“AGING” WEBSITES
www.areaofficeonaging.com
Area Office on Aging of Northwestern Ohio, Inc.
www.seniormanet.net
Older Adults Resource Guide and helpful information
www.goldenbuckeye.com
Ohio Department of Aging
www.ohioaging.org
Ohio Association of Area Agencies on Aging
www.aarp.org
AARP
www.asaging.com
American Society on Aging
www.aoa.gov
U.S. Administration on Aging
www.dhhs.gov
Department of Health and Human Services
www.cms.hhs.gov
Center for Medicare and Medicaid
www.ncoa.org
National Council on Aging
www.nsclc.org.
National Senior Citizens Law Center
www.senior.com
SeniorCom
www.seniorlaw.com
Senior Law Home Page
www.seniornet.org or ToledoSN@aol.com
SeniorNet
www.ssa.gov
Social Security Administration
www.aahsa.org
American Association of Homes and Services for the Aging
www.alz.org
The Alzheimer’s Association
www.careguide.net
National Child Care Assn, (eldercare forum for caregivers)
www.elderweb.com
Deals with issues of importance to older adults
www.elderhostel.org
National Elderhostel Office
www.medicare.gov
Medicare Website

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INTERPRETERS
POLISH
Chet Zablocki Senior Center  (419) 242-1646

HEARING IMPAIRED
DEAFinitely IT  (419) 472-8377
4235 Monroe St., 43606
Communication Exchange, LLC  (419) 343-9321
2419 N. Reynolds Rd., Toledo 43615

INTERNATIONAL
International Language Source  (419) 865-5474
2346 Cedarwood Dr., 43537
Primary Information and Assistance

**AREA AGENCIES ON AGING**

An Area Agency on Aging (AAA) is a public or private non-profit agency, designated by the state to address the needs and concerns of all older adults at the local level. An Area Agency on Aging is a generic term. These agencies can provide information on services in their locale, as well as other specific activities related to their state.

AAA’s were established under the Older Americans Act (OAA) in 1973 to respond to the needs of Americans aged 60+ in every local community. The services available through AAA fall into five broad categories.

- Information and access services,
- Community-based services,
- In-home services,
- Housing, and
- Elder rights.

Within each category a range of programs is available.

—Nati. Directory for Eldercare Info. and Referral, Nat. Assoc. of Area Agencies on Aging

**Area Office on Aging of Northwestern Ohio, Inc.** (419) 382-0624 or 1-800-472-7277
2155 Arlington Ave., 43609
www.areaoofficeonaging.com

Serves Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams and Wood counties. The Aging and Disability Network provides free and confidential Information and Referral services to seniors and their families, community professionals, veterans and persons with disabilities. The Aging and Disability Resource Network offers centralized intake for all Area Office on Aging programs as well as community referral services that are based on the needs of each individual. We also accept walk-ins for consultations and offer a live chat service through the Area Office on Aging website.

**INFORMATION AND ASSISTANCE**

See also Senior Centers for neighborhood assistance.

These agencies provide information about local services and resources available to seniors. All either provide or refer for advocacy and counseling, information and referral, health screenings and wellness programs, meals, outreach, social activities and transportation.

**Ability Center of Greater Toledo**
DeFiance, Williams, Henry, Fulton:
228 South Main St., Bryan 43506 (419) 633-1400
Lucas, Sandusky, Wood:
5605 Monroes St., Sylvania 43560 (419) 885-5733
Ottawa: 1848 E. Perry St., Ste. 110, Port Clinton 43452 (419) 734-0330
www.abilitycenter.org
Non-profit independent living center assisting persons with disabilities.

**Eldercare Locator** 1-800-677-1116
1730 Rhode Island Ave. NW, Ste. 1200, Washington, D.C. 20036
www.eldercare.gov
9 A.M. – 8 P.M. M–F. Helps families and friends find information about community services nationwide.

**Family Caregiving Alliance (FCA)** 1-800-445-8106
180 Montgomery St., Ste. 1100, San Francisco, CA 94104
www.caregiver.org
Provides online support groups, newsletters, expert interviews and education/information.

**Federal Citizen Information Center** 1-800-333-4636
1800 F St., NW, Rm. G 142, Washington, DC 20405
www.usa.gov

**National Family Caregivers Assn.** 1-800-896-3650
10400 Connecticut Ave., Ste. 500, Kensington, MD 20895
www.thefamilycaregiver.org
Non-profit dedicated to making life better for all of America’s caregivers. Provides education/information, support/validation and public awareness/advocacy.

**United Way 2-1-1/First Call for Help**
Lucas, Ottawa, Wood,
Erie counties (419) 246-4636 (INFO) or 1-800-650-4357
424 Jackson St., Toledo 43604
Fulton, Henry, Defiance, and
Williams counties (419) 599-1660 or 1-800-468-4357
Sandusky county (419) 334-2720 or 1-800-593-9444
Information and referral services for community resources. Operated by the United Way.

**TAKE NOTE**

If you receive Medicare benefits through an HMO, you do not need Medigap insurance. You may wish to maintain your Medigap policy until you are sure you are satisfied with an HMO’s services.

If you reside in more than one home throughout the course of the year, a coordinated care plan is not a good idea. You could end up paying all of your medical bills without any Medicare or supplemental insurance.
“If it weren’t for the money the Area Office on Aging helped me save on my prescriptions, I would be choosing between either being able to pay for my prescriptions or pay for food. It’s quick and easy for people to find out if they can save on their prescriptions.”

— Edie Timblin
Senior Centers

Senior Centers...Community facilities where older adults can gather and make new friends. While programs vary by center, most offer outreach programs, meals, information, health screenings, counseling, and a variety of educational, fitness and volunteer programs.

■ DEFIANCE COUNTY
Defiance County Senior Services
(419) 782-3233 or 1-888-782-3233
140 E BROADWAY, DEFIANCE 43512
www.defiance-county.com

Hicksville Senior Center
(419) 542-5004 or 1-888-330-5004
708 E. HIGH ST., HICKSVILLE 43526

■ ERIE COUNTY
Erie County Senior Center
(419) 626-2560 or 1-800-701-3221
620 E. WATER ST., SANDUSKY 44870
www.eriesenior.org

Fulton County
Fulton County Senior Center
(419) 337-9299 or 1-800-686-9217
240 CLINTON ST., WAUSEON 43567
www.fultoncountyoh.com

■ HENRY COUNTY
Henry County Senior Center, Inc.
(419) 599-5515
130 E. CLINTON ST., NAPOLEON 43545
www.henrycountyseniorcenter.com

■ LUCAS COUNTY
Asian Resource Center
(419) 936-2866
1865 FINCH ST., TOLEDO 43609

Chester J. Zablocki Senior Center
(419) 936-3090
3015 LAGRANJE ST., TOLEDO 43608

East Toledo Senior Activity Center
(419) 691-2254
1001 WHITE ST., TOLEDO 43605

Eleanor M. Kahle Senior Center
(419) 476-2745
1315 HILLCREST DR., TOLEDO 43612
www.kahleseniorcenter.org

Friendship Park Senior Center
(419) 936-3079
2930 131ST ST., TOLEDO 43611
www.geocities.com/friendshippark

NHA - J. Frank Troy Senior Center
(419) 255-6206
545 INDIANA AVE., STE. A, TOLEDO 43604

■ OTTAWA COUNTY
Danbury Senior Center
(419) 798-4101
8470 E. HARBOR RD., LAKESIDE
MARBLEHEAD 43440
www.co.ottawa.oh.us

James W. Hancock Senior Center
(419) 698-7078
5760 BAYSHORE RD., OREGON 43618

JFS Senior Adult Center
(419) 531-2119
2700 PELHAM RD., TOLEDO 43609

Little Sisters of the Poor – Sacred Heart Home
(419) 698-4331
930 S. WYNN RD., OREGON 43616
www.littlesistersofthepoor.org

Margaret L. Hunt Senior Center
(419) 385-2595
2121 GARDEN LAKE PKWY., TOLEDO 43614

Maumee Senior Center
(419) 893-1994
2430 S. DETROIT AVE., MAUMEE 43537
www.maumeeseniorcenter.com

Monclova/Anthony Wayne Senior Center
(419) 861-1336
8115 MONCLOVA RD., MONCLOVA 43542
www.monclovaommctr.org

