

# The Center Page

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

JUNE/JULY 2024



## UNITED SENIOR SERVICES

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

### USS DOWNTOWN HOURS:

Mon-Thurs 7:00am - 7:00pm  
Fri 7:00am - 4:30pm  
Sat 8:00am - 12:00pm

### NEW CARLISLE SATELLITE

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

### ENON SATELLITE

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

### DIRECTORS

- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig, Vice President
- 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 Photo By:  
Bruce Vincent

Center Page Editor:  
Jenna Hurst-Bluemlein

# Director's Corner

Dear Members and Friends,

"Powered by Connection" was the focus of Older Americans Month to highlight and promote the profound impact that meaningful connections have on the wellbeing and health of older people. The U.S. Surgeon General recently published an advisory on the healing effects of social connection and community and the detrimental effects of isolation and loneliness.

As we get older, become empty nesters, retire from lifelong careers, and sometimes experience health changes that limit our lifestyle, our social connectedness diminishes. It is important that we are proactive about maintaining old connections and establishing new ones to protect our wellbeing. Studies of older adults confirm that chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50%, increase the risk of heart disease by 29%, and increase the risk of stroke by 32%.

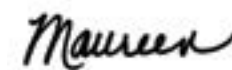
Having people you can count on to stay in touch is an important step to remain connected and safe. It is also important to maintain or build meaningful, purposeful community engagement to protect and enhance our mental, physical, and emotional wellbeing. Research confirms that being more socially connected can improve stress responses and minimize the negative health effects of stress, and people with a strong sense of community connection or engagement are more likely to report good health than people with a low sense of purpose.

By recognizing and nurturing the role that connectedness plays, we can mitigate the health issues of isolation and loneliness, ultimately promoting healthy aging for more older people in our community.

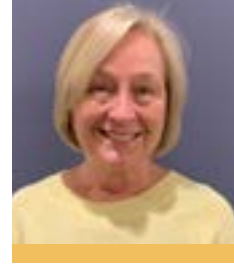
Of course, USS is a great way to maintain and build social connections. Help us to connect with your friends and family by recommending USS centers to meet new people, get creative with art or crafts, discover health education and lifelong learning, travel to bucket list destinations, or fulfill your purpose or passion by volunteering, coaching, or mentoring in our community. Read further for the opportunity that interests you.

Our investment in maintaining and building social connections with our family, friends, colleagues, and neighbors pays long-term dividends in the lives we touch, and the life we live.

Thank you for the opportunity,



Maureen Fagans, AICP  
Executive Director/CEO



# What's NEW ↓

## 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. Exhibitors will include senior living communities, downsizing businesses, home health equipment, hospice care, assisted living agencies, memory care, caregiver support, and more. The event will begin with a keynote presentation from Lawrence Wilkins, Director of the Ombudsman Office in Dayton, who will discuss the importance of knowing all the resources available to older adults as we age. Door prizes will be awarded hourly! Please RSVP for this event by calling the Welcome Center at 937-323-4948. Refreshments are sponsored by **Springfield Masonic Community**.

**This is the only one-stop-shop for ALL senior living resources in Clark County!**

## Annual Report to the Community

USS invites the Clark County community to our **rescheduled Annual Report to the Community** on **Thursday, June 27th, 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**.

## Golden Wedding Party

Celebrating your **50th wedding anniversary** anytime in 2024? Let us know, and you can get a **lifetime pass to the Clark County Fair!** If you live in Clark County and are celebrating 50 or more years of marriage, contact Jenna Bluemlein at [jbluemlein@ussohio.org](mailto:jbluemlein@ussohio.org) or 937-323-4948 ext. 115 with your names, home address, anniversary date, and phone number. We will mail your lifetime passes and Golden Wedding Party invitation.

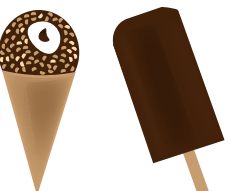
USS and the **Springfield Kiwanis Club** partner to celebrate with those celebrating 50 or more years of marriage this year! Join us for the **Golden Wedding Party** at the Clark County Fair on **Tuesday, July 23rd, 10:30am - 12:00pm!** Please RSVP by contacting Jenna at [jbluemlein@ussohio.org](mailto:jbluemlein@ussohio.org) or 937-323-4948 ext. 115.

