

# The Center Page

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

AUGUST/SEPTEMBER 2024

Annual  
Campaign  
for Wellness  
see page 2

## 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:  
Scott Cutlip

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# Director's Corner

Dear Members and Friends,

August always reminds me that change is coming. The heat slows the growth of our lawns and spurs the ripening in our gardens. Nights are cooler. Daylight is shorter. Little league and vacations give way to back-to-school sales. June and July sped by! Change is here.

Some change is good. At USS August signals it's time for our ice cream social for you and your grandchildren to enjoy sundaes and show them around our center. It is also time for our next Council on Aging meeting with a focus on protections from elder scams by the Ohio Attorney General Office. Our annual Wellness Conference is also scheduled in August. This year's theme and keynote address is "Mobilize Your Mind" by Dr. Greta Mayer, EdD, from the Clark County Mental Health Recovery Board. Read this Center Page for details about these and all the upcoming fun and educational activities on tap at USS.

August also marks the launch of the USS Annual **Campaign for Wellness**. By member request we have focused our 2024 fundraising campaign on wellness support for our older community to maintain and improve their health. The proceeds of this fundraising will provide more exercise and aquatics equipment. More members now join USS to use our exercise facilities and classes than for any other purpose. We have watched this trend unfold since we piloted our first (very small) fitness room in 2014, and it has continued to grow ever since. Member statistics indicate that usage of our equipped fitness room and our pools will continue to grow. To meet the growing need, our wish list includes additional treadmills and bikes, sturdier lanes for the lap pool, and free weights, resistance bands, and mats for classes downtown and at our satellites. Can we count on your support for our **Campaign for Wellness**? All gifts – large and small –make an important and lasting impact.

For 56 years USS has been the Clark County resource for older people, serving our friends and neighbors with reliable, high-quality services and integrated wellness programs that support active, involved lifestyles and independent living. Your support of our **Campaign for Wellness** helps us to achieve our mission today and for future generations of older adults in Clark County. Please consider a gift to the USS **Campaign for Wellness** by completing the enclosed donation envelope found on the center page of this newsletter. Or contact me directly for more information. I appreciate your consideration.

Thank you for the opportunity,



Maureen Fagans, AICP  
Executive Director/CEO



# What's NEW ↓

## Ice Cream Social

The annual **Ice Cream Social** is **Tuesday, August 6th at 1:00pm**. Members and their families are invited to attend. Bring your children and grandchildren for this end-of-summer celebration! Our very own Vintage Voices will perform. There is no charge to attend, but reservations are required by calling the Welcome Center at 937-323-4948 no later than Friday, August 2nd. Refreshments are sponsored by the **Danford Trust**.



## USS Wellness Conference

The 10th annual **Wellness Conference** is **Thursday, August 22nd, 1:00pm - 4:00pm**. The theme this year is “Mobilize Your Mind” and emphasizes an integrative approach to health and wellness while focusing on mental health and the importance of staying connected to your community! It will be an interactive afternoon starting with a keynote presentation from Greta Mayer, EdD, from Mental Health Recovery Board, followed by health screenings including balance, blood pressure, depression, foot care, glucose, hearing, hernia, mammography, skin, and vision. Fitness demonstrations include: Tai Chi, Moving with Music, Hula Hoop, and Parkinson’s, and resource sharing from local community exhibitors. This event is open to the public. Healthy snacks are sponsored by the **Springfield Masonic Community**.

## Bluegrass Festival

**Friday, September 20th**

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

Wind down your week and join us for the SilverGrass Band! Enjoy your choice of dinner (pork or chicken) from Rudy’s Smokehouse and a variety of Old Time, Gospel, and Irish Fiddle tunes. There is a **\$5 fee to participate** and reservations start Monday, September 9th. Payment and meal choice are required at the time you make your reservation with the Member Services team. Entertainment sponsored by **MediGold**.

## USS September Dance

**Friday, September 27th**

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

Dust off your dancing shoes and join us for our first Dance in Fall series! Mike & Amy Stooksberry will be taking the reins for our September 27th dance. There is a **\$5 fee to participate** and reservations start Monday, September 16th. Payment is required at the time you make your reservation with the Member Services team. Entertainment is sponsored by **Villa Springfield**.

Mark your calendars! Our next dances are **Friday, October 18th** and **Friday, November 22nd**. Reservations open Monday, September 30th and Monday, October 21st, respectively. We look forward to having you join us for these exciting events!

