowfalls! Experience festivities at *Hillwood Estate, Museum & Gardens, Mount Vernon*, and enjoy performances at the *John F. Kennedy Center for the Performing Arts* and *Ford's Theatre*.

**Tour Fare:** \$1,979 per person (double)

**Deposit:** \$500 due 9/6 **Balance Due:** 10/28



### Sports Tour

**September-October**

Information on this tour will be announced later when NFL schedules have been fully released!

**Tour Fare:** Coming soon!

**Deposit & Balance Due:** To be announced



## 2024 Day Trips:

### La Comedia Dinner Theatre March 21

Visit La Comedia Dinner Theatre in Springboro to see a matinee performance of "Guys & Dolls"! Enjoy a lunch buffet as well.

**Trip Fare:** \$118 per person **Balance Due:** 2/29

**Stay tuned! More day trips and information will be announced soon!**

### Snooty Fox Spring Adventure April 10

Visit the Snooty Fox Consignment Stores in Cincinnati for a full day of shopping extravaganza! Enjoy a 20% shopping discount on all regularly priced items.

**Trip Fare:** \$85 per person **Balance Due:** 3/8

# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

## Thank You:

**A big thank you to the Springfield Foundation for a \$10,000 grant!** We are so appreciative of the many years of support they have given to our volunteer department!

We would also like to thank all of the AmeriCorps Seniors who volunteered their time for our Winter Fundraisers: *Pictures with Santa* and the *Holiday in the City Ice Skating Rink*.



## Upcoming Volunteer Opportunities:

**Heritage Center of Clark County – Clark County Historical Society & Museum:** Volunteer needed to work at the information desk on Saturdays, 12:00pm - 3:00pm. In addition, the Civil War Symposium event on Saturday, March 2nd, 8:00am - 9:30am, needs volunteers to serve as greeters, check in, seating monitors, and floaters.

**Medical Reserve Corps:** Volunteers needed for *CARE team* (Comfort, Assistance, Reassurance, Encouragement). Volunteers will be trained in the *Loss Model* of suicide response. They will go out in a group and offer support to loved ones by providing information on services, funeral arrangements, and more.

**Operation Hunger Food Pantry at Springfield First Seventh-day Adventist Church:** Volunteers needed to pack food bags on the 2nd Thursday of each month, 6:00pm - 7:00pm. Also needed for food pantry distribution on the 2nd Saturday of each month, 3:00pm - 5:00pm.

**St John's Evangelical Lutheran Church Outreach Store:** Volunteers needed to keep the sales floor clean and organized, assist with carrying in, sorting, and pricing donations, and/or serve as a cashier. Work as part of a team to provide a positive shopping experience on Mondays, Wednesdays, or Fridays, 9:00am - 1:00pm.

**USS Volunteer Guardianship Program:** See page 11 for more information on this opportunity.

**USS:** In the upcoming months, USS will need volunteers for the Welcome Desk on Fridays (12:30pm - 4:30pm) and Saturdays (8:00am - 12:00pm), Dances, Lunch & Learns, Coffee & Conversations, Dessert & Dialogues, and Snacks & Facts.

*\*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 is partnering with the **Alzheimer's Association of the Miami Valley** to provide a support group for any caregivers in the Clark County community. Please consider joining the group on **Wednesdays, February 14th and March 13th at 5:30pm**. If you are unable to attend this group, please contact the Alzheimer's Association at 937-610-7010 for more information.

### 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. Each month CCDA will provide information and resources to experts in the field. Please consider joining the group on **Wednesdays, February 7th and March 6th at 5:30pm**.

### 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. Each month Mercy Health will provide information and resources to experts in the field. Please join the group on **Thursdays, February 1st and March 7th at 5:30pm**.

## Medicare Assistance

Medicare assistance is available at USS. Please call Laura Fulton at 937-323-4948 ext. 114 to schedule an appointment.

## 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

**Spring is coming!**

**USSS is excited to provide more  
special events this year!**

**See page 3 for more information.**

**@USSS**