

# The Center Page

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

OCTOBER/NOVEMBER 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
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- Michele Hemphill
- Sarah Lemon
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- Joy Rogers
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- Mike Trempe
- Chris Wells, Treasurer
- Maureen Fagans, CEO

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

### Center Page Editors:

Maureen Fagans

Hope Hawke Beamish

Cortney Schneider

# Director's Corner

Dear Members and Friends,

SAFETY – home, health, and community – has been top of mind lately. Home safety was the #1 response in our 2022 survey of needs for Clark County's older citizens. As a result, USS was the successful recipient of federal home safety grants in 2023 and 2024. The first grant was a pilot project funded by the Ohio Department of Aging (ODA) to understand what safety projects are needed. The 2024 grant was also funded by ODA and administered through our Clark County Commissioners. The grants were available to improve safety in the homes of eligible Clark County homeowners. Projects were simple and complex, from small repairs and maintenance jobs such as grab bars, brighter light bulbs, and smoke detectors, to construction projects such as tub to shower conversions and building wheelchair ramps. With our community partners we helped hundreds of older adults in our community. The grants are now depleted, but the need continues. USS will continue to help homeowners with smaller handyman projects, and we will search for the next grant to help our older homeowners to improve their home safety.

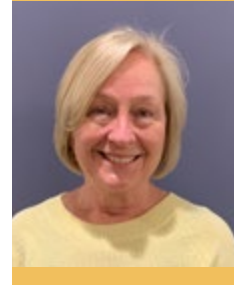
My AARP Bulletin arrived this week with COVID printed across the front page in big, red letters. The article inside was a reminder to protect ourselves, that Covid still surrounds us, continues to mutate, and can still harm our long term health. The AARP and CDC recommended health safety plan for everyone age 65 or better is the new Fall Covid vaccine to avoid serious illness or hospitalization. Previous vaccines will not protect us against the newest Covid mutation. The Fall vaccine targets the newest mutation and is now available at the Clark County Health Department and at your neighborhood pharmacies. And don't forget to get your Fall flu shot when you get your Covid vaccine. I am getting mine this month. If you are age 75 or better consider an RSV vaccine, too.

As reliance on web-based transactions becomes more prevalent, please be careful, especially on social media! Scammers abound on social media, pumping out thousands of posts every day asking to be your friend, offering a get rich quick scheme, awarding a prize for a sweepstakes you didn't enter, or asking for a contribution to an organization or a product you have never heard of. Clicking on a link, responding to a post, permitting a stranger to be a friend is always risky. We are part of a generation who trusted the evening newscasters. Now it is difficult, if not impossible, to separate fact from fake. Web based bulletin boards, selling sites, and social media sites are largely unregulated so limiting your interactions to your community, the people you know, the businesses you frequent, and the news organizations you recognize is best practice. Stay safe!

Thank you for the opportunity!



Maureen Fagans, AICP  
Executive Director/CEO



# What's NEW ↓

## Medicare 101

USS is hosting a Medicare 101 Education event on **Friday, October 11th at 12:30pm**. Learn from Medicare experts and speak to a variety of Medicare insurance companies. This event is open to the public and no reservations are required. This event is sponsored by [Mercy Health Springfield](#) and [Villa Springfield](#). This event is educational, sale of products is not permitted. **Neither USS nor Mercy Health promotes or recommends any company or product over another.**

### Medicare Open Enrollment:

Medicare Open Enrollment review at USS is available by appointment to current Medicare recipients. Review appointments are available with an OSHIIP trained counselor during open enrollment, **October 15th – December 7th**. USS counselors provide free, unbiased information regarding Medicare Advantage (Part C) or Medicare Prescription Drug coverage (Part D). To schedule an appointment call USS at 937-521-3006 and leave a message. A USS representative will return your call to schedule an appointment.

### New to Medicare:

If you are turning 65 or are 65+, retiring soon, and are new to Medicare, call Laura at 937-323-4948 x114 to schedule an appointment for free, one-on-one, objective Medicare health insurance information and counseling. 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 Dances

USS is happy to announce the first USS Halloween Dance! Wear your costumes for this exciting event on **Friday, October 18th**. Dinner will be at 5:00pm and Halloween music by DJ's Mike and Amy Stooksberrys will begin at 6:00pm. The next USS Dance will be **Friday, November 22nd** featuring Santa and Mrs. Claus (see page 14 for more information). Reservations for the Halloween Dance begin *September 30th* and reservations for the November Dance can be made starting *October 21st* with Member Services at 937-323-4948 (There is a \$5 fee to attend). Payment is due at registration and space is limited. The Halloween Dance is sponsored by [Family Audiology](#) and the November Dance is sponsored by [Wooded Glen](#).