NHA - Mayores Senior Center
(419) 242-1144
2 AURORA GONZALES DR., TOLEDO 43609
www.nha.org

Senior Centers, Inc.
(419) 242-9511
2605 JEFFERSON AVE., TOLEDO 43604
www.seniorcenterinc.org

Spencer Township Neighborhood Center Inc.
(419) 865-4700
330 OAK TERRACE BLVD., HOLLAND 43528

Sylvania Senior Center
(419) 885-3913
7140 SYLVANIA AVE., SYLVANIA 43560

West Toledo Senior Center
See Eleanor M. Kahle

■ PAULDING COUNTY
Paulding County Senior Center
(419) 399-3650
401 E. JACKSON ST., PAULDING 45879

■ SANDUSKY COUNTY
WSOS
Clyde Nutrition Site
(419) 547-8052
900 N. WOODLAND AVE., CLYDE 43410

Gibsonburg Nutrition Site
(419) 637-7947
600 W. STATE ST., FREMONT 43420

Sandusky Co. Senior Center
(419) 334-8383
200 MARYLAND AVE., MODOAR 43443

Woodville Nutrition Site and Senior Center
(419) 849-3636
321 E. MAIN ST., WOODVILLE 43469
www.wsos.org

■ WILLIAMS COUNTY
Bryan Senior Center
(419) 636-4047
1201 PORTLAND ST., BRYAN 43506

Edgerton Senior Center
(419) 298-3564
PO BOX 877, EDGERTON 43517

Edon Area Senior Center
(419) 272-2070
302 PARKWAY, PO BOX 211, EDON 43518

Elmore Senior Center
(419) 862-3874
GRACE EVANGELICAL LUTHERAN CHURCH,
19225 WITY RD., ELMORE 43416
www.co.ottawa.oh.us/seniorresources

Genoa Senior Center
(419) 855-4491
514 MAIN ST., GENOA 43430

Oak Harbor Senior Center
(419) 898-2800
8180 W. ST. RT. 163, OAK HARBOR 43449
www.co.ottawa.oh.us

Port Clinton Senior Center
(419) 734-1481
320 E. THIRD ST., PORT CLINTON 43452
www.co.ottawa.oh.us/seniorresources

Put-In-Bay Senior Center
(419) 285-5501
PO BOX 525, PORT CLINTON 43456

Senior Centers, inc.
(419) 936-3090
3015 LAGRANJE ST., TOLEDO 43608

Senior Centers, inc.
(419) 242-9511
2605 JEFFERSON AVE., TOLEDO 43604
www.seniorcenterinc.org

Spencer Township Neighborhood Center Inc.
(419) 865-4700
330 OAK TERRACE BLVD., HOLLAND 43528

Sylvania Senior Center
(419) 885-3913
7140 SYLVANIA AVE., SYLVANIA 43560

West Toledo Senior Center
See Eleanor M. Kahle
You’re not alone! You don’t have to miss work for an extended period of time to care for an elderly relative. An Area Office on Aging or Senior Center can help you find providers and services including meals, adult day care, transportation, and homemaker and chore services.

**COOK CREATIVE**

**SENIOR DINING SITES**

This program is funded in part by the Older Americans Act. It is intended for persons age 60+ to have one nutritionally balanced meal on weekdays. Some senior dining sites offer breakfast, evening and weekend meals, and/or activities. Advance meal order reservations are required. Meals are on a donation basis. Donations are voluntary and confidential. Some dining sites are also located in senior apartments, churches, temples or community centers. Transportation is available to most dining sites. For more details about activities, dates, meals, times, transportation, or reservations, please contact your local senior center.

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DEFIANCE COUNTY
Defiance County Senior Services
(419) 782-3233 or 1-888-782-3233
1400 E. BROADWAY, DEFIANCE 43512
www.defiance-county.com

Hicksville Senior Center
(419) 542-5004 or 1-888-330-5004
708 E. HIGH ST., HICKSVILLE 43556

ERIE COUNTY
Erie County Senior Center
(419) 624-2560 or 1-800-701-3221
620 E. WATER ST., SANDUSKY 44870
www.eriecounty.org

FULTON COUNTY
Archbold Nutrition Site
(419) 337-9299
RUBLEY PARK SCOUT CABIN, ARCHBOLD 43502
www.fultoncountyoh.com

Delta Senior Nutrition Site
(419) 337-9299
401 N. MAIN ST., DELTA 43515
www.fultoncountyoh.com

Fayette Nutrition Site
(419) 337-9299
105 E. MAIN ST., FAYETTE 43512
www.fultoncountyoh.com

Fulton County Senior Center
(419) 337-9299 or 1-800-686-9217
240 CLINTON ST., WAUSEON 43567
www.fultoncountyoh.com

Swanton Nutrition Site
(419) 337-9299
210 N. MAIN ST., SWANTON 43558

LUCAS COUNTY
Asian Resource Senior Center
(419) 936-2866
1865 FINCH ST., TOLEDO 43609

Chester J. Zablocki Senior Center
(419) 936-3090
3015 LAGRANGE ST., 43608

Fayette Nutrition Site
(419) 337-9299
105 E. MAIN ST., FAYETTE 43512
www.fultoncountyoh.com

Fulton County Senior Center
(419) 337-9299 or 1-800-686-9217
240 CLINTON ST., WAUSEON 43567
www.fultoncountyoh.com

Swanton Nutrition Site
(419) 337-9299
210 N. MAIN ST., SWANTON 43558

Ottawa County
Danbury Senior Center
(419) 798-4101
8470 E. HARBOR RD.
LAKESIDE MARBLEHEAD 43440

Elmore Senior Center
(419) 862-3874
GRACE EVANGELICAL LUTHERAN CHURCH
19225 WITTY RD., ELMORE 43416

Genoa Senior Center
(419) 855-4491
514 MAIN ST., GENOA 43430

Oak Harbor Senior Center
(419) 898-2800
8180 W. ST. RT. 163, OAK HARBOR 43449

Port Clinton Senior Center
(419) 734-1481
320 E. THIRD, PORT CLINTON 43452

Put-In-Bay Senior Center
(419) 285-5501
195 CONCORD AVE., PUT-IN-BAY 43456

Paulding County
Paulding County Senior Center
(419) 399-3650
401 E. JACKSON ST., PAULDING 45879

Sandusky County
WSOS
Clyde Nutrition Site
(419) 547-8052
900 N. WOODLAND AVE., CLYDE 43410

Gibsonburg Nutrition Site
(419) 637-7947
100 MEADOW LN., GIBSONBURG 43431

Sandusky County Senior Center
(419) 334-8383
600 W. STATE ST., FREMONT 43420

Woodville Nutrition Site and Senior Center
(419) 849-3636
321 E. MAIN ST., WOODVILLE 43469
www.wsos.org

Williams County
Bryan Senior Center
(419) 636-4047
1201 S. PORTLAND ST., BRYAN 43506

Edgerton Senior Center
(419) 298-3564
PO BOX 877, EDEGERTON 43517

Edon Area Senior Center
(419) 272-2070
302 PARKWAY, EDON 43518

Montpelier Senior Center
(419) 485-3218
325 N. JONESVILLE ST., MONTPELIER 43543

Pioneer Senior Center
(419) 737-3095
100 N. ELM ST., PIONEER 43554

Stryker Senior Center
(419) 682-2083
102 E. MULBERRY ST., STRYKER 43557

West Unity Senior Center
(419) 924-5447
509 N. MAIN ST., WEST UNITY 43570

OUTREACH
20 Older Adults™...the Resource Guide
Northwestern Ohio Edition 2014
Persons 60 or older who are homebound and unable to shop for or prepare meals may be eligible for a home delivered meal. The meal, which may be hot or frozen, is balanced to provide one-third of the daily recommended nutritional requirements. In some cases, two meals may be delivered daily, either frozen or a brown bag supplemental meal. Special dietary restrictions such as diabetic and low salt are available. Therapeutic meals are available in some counties. Some meals are provided on a donation basis.

Home Delivered Meals are funded by a variety of sources. Some programs receive federal funding from Title III-C-2 of the Older Americans Act. There are also local tax levies, which help to support the program. Some local programs are entirely privately funded. Contact a local provider for more details.

