

The Center Page

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

DECEMBER 2024 / JANUARY 2025



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

ENON SATELLITE

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

NEW CARLISLE SATELLITE

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

MOOREFIELD TOWNSHIP SATELLITE

1616 Moorefield Rd
Springfield, OH 45503
937-323-4948

BETHEL TOWNSHIP SATELLITE

11200 Gerlaugh Rd,
Medway, OH 45341
937-323-4948

DIRECTORS

- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers
- Arlin Par Tolliver
- Mike Trempe
- Chris Wells
- 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.

USS
UNITED SENIOR SERVICES

Director's Corner



Dear Members and Friends,

Are you a family caregiver?

USS and many of our partners see firsthand the loving support that family caregivers in our community provide, often alone. It is important to build a support system to help and honor family caregivers in our community. And it is important for caregivers to recognize how their family role is changing, where resources are found, and how to access them.

We all know a neighbor, colleague, or family member who is the primary source of support for an older adult or someone with disabilities. In fact, today in America, more than 53 million people, or 1 in 6 people are providing unpaid care to someone they love who can't manage independently without them. That national statistic holds true in Ohio and in Clark County, too.

The National Family Caregiving Association says that 90% of people who recognize themselves in the questions below become more proactive and interested in providing better care:

- Are you more involved in the life of a loved one than ever before?
- Do you feel like you have swapped roles with a parent or spouse?
- Do you help a loved one with household chores?
- Do you help a loved one with self-care activities?
- Do you help a loved one manage their finances?
- Does your loved one have a diagnosis that limits their abilities?
- Do you skip meals or exercise to care for a loved one?
- Do you pay more attention to your loved one's medical needs than your own?

If you are a family caregiver, USS Caring Services would like to help. Our in-home services may be just enough support - a nutritious meal you don't need to prepare, a handyman to install a smoke detector or a grab bar, an in-home aide to help around the house or to give you a needed respite break. Another excellent resource is our local Area Agency on Aging. Our Dayton region AAA provides free online and in person resources, support, and education to help area caregivers manage the care of their loved ones at home, and to arm families with the information they need to make informed decisions.

Discover USS for fitness, education, socialization, and support – successful aging defined by you!

Happy Holidays and thank you for the opportunity,

Maureen

Maureen Fagans, AICP
Executive Director/CEO

Special Events

USS 2025 Membership Drive

Come visit one of our USS locations to complete your 2025 membership form! Forms are available at our downtown, Enon, & New Carlisle centers or on our website at www.ussohio.org/membership. All those age 55 and better are eligible and welcome to join!

Clark County Residents: \$15

Out of County Residents: \$50

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 while enjoying holiday-themed cookies and a hot chocolate bar with flavored syrups *provided by Wooded Glen*.

Along with the Holiday concert, bring an 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.



USS Red Hot Holiday Stomp

Saturday, December 14th at 7:00pm

Holiday in the City has a new jazzy beat! USS is excited to welcome back Todd Stoll and friends for the 7th annual Red Hot Holiday Stomp! We are pleased to host this holiday performance at the “Metropolis,” downtown’s newest renovation transformation, at 100 W. High St.

Reserve your tickets now at USS downtown. Advance tickets are \$10 for USS members and \$15 (cash or check only) for friends and family. Tickets will be available at the door for \$20 (cash or check only). Payment is due at registration! Space is limited! *Sponsors for this event include Springfield Masonic Community, Villa Springfield and Heartland Hospice.*



Tax Prep

USS is hosting AARP volunteers to provide simple income tax assistance appointments for USS members and clients. No businesses please!

Individuals or couples can schedule an appointment at www.bit.ly/uss-tax-prep starting Tuesday, January 21st. For those who need help scheduling, please call 937-521-3006 and leave a message. A USS Representative will return your call to help you schedule.

Once your appointment is scheduled, AARP asks that you arrive at least 15 minutes early to complete your intake form. Please bring the following items on the day of your appointment: Social Security Card for each person on the return, photo ID, and last year’s tax return.

What's New



New Activities/Clubs Alert!

Join Skeins Away!

Socialize and collaborate while working on your own needle work, sewing, and crocheting projects on **Tuesdays from 2:00pm- 4:00pm.**

Calling All Gardeners!

USS Garden Club will start **January 6th at 12:30pm and continue the 1st Monday of each month.** No green thumb needed as all levels of experience are welcome! Gardening speakers and projects will be decided as the club grows! Stop in for more details. In January, Pam Bennett, OSU professor and Horticulture Educator, will be on hand to talk about all things gardening and how to start a garden!