## USS Veteran's Day Honor Event

**Calling all Clark County Veterans!** Join fellow veterans, [VFW Post 1031](#), and USS on Monday, November 11th at 11:00am. Donuts, coffee, and juice will be served, followed by a program to recognize those who served in the U.S. Military. To register for the event, stop by or call the Welcome Center at 937-323-4948 by November 1st. To be featured in a Veterans Day slide show, submit your name, rank, branch, and military photo to Hope at [hhawke-beamish@ussohio.org](mailto:hhawke-beamish@ussohio.org) by November 1st. **In November, Clark County veterans can receive a free 2025 USS membership! (See page 7 for more details).**

## Closed Days at USS

USS will be closed at 4:30pm on **November 27th and all day November 28th, 29th, and 30th** for Thanksgiving. We hope you enjoy your holiday!

# Educational Opportunities ↓

## USS Coffee & Conversation

### 10 Mistakes Patients Often Make: And How to Avoid Them

Presented by Denise Berthold from Kettering Health

Thursday, October 17th at 9:00am

USS welcomes Denise to share how healthcare can be complicated, expensive, and overwhelming—especially as we age. This enlightening program will educate you on 10 common mistakes that patients often make regarding their healthcare – and specifically how to avoid them so you can maximize the quality of care that you receive. Come prepared with your questions and the Healthcare Navigators with Kettering Health will be happy to assist you. Refreshments sponsored by [Springfield Masonic Community](#).

## OVSH Lunch & Learn

Title & Presenter to be Announced

Thursday, November 7th at 12:00pm

Information on this Lunch & Learn will be announced at a later date. Keep an eye out on facebook and throughout USS downtown. Lunch is sponsored by [Villa Springfield](#).



## Clark County Council on Aging Meeting

### Tips To Lower Your Utility Bills

Presented by Amy Carles, Ohio Consumers Council

Tuesday, November 12th at 10:00am

Amy, Senior Outreach & Education Specialist from the office of the Ohio Consumers Council, will present on tips and programs available to older adults to lower utility bills. Refreshments sponsored by [Villa Springfield](#).

## Alzheimer's Disease Education

### Effective Communication Strategies

Presented by Alzheimer's Association Staff

Tuesday, November 19th at 10:00am

Effective communication with individuals with Alzheimer's disease involves more than words—attitude, tone, facial expressions, and body language play key roles. This presentation will help you understand and interpret verbal and nonverbal messages, and offer strategies to connect throughout the stages of dementia. [Alzheimer's Association](#) staff will be available for consultations afterward.

## Mercy Health Lunch & Learn

### Lung Cancer

Presented by Angela Wagner, RN, Lung Care Coordinator 

Thursday, December 5th at 12:00pm

Lung cancer is a prominent issue in Clark County. Angela will discuss detection, screening importance, and eligibility during this event, including a questionnaire to assess if you or a loved one qualify.

Lunch 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 is still available!!

The fall term for the USS SAILL program is under way, but it's not too late to register for a few classes, including Journaling Your Way to Wellness; A House Divided; Getting to Know Your iPhone; and the Big Read Project – Where We Live In Curiosity. Class descriptions can be found in the Fall SAILL Catalog available at USS Downtown and on our website at [www.usssohio.org/saill](http://www.usssohio.org/saill).

Interested in something new? Class suggestions are always welcome!  
Interested in teaching a class? Contact Cindy Lockwood, Education and Travel Coordinator at [clockwood@usssohio.org](mailto:clockwood@usssohio.org) or 937-521-3009.

**SAILL participants must have a current USS membership.**



## Craft 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. Payment is due at the time of reservation, space is limited.

### Painting with Kimberly Saturday, October 5th at 9:00am

Fall woods – Beginner friendly, canvas is prepared in advance, step-by-step instructor led. There is a \$40 materials fee.



### Painting with Kimberly Saturday, November 2nd at 9:00am

White pumpkins and holly berries – Beginner friendly, canvas is prepared in advance, step-by-step instructor led. There is a \$40 materials fee.

### Dreamcatcher November 9th at 9:00am

Create a dreamcatcher with feathers, beads, and a hoop. There is a \$25 materials fee.



### Heart Dreamcatcher November 16th at 9:00am

Create a heart dreamcatcher with feathers, beads, and a hoop. There is a \$25 materials fee.



# What's NEW ↓

## Paid Exercise

Good news everyone!!! We will be resuming Tuesday and Thursday Yoga and Chair Yoga options in October! Members interested in yoga will pay the instructor directly when they arrive for class. As if that was not great news already, we will also be offering new classes! Check out Moderate Intensity Interval Training! This Medium intensity workout includes light to moderate cardio intervals combined with bodyweight and dumbbell exercises! **And Ladies, this one is just for you:** Ladies Who Lift is a strength training program geared toward women of all ages that focus on major muscle groups, core strength, and toning. All paid activities (except yoga) have the option to be paid in advance or drop-in and pay. For full details about paid activities, visit the Welcome Center!