**Mom’s Meals**
1-866-716-3257
718 E. SHURFINE Dr., ANKEY, IA 50021
www.momsmeals.com

**PASSPORT Program**
(419) 382-0624 or 1-800-472-7277
Area Office on Aging of Northwest Ohio, Inc.
2155 Arlington Ave., TOLEDO 43609
www.areaofficeonaging.com
Medicaid-funded program providing home health care.

**Simply EZ HDM Meals of Northwest Ohio, LLC**
1-866-618-3963
6412 FAIRFIELD, NORTHWOOD 43619
www.simplyez.net
Provides home delivered meal service.

**Defiance County Senior Services**
(419) 782-3233 or 1-888-782-3233
140 E. BROADWAY, DEFIANCE 43512
www.defiance-county.com

**Hicksville Senior Ctr.**
(419) 542-5004 or 1-888-330-5004
PO Box 172, HICKSVILLE 43526
Meals and Elderly Nutrition Programs

- Economical, healthful, nutritious homemade meals are available to individuals 60 years of age or older and their spouses, regardless of age.
- Hot lunch is served Monday-Friday at dining sites and to homebound individuals.
- Daily visit and visual check on well-being of homebound individuals is provided with meal.
- Dining sites also provide socialization, education and recreation opportunities.

For more information contact the:
Area Office on Aging of NW Ohio, Inc.
419-382-0624 or 1-800-472-7277
www.areaofficeonaging.com

- FULTON COUNTY
  Fulton Co. Health Ctr. (419) 335-2015 or 1-800-323-2708
  725 S. SHOOP AVE., WAUSEON 43567

  Fulton County Senior Center
  240 CLINTON ST., WAUSEON 43567
  (419) 337-9299

- HENRY COUNTY
  Henry County Senior Center
  130 EAST CLINTON ST., NAPOLEON 43545
  www.henrycountyseniorcenter.com

  Vancrest Health Care Ctr. of Holgate
  600 JOE E. BROWN AVE., HOLGATE 43527
  (419) 264-0700

- LUCAS COUNTY
  Global Meals
  4032 DOMAIN DR., COLUMBUS 43230
  (614) 231-0088

  Lyman W. Liggins Senior Nutrition Program
  2155 ARLINGTON AVE., TOLEDO 43609
  (419) 385-2532

  Mobile Meals of Toledo, Inc.
  2200 JEFFERSON AVE., TOLEDO 43604
  www.mobilemeals.org

- OTTAWA COUNTY
  Ottawa County Senior Resources
  8200 W. ST. RT. 163, OAK HARBOR, 43449
  (419) 898-6459

  WSOS Community Action Commission
  (419) 334-8911
  109 S. FRONT ST., FREMONT 43420
  www.wsos.org

- PAULDING COUNTY
  Paulding County Senior Center
  401 E. JACKSON ST., PAULDING 45879
  (419) 399-3650

- SANDUSKY COUNTY
  Four County Young at Heart
  690 FLAT ROCK RD., BELLEVUE 44811
  (419) 483-6600

  WSOS
  Clyde Nutrition Site
  900 N. WOODLAND AVE., CLYDE 43410
  (419) 547-8052

  Community Action Commission
  (419) 334-8911 or 1-800-775-9767
  PO Box 590, FREMONT 43420

  Gibsonburg Nutrition Site
  100 MEADOW LN., GIBSONBURG 43431
  (419) 637-7947

  Sandusky Co. Senior Center
  600 W. STATE ST., FREMONT 43420
  (419) 334-8383

  Woodville Nutrition Site
  621 E. MAIN ST., WOODVILLE 43469
  (419) 849-3636
  www.wsos.org

- WILLIAMS COUNTY
  Community Hospitals and Wellness Centers - Bryan
  433 W. HIGH ST., BRYAN 43506
  (419) 636-1131
  www.chwchospitals.com
Transients Crimes and Elder Fraud
What You Need to Know

Most crimes committed against older adults are “transient crimes,” many involving home repairs or diversions where a person requests to come into the home to use the bathroom, ask for a drink of water, or to “check out” an unreported problem.

Older adults are especially vulnerable to be victims of transient crimes because they:
- Live alone and are eager to socialize.
- Know that they can’t make repairs and fear losing independence, thinking family members will believe that they are unable to maintain their own home.
- Are eager to please and be helpful.
- Have money at home and in the bank.
- May have declining eyesight, hearing or memory which hinders understanding and ID for prosecution.
- May be susceptible to intimidation and influence.

BE AWARE
- No matter how it sounds, you really can’t get something for nothing or get a “deal” that’s too good to pass up.
- Do not allow ANY stranger into your home. No exceptions. Bathrooms and water are usually just a few short blocks away – a stranger does not need yours.
- All gas, water, electric and cable workers have ID badges and would never ask to “check your system” to gain entry, offer to “correct” a problem or a cash refund.
- Do not sign any contract or use any service offered by a person that approaches you cold by phone or especially “door to door.”
- Get all work contracts in writing with firm quotes and detailed description of the work to be performed, wait at least three days until the work begins and if you have any questions at all, talk it over with someone you trust.

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- All gas, water, electric and cable workers have ID badges and would never ask to “check your system” to gain entry, offer to “correct” a problem or a cash refund.
- Do not sign any contract or use any service offered by a person that approaches you cold by phone or especially “door to door.”
- Get all work contracts in writing with firm quotes and detailed description of the work to be performed, wait at least three days until the work begins and if you have any questions at all, talk it over with someone you trust.

Don’t be afraid to call if you suspect elder fraud. The police want to help catch those who prey on the elderly.

Call Your Local Police Department

Source: Cincinnati Police Department
Seneca Co. Commission on Aging  (419) 447-5792
382 SOUTH HURON ST., TIFFIN 44883
Services to Fostoria residents only.

Wheeled Meals, Inc.  (419) 354-8965
950 W. WOOSTER ST., BOWLING GREEN 43402

Wood County Committee on Aging  (419) 353-5661 or 1-800-367-4935
305 N. MAIN ST., BOWLING GREEN 43402
WWW.WCCOIL.NET

Grocery Shopping Assistance and Farmers’ Market

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<tr>
<th>GROCERS THAT DELIVER</th>
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<tbody>
<tr>
<td>Bassett’s Market</td>
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<tr>
<td>3994 E. HARBOR RD., PORT CLINTON 43452</td>
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<tr>
<td>Community Market</td>
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<tr>
<td>279 W. WATER ST., OAK HARBOR, 43449</td>
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<td>House of Meats</td>
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<td>Stanley’s 5-Star Market</td>
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<td>3302 STICKNEY AVE., 43608</td>
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<tr>
<th>GROCERY SHOPPING ASSISTANCE</th>
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<td>Home health care or non-medical in home care agencies also provide assistance with grocery shopping for a fee.</td>
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**DEFIANCE COUNTY**

Hicksville Senior Ctr. (419) 542-5004 or 1-888-330-5004
708 E. HIGH ST., HICKSVILLE 43526
Defiance County Senior Services  (419) 782-3233
140 E. BROADWAY, DEFIANCE 43512

**FULTON COUNTY**

Fulton County Senior Center  (419) 337-9299 or 1-800-686-9217
240 CLINTON ST., WAUSEON 43567
WWW.FULTONCOUNTYOH.COM

**HENRY COUNTY**

Henry County Senior Center, Inc.  (419) 599-5515
130 EAST CLINTON ST., NAPOLEON 43545
WWW.HENRYCOUNTYSENIORCENTER.COM

**LUCAS COUNTY**

Asian Resource Senior Center  (419) 936-2866
1865 FINCH ST., TOLEDO 43609
Chester J. Zablocki Senior Center  (419) 936-3090
3015 LAGRANGE ST., TOLEDO 43608
East Toledo Senior Activity Center  (419) 691-2254
1001 WHITE ST., TOLEDO 43605
Eleanor M. Kahle Senior Center  (419) 476-2745
1315 HICKCREST DR., TOLEDO 43612
WWW.KALENSSOCIATION.ORG

**WOOD COUNTY**

Wood County Hospital  (419) 354-8900
950 W. WOOSTER ST., BOWLING GREEN 43402
WSOS Community Action Commission, Inc.  (419) 334-8911 or 1-800-775-9767
PO BOX 590, FREMONT 43420
WWW.WSOS.ORG

