

The Center Page

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

APRIL / MAY 2025



UNITED SENIOR SERVICES

ISSUE 2025-02

UNITED SENIOR SERVICES

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

USS DOWNTOWN HOURS:

Mon-Thurs 7:00 AM - 7:00 PM

Fri 7:00 AM - 4:30 PM

Sat 8:00 AM - 12:00 PM

BETHEL TOWNSHIP

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

ENON SATELLITE

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

NEW CARLISLE SATELLITE

Temporarily Closed

DIRECTORS

- Brad Boyer
- Connie Craig, Vice President
- Levi Duncan
- Mark Elliott, Treasurer
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Arlin Par Tolliver, President
- Mike Trempe
- Lori Zakel
- 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

April 1, 2025

Dear Members and Friends,



You can count on USS to remain a welcoming hub of connection and support for everyone who walks through our doors.

For 57 years, the USS mission has been dedicated to enhancing older adults' quality of life by offering programs that support active, involved lifestyles and independent lives. To fulfill our mission, we focus on the many dimensions of wellness – physical, intellectual, and emotional health, social connection, lifelong learning, and purposeful living. At a time when the news can be polarizing, we work hard to ensure our centers offer a space where people can focus on shared experiences, personal growth, and mutual support and our community-based services are available to all who need us.

Differences in politics, career, church, and even age can create barriers in society. Our centers and our mission are designed to bring people together regardless of outside pressures. As the older population grows, so does USS membership, and pressure on our many amenities. We have experienced growth in all activities, lifelong learning, bingo, billiards, and a variety of clubs and special interest groups. We have seen significant year over year growth on our pickleball courts, in the aquatics center, exercise classes, and our fitness center. This growth creates competing demand for space and time to enjoy your favorite activity. With our members support our commitment to provide friendly and welcoming centers for all remains strong. USS programs and activities are designed to engage new members, share experiences, learn together, and develop friendships.

Our agency services focus on issues that directly impact older adults' independence, including access to needed in home supports, benefits and financial literacy, home safety, and many other assistance resources. This focus is for all older adults in Clark County who need us. In 2024 USS served more people, and delivered more units of meals, in-home, and transportation services year over year. We expect this need will continue to grow.

As society continues to evolve, I believe the role of USS and all senior centers becomes more critical. Senior centers offer a local hub of needed support and fostering friendships and a sense of belonging based on what brings us together. By living our mission older adults can navigate an ever-changing world with confidence and dignity. The USS commitment to support successful aging in a welcoming space will not waver.

Thank you for the opportunity,

Maureen

Maureen Fagans, AICP
Executive Director/CEO

Special Events

April/May Dance

Friday, April 11th, 5:00 PM - 8 PM

Friday, May 9th, 5:00 PM - 8 PM

USS Downtown

Once again Mike and Amy will be playing all of our favorite songs for us to dance to.

April 11th is our next dance, catering by Lee's Famous Chicken. Doors to the dance floor will open at 4:45pm with dinner being served at 5:00 PM. Music and dancing is from 6:00 PM to 8:00 PM. There is a \$5.00 fee to attend all dances and payment is due at same time when making a reservation.

May 9th, is our next dance and Carmae will be catering a Spaghetti Dinner. Reservations will go on sale April 14th and will close Friday, May 2nd.

Both of these events are being sponsored by Adventura at Oakwood Village. USS is looking forward to having you join us for these fun-filled events!



Pickleball Tournament

Thursday, April 17th, 11:00 AM

USS Downtown

The Novice Pickleball Tournament is for novice-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. There is a \$10 fee to participate, and reservations start Monday, April 7th at 8:30am with the Member Services team 937-521-3002. Payment is due at registration. Event sponsored by Richard, Raff, and Dunbar. Stay tuned for more tournaments later in the year.

Older Americans Day

Luncheon & Nominations

Tuesday, May 6, 9:30 AM - 2:00 PM

Clark County Fairgrounds Arts & Crafts Building

May is Older Americans Month! The 2025 theme is Older Americans and the Family. Please join us on Tuesday, May 6th at the Clark County Fairgrounds in the Arts & Crafts Building as we recognize this year's very deserving contributors to the growing aging community of Clark County.

We will start this year's event with a resource fair. The event will kick off at 9:30 AM and provide a great opportunity to explore valuable resources for older adults from vendors across Clark County. This portion of the event is free and open to the public.

The Clark County Older Americans Day Luncheon will begin at 11:30 AM with musical guests, The Corn Drinkers. There is a \$5 fee for a catered lunch from Lee's Chicken and payments can be made by cash or check at the USS downtown location. **Tickets for the general public are \$7.50 and can be purchased online at www.usstickets.org.** Last day to register is Friday, April 25th. This event is open to all and it's the perfect chance to connect with the community and enjoy a fun, social experience. We look forward to seeing you there!

USS continues to accept nominations to recognize older adults in Clark County who have made worthy contributions to our community in Leadership and in Service. The deadline for nominations is April 18th for the Clark County 2025 Excellence in Leadership and the 2025 Inspirational Service awards. Nominations and questions can be directed to Tracy Wickham at 937- 521-3010.

This Event is sponsored by Ferncliff Cemetery, Villa Springfield and Heartland.



Special Events

Cooking Adventure for Grandparents and Grandchildren: A Fun, Healthy Day in the Kitchen!