## Heart Strong

Join USS and our partners at Bethel Township for our Heart Strong event on **Thursday, October 10th from 12:00pm-1:30pm** to learn about the causes of heart disease and what you can do to strengthen your heart. There will be blood pressure checks, healthy snacks, education, and prizes! This is a partnership between the [Clark County Combined Health District](#), [Mercy Health](#), [Second Harvest Food Bank](#), and [Villa Springfield](#).

## Meal Services

The Clark County Healthy Aging grant voucher pilot has now ended. USS Meal Services would like to thank all of our diners and these family owned businesses - [Carriage Inn](#), [Catawba General Store](#), and [Studebakers Route 41](#) - for participating in this pilot and we look forward to possible partnerships in 2025. We are always interested in our diners and restaurants feedback. Contact meal services at 937-323-4948. Please support these family owned restaurant the next time you dine out.

## Coat Drive

Blocks to Blankets is collecting clean, new, and gently used coats, sweaters, sweatshirts of all sizes (baby – adult) in the USS downtown lobby through October 31st. There is 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!

## Veterans Coffee Hour

Join USS and the Marine Corps League, Detachment 963 for refreshments and donuts on Saturday, October 12th at 9:00am. Join the group for a touch of magic! Great for adults and kids ages 5-12. Enjoy the show, conversation, and friendship; please call 937-323-4948 to RSVP. Refreshments sponsored by [Villa Springfield](#).

## Service Project

### Food Packing Event with LNI & Wittenberg University Friday, November 8th from 2:00pm - 4:00pm

Join us for a meal-packing event with the Lesotho Nutrition Initiative (LNI). LNI works to combat childhood malnutrition by sending meals to Lesotho, a country in South Africa with high rates of child malnutrition.

Help us pack 10,000 meals! We need 65 volunteers. To participate, RSVP at the Welcome Center. A \$5 donation per person is suggested to help cover shipping cost, but any amount is appreciated. This event is open to the public. Learn more at [www.lesothonutritioninitiative.com](http://www.lesothonutritioninitiative.com).

## USS 2025 Membership Drive

This year's drive will begin on Friday, November 1st. All those age 55 and better are eligible and welcome to join or renew! All members, NEW & RETURNING, must complete a 2025 Membership Form. Forms will be available at our downtown, Enon, and New Carlisle centers or on our website, [www.ussohio.org/membership](http://www.ussohio.org/membership).

**Clark County Residents: \$15 and Out of County Residents: \$50**

***This November eligible Clark County veterans and active military with valid ID will receive a free 2025 membership. These memberships are sponsored by VFW Post 1031.***

## Member Appreciation Holiday Concert

### Trim-a-Tree Holiday Concert Friday, December 6th at 1:30pm

Nothing says the holidays like a performance by our own Vintage Voices! Join us to listen to many holiday favorites. Holiday-themed treats and a hot chocolate bar with flavored syrups will be provided by [Wooded Glen](#). No reservations required.

Along with the Holiday concert, bring one ornament to decorate the Christmas tree in our lobby. To allow all members this opportunity, USS asks that members only bring one ornament per person to add. Please put your full name on ornaments so they are returned to the correct member.

## Stay-at-Home Bingo

Join USS for Stay-at-Home-Bingo on **Thursdays, October 24th and November 21st at 1:00pm**. Call Jenn Queen at 937-323-4948 x132 or email [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, September 30th for October and Monday, October 28th for November. Bingo cards will 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.

# Activity Calendar: October 2024

\*Additional information available at the Welcome Center\*

## Mondays

## Tuesdays

## Wednesdays

## Thursdays

## Fridays

## Saturdays

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-\$  
 \*October 28th\*  
 WWP Aquatics.....9:00a - 10:00a..D-R-\$  
 Blocks to Blankets..10:00a - 12:00p...D-NC  
 \*October 7th & 21st \*  
 Interval Training.....10:30a - 11:30a...D-R-\$  
 WWP Open Swim...10:00a - 11:00a...D-NC  
 Let's Get Moving.....10:30a - 11:30a...D-NC  
 Congregate Meals.....1:00a - 1:00p  
 WWP Volleyball.....11:00a - 12:00p...D-R-\$  
 Ladies Who Lift....11:30a - 12:30p...D-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  
 Self Defense.....5:00p - 6:00p D-R-\$  
 Adv Pickleball.....5:00p - 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...D-\$  
 Full Body Exercise..9:00a - 10:15a...D-R-\$  
 LP Water Aerobics...9:00a - 10:15a...D-R-\$  
 Chair Yoga.....9:30a - 10:20a...D-\$  
 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 - 4:00p...D-NC  
 Friendly Euchre.....12:00p - 3:00p...D-NC  
 Pinochle.....12:00p - 3:30p...D-NC  
 USS Jammers.....11:30p - 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.....1:00p - 2:00p...D-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