Refreshments are sponsored in part by **Springfield Masonic Community, Villa Springfield, and Forest & Wooded Glen Health Campuses**.

*If you have attended this event in the past, watch for your invitation in June with all event details.*

## Ice Cream Social

The annual **Ice Cream Social** will be on **Tuesday, August 6th at 1:00pm**. Members and their families are invited to attend this end-of-summer celebration! This event would not be complete unless we had our very own Vintage Voices performing. There is no charge to attend, but reservations are required by calling the Welcome Center at 937-323-4948 by Friday, August 2nd. Refreshments are sponsored by the **Danford Trust**.



# Educational Opportunities ↓

## Alzheimer's Education

### Understanding Alzheimer's & Dementia

Presented by Kathy Tutt

Tuesday, June 18th at 10:00am

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on the impact of dementia in our communities, detection, causes and risk factors, stages of the disease, treatment, and much more. Following the presentation, *Alzheimer's Association* staff will be available for consultations.

## USS Snacks & Facts

### Recent Scams: Avoid and Detect

Presented by Connie Craig

Monday, June 24th at 2:00pm

USS welcomes Connie Craig to present on ways to avoid and detect financial exploitation, including discussion of recent scams. Refreshments are sponsored by *USS*.

## OVSH Lunch & Learn

### Topic & Presenter to be Announced

Thursday, July 11th 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*.



## Mercy Health Lunch & Learn

### Low Back Pain Prevention & Management

Presented by Bobby Parrett, PT, DPT

Thursday, August 8th at 12:00pm

USS welcomes Bobby Parrett to present on the causes, risk factors, common symptoms, and treatment options for low back pain. Join us to gain valuable insights and practical tips for effectively managing low back pain. Lunch is sponsored by *Villa Springfield*.



## 2024 Summer SAILL

The 5-week Summer SAILL term is

July 8th - August 10th

Catalogs will be available Monday, June 3rd

Registration for classes will open Monday, June 17th

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be returning this summer with a variety of classes including Cake Decorating, Calligraphy, Cooking, Cybersecurity Awareness, Drums Alive, Exercise in Disguise, History of Classical Music, Learn to Play Bridge, Line Dancing, Make a Rosary Bead/Necklace, Oil Painting, Pilates, Re-incarnation and Past Lives, Retro Splash, Stained Glass, Stepping On Balance Program, T-Shirt Quilt, Understanding AI, Vision Boarding, Watercolor Painting, and WISE (Wellness Initiative for Senior Education).

*SAILL participants must have a current USS membership. Contact Cindy Lockwood, Education and Travel Coordinator, at [clockwood@ussohio.org](mailto:clockwood@ussohio.org) or 937-521-3009 for more information.*



## CarFit with CCCHD

USS is partnering with the *Clark County Combined Health District* for CarFit on **Saturday, July 13th at 10:00am** at the Health Department Office (529 E Home Rd, Springfield, OH 45503)! This interactive program developed by AAA, AARP, and the American Occupational Therapy Association, allows participants the opportunity to check how well their personal vehicle 'fits'. Proper fit with your vehicle provides maximum comfort and safety. Assessments take approximately 20 minutes to complete with Ohio State Highway Patrol troopers on site. Please RSVP to Maggie Reuber at 937-390-5600 ext. 250.

## Wellness Conference - Save the Date!

The 10th annual *USS Wellness Conference* will be on **Thursday, August 22nd, 1:00pm - 4:00pm**. The theme this year is "Mobilize Your Mind" and emphasizes an integrative approach to health and wellness and the importance of staying mentally engaged. It will be an interactive afternoon including a keynote presentation, demonstrations, health screenings, healthy snacks and samples, door prizes, and resource sharing among USS staff, community partner exhibitors, and older adults.

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.