Saturday, May 10th, 10:00 AM - 11:00 AM
USS Downtown

Attention all grandparents and grandchildren! Mark your calendars for Saturday, May 10th, because we have got a tasty and fun adventure planned just for you. Join us for a hands-on cooking experience that is perfect for all ages! This special event will bring generations together in the kitchen, where grandparents and grandchildren will work side-by-side to prepare delicious, healthy snacks. You'll learn how to make fresh, homemade guacamole along with a variety of dips, perfect for pairing with crunchy vegetables and wholesome crackers. It's a great way to enjoy quality time, teach valuable cooking skills, and explore the joys of healthy eating. Space is limited, please reserve your spot by stopping at the Welcome Center and registering or calling 937-323-4948.



Heart Strong

Friday, May 30th, 2:00 PM - 4:00 PM
USS Downtown

USS is excited to host another Heart Strong Event on Friday, May 30th, at 2:00 PM! Clark County has identified hypertension as a leading contributing factor in poor cardiovascular health and chronic disease in our community; here is an opportunity to learn about the causes and what you can do to continue living a healthy life in 2025. This event will have blood pressure checks, healthy snacks, medication reviews (bring a list of current medications, pharmacy staff will review and help guide questions to your doctor), education on causes of hypertension, and prizes.

This event is open to the public. Reserve your spot by calling the Welcome Center at 937-323-4948 by Tuesday, May 27th. This is a partnership between the Clark County Combined Health District, Mercy Health, Second Harvest Food Bank, USS, and Villa Springfield.

Golden Wedding

Are you celebrating your 50th wedding anniversary anytime in 2025? Let us know and you can get a lifetime pass to the Clark County Fair! Contact Member Services at 937-521-3002 or cschneider@ussohio.org with your names, home address, anniversary date, and phone number if you are celebrating this anniversary, and we will mail your lifetime passes and invitation.

This year we will once again host the Golden Wedding Celebration at the Clark County Fair. Check our June/July issue of the CenterPage for more event details. Tell your friends to contact USS if they have also reached this special milestone.

What's New

Staff Welcome

Julie Denney

Julie Denney, a Springfield native, is the new Marketing Communications Coordinator at USS. With over 30 years of experience, she specializes in digital marketing, social media, PR, event management, and video production. As the owner of Julie's Videography for more than three decades, she produced wedding and corporate videos for major clients.



Beyond her career, Julie cherishes her love of family and her husband, Jim. Together, they enjoy traveling and attending car shows. She is a proud member of USS and looks forward to making a meaningful impact in her new role.

Gary Morris

USS is happy to welcome Gary Morris as the newest custodian in the Facilities Department. He graduated from Springfield Shawnee and went on to Anderson University.



Gary served four years in the United States Air Force and served two years in the National Guard. Gary has been happily married for thirty-seven years and has two adult daughters and is the grandfather of one grandson. Gary retired from Columbia Gas in 2020 after thirty years of service and loves traveling, working out, and volunteering at food pantries and soup kitchens.

Demetrice Campbell

USS is happy to welcome Demetrice Campbell as a custodian to the Facilities department. He is a graduate of Springfield South High School where he played varsity basketball for the Wildcats.



Demetrice is a husband, a father of two adult children, and a grandfather of three children. Demetrice brings over seven years of custodial experience and enjoys playing drums, watching sports, and having a good conversation.

Singles Group

Are you looking to meet new people, try out exciting activities, and build lasting connections? If so, we have great news for you! We're exploring the idea of starting a singles group at USS, and we need your input.

Whether you're interested in social events, group outings, or simply connecting with others who share similar interests, we want to know what types of activities you'd enjoy. This group will be a place where you can feel comfortable, supported, and connected in a welcoming environment.

We invite you to join us for a casual meeting where you can learn more about this idea and share your thoughts. **Join us Friday, April 11th from 2:00 PM – 3:00 PM** to talk about how we can shape this new group!

Pickleball Updates

Our mission is to foster a welcoming, respectful, and inclusive environment that enhances the well-being of all members. We are committed to promoting fair play, encouraging healthy competition, and building a supportive community where every player, staff member, and USS member is valued. By prioritizing respect, safety, and mutual consideration, we aim to enrich the lives of our members while protecting the health and well-being of those around us.



USS continues to update the pickleball schedule and rules. Watch your email for updates! Some of USS's newest rules include: Pickleball courts will close 30 minutes prior to the building closing. Players will designate their skill level at the start of each quarter. Players may play only during their assigned skill level time slots unless attending open court times, which are open to all skill levels. A master list of skill level designations will be posted in MP1.

Closed Days at USS

USS will be closed on Saturday, May 24th and Monday, May 26th for Memorial Day.

Educational Opportunities

Mercy Health Lunch & Learn **How to Identify Hernias and** **Benefits of Robotic Surgery**

Presented by Dr. Tedros Andom

Thursday, April 3rd, 12:00 PM – 1:00 PM
USS Downtown

USS will host Dr. Tedros Andom, a board certified in General Surgeon, specializing in Laparoscopic and da Vinci Robotic Surgery. Dr. Andom will discuss different Hernia types and treatments as well as a closer look at Robotic Surgery. Come with questions! Lunch sponsored by Villa Springfield.