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 - 12:30p...A-\$  
 Vintage Voices.....9:00a - 11:00a...D-NC  
 Blood Glucose Screenings 10:00a - 12:00p  
 ...D-NC \*October 2nd & 30th\*  
 WWP Aquatics.....9:00a - 10:00a..D-R-\$  
 Blood Pressure Screenings..10:00a-12:00p  
 ...D-NC \*October 9th, 16th, & 23rd\*  
 WWP Open Swim....10:00a - 6:30p...D-NC  
 Congregate Meals.....11:00a - 1:00p  
 Connecting Threads.12:30p - 2:00p...D-NC  
 \*October 16th\*  
 Bingo.....1:00p - 3:30p...D-\$  
 Interval Training.....1:00p - 2:00p...D-R-\$  
 Ladies Who Lift.....2:00p - 3:00p...D-R-\$  
 Card Making Club.....1:00p - 3:30p...D-NC  
 \*October 9th & 23rd\*  
 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  
 YOGA.....4:00p - 5:00p...D-\$  
 Pickleball for Novice..4:00p - 7:00p...D-NC  
 Diabetes Support.....5:30p - 6:30p...D-NC  
 \*October 2nd\*

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 Water Aerobics..9:00a - 10:00a...D-R-\$  
 Full Body Exercise 9:00a - 10:15a...D-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  
 USS Jammers.....11:30a-1:30p...D-NC  
 MH Lunch & Learn..12:00p - 1:00p...R-NC  
 \*October 3rd\*  
 Pinochle.....12:00p - 3:30p...D-NC  
 WWP Aquatics.....1:00p - 2:00p..D-R-\$  
 Hand & Foot (Cards)..1:00p - 4:00p...D-NC  
 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...D-\$  
 Caregiver Support.....5:30p - 6:30p...R-NC  
 \*October 10th\*  
 Stroke Support.....5:30p - 6:30p...D-NC  
 \*October 3rd\*

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  
 Hearing Screening....12:00p - 11:30a...A-NC  
 \*October 11th\*  
 Hula Hoop Group.....9:30a - 10:30a...D-NC  
 Pickleball Skills.....10:00a - 12:00p...R-NC  
 \*October 11th & 25th\*  
 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  
 Medicare 101.....12:30p - 2:00p...D-NC  
 \*October 11th\*  
 Euchre.....1:00p - 3:30p...D-NC  
 Thirty One (Cards).....1:00p - 3:30p...D-NC  
 \*October 4th\*  
 Adv Pickleball.....2:30p - 4:30p...D-NC  
 USS Halloween Dance.....5:00p - 8:00p...R-\$  
 \*October 18th\*

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  
 Vets Coffee Hour.....9:00a - 10:30a...R-NC  
 \*October 12th\*  
 Crafts.....9:00a - 10:00a...R-\$  
 \*October 5th\*  
 Adv Pickleball.....10:00a - 12:00p...D-NC  
 USS Jammers.....10:00a - 11:30a...D-NC  
 Yoga.....10:30a - 11:30a...D-\$

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

\*Come in anytime during building hours to take advantage of our billiards hall, fitness center & ping pong activities.\*

# Activity Calendar: November 2024

\*Additional information available at the Welcome Center\*

## Mondays

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-\$  
 \*November 25th\*  
 WWP Aquatics.....9:00a - 10:00a..D-R-\$  
 Blocks to Blankets..10:00a - 12:00p...D-NC  
 \*November 4th & 18th\*  
 Interval Training...10:30a - 11:30a...D-R-\$  
 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  
 Veterans Day Event....11:00a - 1:00p..D-NC  
 \*November 11th\*  
 WWP Volleyball.....11:00a - 12:00p...D-R-\$  
 Ladies Who Lift....11:30a - 12:30p...D-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  
 Self Defense.....5:00p - 6:00p D-R-\$  
 Adv Pickleball.....5:00p - 7:00p...D-NC