# What's NEW ↓

## Paid Activities

USS is moving paid activities to a **monthly series**. To allow for quicker reactions to cancelations and instructor schedules, members can now only sign up for paid activities during the current month. In addition to this change, all yoga classes are drop-in only. Members interested in yoga will pay the instructor directly when they arrive for class. All other paid activities (Aquatics classes, Focus on Fitness, Self-Defense) can be paid for in advance with Cortney/Jenn in Member Services or drop-in and pay with the instructor. For full details about paid activities, visit the Welcome Center!

## Closed Days at USS

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

## Technology Assistance at USS

USS is excited to continue providing technology assistance at our various Meal Services locations! This summer, technology assistance will be provided at the USS Downtown Café on Tuesdays, 10:30am - 1:30pm, at USS Moorefield Township Café on Wednesdays, 10:30am - 1:30pm, and at USS Bethel Township Café on Thursdays, 10:30am - 1:30pm.

USS is also providing one-on-one technology appointments for those interested! If you have questions about your cell phone, laptop, tablet, printer, smart TV, remotes, and/or streaming services/cable, USS is here to help! Call Sarita Gale at 937-521-3014 to make an appointment.

## Satellite Locations

USS has expanded our meal program to Moorefield Township on Wednesdays at 11:00am and Bethel Township on Tuesdays & Thursdays at 11:00am. The programming team is working to develop activities to go along with the meals each day. Card games, fitness, and so much more have started and additional activities will continue to be added. To get the most up-to-date listing of activities and timing please stop by USS downtown or one of the new locations.

## Dining Room Locations

USS Meal Services is excited to open a **NEW dining room** on June 5th! Hot meals will be served on Wednesdays ONLY, 11:00am - 12:00pm for a donation. **USS Sunrise Terrace Café:** 199 Sunrise Terrace, New Carlisle, OH 45344. Also, don't forget! The USS Moorefield Township Café recently opened! Meals are also served on Wednesdays, 11:00am - 12:00pm. **USS Moorefield Township Café:** 1616 Moorefield Rd, Springfield, OH 45503. For more information or to register, contact Meal Services at 937-323-9688.

## Veterans Coffee Hour

Join USS and the Marine Corps League, Detachment 963 on **Saturday, June 8th 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 **Brookdale Senior Living**.

## Hearing Screenings

USS is partnering with the **Affordable Hearing Store** to offer members a free hearing screening on **Friday, July 12th, 9:00am - 1:30pm**. To make an appointment or ask questions, call 937-834-4225.

## USS Member Orientation

Join us on **Tuesday, July 16th at 1:00pm** for our next 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, July 12th by calling the Welcome Center at 937-323-4948.

## Jigsaw Puzzle Tournament

The puzzle group at USS is hosting their annual jigsaw puzzle tournament. This year there will be TWICE the fun! The first tournament on **Thursday, July 18th at 1:00pm** is a team challenge completing one puzzle with up to four people per team. The second tournament on **Thursday, July 25th at 1:00pm**, challengers will select their own skill level and compete against others in that grouping. These events are free but registration is required by calling the Welcome Center at 937-323-4948 no later than Saturday, June 29. Refreshments and prizes are sponsored by **Cherish Hospice**.

## Changing Gears 2024 Schedule

The Changing Gears Bike Club has started their rides in 2024! The schedule of rides and directions can be downloaded at [www.ussohio.org/recreation](http://www.ussohio.org/recreation). For more information please contact, Terry and Joanne at 937-390-3582. The ride schedule is updated several times throughout the year based on weather and other circumstances, please check the website on a regular basis for changes to the schedule.

## Blocks to Blankets Donations

Blocks to Blankets is interested in accepting donations of yarn. This group meets twice a month to crochet or knit. They donate many hours to provide blankets for those in need. If you are interested in donating yarn, please call Tracy Wickham at 937-521-3010.