SENIOR EMPOWERMENT SERIES

Housing Options

Thursday, April 10th, 10:00 AM – 11:30 AM
USS Downtown

Explore the many housing options available for seniors in our local community. Whether you're considering downsizing, independent living, assisted living, nursing homes, or retirement communities, this session will provide valuable insights to help you make an informed decision. Learn about the key factors to consider when choosing a new home and community, the differences between independent living, assisted living and memory care, and how to evaluate the right facility for your needs. We're thrilled to welcome Scott Buchanan, CEO of Ohio Masonic Home, and Brian Clayborn from Springfield Masonic Community as this month's guest speakers. Don't miss this opportunity to get expert advice and ask questions!

Sponsored by Sara Foulk and Amanda Mullins, SRES Realtors with eXp Realty.

USS Member Orientation

Tuesday, April 15th, 11:30 AM – 12:30 PM
USS Downtown

Join us on Tuesday, April 15th at 11:30am at USS Downtown for a member orientation. This will be an opportunity to learn about USS from 1968 to today. New members and those looking to become more familiar with USS are invited!

Art of Aging

Understanding Volunteer **Guardianships and Resident Rights**

Presented by Betty Stutler

Tuesday, April 22nd, 10:00 AM – 12:00 PM
USS Downtown

Join Betty Stutler, USS Advocacy Coordinator, and the Ombudsman's Office for an informative session on volunteer guardianships and residents' rights. This presentation will provide a clear overview of what volunteer guardianships are, how they work, and the vital role they play in supporting vulnerable individuals. You will also learn about the essential rights that residents have, ensuring their dignity, safety, and well-being.

Additionally, Ombudsman's office will offer a brief overview of its role in protecting and advocating for the rights of individuals in long-term care facilities, helping ensure that residents receive the care and respect they deserve.

This presentation is essential for anyone interested in advocacy, guardianship, or residents' rights. Refreshments sponsored by Good Shepherd Village.

Educational Opportunities

Your Community Leaders

Volunteering in Clark County

Presented by Mindy Allender (USS Ohio)

Thursday, April 24th, 12:30 PM – 1:30 PM

USS Downtown

April is National Volunteer Month, and USS is excited to celebrate by welcoming Mindy Allender, our USS volunteer coordinator, to share her insights into volunteer opportunities right here in Clark County. Mindy, who plays a key role with AmeriCorps Seniors RSVP, will be on hand to discuss how she connects with local agencies to offer meaningful volunteer opportunities across our community. Whether you're interested in giving back, meeting new people, or learning more about how you can make a difference, this is a chance to hear firsthand about the many ways you can get involved.

Join us as Mindy talks about the power of volunteering, the impact it has on both individuals and the community, and how you can take the first step towards volunteering with RSVP. Refreshments sponsored by Wooded Glen and Forest Glen.



OHIO VALLEY

Ohio Valley Lunch & Learn

Skin Cancers

Presented by Dr. Thomas Rak

Thursday, May 1st, 12:00 PM – 1:00 PM

USS Downtown

USS welcomes Dr. Thomas Rak, a Plastic Surgeon from Ohio Valley Surgical Hospital to talk about different types of Skin Cancer. Lunch sponsored by Villa Springfield.

SENIOR EMPOWERMENT SERIES

Finance & Tax Planning

Presented by

John Pickarski and Michael Pickarski

Thursday, May 8th, 10:00 AM – 11:30 AM

USS Downtown

Learn how to budget and manage expenses, explore investment strategies and retirement accounts, and discover the financial tools available to seniors. We'll also debunk common myths about reverse mortgages and discuss the benefits of blanket loans. We're excited to welcome John Pickarski and Michael Pickarski from Pickarski Financial Group to share expert financial planning advice, along with lender Mark Myers, who will provide insights on loan options for seniors. Don't miss this opportunity to gain valuable financial knowledge and ask questions!

Sponsored by Sara Foulk and Amanda Mullins, SRES Realtors with eXp Realty.

Art of Aging

Ensuring Safe Driving as We Age

Presented by Kate Lopez and Lisa McDonough

Tuesday, May 9th, 1:00 PM – 2:00 PM

USS Downtown

USS welcomes Kate Lopez, Certified Driver Rehabilitation Specialist, who will share tips on safe driving, driving assessments, and navigating the transition to driver retirement. Learn how to recognize when it may be time to stop driving and how to make safe decisions for yourself or a loved one. Lisa McDonough, Transportation Director at USS, will also be present to discuss transportation options available through USS and how to get started. This presentation is perfect for anyone concerned about driving safety as they or their loved one ages. Don't miss out on this valuable opportunity! Refreshments sponsored by Northwood Assisted Living.

Educational Opportunities

Clark County Council on Aging Meeting Immigration in Clark County

Presented by Chris Cook

Tuesday, May 13th, 10:00 AM – 11:00 AM

USS Downtown

Join Clark County Health Commissioner Chris Cook for an overview of the Health Department's role in our community. He will discuss the county's health plan and share key statistics on the growing immigrant population and its contributions to Clark County's economy and health. Commissioner Cook will provide an overview of the department's purpose, highlighting its programs, initiatives, and impact on public health in Clark County. Refreshments sponsored by Cherish Hospice.