## Tuesdays

LP Open Swim.....7:30a - 9:00a...D-NC  
 WWP Open Swim.....7:30a - 9:00a...D-NC  
 Yoga.....8:30a - 9:20a...D-\$  
 Full Body Exercise..9:00a - 10:15a...D-R-\$  
 LP Water Aerobics.....9:00a - 10:15a...D-\$  
 Chair Yoga.....9:30a - 10:20a...D-\$  
 LP Open Swim.....10:00a - 6:30p...D-NC  
 Alzheimer's Education 10:00a - 11:00p..R-NC  
 \*November 19th\*  
 Clark County Council On Aging....10:00a  
 -11:30p...R-NC \*November 12th\*  
 Moving with Music...10:30a - 11:30a..D-NC  
 Congregate Meals.....11:00a - 1:00p  
 Alzheimer's Office Hours...11:00a - 2:00p..D-NC  
 \*November 19th\*  
 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.....11:30p - 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.....1:00p - 2:00p...D-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

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

## Wednesdays

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 - 12:30p...A-\$  
 Vintage Voices.....9:00a - 11:00a...D-NC  
 Blood Glucose Screenings 10:00a - 12:00p  
 ...D-NC \*November 27th\*  
 WWP Aquatics.....9:00a - 10:00a..D-R-\$  
 Blood Pressure Screenings..10:00a-12:00p  
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 Interval Training.....1:00p - 2:00p...D-R-\$  
 Ladies Who Lift.....2:00p - 3:00p...D-R-\$  
 Card Making Club.....1:00p - 3:30p...D-NC  
 \*November 13th & 27th\*  
 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  
 Yoga.....4:00p - 5:00p...D-\$  
 Pickleball for Novice..4:00p - 7:00p...D-NC  
 Diabetes Support.....5:30p - 6:30p...D-NC  
 \*November 6th\*

\*USS will close at 4:30p on Wednesday, November 27th in observance of Thanksgiving\*

## Thursdays

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 Water Aerobics..9:00a - 10:00a...D-R-\$  
 Full Body Exercise..9:00a - 10:15a...D-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  
 USS Jammers.....11:30a-1:30p...D-NC  
 OV Lunch & Learn..12:00p - 1:00p...R-NC  
 \*November 7th\*  
 Pinochle.....12:00p - 3:30p...D-NC  
 WWP Aquatics.....1:00p - 2:00p..D-R-\$  
 Hand & Foot (Cards)..1:00p - 4:00p...D-NC  
 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...D-\$  
 Caregiver Support.....5:30p - 6:30p...R-NC  
 \*November 14th\*  
 Stroke Support.....5:30p - 6:30p...D-NC  
 \*November 7th\*

\*USS will be closed on Thursday, November 28th in observance of Thanksgiving\*

\*Come in anytime during building hours to take advantage of our billiards hall, fitness center & ping pong activities.\*

## Fridays

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.....9:30a - 10:30a...D-NC  
 Pickleball Skills.....10:00a - 12:00p...R-NC  
 \*November 8th & 22nd\*  
 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  
 Medicare 101.....12:30p - 2:00p...D-NC  
 \*October 11th\*  
 Euchre.....1:00p - 3:30p...D-NC  
 Thirty One (Cards).....1:00p - 3:30p...D-NC  
 \*November 1st\*  
 LNI Pack.....2:00p - 4:00p...R-NC  
 \*November 8th\*  
 Adv Pickleball.....2:30p - 4:30p...D-NC  
 RSVP Fundraiser.....5:00p - 6:00p..D-NC  
 \*November 22nd\*  
 USS Dance.....5:00p - 8:00p..R-\$  
 \*November 22nd\*

\*USS will be closed on Friday, November 29th in observance of Thanksgiving\*

## Saturdays

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  
 Crafts.....9:00a - 10:00a...R-\$  
 \*November 2nd, 9th, 16th\*  
 Adv Pickleball.....10:00a - 12:00p...D-NC  
 USS Jammers.....10:00a - 11:30a...D-NC  
 Yoga.....10:30a - 11:30a...D-\$

\*USS will be closed on Saturday, November 30th in observance of Thanksgiving\*

### KEY

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

# Enon Satellite Activity Calendar: October & November

## Mondays:

**Billiards**...D-C-NC  
**Full Body Exercise**...9:30a...R-\$  
**Bridge**...12:00p...R-NC  
**Cornhole**...12:30p...D-NC  
**Sunshine Singers**...2:15p.D-NC

## Tuesdays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Snacks & Facts**...10:30a...R-NC  
\*October 15th\* **(AHS)**  
**Euchre**...1:00p...D-NC  
**Dog Show**...10:30a...D-NC  
\*October 22nd & November 19th\*  
**(FF)**  
**Crafts**...10:30a...R-NC  
\*October 8th\* **(DS)**  
\*November 12th\* **(DMV)**  
**\*Closed on November 5th\***

