

The Center Page

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

APRIL/MAY 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
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- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers
- Arlin Par Tolliver, President
- Mike Trempe
- Chris Wells, Treasurer
- Maureen Fagans, CEO

USS services and programs are made possible by funding provided by the Clark County Senior Services Levy, Title III grants under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2, Mental Health Recovery Board of Clark, Greene & Madison Counties, Corporation for National and Community Service, Ohio Department of Transportation, Clark County Department of Job & Family Services, Springfield Foundation, Community Health Foundation, United Way of Clark, Champaign & Madison Counties, member fees and donations. USS is non-discriminatory in services and employment, and facilities are accessible to all people.

Cover Photos By:
Russell Yeley

Center Page Editor:
Jenna Bluemlein

Director's Corner



Dear Members and Friends,

Did you know that the modern National Minority Health Month, recognized every April, has its roots in National Negro Health Week established by Booker T. Washington? Mr. Washington was a leading African American educator, author, and champion of improving the economic and physical health of African Americans at the end of the 19th century. In fact, he believed that the key to economic progress was rooted in access to healthcare.

Today, the Minority Health Month Foundation continues to raise awareness about health disparities experienced by American minorities, and focuses on improving health standards that provide equal access to medical care. Healthy people build healthy communities.

There are many local organizations focused on improving community health, including USS. Many USS services address the barriers, or social determinants, to good health – we provide access to nutritious meals, transportation to medical appointments, and other supports to continue to live safely at home. USS centers offer a safe, welcoming space, at very low cost, to maintain and improve your health. We offer a wide range of options, from fitness equipment to exercise classes, aquatics to pickleball, and health education to lifelong learning. Read the Activity Calendar to discover your next step to a healthier you.

May is my favorite month for a number of reasons – Mother's Day, spring flowers, and celebrating older Americans. The 2024 theme of Older Americans Month is "Powered by Connection" in recognition of the positive impact of relationship and social connection. The pandemic highlighted the negative effect of prolonged isolation to our physical, mental, and cognitive health. For older people, research confirms that those effects are more pronounced and not always reversible. Meaningful relationships and social connections provide a powerful protection of our health and well-being, vital to supporting our independence.

Your *Center Page* has opportunities to connect in new and meaningful ways. During the spring and summer, USS will be offering a number of classes and activities focused on connections to socialize, learn, and conduct business. Take a class to learn how to text or 'Facetime' your grandchildren. Ask a tutor for help to set up and use your voicemail or other features of your phone or tablet. Schedule an appointment for assistance navigating the websites of Social Security, Medicare, or others to take care of personal business. Connect with old friends or make new ones enjoying activities at your center.

I hope you will attend our Annual Meeting on Thursday, April 25th to learn more about trends in getting older in America. Read about our keynote speaker on page 3.

Thank you for the opportunity,

Maureen Fagans, AICP
Executive Director/CEO

What's NEW ↓

USS Annual Meeting

USS invites the Clark County community to our **Annual Meeting** on **Thursday, April 25th, 1:30pm - 3:00pm**. Please join us to celebrate the highlights and accomplishments of our 55th year and learn about the national trends in services for older adults. Our keynote speaker is Bob Blancato, a strong, reliable advocate in Washington in support of the aging industry for many years. He serves as the National Coordinator of the bipartisan Elder Justice Coalition, the Executive Director of the National Association of Nutrition and Aging Services Programs, and is the National Coordinator of the Defeat Malnutrition Today coalition. Join us to learn more and enjoy light refreshments. Please RSVP for this event by calling the Welcome Center at 937-323-4948. Refreshments are sponsored by **Springfield Masonic Community**.

Older Americans Day Luncheon & Nominations

May is **Older Americans Month!** The 2024 theme is *Powered by Connection*. USS encourages Clark County older adults to stay engaged, educated, and active. Stereotypes like ageism keep our aging population bound to old standards, but USS is here to help ensure endless opportunities! Please join us as we recognize this year's deserving contributors in our community and enjoy our musical guests, the *Corn Drinkers*.

The Clark County **Older Americans Day Luncheon** is on **Tuesday, May 7th** at the Clark County Fairgrounds, in the Arts & Crafts Building. **Doors open at 11:00am** and **entertainment will begin at 11:30am**. It is open to all older adults age 55 and better. Entrance is \$5 per person and payments can be made with cash or check at USS downtown (8:30am - 4:00pm). Lunch is sponsored by **Villa Springfield**. If you are interested in volunteering to make this event a success, please contact Mindy Allender at 937-324-5705.