Art of Aging

Protecting Your Estate from Nursing Home Costs

Presented by Michael Millonig

Wednesday, May 21st, 1:30 PM – 3:00 PM

USS Downtown

USS is pleased to host Michael Millonig, Elder Law Attorney, for an informative presentation on Protecting Your Estate from Nursing Home Costs. Michael will cover several important topics, including insurance options for nursing home care, strategies for preserving assets, and the intricacies of Medicaid eligibility. He will also discuss Medicaid trusts, and the potential risks associated with gifting assets to children. This session is a valuable opportunity for older adults and their families to learn about protecting their estates and planning for future healthcare needs. Refreshments sponsored by Northwood Assisted Living.

Your Community Leaders Consumer Scams

Presented by Katie Harper

Thursday, May 15th, 12:30 PM – 1:30 PM

USS Downtown

USS will host Katie Harper, a presenter from the Ohio Attorney General's Office, to present "Protecting Older Ohioans from Scams Exploitation and Abuse." This event is not sponsored by the Ohio Attorney General's Office.



Mercy Health Lunch & Learn

Inpatient Acute Rehab

Presented by Dr. Chris Kusmierczyk

Thursday, June 5th, 12:00 PM – 1:00 PM

USS Downtown

USS will host Chris Kusmierczyk, who holds his PhD in Physical Therapy, and has been a Physical Therapist for 24 years. Chris is the Program Director of Springfield Regional Medical Center's 24-bed Acute Rehab Unit. He will provide an overview of services, the types of patients who need inpatient rehab, and a new project called "One Step Closer to Home." Chris is a graduate of Greenon High School and Ohio University. Lunch sponsored by Villa Springfield.

To reserve your spot for these educational opportunities please RSVP by calling the Welcome Center at 937-323-4948.

ENON SATELLITE
 7571 Dayton-Springfield Rd
 Enon, OH 45323
 937-863-0043
 Monday - Friday

ENON

April & May 2025

ACTIVITY CALENDAR

Greeting Cards	M 2p *April 14 & May 12*	
Sunshine Singers	M 2:15p	
Full Body Exercise	M, W 9:30a	\$
Bridge	M 12p	📅
Cornhole	M 12:30p	
Mexican Train Dominoes	T 10a *April 1*	
Euchre	T 1p *No Euchre on May 6th	
Lunch & Learn	T 10:30a *April 15*	
Congregate Meals	W 11a - 12p	
Chair Volleyball	W 1p *April 9, 16, 23, 30 & May 14, 21, 28*	
Games	W 12p *April 2 & May 7*	
Birthday Party	TH 12:30p *April 10 & May 8*	📅
Hand & Foot Cards	TH 12:30p *April 3, 17 & May 1, 15*	
Movie	TH 1p *April 17 & May 15*	
Crafts	T 10:30a *April 8, 29 & May 20, 27*	📅
	TH 1p *April 3, 17 & May 1*	📅
Potluck	TH 12:30p *April 24 & May 29*	📅
Bingo	TH 12:30p *May 22	
Music Maestros	TH 10a *April 3, 17 & May 1, 15*	
Chair Yoga	F 9a	\$
Pillows	F 10:30a *April 11, 25 & May 9 & 23*	
Stitchers	F 11:30a	
Puzzle Group	F 11:30a - 3:30p	

New Look

Thank you for your patience as USS continues to expand. We are refreshing our calendar to reflect our growth and mission!

Billiards, Ping Pong and Darts

Stop by the Enon Satellite for full schedule details.

USS Closed

Tuesday, May 6th
 Saturday, May 24th
 Monday, May 26th

Activity Times, dates and rooms are subject to change.

KEY

- \$ Cost
- 📅 Registration Required

Thank You To All Of Our Enon Sponsors:

Anna McElroy (AM)
 Forest Glen (FG)
 Villa Springfield (VS)
 Wright Rehab (WR)
 Cherish Hospice (CH)
 Good Shepherd Village (GSV)
 Springfield Masonic Community (SM)
 VanCrest (VC)

April & May 2025

DOWNTOWN ACTIVITY

CALENDAR

United Senior Services
 125 W. Main St
 Springfield, OH
 937-323-4948
www.ussohio.org

Aquatics, Pickleball & Paid Activities

Stop by the Welcome Center for full schedule details of all USS Aquatics, Pickleball and Paid Activities.

Always Available Activities

Billiards

M, T, W, TH7:00a-7:00p
 F7:00a-4:00p
 S8:00a-12:00p

Fitness Center

M, T, W, TH.....7:00a-7:00p
 F.....7:00a-4:30p
 S.....8:00a-12:00p

Ping Pong

M, T, W, TH7:00a-7:00p
 F.....7:00a-4:30p
 S.....8:00a-12:00p

LP Open Swim

M,T,TH,F.....7:30a-9:00a
 M,T,TH.....10:00a-6:30p
 W.....7:30a-6:30p
 F10:00a-3:00p
 S 8:30a-10:30a

WWP Open Swim

M.....7:30a-11:00a
 M, T12:00p-6:00p
 W.....10:00a-6:30p
 TH.....7:30a-2:00p
 F.....7:30a-3:00p
 S8:30a-11:00a