# Educational Op

## Clark County Council on Aging Meeting

Presented by Ryan Lippe, Ohio Attorney General's Office

Tuesday, August 13th at 10:00am

Ryan Lippe from the Ohio Attorney General's Office will present on current scams and how to protect yourself. Refreshments are sponsored by *Forest & Wooded Glen Health Campuses*.

\*\*This event is not sponsored by the Ohio Attorney General's Office. The Ohio Attorney General's Office does not specifically endorse or recommend United Senior Services or any products or services affiliated with United Senior Services.\*\*

## USS Snacks & Facts

### Financial Fitness for Seniors!

Presented by Kerri Brammer & Rachel Goff, NHP

Thursday, August 15th at 1:00pm

USS welcomes Kerri Brammer & Rachel Goff to share about financial planning, money and credit management, and much more. Refreshments are sponsored by *Northwood Assisted Living*.

## Alzheimer's Education

### Dementia Conversations

Presented by Alzheimer's Association Staff

Tuesday, August 20th at 10:00am

This workshop offers tips on how to have honest, caring conversations with family members about topics like when to stop driving, going to the doctor, or making legal and financial plans. Following the presentation, *Alzheimer's Association* staff will be available for consultations.

## USS Snacks & Facts

### Legal Rights of Older Adults

Presented by Byron Bonar, Legal Aid of Western Ohio

Thursday, August 29th at 1:00pm

USS welcomes Byron Bonar to share the legal rights of older adults, how to protect yourself from scams, and how to pay for nursing home care. Refreshments are provided by *USS*.

## OVSH Lunch & Learn

### Urinary Incontinence

Presented by Dr. Eric Espinosa, MD

Thursday, September 5th at 12:00pm

USS welcomes Dr. Espinosa, MD to share about urinary incontinence from disruptive symptoms to new solutions. Lunch is sponsored by *Villa Springfield*.



OHIO VALLEY

## USS Dessert & Dialogue

### Funeral Preplanning

Presented by Marty Isaacs, Littleton & Rue

Thursday, September 19th at 5:30pm

USS welcomes Marty Isaacs to discuss funeral preplanning, including estate planning and Medicaid benefits. Refreshments are sponsored by *Wooded Glen Health Campus*.

# opportunities ↓

## Wittenberg University's Knowledge Shared Event

### Ukrainian Artists at War: History, Memory & Resistance

Presented by Stephen Norris, Miami University Historian

Tuesday, September 24th at 6:00pm at the Clark County Public Library

This talk will focus on two artists who took to Instagram to spread their messages, ensuring they reached a worldwide audience.

## Mercy Health Lunch & Learn

### Breast Cancer Awareness

Presented by Dr. Colleen Alexander, MD

Thursday, October 3rd at 12:00pm



USS welcomes Dr. Colleen Alexander, MD to share about the importance of screening regularly, potential risks, and education about breast cancer. 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.

## 2024 Fall SAILL

The 8-week Fall SAILL term is  
September 16th - November 9th.

Registration for classes opens Monday, August 26th at USS.

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be hosting the final term of the year with a variety of classes including DIY Home Repairs, Wire Wrapping, Beading, Ukulele, Tap Dancing, Pilates, Acrylic Art, Genealogy, Stained Glass, Sewing/Appique, Drums Alive, Exercise in Disguise, Retro Splash, Getting to Know Your iPhone/Android Phone, Cooking, Calligraphy, Political Elections, Spanish Culture, Watercolor, WISE and local behind-the-scenes tours. Look for a complete course catalog available at the Welcome Center or at [www.ussohio.org/saill](http://www.ussohio.org/saill) in mid-August.



*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.*

## Healthy Living with Chronic Pain

From the comfort of your home, join this free, small-group workshop meeting weekly by phone on **Wednesdays, August 21st - September 25th, 1:00pm - 2:00pm**. Materials are mailed directly to your home. No internet or smartphone is required – this operates like a conference phone call and is beneficial to adults age 60 or better and to family caregivers who assist adults living with chronic pain. Registrations received after August 14th are asked to pick up the workshop materials before the first session. If you are unable to attend the first session, you can still join at a later date. Reservations can be made by calling Tracy Wickham at 937-521-3010. This is an evidence-based program developed by the Self-Management Resource Center.