If you'd like to see a new activity at USS, use the suggestion box at the welcome center.



Service Project

RESCHEDULED Food Packing Event – with LNI, Wittenberg University

Friday, February 7th, 2:00pm - 4:00pm

Lesotho Nutrition Initiative (LNI) is a group at Wittenberg University, that packs meals across the Midwest and partners with organizations in Lesotho to combat childhood malnutrition by distributing meals. Lesotho is a small country in South Africa with high rates of children suffering from severe/chronic malnutrition. The meals LNI provides are proven to halt malnutrition and reverse the long-term effects. If 65 people can join us, we will be able to pack 10,000 meals!

To reserve your spot, please RSVP at the Welcome Center. **LNI asks for a \$5 donation per person to participate.** Donations will go towards shipping the packed meals to Lesotho. Donations of any amount will be accepted until the conclusion of the event. You do not have to be a USS member to participate.

To learn more visit www.lesothonutritioninitiative.com.



Foot & Nail Clinic

Did you know USS partners with Restorative Foot & Nail Care, LLC to provide services with a certified foot care nurse? These services consist of toenail trimming, filing and thinning, corns and callus reduction, and general foot assessments!

Please call Restorative Foot & Nail Care, LLC at 937-271-7687 for more information, cost, and to schedule an appointment. Appointments are available on the 3rd and 4th Saturdays of the month.

Blocks to Blankets

The Blocks to Blankets group wants to thank everyone who has donated coats, socks, and yarn in 2024. So far this year the group has donated over 3,000 knit items, over 1,500 pairs of socks, and 288 coats and sweaters. The group has made several donations to Sheltered, Inc., Victory Faith Church, Jackson Lytle & Lewis, Project Woman and 3 Indian reservations in South Dakota. The group will continue to accept sock donations in 2025.

Staff Welcome

Cara Rigsbee

USS is happy to welcome Cara Rigsbee to USS as the Director of Program Development. She has a bachelor's degree



in visual arts from the University of Washington and a master's degree in art education from Boston University. Cara Rigsbee grew up in Seattle, WA and lived in Rochester, Minnesota and Chapel Hill, North Carolina before settling in Ohio in 2009. Cara enjoys sewing, painting, gardening, and many other creative projects. She has recently taken up scuba diving and she and her husband have logged over 40 dives in 2024. Cara and her husband Andy, a Springfield Firefighter, have 2 grown children and 2 Weimaraners, Tashimoto and Shadow.

Carla Hetric-Daniel



USS is happy to welcome Carla Hetric-Daniel to USS as an Outreach Coordinator. She has her associate's degree in social work and is working on her bachelor's degree in addiction and recovery from Clark State College.

Carla is the proud mother of four adult children and one minor child, along with two dogs. She enjoys shopping, books, music, traveling, painting, anything arts and crafts. Carla looks forward to spending time with her family, including her sister and niece.

Staff Updates

Congratulations Joyce Ware!

USS warmly congratulates Joyce Ware on her retirement after nearly 34 years of devoted service! Throughout her dedicated career, Joyce held many key roles within the organization, most recently serving as our Grant Compliance Officer. Her broad expertise and deep knowledge of the organization allowed her to guide USS through both challenging and prosperous times. Joyce always demonstrated a deep commitment to the community, dedicating time and effort to initiatives that make a positive impact in Clark County.

Joyce's retirement marks the end of an era, but her influence will resonate in the work culture and agency achievements for years to come. Her colleagues praise her for her commitment, historical knowledge, and leadership, which helped shape our direction and success over the years. USS extends heartfelt congratulations and best wishes for her retirement and future endeavors, assured that her impact will be felt well into the future.

Thank You Amos!

Meal Services celebrates Amos Sims with 35 years of dedicated service at USS. He started in 1989, a strapping young lad, and continues to deliver Meals on Wheels to southern Springfield residents rarely missing a day of work.

Meals

If someone you know is struggling with their health and ability to meet their nutritional needs they may be eligible for home delivered meals.

Contact USS at 937-323-9688 for information.



Educational Opportunities

Mercy Health Lunch & Learn

Lung Cancer Knowledge is Power!

Presented by Angela Wagner, RN, Lung Care Coordinator

Thursday, December 5th at 12:00pm

Lung Cancer in Clark County has been among the top cancers impacting residents for the last several years. During this insightful event, Angela will give education on Lung Cancer detection, the importance of screenings, as well as who is eligible for screenings for Lung Cancer. She will walk attendees through a questionnaire to determine if you or a loved one might



Ohio Valley Lunch & Learn

Title & Presenter To Be Announced

Thursday, January 9th at 12:00pm

Refreshments sponsored by Villa Springfield.