USS continues to accept nominations to recognize older adults in Clark County who have made worthy contributions to our community in leadership and service. The deadline for nominations is April 19th for the **Clark County 2023 Excellence in Leadership** and the **2023 Inspirational Service awards**. Nominations and questions can be directed to Tracy Wickham at 937-323-4948 ext. 110.

USS Senior Living Resource Fair

The 4th annual **USS Senior Living Resource Fair** is on **Thursday, June 13th, 1:30pm - 4:00pm**. This fair will feature local agencies and businesses that provide important resources and services for older adults in Clark County. Attendance is free and open to all who want to learn more about senior living options and support services in the area. Vendors will include senior living communities, downsizing businesses, home health equipment, hospice care, assisted living agencies, memory care, caregiver support, and more. Door prizes will be awarded hourly! This is the only one-stop-shop for ALL senior living resources in Clark County!

USS Golden Wedding

Are you celebrating your **50th wedding anniversary** anytime in 2024? Let us know and you can get a **lifetime pass to the Clark County Fair!** This year we will once again host the **Golden Wedding Celebration** at the Clark County Fair. Check our June/July issue of the *Center Page* for more event details. Tell your friends to contact USS if they have also reached this special milestone. Contact Jenna Bluemlein at 937-323-4948 ext. 115 or jbluemlein@ussohio.org with your names, home address, anniversary date, and phone number if you're celebrating this anniversary, and we will mail your lifetime passes and invitation.

Educational Opportunities ↓

Alzheimer's Education

Healthy Living for the Brain & Body
Presented by Ashley Stokley
Tuesday, April 16th at 10:00am

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, as well as use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Following the presentation, *Alzheimer's Association* staff will be available for consultations.

USS Coffee & Conversation

Medication Minefields
Presented by Dr. Marty Eng
Thursday, April 18th at 9:00am

USS welcomes Dr. Marty Eng to share the way medications can be harmful, what you can do to avoid them, and how to live a healthier lifestyle. Refreshments are sponsored by *Forest & Wooded Glen Health Campuses*.

USS Lunch & Learn

Pain Science 101
Presented by Zach Tamplin, MT
Friday April 26th at 12:00pm

USS welcomes Zach Tamplin to share information regarding what pain is and how that knowledge, along with consulting your doctor, can be used to help deal with pain. Lunch is provided by *USS*.

OVSH Lunch & Learn

Urology
Thursday, May 2nd at 12:00pm



Information on this Lunch & Learn will be announced at a later date. Keep an eye out on Facebook and for flyers in our center. Lunch is sponsored by *Villa Springfield*.

Clark County Council on Aging Meeting

Join USS for the Clark County Council on Aging Meeting on **Tuesday, May 14th at 10:00am**. Marc Cantrell & Michael Aldridge will share the Project Safe Senior, a statewide program to install smoke detectors in the homes of older adults. Please RSVP for this event by calling the Welcome Center at 937-323-4948 by Friday, May 10th. Refreshments are sponsored by *Forest & Wooded Glen Health Campuses*.

USS Snacks & Facts

Honey Bees
Presented by Eddie Shaffer
Thursday, May 16th at 1:00pm

USS welcomes Eddie Shaffer to share about the important role honey bees play in our ecosystem and what we can do to protect their contributions. Refreshments are sponsored by *Cherish Hospice*.

Alzheimer's Education

10 Warning Signs of Alzheimer's & Dementia
Presented by Ashley Stokley
Tuesday, May 21st at 10:00am

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. Following the presentation, *Alzheimer's Association* staff will be available for consultations.

USS Lunch & Learn

Hands-Only CPR
Presented by Marc Cantrell
Friday, May 24th at 12:00pm

USS welcomes Marc Cantrell, American Red Cross, to share how crucial Hands-Only CPR can be and why it's important to provide this life-saving measure immediately in an emergency. Lunch is provided by *USS*.

Mercy Health Lunch & Learn

Health Equity
Presented by Mercy Health Representative
Thursday, June 6th at 12:00pm



Health equity and social determinants are important topics influencing health outcomes; and the importance of new screenings available within the continuum of care. Lunch 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

Spring SAILL is underway and summer is just around the corner! The summer SAILL catalog will be available the first week of June with classes beginning July 8th. Be on the lookout for more information soon about our early summer classes including technology and the Stepping on Balance program!