# What's

## Paid Activities August and September

Members interested in yoga will pay the instructor directly when they arrive for class. All other paid activities (Self-Defense, Aquatics classes, and Full Body Exercise) have the option to be paid for in advance with Cortney or Jenn in Member Services or drop-in and pay with the instructor on the day of your class. For full details about paid activities, visit the Welcome Center! We will be resuming Tuesday and Thursday Yoga and Chair Yoga options

## Closed Days at USS

USS will be closed at **4:30pm** on **Tuesday, August 13th** and all day on **Saturday, August 31st** and **Monday, September 2nd** for Labor Day. We hope you enjoy your holiday!

## Saturday Morning Kinship

Join USS and our partners for a new Saturday Morning program to engage older adults and the children they are raising! On Saturday, August 17th at 9:30am at USS downtown, we will have activities, healthy snacks, and resources for grandparents raising grandchildren. This program is free and space is limited. RSVP with Member Services at 937-521-3002, no later than Wednesday, August 14th.

## Coat Drive

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

## Welcome Back Connecting Threads

After their summer break, the Connecting Threads quilting group is back! Meet with this like-minded group to work on and share your recent quilting projects. Join the group on the 3rd Wednesday of every month starting, **Wednesday, September 18th at 12:30pm.**

## Veterans Coffee Hour

Join USS and the Marine Corps League, Detachment 963, for coffee and donuts on Saturday, August 10th at 9:00am. Join the group for a presentation about ancestry, and enjoy conversation and friendship. Please call 937-323-4948 to RSVP. This event is open to the public and refreshments are sponsored by **Wooded Glen Health Campus.**

# NEW ↓

## USS Meal Locations

USS has expanded our meal services to 3 new locations this summer. Meals are provided by Carmae Catering. To learn more about how to sign up, please call 937-323-9688.

**USS Downtown:**

Monday – Friday, 11:00am – 1:00pm

**USS Enon:**

Wednesday, 11:00am – 12:00pm

**USS New Carlisle:**

Monday – Friday, 11:00am – 12:00pm

**USS Bethel Township:**

Tuesday & Thursday, 11:00am – 12:00pm

**USS Moorefield Township:**

Wednesday, 11:00am – 12:00pm

**Tubman Towers:**

Monday – Friday, 11:00am – 12:00pm

**North Hill Towers:**

Monday – Friday, 11:00am – 12:00pm

**Sunrise Terrace:**

Wednesday, 11:00am – 12:00pm

## Full Body Exercise (formerly Focus on Fitness)

Full Body Exercise, formerly Focus on Fitness, is an instructor-led experience that provides a methodical workout for your joints and muscles. Each class begins with stretching to loosen muscles and increase range of motion, followed by aerobic exercises to help increase heart rate and circulation; body core and resistance exercises strengthen muscles to finish the class. All equipment is provided and exercises can be adjusted based on individual ability. Stop by USS downtown on Tuesdays or Thursdays at 9:00am or USS Enon on Mondays or Wednesdays at 9:30am to join this fun, engaged group. This fitness opportunity aims to achieve a healthier integration of movement and balance for all active older adults. There is a **\$2 fee to participate**.

## Stay-at-Home Bingo

Join USS for Stay-at-Home Bingo on Thursdays, August 29th and September 26th at 1:00pm. Call Jenn Queen at 937-323-4948 x132 or email her at [jqueen@ussohio.org](mailto:jqueen@ussohio.org) to reserve your spot. Reservations are on a first-come, first-served basis.

You will be provided with a phone number to call and a pin number to get connected for the game. Land lines and cell phones will both work. Bingo cards can be picked up at USS downtown starting Monday, August 19th. Bingo cards will also be mailed to those unable to pick them up. Winners of the game will need to bring in their winning card to receive their prize.

## Parking Options

USS is happy to report that members, clients, and those that use the downtown USS building are now permitted to park in the lot behind our building (corner of Main & Center Streets). Members may now park in this lot during USS operating hours. Parking maps for USS downtown are available at the Welcome Center or our website: [www.ussohio.org](http://www.ussohio.org). As a reminder, parking in the motorcycle spaces is not permitted for vehicles except motorcycles.