# Activity Calendar: June 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-\$  
 \*June 24th\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*June 3rd & 17th\*  
**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  
**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  
**Snacks & Facts**.....2:00p - 3:00p...R-NC  
 \*June 24th\*  
**Tai Chi**.....2:00p - 4:00p...D-NC  
**Int Pickleball**.....3:00p - 5:00p...D-NC  
**Adv Pickleball**.....5:00p - 7:00p...D-NC

## 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  
**Alzheimer's Education**.....10:00a - 11:00a  
 ...D-NC \*June 18th\* \*See page 4\*  
**Alz. Assoc. Office Hours**.....11:00a - 2:00p  
 ...D-NC \*June 18th\*  
**LP Open Swim**.....10:00a - 6:30p...D-NC  
**Moving with Music**...10:30a - 11:30a..D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**Agawa Canyon Tour Preview**  
 ....11:00a - 12:30p...D-NC \*June 11th\*  
**Hawaii Tour Preview**.....11:30a - 1:00p  
 ...D-NC \*June 18th\*  
**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  
**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  
**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  
**Blood Glucose Screenings** 10:00a - 12:00p  
 ...D-NC \*June 12th\*  
**Blood Pressure Screenings**..10:00a-12:00p  
 ...D-NC \*June 5th & 26th\*  
**Hula Hoop Group**...10:00a - 11:00a...D-NC  
**WWP Open Swim**....10:00a - 6:30p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**Bingo**.....1:00p - 3:30p...D-\$  
**Card Making Club**.....1:00p - 4:00p...D-NC  
 \*June 12th & 26th\*  
**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  
**Caregiver Support**.....4:00p - 6:30p...D-NC  
 \*June 12th\* \*See page 15\*  
**Diabetes Support**.....5:30p - 6:30p...D-NC  
 \*June 5th\* \*See page 15\*  
**\*USS will be closed on June 19th\***

\*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  
**Poker**.....9:00a - 3:00p...D-NC  
**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 \*June 6th\*  
**Pinochle**.....12:00p - 3:30p...D-NC  
**USS Jammers**.....12:00p - 1:30p...D-NC  
**Hand & Foot (Cards)**..1:00p - 4:00p...D-NC  
**USS Annual Report**...1:30p - 3:00p...R-NC  
 \*June 27th\* \*See page 3\*  
**Int Pickleball**.....1:30p - 4:30p...D-NC  
**Senior Living Resource Fair**..1:30p - 3:00p  
 ...R-NC \*June 13th\* \*See page 3\*  
**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  
 \*June 6th & 20th\*  
**Chair Volleyball**.....4:45p - 6:45p...D-NC  
**Stroke Support**.....5:30p - 6:30p...D-NC  
 \*June 6th\* \*See page 15\*

\*See Paid Activities flyer at Welcome Center each month for additional activities.\*

## 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  
 \*June 14th & 28th\*  
**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  
**Euchre**.....1:00p - 3:30p...D-NC  
**Thirty One (Cards)**.....1:00p - 3:30p...D-NC  
 \*June 7th\*  
**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 - 11:30a...D-NC  
**WWP Open Swim**.....8:30a - 11:30a...D-NC  
**Craft**.....9:00a - 11:00a...R-\$  
**Vets Coffee Hour**.....9:00a - 10:00a...R-NC  
 \*June 8th\* \*See page 7\*  
**Adv Pickleball**.....10:00a - 12:00p...D-NC  
**USS Jammers**.....10:00a - 11:30a...D-NC

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

# Activity Calendar: July 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-\$  
\*July 22nd\*
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Blocks to Blankets..10:00a - 12:00p...D-NC  
\*July 1st, 15th & 29th\*
- Hula Hoop Group...10:00a - 11:00a...D-NC
- WWP Open Swim...10:00a - 11:00a...D-NC
- Let's Get Moving.....10:30a - 11:30a...D-NC
- Congregate Meals.....11:00a - 1:00p
- 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

## 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
- LP Open Swim.....10:00a - 6:30p...D-NC
- Moving with Music...10:30a - 11:30a..D-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
- 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
- USS Member Orientation.....1:00p - 2:00p  
...R-NC \*July 16th\*
- 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
- Blood Glucose Screenings 10:00a - 12:00p  
...D-NC \*July 10th\*
- Blood Pressure Screenings..10:00a-12:00p  
...D-NC \*July 3rd, 17th, 24th & 31st\*
- Hula Hoop Group...10:00a - 11:00a...D-NC
- WWP Open Swim...10:00a - 6:30p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Bingo.....1:00p - 3:30p...D-\$
- Card Making Club.....1:00p - 4:00p...D-NC  
\*July 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
- Caregiver Support.....4:00p - 6:30p...D-NC  
\*July 10th\* \*See page 15\*
- Diabetes Support.....5:30p - 6:30p...D-NC  
\*July 3rd\* \*See page 15\*