Contact Cindy Lockwood at 937-521-3009 if you have questions.



What's NEW ↓

Paid Activities for May/June

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, May 6th**. Payments for activities can be made beginning on **Monday, April 29th**. Additional information will be available in mid-April.

Closed Days at USS

USS will close at 12:00pm on Monday, April 8th for the eclipse and all day on Saturday, May 25th and Monday, May 27th for Memorial Day. We hope you enjoy your holiday!

Service Project

Food Packing Event – with LNI, Wittenberg University Friday, May 3rd, 11:00am - 1:00pm

Lesotho Nutrition Initiative (LNI) is a group at Wittenberg that packs meals and partners with organizations in Lesotho to combat childhood malnutrition by distributing the meals. Lesotho is a small country in South Africa with high rates of children suffering from severe/chronic malnutrition.

If 65 people can join us, we will be able to pack **10,000 meals!** To reserve your spot, please RSVP by calling the Welcome Center at 937-323-4948.

USS is asking for a **\$5 donation** to participate. Donations will go towards shipping the meals to Lesotho. This event is open to the public. To learn more about LNI, visit www.lesothonutritioninitiative.com. If you have questions about this event, call 937-323-4948 ext. 115.



May Dance

Mike & Amy Stooksberry are back on **Friday, May 17th!** Doors open and dinner service starts at 5:00pm and dancing starts at 6:00pm. There is a **\$5 fee** to participate. Reservations begin on Monday, April 15th with Cortney in Member Services at 937-323-4948 ext. 112. Payment is required at the time of reservation. Space is limited. Entertainment is sponsored by *Cherish Hospice*.

USS Meal Services Updates

USS Meal Services is excited to open a **NEW dining room** on April 3rd! Hot meals will be served on Wednesdays ONLY, 11:00am - 12:00pm for a donation. For more information or to register, contact Meal Services at 937-323-9688. **USS Moorefield Township Café:** 1616 Moorefield Rd, Springfield, OH 45503.

USS is excited to be offering FREE home-delivered meals to older adults, 60+ in Clark County, who have recently been discharged from the hospital or a care facility! If you are in the hospital or a care facility, ask discharge staff to order **USS Meals to Heal!**

Crafts Series

Join USS on Saturdays to try your hand at a variety of crafts! Reservations are required by calling Member Services at 937-323-4948 ext. 112. Payment is due at the time of reservation, space is limited.



Painting with Kimberly Saturday, April 6th at 9:00am

Beginner-friendly, instructor-led, step-by-step painting of a butterfly in a field. The canvas is prepared in advance. There is a \$40 materials fee.

Painting with Stacy

Saturday, April 20th at 9:00am

Beginner-friendly, instructor-led, step-by-step painting of a flower inspired by the American artist, Georgia O'Keefe. There is an \$18 materials fee.



Glam Up

Saturday, April 27th at 9:00am

Use rhinestone crystals to adorn any item you'd like to bring! Choose from a variety of designs and colors to embellish your items. There is a \$15 materials fee.

Painting with Stacy

Saturday, May 11th at 9:00am

Beginner-friendly, instructor-led painting of a fun, spring-themed rock! There is an \$18 materials fee.



Painting with Kimberly

Saturday, May 18th at 9:00am

Beginner-friendly, instructor-led, step-by-step painting of a dragonfly. The canvas is prepared in advance. There is a \$40 materials fee.

B2B Sock Drive

Blocks to Blankets will be collecting new socks of all sizes in the USS downtown lobby throughout April & May! There will be a donation container in the lobby for drop off. The socks will be donated to local organizations including Sheltered Inc. and Victory Faith Church. We thank you in advance for your donations!

Veterans Coffee Hour

Join USS and the Marine Corps League, Detachment 963 on **Saturday, April 13th at 9:00am** for coffee, donuts, conversation, and friendship! Please RSVP for this event by calling the Welcome Center at 937-323-4948. This event is open to the public. Refreshments are sponsored by *Aventura at Oakwood Village*.

USS Member Orientation

Join us on **Tuesday, April 23rd at 1:00pm** for a member orientation. This will be an opportunity to learn about USS from 1968 to today. New members and those looking to become more familiar with USS are invited! Please register no later than Friday, April 19th by calling the Welcome Center at 937-323-4948.