Your Community Leaders

Clerk of Courts

Presented by Melissa Tuttle

Thursday, January 23rd at 12:30pm

USS welcomes Melissa Tuttle, the Clark County Clerk of Courts, to kick off our new "Your Community Leaders" series! Melissa will be on hand to discuss her position at the Clerk of Courts and the role the clerk plays in our community. The Clerk of Courts serve our community on federal, state, and local levels. Join us to hear ways to help your estate avoid probate. Ask questions about titles, courts, and passports! *Refreshments sponsored by Forest Glen.*

USS Member Orientation

Tuesday, January 21st at 11:30am

This is your opportunity to learn about USS history from 1968 to today, our unwavering mission, our many services, and our recreation offerings. New members and those looking to become more familiar with USS are invited!

Mercy Health Lunch & Learn

What is Iovera

Presented by Dr. Malone

Thursday, February 6th at 12:00pm

Join USS to learn more about Iovera[®] innovative pain relief treatment. This treatment uses extreme cold to stop nerves from sending pain signals to your brain without damaging any surrounding tissue and is safe, immediate, and can last 90 days. *Refreshments sponsored by Villa Springfield.*

To reserve your spot, please RSVP no later than one (1) week prior to the educational opportunity by calling t



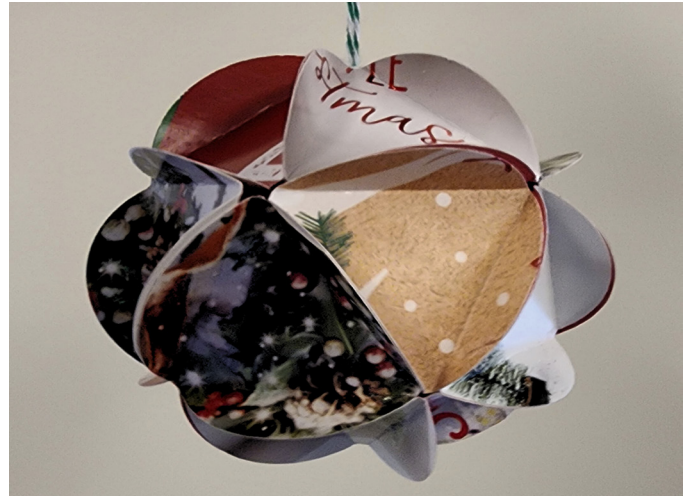
Special Events

Christmas Ornament Craft

Thursday, December 5th from
2:00pm - 4:00pm

Learn how to make beautiful paper spheres using previously loved cards and paper, some folding, and glue! This will be an easy and fun class where all the materials will be provided and you will be able to take this sphere home the same day.

This is a free class but reservations are required by calling Member Services at 937-323-4849. Space is limited.



Puzzle Group Holiday Open House

Thursday, December 19th from
2:30pm – 6:00pm

Thank you to all those that joined the Jigsaw Puzzle group for a very successful Halloween event on October 31st.

Please join the Jigsaw Puzzle Group for a Holiday Open House. Select Vintage Voices carolers will be stopping in to sing a few carols to celebrate the holidays! *Refreshments sponsored by Southbrook.*



Pickleball Tournament

USS is pleased to announce more Pickleball Tournaments coming in 2025!

Thursday, January 16th at 11:00am

This tournament is for Intermediate skill level players and comprised of Mixed Doubles with 16 females and 16 males to be assigned into teams using a random drawing. Rally scoring will be used, playing to 15 points (must win by 1 point). See bulletin board inside MP1 for tournament rules. Space is limited and registration is required beginning Monday, January 6th. There is a \$10 fee per participant due at registration. *Refreshments and prizes are sponsored by Chuck Mitchell Painting.*

The second tournament will be held on Thursday, April 17th and will be for Novice players only. More information to come.



Celebrating Our Volunteers

October is the time for our RSVP Volunteers to gather for our Annual Meeting and Appreciation Event. Our Luau theme called for fun dress-up, Hawaiian food, and a performance by our USS Hula group, Halé O'Hula. Many volunteers received milestone years of service awards and even more won great door prizes! Speaker, Terry Fredrick, educated us about our volunteer site, the Jefferson Street Oasis Community Garden. Thank you to our sponsors USS, Southbrook Healthcare Center, Allen View Healthcare Center, and Ohio Valley Hospic and the many donors for our door prizes.