## 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
- Poker.....9:00a - 3:00p...D-NC
- 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 \*July 11th\*
- Pinochle.....12:00p - 3:30p...D-NC
- USS Jammers.....12:00p - 1:30p...D-NC
- Hand & Foot (Cards)..1:00p - 4:00p...D-NC
- Puzzle Tournament...1:00p - 6:45p...R-NC  
\*July 18th & 25th\* \*See page 7\*
- Int Pickleball.....1:30p - 4:30p...D-NC
- Jigsaw Puzzle Group 2:00p - 6:45p...D-NC  
\*July 11th\*
- Parkinson's Exercise..2:00p - 3:00p...D-NC
- Photo Club.....3:00p - 4:30p...D-NC  
\*July 18th\*
- Chair Volleyball.....4:45p - 6:45p...D-NC
- Stroke Support.....5:30p - 6:30p...D-NC  
\*July 11th\* \*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 - 1:30p...A-NC  
\*July 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  
\*July 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
- Euchre.....1:00p - 3:30p...D-NC
- Thirty One (Cards).....1:00p - 3:30p...D-NC  
\*July 5th\*
- 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 - 10:30a...D-NC
- WWP Open Swim.....8:30a - 11:30a...D-NC
- Adv Pickleball.....10:00a - 12:00p...D-NC
- USS Jammers.....10:00a - 11:30a...D-NC

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

\*See Paid Activities flyer at  
 Welcome Center each month for  
 additional activities.\*

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

**\*USS will be closed on July 4th\***

# Enon Satellite Activity Calendar: June & July

## Mondays:

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

### 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  
\*June 4th\*  
Euchre...1:00p...D-NC  
Dog Show...10:30a...D-NC  
\*June 18th & July 23rd\*  
Crafts...10:30a...R-NC  
\*July 9th\* (SMC)  
\*July 30th\*

## Wednesdays:

Billiards/Darts/Ping Pong...D-C-NC  
Focus on Fitness...9:30a...R-\$  
Congregate Meal...11:00a ...R-\$  
Games...11:00a...D-NC  
\*June 5th & July 3rd\*  
Chair Volleyball...1:00p...D-NC  
\*June 12th & 26th\*  
\*July 10th & 24th\*  
Card Making...1:00p...D-NC  
\*July 17th\*

**\*Closed on Wednesday, June 19th\***

## Thursdays:

Billiards/Darts/Ping Pong...D-C-NC  
Bingocize®...9:00a...D-NC  
\*June 6th\*  
Hand & Foot Cards...12:30p...D-NC  
\*June 6th & 20th, July 18th & 25th\*  
Crafts...1:00p...R-NC  
\*June 6th\* (GSV) \*June 27th\*  
Potluck...12:30p...R-NC  
\*June 13th\* (SMC) \*July 11th\* (GSV)  
Movie...1:00p...D-NC  
\*June 20th & July 18th\*  
Birthdays Celebration...10:30a...R-NC  
\*June 27th & July 25th\* (VS & WR)

**\*Closed on Thursday, July 4th\***

## Fridays:

Billiards/Darts/Ping Pong...D-C-NC  
Chair Yoga...9:00a...D-\$  
Pillows...10:30a...D-NC  
\*June 14th & 28th, July 12th & 26th\*  
Stitchers...11:30a...D-NC  
Ice Cream Social...2:00p...R-NC  
\*July 19th\* (BSL)

### Sponsors in June/July:

- Brookdale Senior Living (BSL)
- Good Shepherd Village (GSV)
- Springfield Masonic Community (SMC)
- Villa Springfield (VS)
- Wright Rehab (WR)