Activity Calendar: April 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-\$
 April 22nd
WWP Aquatics Class...9:00a - 10:00a...R-\$
Blocks to Blankets..10:00a - 12:00p...D-NC
 April 8th & 22nd
Hula Hoop Group...10:00a - 11:00a...D-NC
WWP Open Swim...10:00a - 11:00a...D-NC
Let's Get Moving....10:30a - 11:30a...D-NC
Congregate Meals.....11:00a - 1:00p
WWP Volleyball.....11:00a - 12:00p...R-\$
Duplicate 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/Phase 10.....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-\$

USS will close at 12:00pm on April 8th

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 - 2:00p
 ...D-NC *April 16th*
LP Open Swim.....10:00a - 6:30p...D-NC
Moving with Music...10:30a - 11:30a...D-NC
Congregate Meals.....11:00a - 1:00p
Rolling Stones Tour Preview
11:00a - 12:30p...D-NC *April 9th*
Bid Euchre.....11:30a - 4:00p...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
WWP Open Swim.....12:00p - 1:00p...D-NC
Long Arm Quilting.....1:00p - 6:00p...A-\$
Mah Jongg.....1:00p - 3:00p...D-NC
Member Orientation....1:00p - 2:00p...R-NC
 April 23rd
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 *April 17th*
Blood Pressure Screenings..10:00a-12:00p
 ...D-NC *April 3rd, 10th, & 24th*
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-\$
Rubber Bridge.....1:00p - 3:00p...D-NC
Card Making Club.....1:00p - 4:00p...D-NC
 April 10th & 24th
Crafting Group.....1:00p - 3:00p...D-NC
Int Pickleball.....1:00p - 3:00p...D-NC
Samba (Cards).....2:00p - 5:00p...D-NC
Pickleball Lessons....3:00p - 4:00p...R-NC
Pickleball for Novice..4:00p - 7:00p...D-NC
Yoga.....4:00p - 5:00p...R-\$
Caregiver Support.....5:30p - 6:30p...D-NC
 April 10th *See page 15*
Diabetes Support.....5:30p - 6:30p...D-NC
 April 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 *April 18th*
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 - 6:30p...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 *April 4th*
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
 April 18th
WWP Aquatics Class...1:00p - 2:00p...R-\$
USS Annual Meeting.....1:30p - 3:00p
 ...R-NC *April 25th* *See page 3*
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
Chair Volleyball.....4:45p - 6:45p...D-NC
Yoga.....4:45p - 5:45p...R-\$
Stroke Support.....5:30p - 6:30p...D-NC
 April 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 - 3:00p...D-NC
Hearing Screenings...9:00a - 12:00p...D-NC
 April 12th
Weaving.....9:30a - 11:30a...D-NC
Hula Hoop Group....10:00a - 11:00a...D-NC
Pickleball Skills.....10:00a - 12:00p...R-NC
 April 12th & 26th
Congregate Meals.....11:00a - 1:00p
Hula Dance.....11:00a - 12:30p...D-NC
Duplicate Bridge.....12:00p - 3:00p...D-NC
Samba (Cards).....12:00p - 4:30p...D-NC
USS Lunch & Learn.....12:00p - 1:00p
 ...R-NC *April 26th* *See page 4*
Euchre.....1:00p - 3:30p...D-NC
Thirty One (Cards).....1:00p - 3:30p...D-NC
 April 5th
Adv Pickleball.....2:30p - 4:30p...D-NC
USS Dance.....5:00p - 8:00p...R-\$
 April 12th

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 - 10:00a...R-\$
 April 6th, 20th, & 27th *See page 7*
Vets Coffee Hour.....9:00a - 10:00a...R-NC
 April 13th *See page 7*
Adv Pickleball.....10:00a - 12:00p...D-NC
USS Jammers.....10:00a - 11:30a...D-NC
Yoga.....10:30a - 11:30a...R-\$

Activity Calendar: May 2024

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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-\$
 May 20th
WWP Aquatics Class...9:00a - 10:00a...R-\$
Blocks to Blankets..10:00a - 12:00p...D-NC
 May 6th & 20th
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-\$
Duplicate 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/Phase 10.....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-\$