Blocks to Blankets	M, T 10a – 12p *Apr 14, 28 & May 12, 27*	
Let's Get Moving	M 10:30a – 11:30a	
Moderate Intensity	M, W 10:30a – 11:30a	 
Congregate Meals	M - F 11a – 1p	
WWP Volleyball	M 11a – 12p	 
Ladies Who Lift	M, W 11:30a – 12:30a	 
Duplicate Bridge	M, F 12a – 3p	
Garden Club	M 12:30p – 1:30p *Apr 7 & May 5*	
UNO/Phase 10	M 1p – 3p	
Tai Chi	M 2p – 4p; TH 10a – 12p	
Self Defense	M 5p – 6p	 
Yoga	T 8:30a – 9:30a; TH 4:45 – 5:45	 
Older Americans Day	T 9:30a – 2p *May 6*	 
Full Body Exercise	T, TH 9a – 10:15a	 
LP Water Aerobics	M, T, TH, F 9a – 10a	 
Chair Yoga	T 9:30a – 10:30a	 
Art Of Aging	T 10a – 11a; TH 1:30p – 2:30p; F 1p – 2p *Apr 22 & May 9, 21*	
Clark Co Council on Aging	T 10a -11a *May 13*	
Moving with Music	T 10:30a – 11:30a	
Bid Euchre	T 11:30a – 4p	
USS Jammers	T, TH 11:30a – 1:30p; S 10a – 11:30a	
Friendly Euchre	T 12p – 3p	
Pinochle	T, TH 12p – 3:30p	
Long Arm Quilting	T 1p – 6p; W 9a – 12:30p	 
MahJong	T 1p – 3p	
Chair Volleyball	T 2p – 4p; TH 4:45p – 6:45p	
Parkinson's Exercise	T, TH 2p – 3p	
Skeins Away	T 2p – 4p	
Vintage Voices	W 9a – 11a	
WWP Volleyball	W 9a – 10a	 
Blood Glucose Screenings	W 10a – 12p *Apr 16 & May 14*	
Blood Pressure Screenings	W 10a – 12p *Apr 2, 9, 23, 30 & May 7, 21, 28*	

USS Downtown Building Hours

Mon-Thurs 7:00am - 7:00pm

Friday 7:00am - 4:30pm

Saturday 8:00am - 12:00pm

KEY



Cost



Registration Required

Bingo	W 1p – 3:30p	
Card Making Club	W 1p – 3:30p *Apr 9 & 23 & May 14 & 28*	
Connecting Threads	W 1p – 3:30p *Apr 16 & May 21*	
Crafting Group	W 1p – 3p	
Samba (Cards)	W 2p – 5p; F 12p – 4:30p	
Caregiver Support Group	W 4:30p – 6:30p *Apr 9 & May 14*	
Diabetes Support Group	W 5:30p – 6:30p *Apr 2 & May 7*	
Poker	TH 9a – 3p	
MH Lunch & Learn	TH 12p – 1p *Apr 3*	
OV Lunch & Learn	TH 12p – 1p *May 1*	
Cribbage	TH 12:30p – 2:30p	
Your Community Leaders	TH 12:30p – 1:30p *Apr 24 & May 15*	
Hand & Foot (Cards)	TH 11a – 4p	
Jigsaw Puzzle Group	TH 2p – 6:45p	
Photo Club	TH 3p – 4:30p	
Stroke Support Group	TH 5:30p – 6:30p *Apr 3 & May 1*	
Hula Hoop Group	F 11a – 12:30p	
Weaving	F 9:30a – 11:30a	
Hula Dance	F 11a – 12:30p	
Euchre	F 1p – 3:30p	
Thirty One(Cards)	F 1p – 3:30p *Apr 4 & May 2*	
Member Orientation	T 11:30a – 12:30p *Apr 15*	
Pickleball Tournament	TH 11a – 2:30p *Apr 17*	
Tour Preview- Michigan	T 11a – 12:30p *May 13*	
Tour Preview- South Dakota	T 2p – 3:30p *May 13*	
Senior Empowerment Series	TH 10a – 11:30p *Apr 10 & May 8*	
Foot & Nail Clinic	S 8a – 12p *Apr 15, 22 & May 17, 24*	
Cooking Adventure	S 10a – 11a *May 10*	
Visual Impaired Support Group	S 10a – 11:45a *Apr 12 & May 10*	

Pickleball

Advanced Pickleball

M, F.....7:00a-10:00a

M.....4:00p- 6:30p

T.....12:00p-1:30p

W.....11:00a-3:00p

Pickleball for Novice

M.....12:00p - 1:30p

W..... 4:30p - 6:30p

TH.....10:30p -1:30p

F.....12:00p - 2:00p

Intermediate Pickleball

M.....1:30p - 4:00p

T.....4:30p - 6:30p

W.....7:00a - 11:00a

TH.....1:30p - 4:00p

F.....2:00p - 4:00p

Pickleball Lessons

W.....3:00p - 4:30p

Pickleball Skills

F.....10:00a - 12:00p

Apr 11, 25 & May 9, 23

USS Closed

USS will be closed
Saturday, May 24th
and Monday, May 26th

Activity Times, dates and rooms are subject to change.

New Look

Thank you for your patience as USS continues to expand. We are refreshing our calendar to reflect our growth and mission!