## Wednesdays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Full Body Exercise**...9:30a...R-\$  
**Congregate Meal**...11:00a ...R-\$  
**Games**...12:00p...D-NC  
\*October 2nd & November 6th\*  
**Chair Volleyball**...1:00p...D-NC  
\*October 9th & 23rd\*  
\*November 13th & 27th\*  
**Card Making**...1:00p...D-NC  
\*October 16th & November 20th\*  
**Bow Making**...1:00p...D-NC  
\*November 6th\*

## Thursdays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Hand & Foot (Cards)**...12:30p...D-NC  
\*October 3rd & 17th, November 7th\*  
**Crafts**...1:00p...R-NC  
\*October 3rd & November 7th\* **(GSV)**  
**Potluck**...12:30p...R-NC  
\*October 31st & November 21st\* **(SMC)**  
**Movie**...1:00p...D-NC  
\*October 17th\*  
**Bingo**...12:30p...D-NC  
\*October 24th\* **(BSL)**  
**Birthdays Celebration**...12:30p...R-NC  
\*October 10th & November 14th\* **(VS & WR)**  
**\*Closed on November 28th\***

## Fridays:

**Billiards/Darts/Ping Pong**...D-C-NC  
**Chair Yoga**...9:00a...D-\$  
**Pillows**...10:30a...D-NC  
\*October 11th, 25th & November 8th, 22nd\*  
**Stitchers**...11:30a...D-NC  
**Hand & Foot (Cards)/Movie**...12:30p...D-NC  
\*November 22nd\*  
**\*Closed on November 29th\***

**KEY**

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

**Sponsors in October/November:**

- Brookdale Senior Living (BSL)
- Affordable Hearing Store (AHS)
- Good Shepherd Village (GSV)
- Springfield Masonic Community (SMC)
- Villa Springfield (VS)
- Wright Rehab (WR)
- Fulton's Finest (FF)
- Daysprings of the Miami Valley (DMV)

# New Carlisle Satellite Activity Calendar: October & November

## Mondays:

**Wii Bowling**...10:00a...D-NC  
\*October 4th, 8th & November 28th\*  
**Congregate Meal**...11:00a ...R-\$  
**Chair Volleyball**...12:00p...D-NC  
\*October 7th & November 4th\*  
**Bingo**...12:00p...D-NC **(VC)**  
\*October 14th & November 11th\*  
**Thanksgiving Party**...12:00p...D-NC  
\*November 18th\*  
**Games & Snacks**...12:00p...D-NC  
\*October 28th & November 25th\*  
**(GSV)**  
**Movie Day**...12:00p...D-NC  
\*October 21st\*  
**Karaoke**...1:00p...D-NC  
\*October 28th & November 25th\*

## Tuesdays:

**Congregate Meal**...11:00a ...R-\$  
**Mexican Train Dominoes** 12:00p..D-NC  
**Pumpkin Patch**...12:00p...R-NC  
\*October 29th\*  
**Euchre**...12:00p...D-NC  
\*November 5th\*  
**Yahtzee**...12:00p...D-NC  
\*November 19th\*

**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**...12:00p..D-NC  
**Halloween Party**...12:00p...D-NC  
\*October 30th\*

## Thursdays:

**Congregate Meal**...11:00a ...R-\$  
**Bridge**...12:00p...D-NC  
**Cornhole**...12:00p...D-NC-OWP  
\*October 3rd\*  
**Trip to Arrow Queen**...12:00p...D-NC  
\*October 10th\*  
**\*Closed on November 28th\***

**Sponsors in October/November:**

- Gemcity Home Care (GC)
- Good Shepherd Village (GSV)
- Vancrest (VC)

## Fridays:

**Congregate Meal**...11:00a ...R-\$  
**Crafts**...12:00p...R-NC  
\*October 11th\*  
**Uno**...12:00p...D-NC  
\*November 22nd\*  
**Yahtzee**...1:30p...D-NC  
\*October 4th\*  
**Pinochle**...12:00p...D-NC  
\*November 1st\*  
**Farkle (Dice Game)**...1:30p...D-NC  
\*October 18th & November 8th\*  
**Birthday Celebration**...11:30a...D-NC  
\*November 15th\*  
**Bingo**...12:00p...D-NC  
\*November 15th\* **(GC)**  
**Hand Knee & Foot**...12:00p...D-NC  
**\*Closed on November 29th\***

# What's NEW ↓

## USS Enon Special Activities

### USS Snacks & Facts

#### Hearing Health Seminar

Date: Tuesday, October 15th

Time: 10:30am

A representative from [The Affordable Hearing Store](#) will educate on medications, vitamins, and tinnitus on hearing as well as help define over-the-counter vs. specialized hearing aids.