**JAMES W. HANCOCK SENIOR CENTER**

5760 BAYSHORE RD., OREGON 43616

**JEWISH FAMILY SERVICE (JFS)**

Senior Adult Center  (419) 531-2119
2700 PELHAM RD., TOLEDO 43606

Margaret L. Hunt Senior Center  (419) 385-2595
2121 GARDEN LAKE PKWY., TOLEDO 43614

**NHA - MAYORES SENIOR CENTER**

1 AURORA GONZALES DR., TOLEDO 43609
WWW.NHA.ORG

**SENIOR CENTERS INC.**

2308 JEFFERSON AVE., TOLEDO 43604
WWW.SENIORCENTERSINC.ORG

**SYLVANIA SENIOR CENTER**

7140 SYLVANIA AVE., SYLVANIA 43560

**PIONEER SENIOR CENTER**

325 N. JONESVILLE ST., MONTPELIER 43543

**WED MONPELIER**

100 N. ELM ST., PIONEER 43554

**STRYKER SENIOR CENTER**

116 N. DEFIANCE ST., STRYKER 43557

**WEST UNITY SENIOR CENTER**

509 N. MAIN ST., WEST UNITY 43570
WOOD COUNTY
North Baltimore Area Senior Center  (419) 257-3306
514 W. WATER ST., NORTH BALTIMORE  45872
www.wccoa.net

Northeast Area Senior Center  (419) 260-3228
705 N. MAIN ST., WALBRIDGE  43465
www.wccoa.net

Pemberville Area Senior Center  (419) 287-4109
220 CEDAR ST., PEMBERVILLE  43450
www.wccoa.net

Perrysburg Area Senior Center  (419) 874-0847
140 W. INDIANA, PERRYSBURG  43551
www.wccoa.net

Rossford Area Senior Center  (419) 666-8494
400 DIXIE HWY., ROSSFORD  43460
www.wccoa.net

Wayne Area Senior Center  (419) 288-2896
202 E. MAIN ST., WAYNE  43466
www.wccoa.net

Wood County Committee on Aging  (419) 353-5661 or (800) 367-4935
305 N. MAIN ST., BOWLING GREEN  43402
www.wccoa.net

FARMERS’ MARKET NUTRITION PROGRAM

 Millions of dollars have been brought into the local economy as a result of The Senior Farmers’ Market Nutrition Program. The mission is twofold: to help low-income older adults increase their intake of fruits and vegetables, and to encourage local agriculture by bringing federal funds to farmers.

To be eligible, a person must be age 60+, have annual income 185% or below the federal poverty level, a resident of our service area and non-institutionalized. Applications accepted and coupons distributed on a first-come, first-served basis.

Coupons may be used to purchase locally grown fresh fruits, vegetables and herbs. Coupons may be redeemed by participating farmers, who sell produce at farmers’ markets or roadside stands, as indicated by the SFMNP participating farmer poster. Note: coupons may not be used at grocery stores. A list of participating farmers is available when coupons are distributed. In 2013, over 125 farmers participated in the program. Over 19,000 low income older adults received Senior Farmers Market Nutrition Program coupons. Over the years, participants in this highly successful program have claimed their participation resulted in the following:

1. Increased consumption of fruits and vegetables;
2. Less frequent visits to physician during the program;
3. Better blood sugar control;
4. More socialization during trips to the farmers’ markets;
5. More family involvement in obtaining coupons, using coupons and preparing produce.

If you would like more information on this beneficial program, please contact the Area Office on Aging of Northwestern Ohio at (419) 382-0624.

NEED MORE INFORMATION?
Visit us on the web at www.seniorimpact.net for more information on topics of interest to seniors and caregivers. View the Older Adults Guide online, learn about events in your area, read about relevant issues currently affecting the senior community, and much more!
Transportation

See also Rehabilitation and Safety.

Curb to curb transportation requires a rider to be able to walk from house to curb to enter vehicle.

Home to door service assists or carries the rider from the home to the vehicle and through the door of the destination. A person in need of this service should call and confirm distance to be carried, number of steps and allowable weight.

Title III of the Older Americans Act provides for some transportation to congregate meal sites and senior centers. Title XIX of the Social Security Act (Medicaid) and PASSPORT provides for transportation of Medicaid patients for medical services.

Area Office On Aging of Northwestern Ohio, Inc. wheelchair accessible
2155 Arlington Ave., 43609
Funds several transportation programs. Available through senior center or community providers. Call for detail’s and application.

HANDICAPPED PARKING PERMIT

Ohio Bureau of Motor Vehicles (419) 381-1109
4400 Heatherdowns Blvd., 43614
STATE OFFICE: 1-800-589-8247
www.bmv.ohio.gov
Application available from Information Services for the Elderly. Need completed form, doctor’s prescription and $3.50 per placard. If lost or stolen, replacement is by the same procedure. Call any license bureau agency.

PUBLIC TRANSPORTATION

Community Caravan Services (419) 696-7404
3465 Navarre Ave., Oregon 43616

Perrysburg Transit (419) 872-8430
116 W. Third St., Perrysburg, 43551
$1.00 each way, wheelchair accessible, can pick-up at Maumee and Rossford call-a-ride locations.

TARPS (Toledo Area Regional Paratransit Service) wheelchair accessible
24 hours (419) 382-9901
130 Knap, Toledo 43604
7 Days/Week, 5:50 A.M. – 11 P.M.
Door to door. $2 each way. Need pre-registration for one time or regular rides. Minimum fee for each use. Requires physician certificate that user is unable to get to bus stop. Covers all areas served by TARTA.

TARTA (419) 243-RIDE (7433)
1127 W. Central, 43610
www.tarta.com
Call for info and schedule. Show Medicare card for reduced fare. Free passes to Senior Nutrition Sites on regular bus routes. M–F, 10:30 A.M.–1:30 P.M., monthly color coded passes are available at the nutrition sites. TARTA Call-a-Ride available in Toledo, Maumee, Rossford, Sylvania and Waterville.

TAXI SERVICES

You must be able to get to the curb.

Black and White Transportation (419) 536-8294
www.blackwhitecab.com/AOoA
Medical and dental appointments for those age 60+ in Lucas Co. Call or apply online.

BG Transit Co., Inc. 1-800-579-4299
Checker Cab (419) 243-2537
J&M Cab Service (419) 956-1627
Manta Cars., LLC (419) 632-5723
www.mantacarsllc.com

DEPTS. OF JOB AND FAMILY SERVICES

Defiance (419) 782-3881
Erie (419) 626-6781
Fulton (419) 337-0010
Henry (419) 592-0946
Lucas (419) 213-8999
Ottawa (419) 898-3688 or 1-800-665-1677
Paulding 1-800-201-9865 or (419) 399-3756
Sandusky (419) 334-3891
Williams (419) 636-6725
Wood (419) 352-7566

You may qualify for transportation to and from medical appointments if you qualify for Medicaid benefits. Contact your local office listed above.

HOSPITAL PROVIDED

Firelands Regional Medical Center (419) 557-7400
Erie County: 1111 Hayes Ave., Sandusky 44870
Kidney Foundation of Northwest Ohio (419) 329-2196
www.kfnwo.org

IMPORTANT

Routine ambulance transport is not the same as emergency care. If you need emergency care, call 911.
Some people need professional assistance in getting to surgical or therapy sessions, chemo treatments, etc. Private ambulance services are available to meet this need. Always check with your physician/hospital for this service.

**Ambulettes**

Ambulettes are vans that accept wheelchairs and can be found in the Yellow Pages under “Ambulance.” Cost of using them is sometimes covered by medical insurance.

**Most Services Offer:**
- 24 hour/7 day service
- Direct billing for Medicare/Medicaid and secondary insurance. Most will accept assignment. Some may bill patients for charges not covered by insurance.
- Family member or friend can ride along
- Stretcher service

**Average Costs (base)**
- Rates are usually quoted base cost plus additional charge per mile. Ask for exact quotes and any discounts. Some services are better than others in explaining and pursuing Medicare covered charges. Know your rights and shop for the best price from at least two services.

**Medicare Definition of Stretcher Acceptable Patient**
- Cannot sit up in a wheelchair safely
- Cannot walk with assistance
- Must be bed confined 18 hrs. before and after transport

**Medicare Covers:**
- Stretcher service to hospital and some outpatient hospital procedures
- Discharge to home or skilled nursing center
- Transport only up to 50 miles

**Medicare Does Not Cover:**
- Any wheelchair transport
- Transfer from one hospital to another if needed service is available at existing hospital
- Transport to doctor’s office

**Medicaid Covers:**
- Same services as Medicare plus wheelchair transport with prior doctor’s authorization
- Stretcher service to doctor’s office with authorization

**Absolute Freedom Transport Services, LLC**
(419) 885-2102
3134 E. STATE ST., FREMONT 43240
Provides transportation for those who require the use of a wheelchair. Call for prices.