BETHEL

April & May 2025 ACTIVITY CALENDAR

BETHEL SATELLITE
11200 Gerlaugh Road
Medway, OH 45341
937-323-4948
Tuesdays & Thursdays

KEY



Cost



**Registration
Required**

Chair Volleyball	T 10a – 11a *Apr 1 & May 20*
Presentation: Driving	T 10a – 11p *May 6*
Presentation: Nursing Home	T 10a – 11a *Apr 15*
Congregate Meals	T, TH 11a – 1p
Dominos	T 11a – 12p *Apr 29*
Auction	T 11:30a – 12:30p *May 20*
Presentation: USS	T 11:30a – 12:30p *Apr 8*
Presentation: Bethel 101	T 11:30a – 12:30p *May 27*
Bingo	TH 12p *May 13, 15*
Showdown (Cards)	T 12p – 1p *Apr 22*
Indoor Bowling	TH 10a – 11a *Apr 17 & May 22*
Presentation: Cooking	TH 11:30a – 12:30p *May 8*
Presentation: Stroke	TH 11:30a – 12:30p *Apr 3*
Euchre	TH 12p – 1p *Apr 10*
Birthday Celebration	TH 12p – 1p *Apr 24 & May 29*
Cookie Decorating	TH 12p -1p *May 1*

Thank you to all of our Bethel sponsors:

Good Shepherd Village (GSV)
Laurels Of Huber Heights (LHH)
Springfield Masonic (SMC)
Villa/Wright Rehab (VWR)
Vancrest (V)

Spotlight on our USS Employees

Celebrating Amos Sims' Well-Deserved Retirement



After 35 years of dedicated service, Amos Sims has decided it's time to hang up the car keys and cruise into retirement. Beginning in 1989, Amos joined the USS team as a meal delivery driver and quickly became one of our most loyal and steadfast staff members. His unwavering commitment to serving others and his exceptional work ethic set a standard for all who worked alongside him. Over the years, Amos has been more than just a driver—he has been a cherished face of kindness, compassion, and reliability. His genuine care for those he served is evident in the countless smiles and thank-yous he received along the way. Always cooperative and willing to lend a hand, Amos was a go-to person in any situation.

What truly makes Amos stand out is his warm and approachable nature. "I knew Amos when he was a kid running barefoot up and down Innisfallen Avenue," many in his delivery area would fondly recall as they enrolled for meals. Such memories serve as a reminder of how deeply Amos is rooted in the community and how much he has touched the lives of others.

Amos' retirement marks the end of an era at USS, but his legacy will endure in the hearts of all those who had the pleasure of working with him. We wish Amos all the best as he enters this new chapter in life. While we'll miss his smiling face, his presence, and his generous spirit, we know he'll always be a part of our USS family. Best wishes, Amos—enjoy the well-deserved rest and the adventures ahead!

Celebrating Reiko Bowers: A Legacy of Leadership & Dedication



We are honored to celebrate Reiko Bowers as she celebrates her 90th birthday on May 19th. Reiko's journey began on a small Japanese island, where, at just 10 years old, she witnessed the bombing of Hiroshima. Despite this early hardship, she developed a lifelong passion for fitness, earning a teaching certificate in physical education and inspiring generations of students.

Reiko and her late husband, Al Bowers, spent over 20 years as Boy Scout leaders, shaping the lives of many young men in their community. For the past several years, Reiko has been an integral part of USS, leading the Full Body Exercise class and reminding us all of the importance of staying active and socially engaged as we age.

Outside of teaching, Reiko enjoys ceramics, origami, and sewing—reflecting her creativity and resourcefulness. A proud mother, grandmother, and great-grandmother, Reiko deeply values her family and cherishes memories of camping trips spent together.

As we celebrate Reiko's 90 years, we thank her for her enduring commitment to USS and the inspiration she brings to all of us. Here's to many more years of health, happiness!

Starting June 1st, FBE will be offered at no cost, and classes will rely on video. Reiko plans to continue to attend the exercise class she led for many years as a participant. Join us after Full Body Exercise May 19th in Enon or on May 20th Downtown to celebrate Reiko's birthday!

Americorp Seniors *Retired and Senior Volunteer Program*

National Volunteer Week

is celebrated the third week of April and this year is from April 20th to 26th. This celebration is about placing a spotlight on inspiring figures whose invaluable seeds of kindness through volunteering are bettering the community and our world in general. This significant celebration, established in 1974, provides the perfect opportunity to say THANK YOU. It also challenges us to do better and look for ways to be active participants, joining hands to impact our local communities.



Barbara and Mindy attended the ServeOhio Conference in March. The conference purpose was “to create opportunities for inspiration, connection, and building 21st century skill sets that support the continued evolution and impact of Ohio’s service and volunteerism professions”.

Older Americans Day and Resource Fair May 6th 9:30 AM and Lunch at 11:00 AM

This will be 1 of only 2 large events for 2025 for volunteers, with the other being Golden Wedding. We will need 30 volunteers to assist with set-up and clean up, helping vendors set up, check in, serving and more.



Older Americans Day (formerly Senior Day) will be May 6th!

The AmeriCorps Seniors Retired and Senior Volunteer Department’s much anticipated annual fundraising raffle will be held at this event. Watch for announcements that our raffle tickets are for sale and information on great prizes! You do not need to be present to win! Please support our volunteers!

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.