### Halloween Potluck Party

Date: Thursday, October 31st

Time: 12:30pm

Join USS for a costume contest, creative Halloween dish contest, and ghoulish games. Prizes are sponsored by [Springfield Masonic Community](#).



### Thanksgiving Potluck

Date: Thursday, November 21st

Time: 12:30pm

Join USS for a thankful celebration with a potato bar and chili. Please bring a favorite potato topping, and/or dessert to share.

This event is sponsored by [Springfield Masonic Community](#).

## USS Festival Luncheons

### Let's be Thankful Luncheon

The annual Let's be Thankful Luncheon will be on **Friday, November 1st**. This luncheon is a traditional Thanksgiving meal that was started in 2021 by an anonymous sponsor. This sponsor wanted to provide a special meal for those who are alone, have no family near-by, or are grieving due to recent losses. The last day to make a reservation for this luncheon is **Friday, October 25th**.

### Sanders' Luncheon

The annual Sanders' Luncheon will be on **Tuesday, December 3rd**. This luncheon was started in 1988 by Sig and Ilse Sanders. The couple wanted to honor their life together by sharing with those who are in need of some holiday cheer. The last day to make a reservation for this luncheon is **Friday, November 22nd**.

**If you or someone you know would benefit from attending one of these events, contact Tracy Wickham at 937-521-3010. A mailing address is needed upon registration to receive an official invitation.**

# 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.



## October 2024 Schedule:

1st Make No Bake Cookies

3rd Lunch & Learn..R

4th Men's Breakfast: Urbana Airport Cafe..\$

7th Manicures

8th Birthday Bingo

11th Campbell Hill

14th Let's Get Moving

15th National Mushroom Day Craft..R

17th Fall Pumpkin Craft..R

18th Fall Foliage Tour: Clifton Mills

21st Mind Games

22nd Art Class With Vicki Trempe..R

24th Volunteer: Ohio Hospice Neck Pillows

25th Picasso's Birthday: Springfield Art Museum

28th Let's Get Moving

29th Pendleton's Pumpkin Patch..\$

30th Halloween Party at NC Satellite

## November 2024 Schedule:

1st Let's Be Thankful Luncheon..R

4th Let's Get Moving

5th Birthday Bingo

7th Volunteer: Ohio Hospice Holiday Cards

8th Gammon House

11th Veteran's Day Honor Event..R

12th Mind Games

14th Chair Soccer

15th Movie Matinee at UEC..\$

18th Let's Get Moving

19th PainTEAing Party..R

21st Volunteer: Rocking Horse Knitted Hats

22nd Hollywood Gaming Dayton/Wahlburgers Lunch..\$

25th Manicures

26th Thanksgiving Potluck..R

**Closed November 28th and November 29th**

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

**USS will be closed at 4:30pm on Wednesday, November 27th and will remain closed for the entire day on Thursday, November 28th, Friday, November 29th and Saturday November 30th. Enjoy your holiday!**

## Volunteer Guardianship Program

This October, during National Guardianship Awareness Month, let's shine a light on the often-overlooked experiences of those under guardianship. Many individuals never envision needing care they can't provide themselves, living alone without family support, or feeling isolated in a nursing home. Guardians often discover the high number of nursing home residents who lack regular visitors and realize the profound impact a simple visit can have. This month, explore the stories of our volunteers and see how you can become part of this meaningful initiative. Visit our booth outside of the cafe at USS Downtown **Wednesday, October 17th, and Monday, October 28th from 11am-1pm**. Door prizes are sponsored by [Comfort Keepers](#).

If you're passionate about protecting vulnerable seniors, the Volunteer Guardianship Program might be perfect for you. Our volunteers advocate for the rights and well-being of older adults, forming impactful relationships. Training is provided online at your own pace. For more information about this fulfilling volunteer opportunity, contact Betty Stutler, Advocacy Coordinator, at 937-323-4948 x218.

# 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:

### Christmas at the Capital

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

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

**Balance Due:** ASAP

### 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

**Balance Due:** ASAP



## 2024 Day Trips:

### Snooty Fox Shopping Adventure Activity Level: Moderate

**October 16th**

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:** ASAP

### Fall Foliage Rail Trip Activity Level: Moderate

**October 17th** \*\*Worth-the-wait list is full\*\*

### Sports Tour: Bengals vs. Browns Activity Level: Moderate

**October 20th** \*\*Join The Worth-the-wait list\*\*

### La Comedia Dinner Theatre Activity Level: Moderate

**December 5th**

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



## Jigsaw Puzzle Tournament Recap

USS and the Jigsaw Puzzle Group congratulate the winners of the 2024 HHL Puzzle Tournament. The TEAM Competition on July 18th, was won by **Judy Hoy, Doug Andrews, and Keith Fry**, who completed their 1000-piece panoramic puzzle in 2 hours and 55 minutes as a team. Team Captain Judy Hoy expressed her excitement about the return of the tournaments.