Let's Help Our Newest Partner Site!

Christ Episcopal Church Food Pantry

409 East High St, Springfield
Looking for more volunteers to help with: Food pantry delivery day helps the 1st Wednesday of the month; arrive around 8:00am.

Food distribution day on the 3rd Wednesday of the month arrive 8:00am-9:00am.

Animal Welfare League Thrift Store

3 West Pleasant St, Springfield
Volunteers needed to help with sorting donations, pricing, stocking, sales, etc. All proceeds support Clark County's NO Kill Shelter. If you are passionate about animals, consider helping at this important mission! Hours are 11:00am-4:00pm on Thursday and Friday.

USS

Red Hot Holiday Stomp Volunteers are needed on Saturday, December 14th.

Volunteers are needed January 2nd-3rd to assist with member sign-ups in the USS lobby. Three shift available.

Volunteers needed to assist with scheduling AARP Tax Prep appointments. Appointment scheduling begins Tuesday, January 21st. Volunteers answer phones, return calls, and schedule individual appointments.

Welcome Desk Volunteers needed for Saturdays 8:00am-12:00pm.

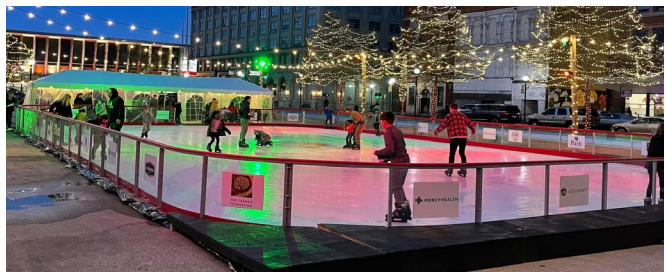
RSVP Fundraiser

Greater Springfield Partnership Ice Skating Rink

RSVP receives 50% percent of the profits on our scheduled weekend!! Invite your friends and family for this festive holiday experience!

The larger rink is back in the core block this year! We need 4 volunteers at minimum each shift. If we get more volunteers, there will be time for breaks to warm up and get food!

Thursday, Dec. 26th 5-8pm
Friday, Dec. 27th 5-9pm
Saturday, Dec. 28th 5-9pm
Sunday, Dec. 29th 5-8pm



Please check the green poster board in Mindy Allender's cubicle for a list of the most up-to-date upcoming volunteer opportunities or contact the RSVP department at mallender@ussohio.org or 937-324-5705 for more information and to serve your neighbors through AmeriCorps Seniors RSVP Program.



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

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.

December 2024

- 2nd:** Holiday Beading for Montessori School Gift Shop
- 3rd:** Sander's Luncheon...by invite
- 5th:** Lunch & Lunch & Nearly New Shop...R\$
- 6th:** Trim-a-Tree...R
- 9th:** Let's Get Moving 10:30-11:30am
- 10th:** Birthday Bingo
- 12th:** Jewelry Exchange
- 16th:** DIY Ugly Christmas Sweater...R, bring your own sweater, decorations provided
- 17th:** Sing-a-Long with Art
- 19th:** Holiday Shopping: Ohio Valley Thrift & Ollies...R\$
- 23rd:** Manicures
- 26th:** Volunteer Opportunity: Ohio Hospice Neck Pillows
- 27th:** Lunch & Bowling Northridge Lanes...R\$
- 30th:** Let's Get Moving 10:30-11:30am
- 31st:** New Year's Eve Party: Glow in the Dark Bingo...R

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

January 2025

- 2nd:** DIY Winter Themed Checkerboard...R
- 3rd:** Lunch & Winter Art Breaks at Columbus Museum of Art...R\$
- 6th:** Volunteer Opportunity: Rocking Horse Knit Hats
- 7th:** Birthday Bingo
- 9th:** Jewelry Making
- 10th:** Lunch & Stringbenders Jam at Xenia Adult Rec & Services Center...R\$
- 13th:** Let's Get Moving 10:30-11:30am
- 14th:** Card Bingo
- 16th:** Jeopardy: MLK Edition
- 17th:** Lunch & Second Street Market...R\$
- 21st:** Dog Show in Enon & Lunch at Rudy's Smokehouse...R\$
- 23rd:** Mystery Activity
- 24th:** Lunch at Olive Garden & Presentation at Clark County Public Library...R\$
- 27th:** Let's Get Moving 10:30am-11:30am
- 28th:** Lego Day-Let's Party!...R
- 30th:** Cute as a Button Bracelet or Keychain
- 31st:** Lunch & Great Council State Park, Xenia...R\$

Updates

Guardianship

If you are 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.