Social Support

April 2025

- 1 Jelly Bean Tasting Game
- 3 Lunch & Learn
- 4 Lunch at Tee Jaye's & Columbus Art
- 7 Let's Get Moving
- 8 Birthday Bingo
- 10 Jaguar Room & Nearly New Shop (G1)
- 11 Guess Who Game-Social Support Edition
- 14 Manicures
- 15 Shaved Ice Day
- 17 Jaguar Room & Nearly New Shop (G2)
- 18 Nerf Gun Contest
- 21 Let's Get Moving
- 22 Trivia
- 24 DIY Seed Bombs
- 25 Lunch at Mel-O-Dee & Copey's Meat
- 28 Monday Mind Games
- 29 Corn Hole

May 2025

- 1 Mystery Activity
- 2 Lunch & Heart of Ohio Antique Center
- 5 Let's Get Moving
- 6 Older American's Day @ CCFG
- 8 Thong Throwing Game
- 9 Famous Mother's and Mocktails
- 12 Manicures
- 13 Birthday Bingo
- 15 DIY Tea Bombs
- 16 Put-Put Golf at Youngs
- 19 Let's Get Moving
- 20 Would you Rather? (conversation game)
- 22 Karaoke
- 23 Freshwater Farms
- 27 DIY Ceramic Trinket Bowl
- 29 Wheel of Fortune
- 30 West Liberty Thrift Shops & Antiques

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.

Registration Required Fee

Make a Difference in a Senior's Life - Become a Volunteer Guardian!

If you are passionate about protecting vulnerable seniors, the Volunteer Guardianship Program might be perfect for you.

By volunteering, you'll help advocate for the rights and well-being of older adults, forming meaningful relationships that truly make a difference.

Studies show that regular visits to seniors in nursing facilities can greatly improve their health and well-being. For many, depression can set in after just 30 days in an unfamiliar environment. As a guardian, your involvement can offer crucial emotional support and companionship, creating a mutually rewarding experience.

Training is provided online at your own pace, ensuring you are fully prepared to assist those in need. Throughout your volunteer journey, you'll be supported by the probate court and our dedicated USS Volunteer Advocate. For more information about this fulfilling volunteer opportunity, please contact Betty Stutler, Advocacy Coordinator, at 937-323-4948 x218.



Travel with USS!

2025 USS TOURS

Tour information available at ussohio.org/travel, at USS 125 W. Main St., Springfield, OH or by calling Cindy Lockwood at 937-521-3009.

Discover Chicago

June 11-14, 2025

Preview March 7th at 11:00 AM

Activity level-Moderate to Heavy

Explore Chicago's premier shopping along N. Michigan Avenue, immerse yourself in art, history, and science museums, and admire architecture that competes with the world's finest. Enjoy deep dish pizza 103 floors up and take a tour of Wrigley Field – all this and more!

Tour Fare: \$1369 per person (2 in a room)



Wild West Virginia

June 27-30, 2025

Preview March 7th at 2:00 PM

Activity level-Moderate to Heavy

Experience the breathtaking scenery of Blackwater Falls State Park, the historic Cass Scenic Railroad, the mystery of the National Radio Astronomy Observatory, and the massive underground bunker at the Greenbrier Resort. With a variety of historic attractions, delicious meals, amazing scenery, and premium entertainment, this West Virginia tour is an ideal summer get away.

Tour Fare: \$1239 per person (2 in a room)

Annual Mystery Tour It's a Musical Mystery

July 17-20, 2025

Activity level-Moderate to Heavy

Tour Fare: \$1369 per person (2 in a room)

Shop Shippshewana

August 5-6, 2025

Activity level-Moderate to Heavy

You've never seen shopping like this! The Shippshewana Trading Place Flea Market is the largest in the Midwest – the size of 30 football fields with over 700 vendors. The possibilities are endless! You will find treasures in gardening, fresh produce, art, home decor, furniture, crafts, antiques, jewelry... and so much more!

Tour Fare: \$369 per person (2 in a room)

Win in Michigan!

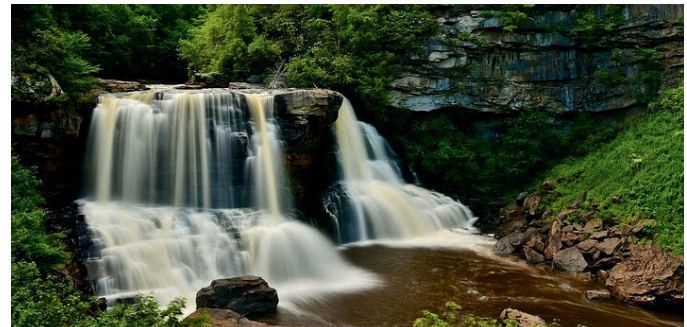
August 22-24, 2025

Preview May 13th at 11:00 AM

Activity level-Moderate

Try your luck as we travel to the Midwest's premier gaming and hospitality destination-The Soaring Eagle Casino & Resort. Immerse yourself in luxury with award winning dining, high stakes bingo, and a full-service spa. Add a visit to Frankenmuth, known for Bavarian-style architecture and the Meijer Gardens & Sculpture Park, voted best in the U.S.