In the head-to-head competition on July 25th, **Carol Armbrust** won the 300-piece category in 1 hour and 48 minutes, followed by **Cheryl Dover and Hilary Stultz**. Carol, a regular member of the group, appreciated the challenging puzzle chosen for the contest. In the 500-piece category, **Doug Andrews** finished first in 1 hour and 25 minutes, followed by **Judy Hoy and Steve Haynes**. Prizes and refreshments provided by **Cherish Hospice**.

Join the USS Jigsaw Puzzle Group on Thursday, November 7th at 2:00pm for a fun event!



## Pickleball Tournament Recap

This year's Novice and Intermediate Pickleball Tournament happened on August 29th. Congratulations to the 1st place team, **Jackie Leslie and Gary Hawkins**, 2nd place team **Ray Chamberlin and David Bryant**, and the 3rd place team **Tim Carter and Joni Warren** along with all our players on a great show of Pickleball talent!

Novice & Intermediate players, join us on **October 31st from 11:00am to 4:30pm** for a spooktacular pickleball event! Dress up in your best costume for a chance to win prizes and bring a snack to share!



## Meal Services Sub Drivers Needed

The USS Meal Services team needs substitute Meals on Wheels drivers. Enjoy flexible hours while serving older adults in Clark County. For more info, call 937-323-9688.

## New Activity

Cribbage is a two-player card game where players form counting combinations. Scores are tracked with pegs on a board. If you'd like to see Cribbage at USS, email Cortney at [cschneider@ussohio.org](mailto:cschneider@ussohio.org). Have other activity ideas? Let our programming team know!

# RSVP

Retired & Senior Volunteer Program

**VOLUNTEERS**  
Always Needed, Forever Appreciated

## Thank you to our MANY AmeriCorps Seniors Retired and Senior Volunteer Program volunteers who continue to faithfully serve our community!!

Barbara and Mindy gratefully attended the AmeriCorps Seniors National Convening in Baltimore in July. What a great opportunity for learning more about volunteer service, and meeting up with our fellow RSVP directors and staff from all over the country. In addition to sharing ideas and attending training classes, we had time for some sight-seeing and eating fabulous food!

### Pictures with Santa!

We're excited that Santa and Mrs. Claus are coming back to help us with our RSVP fundraiser! Last year, everyone had a great time taking pictures with Santa, Mrs. Claus, and their elves. Join us on **Friday, November 22nd** from **5:00pm to 6:00pm** if you're part of the public, and from **6:00pm to 7:00pm** if you're attending the dance. Donations are welcome, and the event is sponsored by **VFW Post 1031**.



### Upcoming Volunteer Opportunities:

Open enrollment for Medicare – we are seeking some volunteers to take phone calls and schedule folks who want to meet with our OSHIIP volunteers. Ohio Senior Health Insurance Program offers free assistance to those in need of signing up for Medicare and those who want an annual review to make sure they are on the best plan for their needs.

**USS Membership Drive: November 1st -15th, 10:00am-2:00pm or 3:00pm-5:00pm:** Volunteers are needed to assist with member sign-ups in the USS lobby.

**USS Dances: October 18th and November 22nd:** Volunteers are needed to help with Santa area and clean up.

**Coffee & Conversation: Thursday, October 17th at 9am:** Volunteers are needed to help with check in and serving.

**Lunch & Learn: Thursday, November 7th at 12pm:** Volunteers are needed to help with check in and serving.

*\*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, in partnership with the Alzheimer's Association of the Miami Valley, provides a support group for any caregivers in the Clark County community on Thursday, October 10th and Thursday, November 14th. 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.

### Diabetes Support Group

USS, in partnership with the Clark Champaign Diabetes Association (CCDA), provides 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) from 5:30pm – 6:30pm. The presenter for Wednesday, October 2nd is Patti McCormick, RN, PHD, President of Institute of Holistic Leadership, to discuss "Complementary Health and Diabetes". In celebration of Diabetes Month, on Wednesday, November 6th there will be a small diabetes health fair which will run 4:30pm to 6:30pm.

### Stroke Support Group

USS, in partnership with Mercy Health – Springfield, provides 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 from 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, October 3rd and November 7th.

## Home Safety Assistance

Handyman services such as grab bar installation, changing out of reach light bulbs and more are available at USS. Please call Brett Halsey at 937-323-4948 x 211 to learn more and 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 HEAP Winter Crisis Program is beginning soon!**

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

# Thank You Veterans!!

Join USS as we honor our veterans on  
November 11th at 11:00am!  
*See page 3 for more information.*