USS will be closed on May 27th

KEY

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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 - 2:00p
 ...D-NC *May 21st*
Council on Aging.....10:00a - 11:30a...R-NC
 May 14th *See page 4*
LP Open Swim.....10:00a - 6:30p...D-NC
Moving with Music...10:30a - 11:30a...D-NC
Congregate Meals.....11:00a - 1:00p
Older Americans Day...11:00a - 1:00p...R-\$
 May 7th *See page 3*
Bid Euchre.....11:30a - 4:00p...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
WWP Open Swim.....12:00p - 1:00p...D-NC
Long Arm Quilting.....1:00p - 6:00p...A-\$
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 *May 15th*
Blood Pressure Screenings..10:00a-12:00p
 ...D-NC *May 1st, 8th, & 29th*
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-\$
Rubber Bridge.....1:00p - 3:00p...D-NC
Card Making Club.....1:00p - 4:00p...D-NC
 May 8th & 22nd
Crafting Group.....1:00p - 3:00p...D-NC
Int Pickleball.....1:00p - 3:00p...D-NC
Samba (Cards).....2:00p - 5:00p...D-NC
Pickleball Lessons....3:00p - 4:00p...R-NC
Pickleball for Novice..4:00p - 7:00p...D-NC
Yoga.....4:00p - 5:00p...R-\$
Caregiver Support.....5:30p - 6:30p...D-NC
 May 8th *See page 15*
Diabetes Support.....5:30p - 6:30p...D-NC
 May 1st *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 - 6:30p...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 *May 2nd*
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
 May 16th
WWP Aquatics Class...1:00p - 2:00p...R-\$
USS Snacks & Facts.....1:00p - 2:00p
 ...R-NC *May 16th* *See page 5*
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
Chair Volleyball.....4:45p - 6:45p...D-NC
Yoga.....4:45p - 5:45p...R-\$
Stroke Support.....5:30p - 6:30p...D-NC
 May 2nd *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 - 3:00p...D-NC
Weaving.....9:30a - 11:30a...D-NC
Hula Hoop Group....10:00a - 11:00a...D-NC
Pickleball Skills.....10:00a - 12:00p...R-NC
 May 10th & 24th
Congregate Meals.....11:00a - 1:00p
Hula Dance.....11:00a - 12:30p...D-NC
LNI Pack.....11:00a - 1:00p...R-NC
 May 3rd
Duplicate Bridge.....12:00p - 3:00p...D-NC
Samba (Cards).....12:00p - 4:30p...D-NC
USS Lunch & Learn.....12:00p - 1:00p
 ...R-NC *May 24th* *See page 5*
Euchre.....1:00p - 3:30p...D-NC
Thirty One (Cards).....1:00p - 3:30p...D-NC
 May 3rd
Adv Pickleball.....2:30p - 4:30p...D-NC
USS Dance.....5:00p - 8:00p...R-\$
 May 17th

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 - 10:00a...R-\$
 May 11th & 18th *See page 7*
Adv Pickleball.....10:00a - 12:00p...D-NC
USS Jammers.....10:00a - 11:30a...D-NC
Yoga.....10:30a - 11:30a...R-\$
 USS will be closed on May 25th

Enon Satellite Activity Calendar: April & May

Mondays:

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

Closed at 12:00p on April 8th & all day on May 27th

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
Bingocize®...9:00a...D-NC
Euchre...1:00p...D-NC
Snacks & Facts...10:30a...R-NC
April 16th (OH)
May 14th (GH)
May 28th (AHS)
Dog Show...10:30a...D-NC
April 23rd & May 21st

Wednesdays:

Billiards/Darts/Ping Pong...D-C-NC
Focus on Fitness...9:30a...R-\$
Congregate Meal...11:00a ...R-\$
Games...11:00a...D-NC
April 3rd & May 1st
Chair Volleyball...1:00p...D-NC
April 10th & 24th
May 8th, 22nd, & 29th
Card Making...1:00p...D-NC
April 17th & May 15th

Thursdays:

Billiards/Darts/Ping Pong...D-C-NC
Bingocize®...9:00a...D-NC
Hand & Foot Cards...12:30p...D-NC
April 4th & 18th, May 2nd & 16th
Crafts...1:00p...R-NC
April 4th & 25th, May 2nd
Potluck...12:30p...R-NC
April 11 (SMC) *May 9th* (GSV)
Movie...1:00p...D-NC
April 18th & May 16th
Birthdays Celebration...10:30a...R-NC
April 25th (WR) *May 30th* (VS)
Bingo...12:30p...R-NC
May 23rd (BSL)
Snacks & Facts...1:00p...R-NC
May 30th