USS Closed

USS will close at 1:00pm on December 13th and 20th, at 12:00pm on December 24th, all day December 25th, and at 4:30pm on December 31st. USS will also be closed all day on January 1st and January 20th.

Stay At Home Bingo

Thursday, December 19th at 1:00pm.

Call Alyssa Bayer at 937-323-4948 x210 or email abayer@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, December 2nd. 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.

Updates

Looking for your Feedback

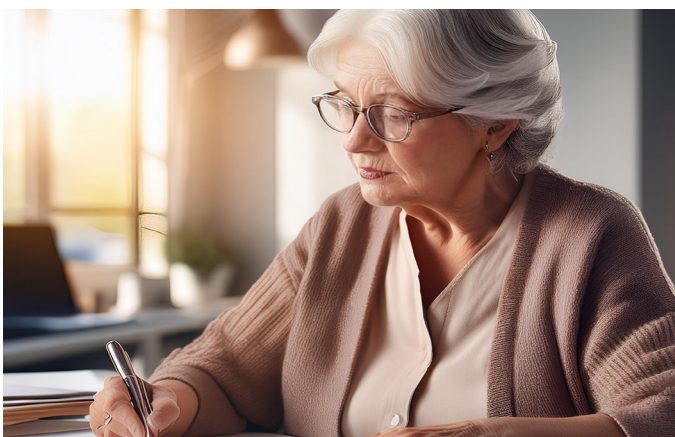
As you can see, we are trying a new format for the CenterPage content and especially the calendar(s) of activities. And we are interested in your feedback.

Next time you stop in downtown please share your comments, complaints, and compliments in the suggestion box at the Welcome Center desk. Thank you!



USS Annual Campaign

The end of the year marks the end of our 2024 Annual campaign. The campaign proceeds will allow us to make improvements to our fitness and aquatic equipment. The end of the year is also when many retirees need to make decisions about charitable distributions from investment accounts. Donating to USS is fully tax deductible and may help lower your income tax obligation. Please consider an end-of-year gift to USS. **See Maureen for questions about a pledge or a planned gift, or pick up a donation envelope at the Welcome desk on your next visit.** Thank you for supporting USS!



Transportation

The USS Transportation service is available to Clark County residents age 60 or better. USS drivers provide rides to medical, dental, or counseling appointments in the local area, special treatments such as chemo and dialysis in our region, and non-medical appointments for essential errands such as going to the pharmacy, local bank, post office, or attorney's office. There is no fee for this service. Donations are appreciated. **Call 937-521-3000 or email transportation@ussohio.org for more information!**



Clark County USS Locations

Did you know USS offers meals and activities at convenient locations throughout the county? Whether you live in Enon, New Carlisle, Bethel Township, or Moorefield Township, there's a spot nearby to enjoy a warm meal, fun programs, and great company.

Each location offers its own unique schedule of events and dining options, so you're sure to find something that fits your interests and routine. From social gatherings to wellness activities, these community centers are here to help you stay active, engaged, and connected.

Hours and offerings vary by location, so stop by your nearest center to learn more. While you're there, you can pick up a calendar filled with upcoming events and meal schedules.

For those who prefer to explore online, visit <https://ussohio.org> to see all that's happening across the county. Plan your visit today and see how USS is bringing the community together, one meal and activity at a time!

Resources

USS 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 at USS downtown. Consider joining on Wednesdays, December 11th and January 8th from 4:30pm – 6:30pm. Respite care is provided by calling 937-323-4948 x116. If you are unable to attend this group, please contact the Alzheimer's Association 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 from February through November from 5:30pm – 6:30pm. Diabetes Support Group is taking a break for the Holidays and will return on February 5th.

Stroke Support Group

USS, in partnership with Mercy Health – Springfield, provides a support group for individuals who have experienced a stroke. This group is open to the public and hosted at USS downtown on the 1st Thursday of each month from 5:30pm – 6:30pm. Each month Mercy Health will provide information and resources to experts in the field. Please consider joining the group on Thursdays December 5th and January 2nd.

Community Support

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.

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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

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

A photograph of a musical score on aged paper, decorated with green pine branches, two red jingle bells with red and white striped ribbons, and several gold musical notes. The score includes treble and bass clefs, a key signature of one sharp (F#), and a time signature of 8/8. Measure numbers 32, 38, and 44 are visible.

You Are Invited!

USS Red Hot Holiday Stomp

Saturday, December 14th at 7:00pm

See page 2 for more details!