**ENON**

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

# Enon Satellite Activities

## August & September

**Mondays:**

**Billiards**...D-C-NC  
**Focus on Fitness**...9:30a...R-\$  
**Bridge**...12:00p...R-NC  
**Cornhole**...12:30p...D-NC  
**Sunshine Singers**...2:15p  
 ...D-NC

**\*Closed on September 2nd\***

**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  
**Snacks & Facts**...10:30a...R-NC  
 \*August 6th\* (**CMH**)  
 \*September 24th\*  
**Euchre**...1:00p...D-NC  
**Dog Show**...10:30a...D-NC  
 \*August 20th & September 17th\*  
**Crafts**...10:30a...R-NC  
 \*August 13th\*  
 \*September 10th\* (**DMV**)

**\*Closed at 4:30p on August 13th\***

**Wednesdays:**

**Billiards/Darts/Ping Pong**...D-C-NC  
**Focus on Fitness**...9:30a...R-\$  
**Congregate Meal**...11:00a ...R-\$  
**Games**...12:00p...D-NC  
 \*August 7th & September 4th\*  
**Chair Volleyball**...1:00p...D-NC  
 \*August 14th & 28th\*  
 \*September 11th & 25th\*  
**Card Making**...1:00p...D-NC  
 \*August 21st & September 18th\*

**NEW CARLISLE**

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

# New Carlisle Satellite Activities

## August & September

**Mondays:**

**Wii Bowling**...10:00a...D-NC  
**Congregate Meal** 11:00a ...R-\$  
**Chair Volleyball**...12:00p...D-NC  
 \*August 5th & September 16th\*  
**Bingo**...12:00p...D-NC (**VC**)  
 \*August 12th & September 9th\*  
**Sock Hop**...12:00p...D-NC  
 \*August 19th\*  
**Games & Snacks** 12:00p...D-NC  
 \*August 26th & September 23rd\*  
 (**GSV**)  
**Movie Day**...1:00p...D-NC  
 \*August 26th & September 23rd\*  
**Fall Carnival**...12:00p...D-NC  
 \*September 30th\*

**\*Closed on September 2nd\***

**Tuesdays:**

**Congregate Meal**...11:00a ...R-\$  
**Mexican Train**...12:00p...D-NC  
**Champaign County Fair**...12:00p  
 ...R-NC \*August 6th\*  
**Presentation**...12:30...R-NC  
 \*August 13th\*  
**Birthday Celebration**...11:30a  
 ...D-NC \*August 20th\* (**NW**)  
**Bingo**...12:00p...D-NC  
 \*August 20th\* (**GC**)  
**Pinochle**...12:00p...D-NC  
 \*August 27th & September 17th\*  
**Labor Day Celebration**...12:00p  
 ...D-NC \*September 3rd\*  
**Euchre**...12:00p...D-NC  
 \*September 10th\*  
**Yahtzee**...12:00p...D-NC  
 \*September 24th\*

**\*Closed at 4:30p on August 13th\***

**Wednesdays:**

**Congregate Meal**...11:00a ...R-\$  
**"500" Card Game**  
 ...12:00p...D-NC  
**Bingo at USS Downtown**...12:30p  
 ...D-NC \*September 18th\*

**KEY**

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

# Activity Calendar: September

**Programming**  
Hours vary by day.  
Call for details.

## Thursdays:

**Billiards/Darts/Ping Pong**...D-C-NC

**Hand & Foot Cards**...12:30p...D-NC

\*August 1st & 15th, September 5th & 19th\*

**Crafts**...1:00p...R-NC

\*August 1st & September 5th\* (**GSV**)

\*September 26th\*

**Potluck**...12:30p...R-NC

\*August 8th & September 12th\* (**SMC**)

**Movie**...1:00p...D-NC

\*August 15th & September 19th\*

**Bingo**...12:30p...D-NC

\*August 22nd\* (**BSL**)

**Birthdays Celebration**...10:30a...R-NC

\*August 29th & September 26th\* (**VS & WR**)

## Fridays:

**Billiards/Darts/Ping Pong**...D-C-NC

**Chair Yoga**...9:00a...D-\$

**Pillows**...10:30a...D-NC

\*August 9th & 23rd, September 13th & 27th\*

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

**Heart Strong**...1:00p...R-NC

\*August 16th\* \*See page 10\*

### Sponsors in August/September:

- Brookdale Senior Living (BSL)
- Community Mercy Hospice (CMH)
- Dayspring of Miami Valley (DMV)
- Good Shepherd Village (GSV)
- Springfield Masonic Community (SMC)
- Villa Springfield (VS)
- Wright Rehab (WR)