Fridays:

Billiards/Darts/Ping Pong...D-C-NC
Chair Yoga...9:00a...D-\$
Pillows...10:30a...D-NC
April 12th & 26th, May 10th & 24th
Stitchers...11:30a...D-NC

Sponsors in April/May:

- Affordable Hearing Store (AHS)
- Brookdale Senior Living (BSL)
- Gentiva Hospice (GH)
- Good Sheperd Village (GSV)
- Our Home (OH)
- Springfield Masonic Community (SMC)
- Villa Springfield (VS)
- Wright Rehab (WR)

New Carlisle Satellite Activity Calendar: April & May

Mondays:

Wii Bowling...10:00a...D-NC
Congregate Meal 11:00a ...R-\$
Easter Celebration...12:30p...D-NC
April 1st
Chair Volleyball...12:30p...D-NC
April 15th
Games & Snacks 11:30a...D-NC
April 22nd (GSV)
Karaoke...1:30p...D-NC
April 22nd
Bingo...12:30p...D-NC (VC)
April 29th & May 13th
Taco Bar...11:30a...D-NC
May 6th (SMC)
Vintage Voices Performance
...11:30a...D-NC *May 20th*

Tuesdays:

Congregate Meal...11:00a ...R-\$
Mexican Train...12:30p...D-NC
Euchre...12:30p...D-NC
April 2nd & 23rd, May 7th
Crafts...12:30p...D-NC
April 9th & May 21st
Yahtzee...12:30p...D-NC
April 16th & May 14th
Rock Painting...12:30p...D-NC
April 30th
Memorial Day Celebration
...12:00p...D-NC *May 28th*
Jammers Performance
...12:30p...D-NC *May 28th*

Wednesdays:

Congregate Meal...11:00a ...R-\$
"500" Card Game
...12:30p...D-NC
Bingo at USS Downtown
...12:30p...D-NC
April 17th & May 15th

KEY

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

Closed at 12:00p on Monday, April 8th & all day on Monday, May 27th

Thursdays:

Congregate Meal...11:00a ...R-\$
Bridge...12:30p...D-NC
Trip to Arrow Queen...12:30p...D-NC
April 18th & May 16th
Rock Painting...12:30p...D-NC
May 9th

Sponsors in April/May:

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

Fridays:

Congregate Meal...11:00a ...R-\$
Hand, Knee & Foot...12:30p...D-NC
Birthdays Celebration...11:30a...D-NC
April 19th & May 17th (NW)
Bingo...12:30p...D-NC
April 19th & May 17th
Pinochle...12:30p...D-NC
May 3rd
Chair Volleyball...11:30a...D-NC
May 10th

What's NEW ↓

Social Support



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

USS Enon Special Activities

Bingocize®

Bingocize® is coming to USS Enon on Tuesdays and Thursdays for a 10-week series, beginning **Tuesday, April 2nd, 9:00am - 10:00am!** This FREE, drop-in, evidence-based health education program incorporates exercise, nutrition, and fall prevention within the game of Bingo. OSU Extension will be teaching this course.

Snacks & Facts

Back on Track: Tuesday, April 16th, 10:30am - 12:00pm. Guest speaker from Our Home will provide information regarding how to “get back on track managing extra pounds”.

Grief Management: Tuesday, May 14th, 10:30am - 12:00pm. Chaplain Jay Galle will discuss grief management, including pathways leading to emotional healing following loss.

Hearing Management: Tuesday, May 28th, 10:30am - 12:00pm. Sheila Portz will discuss the effects various factors can have on one's hearing, the connection between tinnitus and hearing loss, and the differences between over-the-counter aids verses specialized hearing evaluation approaches.

Technology: Thursday, May 30th, 1:00pm - 2:30pm. Ava Mayo will present on how to maximize cell phone knowledge and use. Join us to navigate cell phone technology and/or any other devices that you have questions about.

See *Enon Activity Calendar* on pages 8-9 for more information on these events and sponsors. Register for *Enon Snacks & Facts* by calling Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043.