**Kidney Foundation of Northwest Ohio**
(419) 329-2196
www.kfnwo.org

**Kish Ambulance**
(419) 476-7442
640 PHILLIPS AVE., TOLEDO 43612
Non-emergency medical ambulette transportation.

**Lucas County Emergency Medical Services (EMS)**
(419) 213-6510 or 911
2144 MONROE, TOLEDO 43604
www.co.lucas.oh.us
Independent ambulance services.
Mercy Lifestar Ambulance  
(419) 245-6220
1402 LAGRANGE ST., TOLEDO 43608
Emergency and non-emergency transportation.

Mobile Care Group  
(419) 882-5000
5151 S. MAIN ST., SYLVANIA 43560
www.mobilecaregroup.com
Ambulette vans with lifts and ambulance rigs. Provides medical and non-medical transportation. Serves Lucas and Wood counties.

Morgan Transit  
(419) 866-5911
621 N. EBER RD., HOLLAND 43528
Ambulette transport provider.

North Central EMS  
(419) 663-1367 or 1-800-589-2515
12513 US RT. 250 N, MILAN 44846

ProMedica Air and Mobile  
1-800-589-4994
3441 GRANITE CR., TOLEDO 43617
www.promedica.org

TLC Transportation  
(419) 476-9350
5517 TELEGRAPH RD., 43612
www.tlchcs.com

**ADDITIONAL TRANSPORTATION RESOURCES**

**DEFIANCE COUNTY**

Defiance County
Senior Services  
(419) 782-3233 or 1-888-782-3233
140 E. BROADWAY, DEFIANCE 43512
www.defiance-county.com

Defiance County Veterans Office  
(419) 782-6861
1300 EAST SECOND ST., STE. 102, DEFIANCE 43512
www.defiance-county.com

Department of Job and Family Services  
(419) 782-3881 or 1-800-342-0160
6879 EVANSPORT RD., STE. A, DEFIANCE 43512

Hicksville Senior Center  
(419) 542-5004 or 1-888-330-5004
708 E. HIGH ST., HICKSVILLE 43526

**ERIE COUNTY**

Department of Job and Family Services  
(419) 626-6781
221 WEST PARISH ST., SANDUSKY 44870

Dial-a-Drive  
(419) 433-7433
413 MAIN ST., HURON 44839
Provides transportation in Huron city and township.

Erie County Veterans Service Office  
(419) 627-7650
247 COLUMBUS AVE., SANDUSKY 44870
www.veteransserviceseriecounty.org

Erie-Huron Community Action Committee-EHCAC  
(419) 626-4320 or 1-866-861-6360
908 SEAVERS WAY, SANDUSKY 44870
www.ehcac.com
Provides transportation and other services. Must be age 60+ and meet income guidelines.

Ottawa County Transportation Agency-OCTA  
1-888-899-7433
275 N. TOUSSAINT SOUTH RD., OAK HARBOR 43449
www.octapublictransit.org

Sandusky Transit System  
(419) 627-0740 or 1-877-627-0740
1230 N. DEPOT ST., SANDUSKY 44870
www.cs.sandusky.oh.us

Serving Our Seniors  
(419) 624-1856 or 1-800-564-1856
310 E. BOAL ST., SANDUSKY 44870
www.servingourseniors.org

**FULTON COUNTY**

Department of Job and Family Services  
(419) 337-0010 or 1-800-344-3575
604 S. SHOOP AVE., STE. 200, WAUSEON 43567

Fulton Co. Senior Ctr.  
(419) 337-9299 or 1-800-686-9217
240 CLINTON ST., WAUSEON 43567
www.fultoncountyoh.com

Fulton County Veterans Services  
(419) 337-9266
604 S. SHOOP ST., STE. 270, WAUSEON 43567

Hands of Grace - Faith in Action  
(419) 822-3556 or 1-800-341-1701
104 MONTUE ST., STE. 2, DELTA 43515
www.metalink.net/~handsgrace

**HENRY COUNTY**

Dept. of Job and Family Services  
(419) 592-0946
104 E. WASHINGTON, NAPOLEON 43545

Henry County Senior Center, Inc.  
(419) 599-5515
130 EAST CLINTON ST., NAPOLEON 43545
www.henrycounty SENIORCENTER.COM

Henry County Transportation Network  
(419) 592-8726
130 E. CLINTON ST., NAPOLEON 43545

Henry County Veterans Service  
(419) 592-0956
1855 OAKWOOD AVE., NAPOLEON 43545

**LUCAS COUNTY**

Best Choice Medical Transportation  
(419) 932-1130
6012 SUZANNE DR., TOLEDO 43612

Tell them you saw it in...Older Adults!
Community Transit Services  (419) 868-7433
1525 Eber Rd., Holland 43528
www.annegrady.org

Department of Job and Family Services  (419) 213-8999 or 1-888-245-8999
3210 Monroe St., Toledo 43606

East Toledo Family Center  (419) 691-1429
1020 Varland Ave., Toledo 43605
www.ctfc.org

East Toledo Senior Activity Center  (419) 691-2254
1001 White St., Toledo 43605

Encore Plus  (419) 241-3235, ext. 122
YWCA of Greater Toledo, 43624
www.ywca.org
Transport to appointments for persons with cancer.

Sherry’s Shuttle Service  (419) 205-4839

Spencer Township Neighborhood Center, Inc.  (419) 865-2322
330 Oak Terrace Blvd., Holland 43528

Sylvania Senior Center  (419) 885-3913
7140 Sylvania Ave., Sylvania 43560

YAMA Transportation  (419) 481-6070
2275 Country Squire Lane., Toledo 43615

■ OTTAWA COUNTY
Dept. of Job and Family Services  (419) 898-3688
8043 W. State Route 163 #200, Oak Harbor 43449

Ottawa County Transportation Agency-OCTA 1-888-898-7433
1251 W. Fremont Rd., Oak Harbor 43449
www.co.ottawa.oh.us/octa

Ottawa County Veterans Office  (419) 898-2089
8444 W. State Rt. 163, Oak Harbor 43449
www.co.ottawa.oh.us/veterans

■ PAULDING COUNTY
Department of Job and Family Services  (419) 399-3756 or 1-800-201-9865
303 W. Harrison St., Paulding 45879

Paulding County Senior Center  (419) 399-3650
401 E. Jackson St., Paulding 45879

Paulding County Veterans Services  (419) 399-8285
810 E. Perry St., Paulding 45879

■ SANDUSKY COUNTY
Dept. of Job and Family Services  (419) 334-3891
2511 Countryside Dr., Fremont 43420
www.sanduskycountyjdjfs.org

Community transit services (419) 868-7433
1525 Eber Rd., Holland 43528
www.annegrady.org

Department of Job and Family Services  (419) 213-8999 or 1-888-245-8999
3210 Monroe St., Toledo 43606

East Toledo Family Center  (419) 691-1429
1020 Varland Ave., Toledo 43605
www.ctfc.org

East Toledo Senior Activity Center  (419) 691-2254
1001 White St., Toledo 43605

Encore Plus  (419) 241-3235, ext. 122
YWCA of Greater Toledo, 43624
www.ywca.org
Transport to appointments for persons with cancer.

Sherry’s Shuttle Service  (419) 205-4839

Spencer Township Neighborhood Center, Inc.  (419) 865-2322
330 Oak Terrace Blvd., Holland 43528

Sylvania Senior Center  (419) 885-3913
7140 Sylvania Ave., Sylvania 43560

YAMA Transportation  (419) 481-6070
2275 Country Squire Lane., Toledo 43615

■ OTTAWA COUNTY
Dept. of Job and Family Services  (419) 898-3688
8043 W. State Route 163 #200, Oak Harbor 43449

Ottawa County Transportation Agency-OCTA 1-888-898-7433
1251 W. Fremont Rd., Oak Harbor 43449
www.co.ottawa.oh.us/octa

Ottawa County Veterans Office  (419) 898-2089
8444 W. State Rt. 163, Oak Harbor 43449
www.co.ottawa.oh.us/veterans

■ PAULDING COUNTY
Department of Job and Family Services  (419) 399-3756 or 1-800-201-9865
303 W. Harrison St., Paulding 45879

Paulding County Senior Center  (419) 399-3650
401 E. Jackson St., Paulding 45879

Paulding County Veterans Services  (419) 399-8285
810 E. Perry St., Paulding 45879

■ SANDUSKY COUNTY
Dept. of Job and Family Services  (419) 334-3891
2511 Countryside Dr., Fremont 43420
www.sanduskycountyjdjfs.org
HELP AT HOME

My own case management/contingency plan
List family, friends and/or agencies who could help with these tasks, or could help in an emergency.