# Activity Calendar: September

**Programming**  
Hours vary by day.  
Call for details.

## Thursdays:

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

**Bridge**...12:00p...D-NC

**Cornhole**...12:00p...D-NC-OWP

\*August 1st & September 5th\*

**Trip to Arrow Queen**...12:00p...D-NC

\*August 8th & September 19th\*

**Football Bowling**...12:00p...D-NC

\*August 15th & September 19th\*

**Crafts**...12:00p...R-NC

\*August 22nd & September 26th\*

**Rock Painting**...12:00p...R-NC

\*August 29th\*

### Sponsors in August/September:

- Gemcity Home Care (GC)
- Good Shepherd Village (GSV)
- Northwood Assisted Living (NW)
- Vancrest (VC)

## Fridays:

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

**Cybersecurity Class**...12:00p...R-NC

\*Ends September 20th\*

**Karaoke**...1:30p...D-NC

\*August 2nd & September 6th\*

**Yahtzee**...1:30p...D-NC

\*August 9th & 30th\*

**Puzzles**...1:30p...D-NC

\*August 16th & September 20th\*

**Farkle (Dice Game)**...1:30p...D-NC

\*August 23rd & September 13th\*

**Birthday Celebration**...11:30a...D-NC

\*September 27th\* (**NW**)

**Bingo**...12:00p...D-NC

\*September 27th\* (**GC**)

# What's NEW ↓

## Medicare Open Enrollment

Medicare Open Enrollment is approaching fast! USS will offer appointments with an OSHIIP trained benefits counselor during open enrollment (October 15th - December 7th). Counselors provide Medicare beneficiaries with free and objective health insurance information, one-on-one counseling and education about Medicare, and discuss all the options available to beneficiaries. If you do not need an in-person appointment, you may visit [www.insurance.ohio.gov](http://www.insurance.ohio.gov) for additional Medicare resources or call 1-800-686-1578 to connect with an OSHIIP counselor by phone. USS wants to make certain you have the resources you need to make important decisions about your Medicare Coverage! Please call Laura Fulton at 937-323-4948 ext. 114 to schedule your appointment starting Monday, September 30th.

## USS Enon Special Activities

### Elvis

Elvis will be rocking the house on **Thursday, September 12th at 12:30pm**. Join us for an afternoon of dancing, singing and refreshments!

### Heart Strong

Join USS and our partners for our next Heart Strong event on **Friday, August 16th at 1:00pm**. There will be blood pressure checks, healthy snacks, education on the causes of hypertension, and much more. This event is open to the public and free.

### Potluck

Join us on **Thursday, August 8th at 12:30pm** for our 2nd annual potluck at Enon United Methodist Church. Bring a side dish to share!

### Snacks & Facts

Summer Safety Tips: **Tuesday, August 6th, 10:30am - 12:00pm**. Guest speaker, Carrie Shapiro, will share tips on how to be prepared for the extreme heat this summer.

Skin Care: **Tuesday, September 24th, 10:30am - 12:00pm**. Guest speaker, Cindy Wright, will speak about skin care for the hands and face.

### Sunshine Singers

USS Enon is calling singers of all skill and experience levels! Join Carol Todd on **Mondays at 2:15pm** for rehearsals. Learn upbeat songs and share with others! See the Enon Activity Calendar on pages 8-9 for more information for these events and sponsors.

**Registration or questions for any Enon events: call Tammy Sanderson, Enon Satellite Coordinator, at 937-863-0043.**

## New Carlisle Activity Time Change

USS New Carlisle is changing the start time of ALL afternoon activities. All activities after meal service start at 12:00pm, unless otherwise noted. We appreciate your flexibility with this change!

# Social Support

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



## August 2024 Schedule:

- 1st** Game: What Would You Do?
- 2nd** Made in Springfield Museum
- 5th** Manicures
- 6th** Ice Cream Social...R \*See page 3\*
- 8th** MH Lunch & Learn
- 9th** Buckeye Morgan Challenge Horse Show
- 12th** Let's Get Moving Fitness Class
- 13th** Guest Speaker: Dan Hearlihy from Warder Family of Springfield
- 15th** Amity Wellness
- 16th** Lebanon Experience...R...\$
- 19th** USS New Carlisle 50's Sock Hop & Car Show
- 20th** Mind Games
- 22nd** USS Wellness Conference \*See page 3\*
- 23rd** Paint Gallery Glass
- 26th** Let's Get Moving Fitness Class
- 27th** Birthday Bingo!
- 29th** Thrifting at Second Act of Cedarville
- 30th** Jewelry Making