Hearing Screenings at USS

USS is partnering with the [Affordable Hearing Store](#) to offer members a free hearing screening on **Friday, April 12th, 9:00am - 12:00pm.** To make an appointment or ask questions, call 937-834-4225.

Saturday Hours Continue!

Saturday hours are continuing! USS downtown will remain open on **Saturdays, 8:00am - 12:00pm,** for activities including aquatics, fitness, billiards, pickleball, and ping pong. We continue to add new activities like crafts, yoga, and card games! If you want to see something added to the schedule, drop a suggestion in the box at the welcome desk. *We will be closed on Saturdays, May 25th, August 31st, and November 30th.*

New Opportunities

USS is interested in starting a Rummikub and a dominos group. If you would like to receive information about this group, please contact Jenn Queen at jqueen@ussohio.org or 937-323-4948 ext. 132.

USS is interested in hosting a variety show for USS members. If you would like to learn more about this event and how to get involved, please contact Tracy Wickham at twickham@ussohio.org or 937-521-3010.

April 2024 Schedule:

- 1st April Fools Day
 - 2nd National PB&J Day!
 - 4th MH Lunch & Learn...R
 - 5th Service Project: **Second Harvest Food Bank**
 - 9th Melted Crayon Spring Craft
 - 10th Men's Breakfast Outing at Ridgewood Café
 - 11th Birthday Bingo
 - 12th Heart of Ohio Antique Center Visit
 - 15th Pool Day in Lap Pool and Warm Water Pool
 - 16th Kitchen Window Herb Garden
 - 18th Wii Gaming Day
 - 19th Made-in-Springfield Museum Tour...R
 - 22nd Manicures
 - 23rd Bead Lanyard Craft with Shanon Queen
 - 25th USS Annual Meeting...R & Lunch at Jaguar Room
 - 26th Lunch at Pearson House Restaurant & Walk
 - 29th Service Project: **Project Woman**
 - 30th Rootbeer Pong
- Closed at 12:00p on Monday, April 8th**

May 2024 Schedule:

- 2nd Melted Crayon Craft
 - 3rd Bowling & Hershey's Ice Cream
 - 6th Monday Mind Games
 - 7th Older Americans Day...R
 - 9th Mystery Activity
 - 10th National Public Gardens Day/Mother's Day Breakfast
 - 13th Let's Get Moving
 - 14th Birthday Bingo
 - 16th DIY Hand Scrub
 - 17th Nature Scavenger Hunt
 - 20th Manicures
 - 21st Pictionary
 - 23rd Amity Wellness
 - 24th World Video Game Day! Game Cycle Visit
 - 28th Social Support Group Mural
 - 30th DIY Citronella Candle
 - 31st Lunch at Der Dutchman - Group 1
- Closed all day on Monday, May 27th**

*R=Reservations Required \$=Fee

Stay at Home Bingo

Join USS for Stay at Home Bingo on **April 11th & May 9th at 1:00pm.** Contact Jenn Queen at 937-323-4948 ext. 132 or 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 number to call and a pin number to get connected. All types of phones work. Bingo cards can be picked up at USS downtown starting April 1st or be mailed to those unable to pick them up. Winners of the game need to bring in their winning card to receive their prize.

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 937-323-4948 ext. 218.

2024 Trips & Tours

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

2024 Tours:

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. Delicious meals, restored 1940's vintage train cars, and beautiful natural scenery top off this *all-about-Kentucky* tour.

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

Deposit: \$500 due ASAP Balance Due: 4/5

NEW: Rolling Stones Rock Cleveland! - Coming Soon!

June 15-16 Activity Level: Moderate-Heavy

Special Preview: Tuesday, April 9th at 11:00am

The **Rolling Stones** are bringing their sold-out 2024 *Hackney Diamonds Tour* to **Cleveland** this summer! We start the weekend with a sight-seeing luncheon cruise on the new **Lady Caroline**, followed by an afternoon at the **Rock 'n Roll Hall of Fame** where the Rolling Stones were inducted in 1989. Enjoy dinner at a local favorite followed by reserved seating at the **Cleveland Browns Stadium** for a once-in-a-lifetime concert! The next day, explore more of Cleveland's highlights with shopping at the **West Side Market** and a city tour of other well-known sites. Join us and rock your way through Cleveland this summer!

Tour Fare: \$799 per person (double)

Balance Due: 5/24 *Limited to 25 travelers & first-come, first-served*

Discover Minnesota's North Shore - Coming Soon!