Meal preparation/shopping or home-delivered meals:
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Routine housework/laundry:
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Administer finances:
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Home health care (including giving medication):
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Transportation:
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Feeding:
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Bathing/dressing/grooming/toileting:
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Care coordination/arranging for services (friendly visitor, telephone reassurance):
Name __________________________ Phone __________________
Name __________________________ Phone __________________

Additional family, friends, agencies, church members, pastors, etc., that could be contacted for emergency help:
Name __________________________ Phone __________________
Name __________________________ Phone __________________
Name __________________________ Phone __________________
Name __________________________ Phone __________________
Name __________________________ Phone __________________
Name __________________________ Phone __________________

STOP ELDER ABUSE!
If you suspect that an older person is being abused, neglected or exploited, call your county sheriff immediately.

WOOD COUNTY
Dept. of Job and Family Services  (419) 352-7566
1928 E. GYPSY LANE, BOWLING GREEN 43402

Wood County Committee on Aging  (419) 353-5661 or 1-800-367-4935
305 N. MAIN ST., BOWLING GREEN 43402
www.wccoal.net

Wood County Veterans Services  (419) 354-9147
1616 E. WOOSTER ST., BOWLING GREEN 43402

Seneca County Committee on Aging  (419) 447-5792
382 S. HURON ST., TIFFIN 44883
Fostoria residents only.

AIR TRANSPORTATION

Angel Flight Mid Atlantic  1-800-296-3797
www.angelflightmidatlantic.org
Air transportation for patients within 1000 miles.

Corporate Angel Network  1-866-328-1313
www.corporateangelnetwork.org
Free travel on corporate jets.

Mercy Medical Airlift  1-800-296-1217
www.mercymedical.org
Dedicated to helping those in need of charitable transportation.

Caregivers

...often try to “do it all.” Adult Day Care centers and respite programs can be a lifeline for caregivers, providing a welcome break from the stress and demands of caring for a loved one.

Care Choice Ohio provides a free, in-home consultation about community-based services that can help you care for a loved one.

Call PASSPORT for more information.
382-0624 or 1-800-472-7277
Living Trusts vs. Wills

The Federal Government allows a couple to pass all or a portion of their estate to heirs tax-free. The amounts change annually, so check with your financial advisor for current amounts. This can be accomplished with either a professionally prepared will or a living trust – depending on the circumstances.

Living trusts can be an effective estate planning tool but they are not needed by everyone. Funding a trust means transferring assets such as your home, car or bank accounts into the legal entity (trust) from your own name. Assets then are owned by the trust – not yourself. You or someone you designate then administers the trust as the trustee. If you name yourself as trustee, you still retain total control of those assets in the trust.

Unlike a will, the use of which alone still requires probate at death, a living trust is executed during a person’s lifetime. You can administer your own trust, and upon your death or incapacitation, a named successor trustee will assume management. This prevents probate and/or the need to apply for guardianship or conservatorship. There are both changeable and non-changeable (revocable and non-revocable) trusts, each of which property is owned.

Any tax deferred accounts, such as an IRA or 401(k), should not be placed in trust. The IRS considers this a taxable distribution and will charge you taxes and a 10% penalty.

Considerations:

- **Living Trust**
  - Can distribute my estate according to my wishes.
  - A living trust allows for effective tax planning strategies with the maximum level of control.
  - Avoid probate and/or attorney fees associated with probate.
  - Probate is expensive and slow. Files are open to the public. Wills can be challenged by heirs who are legally entitled to notice of distribution.
  - No cut-off for creditors to file claims.
  - Avoids probate in each state in which property is owned.
  - A named successor trustee assumes management upon your incapacitation without the need to petition the court to name a conservator to act for you.
  - If your life insurance policy is owned by the trust, and your estate is worth more than the allowable limit, the trust will have to pay taxes on the proceeds.
  - Guardianship is avoided in the event of incapacity.
  - Generally simpler and less time consuming than probate.

- **Simple Will**
  - Can effectively accomplish the same with joint ownership and designation within a will.
  - You can hold property in joint names or Payable at Death accounts. Assets with named beneficiaries also avoid probate.
  - It depends on the complexity of your estate. Trust administration can also be expensive, slow, and complex. Very few people actually go to court to read files.
  - No claims can be filed after one year.
  - Your will must be validated by the probate court in each state in which you own property.
  - Provides a safeguard against a dishonest heir or trustee. Probate court requires strict accounting and closely supervises estate administration.
  - Life insurance proceeds are not taxable to an individual while that individual is living.
  - A Durable Power of Attorney can accomplish the same thing without incurring the expense of setting up a Living Trust or having to fund it.
Discounts

Many businesses and restaurants offer senior citizen discounts, special shopping hours and incentive programs and/or clubs. Most arts and entertainment events also offer special rates for seniors. All hospital adult membership programs offer discounts on medical equipment.

AARP 1-866-389-5653
17 S. High St., Suite 800, Columbus 43215
www.aarp.org
Addresses the needs and interests of persons age 50+.

AAA – American Automobile Association (419) 843-1200 or (800) 428-0060
www.aaa.org
7150 W. Central Ave., Toledo 43617

Benefits Check-up
Ohio Dept. of Aging Elder Rights Unit
50 W. Broad St., Ninth Fl., Columbus 43215-3363
www.benefitscheckup.org
Fill out an application with income and asset information to find out what programs you may be eligible for. You will still have to fill out applications for specific programs to receive benefits for which you may be eligible.

Fire Prevention Bureau (419) 936-2390
1 Government Center, Suite 1710, Toledo 43604
www.toledo.oh.gov
Free smoke detectors to Toledo residents at any local fire station.

Fremont Memorial Hospital (419) 332-7321
715 S. TAFT Ave., Fremont 43420
www.fremontmemorial.org
Offers the Golden Threads Senior Program.

Fremont Parks and Recreation Dept. (419) 334-5906
600 St. Joseph St., Fremont, 43420
www.fremontohio.org/pages/parks.html

Golden Buckeye Card Program 1-800-422-1976
50 W. Broad St, 9th Fl., Columbus 43215
www.goldenbuckeye.com
For those age 60+ or disabled (proof required). Application can also be obtained from area banks, senior centers and libraries.

Happy 65th Birthday from Lucas County Auditor Anita Lopez
You may qualify for the Homestead Exemption. Applicants must be a legal resident of Ohio, and:
• Age 65 (anytime in 2012) or older;
• Or totally and permanently disabled; and
• Own and occupy your residence or mobile home.
For assistance or more information, call (419)213-4406.

Golf Pass (419) 726-9353
40001 N. Summit, Toledo 43611
Provides golf and recreation services.

Homestead Exemption
Defiance County Auditor .... (419) 782-1926
500 Second St., Suite 301, Defiance 43512
www.defiance-county.com

Erie County Auditor ............. (419) 627-7746
247 Columbus Ave., Sandusky 44870
www.erie.iviewtaxmaps.com

Fulton County Auditor .... (419) 337-9200
152 S. Fulton, Ste 165, Wauseon 43567
www.fultoncountyoh.com

Henry County Auditor ............. (419) 592-1956
660 N. Perry, Napoleon 43545
www.co.henry.oh.us

Lucas County Auditor ............. (419) 213-4336
One Government Ctr., Ste. 770, 43604-2255
www.co.lucas.oh.us

Ottawa County Auditor .... (419) 734-6740
315 Madison St., Rm. 202, Port Clinton 43452
www.ottawacountyauditor.org

Paulding County Auditor .... (419) 399-8205
115 N. WILLIAMS, STE. 101, PAULDING 45879
www.pauldingcountyauditor.com

Sandusky County Auditor .... (419) 334-6123
100 N. Park Ave., Ste. 228, Fremont 43420
ohsanduskypropertytax.governmaxa.com

Williams County Auditor .... (419) 636-5639
One Courthouse Sq., Bryan 43506
www.co.williams.oh.us/auditor

Wood County Auditor .... (419) 354-9150
P.O. Box 368, One Courthouse Sq., Bowling Green 43402
www.co.wood.oh.us/auditor
Provides financial assistance and tax exemption services to homeowners.