## September 2024 Schedule:

- 3rd** Amity Wellness - Opening New Doors Day
  - 5th** Scam Awareness
  - 6th** National Reading Day - Warder Literacy Center
  - 9th** Let's Get Moving Fitness Class
  - 10th** Birthday Bingo!
  - 12th** Chair Soccer
  - 13th** Shopping at Bechtel Crossing Strip Mall
  - 16th** Manicures
  - 17th** Dog Show at USS Enon
  - 19th** Card Games (War/Slapjack/BS)
  - 23rd** Let's Get Moving Fitness Class
  - 24th** Magician: King of Diamonds
  - 26th** Mystery Activity
  - 27th** Lunch at Der Dutchman: Group 3
  - 30th** Fall Carnival at USS New Carlisle
- Closed on Monday, September 2nd**
- \*R=Reservations Required \$=Fee**

## Social Support Upcoming Special Activity

Social Support will be taking part of the **Lebanon Experience** historical train ride on the LM&M Rail 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:

### 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 ASAP **Balance Due:** ASAP



### Agawa Canyon & More October 7-11

*\*Passport Required\**

*\*\*Worth-the-wait list is full\*\**

### Christmas at the Capital

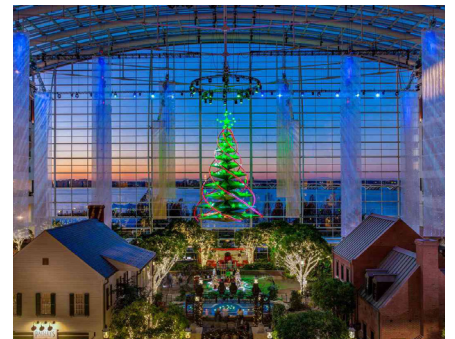
December 10-13 Activity Level: Moderate

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

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:

### 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:** ASAP



### Snooty Fox Shopping Adventure October 16

Enjoy a full day of shopping extravaganza at the Snooty Fox Consignment Stores in Cincinnati, OH. There will be a Snooty Fox Tour guide and all participants will receive a 20% discount on all regularly priced clothing and furniture items!

**Trip Fare:** \$85 per person **Balance Due:** 9/6



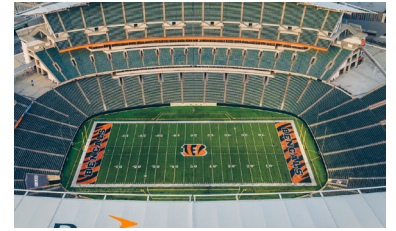
### Fall Foliage Rail Trip October 17 *\*\*Worth-the-wait list is full\*\**

## Sports Tour: Bengals vs. Browns

October 20

Whether you cheer for the Bengals or the Browns, come along for a trip to the **NFL Hall of Fame** in Canton, OH and short drive to Cleveland for this AFC North matchup! Seats are in sections 146 & 148; rows 1, 3, 7, & 8.

**Trip Fare:** \$396 per person **Balance Due:** 9/20



## 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"** along with a lunch buffet!

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



## Staff Welcome – Ben Roseberry

USS welcomes Ben Roseberry to the Social Support Department. Ben will be working with Chelsea and Tracy. He has been employed at USS for 3 years and saw an opportunity for growth. He has a genuine passion for working with older adults and is motivated to develop educational programming along with scheduled workshops. Ben has a caring nature and is always willing to help any way he can. In addition to his full-time job, Ben is an assistant coach for Urbana Men's High School varsity soccer program. He loves watching European soccer and playing soccer recreationally. He also loves chicken wings and working with kids. Ben is very excited by this new opportunity to serve his community and give back to the people who got him here.



## Billiards Tournament Interest

USS billiards players are gathering interest in starting a recurring billiards tournament. Stop by the billiards room to put your name on the list to receive information about a planning meeting and timeline for this exciting new opportunity.

## Pickleball Tournament

Join USS for our next pickleball tournament on August 29th at 11:00am for novice and intermediate players. There is a **\$5 fee to participate**; registration begins Monday, August 12th. Stop in or call the Member Services team at 937-323-4948 to register. This tournament is double elimination, participants sign up as an individual and teammates are randomly assigned. Tournament rules and guidelines: Warm up time for all participants is 10:30am – 11:00am, tournament play begins at 11:00am, each game is played to 11 points - win by 1 point, rally scoring (points awarded regardless of which team serves). Refreshments and prizes are sponsored by **Skyline Chili**.