# New Carlisle Satellite Activity Calendar: June & July

## Mondays:

Wii Bowling...10:00a...D-NC  
Congregate Meal 11:00a ...R-\$  
Movie Day...12:30p...D-NC  
\*June 3rd & July 29th\*  
Bingo...12:30p...D-NC (VC)  
\*June 10th & July 8th\*  
Ice Cream Social...12:30p...D-NC  
\*June 17th\* (SMC)  
Chair Volleyball...1:30p...D-NC  
\*June 17th & July 15th\*  
Games & Snacks 12:30p...D-NC  
\*June 24th & July 22nd\* (GSV)  
Karaoke...1:30p...D-NC  
\*June 24th & July 22nd\*  
Independence Day Celebration  
...12:30p...D-NC \*July 1st\*

## Tuesdays:

Congregate Meal...11:00a ...R-\$  
Mexican Train...12:30p...D-NC  
Euchre...12:30p...D-NC  
\*June 4th & July 9th\*  
Crafts...12:30p...D-NC  
\*June 11th\*  
Cornhole...12:30p...D-NC-OWP  
\*June 11th\*  
Yahtzee...12:30p...D-NC  
\*July 16th\*

### KEY

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

## Wednesdays:

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

**\*Closed on Wednesday, June 19th\***

### Sponsors in June/July:

- Good Shepherd Village (GSV)
- Northwood Assisted Living (NW)
- Springfield Masonic Community (SMC)
- Vancrest (VC)
- Wooded Glen (WG)

## Thursdays:

Congregate Meal...11:00a ...R-\$  
Bridge...12:30p...D-NC  
Trip to Arrow Queen...12:30p...D-NC  
\*June 6th & July 18th\*  
Senior Living Resource Fair at USS Downtown  
...2:30p...D-NC \*June 13th\*  
Cornhole...12:30p...D-NC-OWP  
\*July 11th\*  
Clark County Fair...12:00p...R-NC  
\*July 25th\*

**\*Closed on Thursday, July 4th\***

## Fridays:

Congregate Meal...11:00a ...R-\$  
Hand, Knee & Foot...12:30p...D-NC  
Pinochle...12:30p...D-NC  
\*June 7th & July 5th\*  
A1C Screening: CCCHD...9:00a...D-NC  
\*June 14th\*  
Birthdays Celebration...11:30a...D-NC  
\*June 21st & July 19th\* (NW)  
Bingo...12:30p...D-NC  
\*June 21st\* (WG)  
\*July 19th\* (NW)

# 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.



## Stay at Home Bingo

Join USS for **Stay at Home Bingo** on **June 6th & August 1st 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 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 June 1st or mailed to those unable to pick them up. Winners of the game need to bring in their winning card to receive their prize.

## Parking Options at USS Downtown

USS is happy to report that members, clients, and anyone else at USS downtown are now permitted to use the parking lot behind our building (on the corner of Main St & Center St). Members may now park in this lot when USS is open. Please be aware, this lot will close for repairs and maintenance at an unknown later date. Parking maps are available in our "USS Downtown Self-Tour Guide" at the Welcome Center or on our website at [www.ussohio.org/membership](http://www.ussohio.org/membership). In addition, the front parking lot (on the corner of Main St & Wittenberg Ave) has spaces reserved for motorcycles only. Unauthorized parking in this location creates challenges for flow of traffic in this lot.

## USS Staff Welcome

USS is happy to welcome Hope Hawke-Beamish to USS as the Meal Services Outreach Coordinator. Hope started in March, working directly with Rita Marshall, Director of Meal Services. She has been married to her high school sweetheart, Zach for 7 years. Hope enjoys all things bright and vibrant just like her personality! She spends her spare time designing and mentoring for other small businesses. Hope is thrilled to be a part of the USS team, and is looking forward to a prosperous career serving older adults at USS!



USS is happy to welcome Stephanie Lewis to USS as an Accountant. Stephanie started in April, working directly with Debbie DeWitt, CFO. She has a Bachelor's degree in Accounting and Psychology from Wright State and a Master's degree in Accounting from the Ohio State University. Prior to joining USS, she was a CPA and most recently a professor at OSU. Stephanie's child, Ben, is 11 years old and plays hockey with the Dayton Stealth. When not working or spending time with Ben, her fiancé, Kyle, and her three soon-to-be stepchildren, you can find her at a hockey rink. Stephanie is looking forward to the next chapter in her career at USS where she can utilize her expertise to make a difference in the community!