Ohio Div. of Wildlife (614) 265-6300 or 1-800-945-3543
2045 Morse Rd., Columbus 43229
www.wildohio.com
Free licenses to residents age 66+.

Toledo Public Schools (419) 671-8272
420 E. Manhattan Blvd., Toledo 43608
www.tps.org
Golden Apple Card program offers discounts to seniors. Call when school is in session.

Water Discount/City of Toledo (419) 245-1800
420 Madison, Suite 100, Toledo 43604
www.toledo.oh.gov
Reduced water bills for senior enrolled in the Homestead Exemption program.
For classes and workshops on health and wellness, consumer protection, law and government, personal enrichment, etc., inquire at school district evening education offices, Senior Centers and Lourdes College.

Area Office on Aging of Northwestern Ohio, Inc.  (419) 382-0624 or 1-800-472-7277
2155 Arlington Ave., 43609
www.areaofficeonaging.com

Throughout the year, the Area Office on Aging celebrates the contributions older adults have made through special events in our community. Below is a listing of events held on an annual or biennial basis.

### Education and Leisure

Wellness Works - A Matter of Balance (AMOB): is an award winning evidenced based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program is also designed to improve functional ability, such as balance and physical function, to reduce fall-related risks and frequency. Participants will meet for two hours, once a week for a period of 8 weeks. Call (419) 382-0624 ext. 2227 for pricing and enrollment. Tai Chi: Moving for Better Balance (MBB) is an evidence-based program proven to reduce falls and improve fitness for older adults. This program is

(Cont. on Page 34)

Grandparents, aunts, uncles, & other relatives… when you’re raising your relatives’ children, you need Call. We’ll guide you to:

- Financial help, regardless of income
- Health care for kids, regardless of income
- Assistance for “special needs” children
- Answers to legal questions
- Help working with the schools
- Advice on managing a child’s anger & behavior
- Educational and enrichment programs
- Workshops and more...

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc. Funding is from Lucas County Children Services and Lucas County Job & Family Services
designed to improve functional ability, such as balance and physical function, to reduce fall-related risks and frequency. Participants will meet for one and half hours, two times a week for a period of 12 weeks. Call (419) 382-0624 ext. 2227 for pricing and enrollment.

**Senior Day/Spring Fling** The largest senior expo in NW Ohio. Over 100 exhibitors offering information, resources, programs, services and free give-a-ways to attendees. This show offers live entertainment, demonstrations and a delicious boxed lunch. Held at the Sylvania Tam O Shanter. Lunch tickets may be purchased at Lucas County Senior Centers, Nutrition Sites and the Area Office on Aging front desk. Price for tickets: $2.50 for seniors (60+) and $5.50 for non-seniors (under 60). Transportation provided. Parking and admission are free.

**Senior Holiday Party** A fun, festive, holiday celebration for NW Ohioans complete with formal lunch, live entertainment and Santa Clause. Held at Gladieux Meadows, 4480 Heatherdowns Blvd., Toledo, OH. The first Friday in December, 11am-1:30pm. Lunch tickets may be purchased at Lucas County Senior Centers, Nutrition Sites and the Area Office on Aging front desk. Price for tickets: $5.00 for seniors (60+) and $7.50 for non-seniors (under 60).

**Senior Safari** Local seniors and non-seniors get a chance to visit the beautiful Toledo Zoo and all the exhibits at Senior Safari. Attendees enjoy a hot BBQ chicken lunch, live entertainment, free health screens and Zoo exhibits. Held on the third Tuesday in September. Parking and admission are free to those 60 years of age and older. Lunch tickets may be purchased at Lucas County Senior Centers, Nutrition Sites and the Area Office on Aging front desk. Price for tickets: $2.50 for seniors (60+) and $5.50 for non-seniors (under 60).

**Caregiver Expo** This expo offers dozens of exhibitors with information, resources, programs and services to the person caring for a friend, family member or loved one. With professionals providing instructional sessions on a variety of topics, respite rooms available for adults only, and a superb keynote address presented by a nationally-known speaker. Held on the 1st Saturday in November at the Parkway Plaza in Maumee. Parking and admission are free. Concession stands are open.

**50+ Sports Classic** This friendly, athletic competition is open to all seniors age 50+ to promote healthy aging and disease prevention through exercise. Held at St. Francis DeSales High School, the second Saturday in June in odd-numbered years. Interested participants may choose from a variety of events including: track and field, volleyball, basketball, softball, golf, swimming, table tennis, bowling and tennis in the age brackets of 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-90; 90+. Registration fee: $20 for early registration; $30 for registration after June 1.

**SAFE (Senior Advocates for Fire Education)** Seeks to establish an effective partnership between older adults, senior service providers and law enforcement agencies to impact the safety and quality of life for older adults.

**TRIAD senior safety workshop** (October) Educates the community about how to avoid being the victim of a crime, what to do if you become a victim and general awareness.

**AARP Women’s Scholarship Program** 1-866-389-5653 www.aarp.org
Offers funds to low-income older women who are seeking new job skills, training, and educational opportunities to support themselves and their families.

**Adelante** (419) 244-8440
530 BROADWAY, TOLEDO 43602
www.adelantelrc.org
Provides adult and child counseling services.

**Adult Basic & Literacy Education (ABLE)**
Owens Community College, 30335 Oregon Rd., Perrysburg 43551 (419) 661-2708
4747 Holland-Sylvania Rd., Sylvania 43560 (419) 824-8539
Penta - 9301 Buck Rd., Perrysburg 43551 (419) 666-1120
Vanguard - 1220 Cedar St., Suite B, Fremont 43420 (419) 334-6901
Transition services for employment, corrections education and workplace literacy.

**Apprisen** (419) 531-2227
457 South Reynolds Rd., Toledo 43615
www.aprisen.com
Credit, Pre-Foreclosure and Bankruptcy counseling.

**Catherine S. Eberly Center for Women** (419) 530-8570
Univ. of Toledo, Tucker Hall, Toledo 43614
www.womencenter.utoledo.edu
Support for women in transition.

**Center for Successful Aging at the University of Toledo Health Science Campus** (419) 383-3645
3015 Arlington Ave., #1027 Collier Building, 43614
www.utoledo.edu/depts.csa
Enhances the quality of life for older adults through education, research and service endeavors. Programs focus on issues of successful aging in NW Ohio and lead to opportunities for collaboration with others.

**Frederick Douglas Community Assoc.** (419) 244-6722
1001 Indiana Ave., Toledo 43607

**Head Start** (419) 255-7125
525 N. Hamilton, Toledo 43604
www.copa.org

**Ohio Crime Prevention Association** (740) 417-9027
PO Box 857, DELAWARE 43015
Educational opportunities in crime prevention.
National Institute on Aging 1-800-222-2225
31 Center Dr., Bethesda, MD 20892
www.nia.nih.gov
Provides information on aging related issues.

PathStone (419) 875-6654 or 1-800-825-6080
2-453 County Rd. V, Liberty Center 43552
www.ruralinc.org
Educational services for migrant or seasonal workers.

Sara’s Garden (419) 335-7272
620 West Leggett St., Wauseon 43567
www.sarasgarden.org
Hyperbaric Oxygen and Conductive Education Center.

Toledo Botanical Gardens (419) 536-5566
5403 Elmer Dr., 43615
www.toledogarden.org
Fine arts, gardening, crafts groups and workshops.

Toledo Museum of Art (419) 255-8000
2445 Monroe St., 43620
www.toledomuseum.org
Offers many adult programs.

COLLEGE LEVEL PROGRAMS

Bowling Green State Univ. (SAGE) (419) 372-8136
www.bgsu.edu
Offers the opportunity for seniors 60 years of ago or older to attend credit classes without paying tuition. Must pay for books if desired. Must be approved by instructor. No limit to the amount of classes taken. Contact the Non-Traditional and Transfer Student Department.