## Meal Services Sub Drivers Needed

The USS Meal Services team is looking for substitute Meals on Wheels Drivers. Consider joining the team for flexible hours and providing a valuable service to the older adults of Clark County. For more information, call Meal Services at 937-323-9688.

# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

## We appreciate you s'more than you know!

We thanked and celebrated our very dedicated USS Volunteers at our annual Appreciation Luncheon on June 25th at the Festival Club Greenhouse. Thank you to the Springfield Masonic Community for sponsoring our event, providing a meal befitting our camping theme. Rain prevented us from roasting marshmallows for s'mores at their outdoor fire pit, but everyone enjoyed the "grub", singing camp songs, and choosing from a variety of great door prizes. Thank you to USS Volunteers Carol Armbrust and Brian Brackney for providing the music and leading sing-alongs, and to our many community businesses who donated!



## Thank you!

Thank you to the over 60 volunteers who gave their time at the Clark County Fair. Golden Wedding Anniversary Celebration honors the love and commitment each year of over 150 Clark County couples who married 50 or more years ago. The shuttle drivers for fairgoers allow those who have mobility concerns to enjoy our great Clark County Fair! These opportunities are a fun way for our volunteers to interact with our community members.

A **HUGE** Thank You to **Whitacre's Pharmacy** for their donation supporting the RSVP fundraising efforts!

## Upcoming Volunteer Opportunities:

**USS Wellness Conference, Thursday, August 22nd at 1:00pm:** Volunteers are 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, Saturday, August 17th at 9:30am:** This program promotes the Healthy Eating and Active Living of those older adults taking care of their kin. Volunteers are needed to manage 3 stations.

**USS Dances, Fridays, September 20th and September 27th at 5:00pm:** Volunteers needed to clean-up.

**Heritage Center Fall Event, Saturday, September 28th:** If you would like more information on this event or are interested in helping, contact [info@heritagecenter.us](mailto:info@heritagecenter.us).

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

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

**Please contact Mindy Allender in the RSVP department at [mallender@ussohio.org](mailto:mallender@ussohio.org) or 937-324-5705 for more information and to serve your neighbors through AmeriCorps Seniors RSVP Program.**



RSVP is sponsored by United Senior Services of Springfield, Ohio and is funded by federal funds through AmeriCorps, by a state subsidy through Ohio Department of Aging, and by local matching funds in Clark and Madison Counties.

# Community Resources

## Support Groups

### Caregiver Support Group

USS is partnering with the Alzheimer's Association of the Miami Valley to provide a support group for any caregivers in the Clark County community. Consider joining us for an hour of education regarding Alzheimer's/dementia at 4:00pm, immediately followed by support group at 5:30pm. The presenter on August 14th is Megan Gasking, who will discuss legal and estate planning. The presenter on September 12th will be announced at a later date. Respite care is provided by calling 937-323-4948 x116. If you are unable to attend this group, please contact the Alzheimer's Association directly at 937-610-7010 for more information and resources. \*\*Please note: Starting in September, this group is moving to the 2nd Thursday of each month at 5:30pm.

### Diabetes Support Group

USS is partnering with the Clark Champaign Diabetes Association (CCDA) for 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 the month (Feb – Nov) at 5:30pm – 6:30pm. The presenter for Wednesday, August 7th is Jeannie Dafforn to discuss SMART goals and action plans. The presenter for Wednesday, September 4th is Emily Stanton to discuss the negative effects of sedentary behaviors.

### Stroke Support Group

USS is partnering with Mercy Health – Springfield to provide a support group to 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 – 6:30pm. Each month Mercy Health will provide information and resources from experts in the field. Please consider joining the group on Thursday, August 1st and September 5th 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 national Suicide & Crisis Hotline is 988. Text or call this number 24/7 for free mental health professionals.

## HEAP Program

The Home Energy Assistance Program (HEAP) helps income-eligible Ohioans maintain their utility service if they are at or below 175 percent of the poverty guideline and 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 Summer Crisis program started July 1st, ends September 30th and adds HEAP credits for electric bills only.

Joyce Robinson, Outreach Coordinator can provide more information at 937-521-3005.

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### 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

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### 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

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### 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

# USSS Wellness Conference

Thursday, August 22th, 1:00pm - 4:00pm

See page 3 for more information.