June 24-28 Activity Level: Moderate

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 ASAP Balance Due: 5/17

Niagara-on-the-Lake *Passport Required*

August 13-16 Activity Level: Moderate

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

Special Preview: Tuesday, June 11th at 11:00am

Call to join the worth-the-wait list!

Tour Fare: \$1,845 per person (double) Balance Due: 8/30

Cities of the Western Mediterranean *Passport Required*

October 29-November 9 Activity Level: Moderate - High

On this 12-day **Western Mediterranean** adventure you will visit elegant squares and plazas, imposing palaces, and magnificent churches. The adventure starts in **Rome, Italy** prior to a 9-night cruise on the *Azamara Quest*, visiting 8 ports in 4 countries, and ends in **Barcelona, Spain**.

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

Deposit: \$500 due ASAP Balance Due: 7/1

Christmas at the Capital

December 10-13 Activity Level: Moderate

Special Preview: Tuesday, August 6th at 11:00am

Ignite your Christmas spirit by spending 3 nights at **Gaylord National Harbor Resort**. This hotel features a 19-story glass atrium! 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:

The Wilds - Coming Soon! June 12

Visit The Wilds Safari Park and Conservation Center in Cumberland, OH!

Trip Fare: \$155 per person Balance Due: 5/12

NEW Day Trips:

Underground Railroad Museum June 20

Senior Day at Ohio State Fair

July 30 \$45

The "Sweet" Trip August 12 \$99

Castles & Convicts Trip September 12 \$135

More info will be put out soon on each of these new day trips!

Fall Foliage Rail Trip October 17 \$130

La Comedia Dinner Theatre December 5 \$120

RSVP

Retired & Senior Volunteer Program



National Volunteer Week: April 21st - 27th, 2024

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

RSVP Older Americans Day Raffle:

Older Americans Day will be here soon! The AmeriCorps Seniors Retired & Senior Volunteer Program holds one of our annual fundraisers at this event. Please watch for announcements about our raffle tickets going on sale and information on great prizes! You do not need to be present to win!

Updates from RSVP:

Be sure to stop by and visit us at the **Minority Health Fair** on **Saturday, April 27th, 10:00am - 1:00pm** at Hayward Middle School. This free event, tying in with National Minority Health Month, will connect Clark County's minority populations with a variety of resources to better meet health concerns as well as promote wellness and relationship building with healthcare providers. RSVP will be promoting volunteerism for older adults in the community.

Upcoming Volunteer Opportunities:

Animal Welfare League Thrift Store: Volunteers needed to help with sorting donations, pricing, stocking, sales, etc. All proceeds support Clark County's No Kill Shelter. If you are passionate about animals, consider helping at this important mission! Hours are Thursday, Friday, and Saturday, 11:00am - 4:00pm.

USS Older Americans Day: 15 volunteers needed for check in, server, and cleanup. **Monday, May 6th** for setup, and **Tuesday, May 7th, 11:00am - 1:00pm** for the event at the Clark County Fairgrounds.

USS Recurring Events: In the upcoming months, USS will need volunteers for set-up, check-in, and serving refreshments at Dances, Lunch & Learns, Coffee & Conversations, and Snacks & Facts.

USS Welcome Desk: We are in need of subs for filling in periodically at the Welcome Desk at USS downtown. The volunteers assist with welcoming members and checking them in, as well as answering phones. This job is a 4-hour shift and a USS employee is always present.

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 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 Clark County. On **Wednesdays, April 10th** and **May 8th**, consider joining for an hour of education regarding Alzheimer's/dementia at **4:30pm**, immediately followed by support group at **5:30pm**. Respite care is provided by calling 937-323-4948 x116. If you are unable to attend this group, please contact the Alzheimer's Association at 937-610-7010 for more information and resources.

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, April 3rd** and **May 1st** 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, April 4th** and **May 2nd** 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, available 24/7 for mental health concerns. **Call 937-662-9080 for help and information.**

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 is ongoing!** Joyce Robinson can provide more information at 937-521-3005.

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

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
- Volunteer Opportunities

MISSION

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



UNITED SENIOR SERVICES

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

125 W Main St

Springfield, OH 45502

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Join USSS and celebrate
Older Americans Month this May!
See page 3 for all the ways we'll be celebrating together.