## June 2024 Schedule:

- 3rd** Let's Get Moving Fitness Class
  - 4th** Wet T-Shirt Relay Race
  - 6th** MH Lunch & Learn...R
  - 7th** Pendelton's Market and Kone Corner Visit...R
  - 10th** Finish Unfinished Crafts for World Craft Day
  - 11th** Birthday Bingo
  - 13th** USS Senior Living Resource Fair...R  
\*See page 3\*
  - 14th** Father's Day Brunch at Vittles & Gritts...R
  - 17th** Let's Get Moving Fitness Class
  - 18th** Juneteenth Celebration
  - 20th** National Milk Shake Day at UDF...R
  - 21st** Paint our own Gallery Glass
  - 24th** Manicures
  - 25th** Amity Wellness
  - 27th** Annual Report to the Community...R  
\*See page 3\*
  - 28th** Lunch at Der Dutchman: Group 2...R
- Closed on Wednesday, June 19th**

## July 2024 Schedule:

- 1st** National Gingersnap Day:  
Christmas in July Gingerbread Houses
  - 2nd** Independence Day Door Wreath Craft
  - 5th** Garage Sale-ing...R
  - 8th** Let's Get Moving Fitness Class
  - 9th** Birthday Bingo
  - 11th** Project Day 2 of Ceramic Studio
  - 12th** Game Day: Who Am I?
  - 15th** Manicures
  - 16th** Guest Speaker
  - 18th** PainTEAing Party
  - 19th** Wild Thingz Art Gallery Visit
  - 22nd** World Brain Day: Monday Mind Games
  - 23rd** Golden Wedding...R \*See page 3\*
  - 25th** Limericks, Riddles, and Tongue Twisters
  - 26th** Mystery Activity
  - 29th** Let's Get Moving Fitness Class
  - 30th** Friend's Day: Amity Wellness
- Closed on Thursday, July 4th**

\*R=Reservations Required \$=Fee

## Social Support Upcoming Special Activity

Mark your calendar! Social Support will be taking part of the **LM&M Railroad Experience** on **Friday, August 16th**. If you'd like to join, call LM&M at 513-933-8022 and mention you're with USS. It's \$85 to join; this includes the train ride, lunch, an air plant garden workshop, and ice cream! Tickets are first-come, first-served, with limited seating available. Ticket sales are final. \*Please Note: Due to the historic nature of the equipment, the LM&M Railroad is not handicapped accessible.

## Volunteer Guardianship Program

Do you have a heart for protecting vulnerable older adults? 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 or visit our website at [www.ussohio.org/caring-services-advocacy/volunteer-guardianship](http://www.ussohio.org/caring-services-advocacy/volunteer-guardianship).

# Travel

For more information on any of our 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!

## 2024/2025 Tours:

### 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, which features neat beds of flowers in every color! A well-landscaped park is complete with benches for daydreaming and enjoying the sunsets. This is sure to be a journey you'll long remember!

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

**Deposit:** \$300 due ASAP **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



### Sports Tour

October 19-20 *\*Tentative dates\**

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

### 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

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

**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



### Hawaii: Whales in the Wild

February 20-March 2, 2025 Activity Level: Moderate

Special Preview: Tuesday, June 18th at 11:30am

Join us for this 10-day adventure across the islands of Hawaii full of history, scenic tours, days of leisure, and more! Detailed information coming soon!

**Tour Fare (starting at):** \$6,399 per person (double)

**Deposit:** \$500 due 8/9 **Balance Due:** 10/18



## 2024 Day Trips:

### Underground Railroad Freedom Center - Coming Soon! June 20

Visit the National Underground Railroad Freedom Center in Cincinnati, OH for a self-guided visit in celebration of Juneteenth!