Tour Fare: \$716 per person (2 in a room)



South Dakota Treasures

September 18-23, 2025

Preview May 13th at 2:00 PM

Activity level-Moderate to Heavy

Discover the beautiful Black Hills region of South Dakota, relive Old West adventures and learn about the area's rich history at famous landmarks including Wall Drug, Deadwood, Mount Rushmore National Memorial, Crazy Horse Memorial, Custer State Park and Badlands National Park. South Dakota is a treasure!

Tour Fare: \$2849 per person (2 in a room)



The Best of New England

October 21-29, 2025

Preview June 17th at 2:00 PM

Join the worth the wait list!



The Sky is the Limit The Albuquerque Balloon Fiesta

October 3-7, 2025

Preview June 17th at 11:00 AM

Activity level-Moderate to Heavy

Locals will tell you that October is the most beautiful time of year in New Mexico. The Albuquerque Balloon Fiesta, the largest hot air ballooning event in the world, is a must-see! Enjoy reserved seating at the fiesta and explore Santa Fe, the Sandia Peak Aerial Tram, Santa Fe Sky Railway, and the Loretta Chapel.

Tour Fare: \$2929 per person! (2 in a room)





A New York State of Mind **November 12-16, 2025**

Preview July 22nd at 11:00 AM

Activity level-Moderate

What comes to mind when you think of New York City? The Statue of Liberty, Ellis Island, Times Square, Radio City Music Hall, Central Park, a Broadway show? Enjoy all these attractions and more on this unique Big Apple Tour! NYC is the center of the Universe for shopping, sightseeing, theatre, and cuisine. Join us to experience all of this firsthand!

Tour Fare: \$2089 per person (2 in a room)

San Antonio Holiday **December 4-8, 2025**

Preview July 22nd at 2:00 PM

Activity level-Moderate

Enjoy the holiday spirit Texas-style as you settle into your River Walk hotel on this San Antonio holiday getaway. Step into the heart of the holiday sights with over 120,000 lights illuminating the River Walk during the holiday season. The Historic Market Square boasts 100 businesses and the sights and flavors of old Mexico. Discover the Alamo and Mission San Jose to top off your magical holiday escape!

Tour Fare: \$2029 per person (2 in a room)

2025 Day Trips **USS TOURS**

Wednesday, May 21st

**A Day in Amish Country -
Berlin, OH**

Join the worth the wait list!

Wednesday, June 4th

**MLB game-Reds vs Brewers-
Cincinnati, OH**

Join the worth the wait list!

Thursday, July 10th

Lake Erie Island Hopping Cruise

Join the worth the wait list!

Thursday, August 14th

**Bratwurst Festival & More -
Bucyrus, OH**

Wednesday, September 10th

**Ohio's Presidents
throughout Ohio**

Thursday, October 16th

**Explore Northeast Ohio's
Covered Bridges**

Wednesday, November 5th

Fall Snooty Fox Adventure

Thursday, December 11th

**Scrooge the Musical at
LaComedia Dinner Theater**

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 Wednesday, April 9th at 4:30 PM The focus will be on Exploring Care and Support Services. This presentation will examine how best to prepare for future care decisions and changes, including respite care, residential care, and end-of life care. The next meeting will be held on Wednesday, May 14th at 5:30 PM.

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 on the 1st Wednesday of the month from February through November. Each month CCDA will provide information and resources by experts in the field. Join Jeannie Dafforn, NBC-HWC on Wednesday, April 2nd at 5:30pm to learn about simple steps to reduce fall risk. The next session will be held on Wednesday, May 7th at 5:30pm with a National Kidney Foundation representative.

Stroke Support Group

USS, in partnership with Mercy Health – Springfield, provides a support group for individuals who have experienced a stroke the 1st Thursday of each month from 5:30 PM – 6:30 PM. Each month Mercy Health will provide information and resources by experts in the field. Please consider joining the group on Thursday, April 3rd for a presentation from National Trail Parks and Recreation District discussing area parks that are accessible to those who need an even surface for walking and those that are wheelchair accessible. On Thursday, May 1st there will be a speaker from the Neuro Rehabilitation and Balance Center to discuss the different types of aphasia.

Visual Impaired Support Group

USS, in partnership with National Federation for the Blind, provides a support group for individuals who have experienced any degree of visual impairment the 2nd Saturday of each month from 10:00 AM – 11:45 AM. Join us on Saturdays April 12th and May 10th to learn more.

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, the USS Outreach Coordinator can provide more information at 937-521-3005.

UNITED SENIOR SERVICES

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

USS DOWNTOWN HOURS:
Mon-Thurs 7:00 AM - 7:00 PM
Fri 7:00 AM - 4:30 PM
Sat 8:00 AM - 12:00 PM

BETHEL TOWNSHIP

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

ENON SATELLITE

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

NEW CARLISLE SATELLITE

Temporarily Closed

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

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MAY IS OLDER AMERICANS MONTH!

The Clark County Older Americans Day

Tuesday, May 6th, 9:30 AM – 2 PM

Resource Fair Opens at 9:30 AM

Luncheon Begins at 11:30 AM

Member Tickets: \$5

(Only Available at USS Centers)

General Public: \$7.50

Catered by: Lee's Chicken

Musical Guests: The Corn Drinkers

Clark County Fairgrounds - Arts & Crafts Building

This event is open to all!

**Buy tickets online at
www.USSTickets.org**