**Trip Fare:** \$115 per person **Balance Due:** ASAP



### Senior Day at Ohio State Fair July 30

Join USS at the Ohio State Fair! Enjoy the many possibilities of fun while exploring the fair at your own pace. Includes free admission and concert of Hotel California (Eagles Tribute)!

**Trip Fare:** \$45 per person **Balance Due:** 6/25



### The Sweet Trip August 12

Visit the J.M. Smucker Co. store in Orrville, OH, then enjoy a guided tour of the Fannie May Chocolate Factory, as well as visit "Ye Olde' Mill" at the Velvet Ice Cream Parlor, and much more!

**Trip Fare:** \$99 per person **Balance Due:** 7/17



### Castles & Convicts Trip September 12

Visit the Ohio State Reformatory & Landoll's Mohican Castle! Get inspired and intrigued on a guided tour of the reformatory followed by a visit and tour of the enchanting castle.

**Trip Fare:** \$135 per person **Balance Due:** 8/1



### Fall Foliage Rail Trip October 17

Enjoy beautiful fall foliage through Ohio's Appalachian on the Hocking Valley Scenic Railway.

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

**Trip Fare:** \$130 per person **Balance Due:** 9/10

### La Comedia Dinner Theatre December 5

Visit La Comedia Dinner Theatre in Springboro, OH this holiday season to see a matinee performance of Irving Berlin's "Holiday Inn"!

**Trip Fare:** \$120 per person **Balance Due:** 10/24

# RSVP

Retired & Senior Volunteer Program



## Gratitude and Congratulations

A BIG Thank You to the **Community Health Foundation** for supporting the AmeriCorps Retired & Senior Volunteer Program with a grant for the next year's volunteer efforts!!

Two RSVP volunteers were honored with prestigious awards at the annual Older Americans Day. Kathy Howard received the USS Inspirational Service Award. Fred Stegner received the USS Excellence in Leadership Award.

Thank you to all who purchased tickets to help raise funds for the AmeriCorps RSVP Volunteer Department!! We couldn't do what we do without your unwavering support. Also, thank you to Allen View Healthcare Center, Aventura at Oakwood Village, and Park National Bank for providing the raffle prizes!! Please keep an eye out for additional upcoming fundraising events.

## 2024 Clark County Fair

Our AmeriCorps RSVP volunteers will be out in full force with dedication and perseverance, providing free shuttle service at the Clark County Fair, while facing the challenges of unpredictable weather to ensure accessibility for all. Please make sure to say hello when you see them! Let your friends and family know that this service is available. A huge thank you from Dean Blair to all these volunteers.

## Upcoming Volunteer Opportunities:

**USS Senior Living Resource Fair, Thursday, June 13th at 1:30pm:** Volunteers needed to help with exhibitor set-up and clean-up as well as check-in.

**Golden Wedding Party, Tuesday, July 23rd at 10:30am:** Volunteers needed for set-up, check-in, serving, and clean-up at this event at the Clark County Fairgrounds.

**USS Wellness Conference, Thursday, August 22nd at 1:00pm:** Volunteers needed to help with exhibitor set-up and clean-up as well as check-in, greeting, and assisting in screenings and demos.

**Saturday Morning Kinship, Saturdays, June 22nd, July 20th, and August 17th at 9:30am:** Volunteers needed to be group leaders and station assistants. These sessions will each be at different locations and involve working with families. Stop by to learn more information.

**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.

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

*\*USS Ambassadors: Be sure to check the list of upcoming opportunities for you posted in Mindy's office.\**

**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 Clark County. On **Wednesdays, June 12th** and **July 10th**, consider joining for an hour of education regarding Alzheimer's/dementia at **4:00pm**, 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 (Feb-Nov) at 5:30pm. Each month CCDA will provide information and resources to experts in the field. Please consider joining the group on **Wednesdays, June 5th** and **July 3rd** 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 **Thursdays, June 6th** and **July 11th** at **5:30pm**. Each month Mercy Health will provide information and resources from experts in the field.

## 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. Joyce Robinson, Outreach Coordinator 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

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

**Are you celebrating  
50 or more years of  
marriage in 2024?**

**We want to celebrate with you!**

See page 3 for more information.