Road Scholar 1-800-454-5768
11 Ave. DeLafayette, Boston, MA 02111-1746
www.roadscholar.org
Nearly 8,000 educational tours in all 50 states and 90+ countries. With local and renowned experts, experience in-depth and behind-the-scenes learning opportunities, from cultural tours and study cruises to walking.

Life Long Learning at Lourdes Univ. (419) 824-3707
www.lourdes.edu/alumni_friends/
Education services and college level programs.

Northwest Ohio Gerontological Assoc. - NOGA (419) 843-4422
5640 Southwyck Blvd., Toledo 43614
www.nog沿线e.org
A multidisciplinary organization that offers education.

Owens Community College Mature Citizens Program 1-800-466-9967
TOLEDO AREA CAMPUS - OREGON RD. (567) 661-7777
FINDLAY CAMPUS (567) 429-3500
Classes may be taken free for credit or audited on space available basis. Student pays parking, lab fees, books, etc.

Terra Community Elder College (419) 559-2243
2830 Napoleon Rd., Fremont 43420
www.terra.org
Provides college level programs for persons 50 years of age or older.

Toledo Museum of Art (419) 255-8000
www.toledomuseum.org
2445 Monroe St., Toledo 43620
Offers recreation, education and college level programs.

Golf Pass (419) 726-9353
OTTAWA PARK, DETWILER AND COLLINS
Reduced rates all day on weekdays and weekends after 2 P.M. for senior golfers. Ottawa Park, Detwiler and Collins.

Area Office on Aging of Northwestern Ohio, Inc. – 50+ Sports Classic (419) 382-0624 or 1-800-472-7277
2155 Arlington Ave., 43609
www.areaoiceofaging.com
This friendly, athletic competition is open to all seniors age 50 and over to promote healthy aging and disease prevention through exercise. Held at St. Francis DeSales High School. Interested participants may choose from a variety of events including: track and field, volleyball, basketball, softball, golf, swimming, table tennis, bowling and tennis in the age brackets of 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-90; 90+. Registration fee: $20 for early registration; $30 for registration after June 1. Biennial event happening on odd years.

HOME CAREGIVER EDUCATION

HomeCaringAdvice.com
Find caregiving and incontinence education at www.HomeCaringAdvice.com. Tailored to caregivers, the website offers updated articles and information, as well as downloads to help with organization, health monitoring and home or travel safety. Have questions? Get answers while preserving anonymity, or connect with other caregivers on the message boards.

TAKE NOTE
Make life (and death) easier for yourself and your family. Visit your local funeral home to prearrange your funeral plans before the need arises. Your funeral director can discuss different funding options for you if you desire to prefund. Preplanning and prefunding are two different things. You can preplan without prefunding.
Employment Opportunities and Counseling

Departments of Job and Family Services

Defiance Co.: 6879 Evansport Rd., Ste. A, Defiance 43512 (419) 782-3881
Erie Co.: 221 West Parish St., Sandusky 44870 (419) 626-6781
Fulton Co.: 604 S. Shoop Ave., Ste. 200, Wauseon 43567 (419) 337-0010 or 1-800-344-3575
Henry Co.: PO Box 527, Napoleon 43545 (419) 592-0946 or 1-888-844-6449
Lucas Co.: 3210 Monroe St., Toledo 43606 (419) 213-8999 or 1-888-245-8999
Ottawa Co.: 8043 W. Sr 165, #200, Oak Harbor 43449 (419) 898-3688
Paulding Co.: 303 W. Harrison St., Paulding 45879 (419) 399-3756 or 1-800-201-9865
Sandusky Co.: 2511 Countryside Dr., Fremont 43420 (419) 334-3891
Williams Co.: 117 W. Butler St., Bryan 43506 (419) 636-6725
Wood Co.: PO Box 679, Bowling Green 43402 (419) 352-7566

Experience Works  1-877-496-6439 or (419) 531-3900
4334 W. Central Ave., Ste. 205, Toledo 43615
www.experienceworks.org
Provides paid job training services for adults age 55+.

The Giving Tree (419) 734-2942
335 Buckeye Rd., Port Clinton 43452
www.thegivingtree.com
Supported employment preparation and linking of services.

Goodwill Industries (419) 625-4744
419 West Market St., Sandusky 44870
Eric, Ottawa and Sandusky counties.

Job One USA Medical
312 N. Main St., Bowling Green 43402 (419) 259-5611
304 S. Walnut St., Bryan 43506 (419) 636-8498
701 Jefferson, Toledo 43624 (419) 259-5611
www.job1usa.com

Job Solutions - Wood County (419) 352-4172 or 1-888-282-1118
PO Box 679, Bowling Green 43402
www.woodcountyjobs.com
Provides employment services.

Northwest Ohio Job Center - Ohio Means Jobs
Defiance County (419) 784-3777
1300 E. 2nd St., Defiance 43512
Fulton County (419) 337-9215
604 S. Shoop Ave., Wauseon 43567
Henry County (419) 592-3862
104 E. Washington St., Napoleon 43545
Williams County (419) 636-0338
228 Main St., Bryan 43506
www.northwestohiojobcenter.com
Offers a wide range of services to both job seekers and businesses.

Opportunities for Ohioans with Disabilities
101 Clinton, Defiance 43512 (419) 866-5811 or 1-800-686-6447
5241 Southwyck Blvd., Toledo 43614 (419) 866-5811
The Ohio Rehabilitation Services Commission is the state agency that helps people with disabilities get and keep jobs.

PathStone (419) 875-6654 or 1-800-825-6080
2-453 County Rd. V, Liberty Center 43532
www.ruralinc.org
Employment assistance and educational services for migrant or seasonal farmworkers.

Small Business Development Center (419) 243-8191
300 Madison Ave., Ste. 200, Toledo 43604
Offers many business development resources.

The Source (419) 213-5627
1301 Monroe St., 43604
Improving job qualifications and interviewing skills.

Toledo Lucas County Public Library (419) 259-5350
1301 N. Reynolds Rd., Toledo 43615
Assistance with applying for jobs, job searches, resumes, basic computer skills. Registration required.

WSOS Community Action Commission (419) 334-8911
PO Box 590, Fremont 43420
www.wsos.com

CONSUMER HELP

Today’s job market respects experience and companies are hiring older workers as cost-effective solutions to acquiring talent. Studies show that older workers can improve a company’s productivity while reducing its personnel costs. Older workers account for fewer on-the-job injuries, have excellent attendance records and offer dependability and maturity.

Financial and legal advisors agree...Children and their aging parents need to have a will, a durable power of attorney, healthcare power of attorney and a list of assets.

T A K E N O T E
Volunteer Opportunities

AARP
17 SOUTH HIGH ST., COLUMBUS 43215
www.aarp.org
1-866-389-5653

American Red Cross
300 CENTRAL AVE.,
SAN DUSKY 44870
www.firelandsredcross.org
3100 W. CENTRAL AVE., 2ND Fl.,
TO LEDO 43606
1-800-589-2286
www.fultoncoredcross.org
300 C EN TRAL AVE.,
SAN D U SKY 44870
(419) 626-1641 or 1-800-589-2286
www.firelandsredcross.org
PO Box 156, WAUSEON 43567
(419) 822-6384
www.fultoncoredcross.org
1220 S. CLINTON ST., DEF IAN CE 43512
117 W. WASHINGTON, NAPOLEON 43545
211 N. MAIN ST., PAULDING, 45879
1245 NAPOLEON ST., FREMONT 43420
PO Box 88, BRYAN 43506
(419) 382-0624
(419) 592-4806
(419) 332-5574
(419) 636-3449
(419) 782-0136
(419) 592-4806
(419) 238-9977
(419) 329-2900 or 1-888-590-0098
redcrosstoledo.org

Area Office on Aging
RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)
2155 Arlington Ave., Toledo 43609
www.areaofficeonaging.com
(419) 382-0624
RSVP program invites older adults, age 55 and over to become involved and volunteer in the community.

OSHII P (OHIO SENIORS HEALTH INSURANCE INFORMATION PROGRAM) - COLUMBUS HOTLINE
TOLEDO OSHII P OFFICE
1-800-686-1578
(419) 382-0624
Volunteers trained to assist older adults with Medicare and other health insurance questions and paperwork.

Big Brothers Big Sisters of Northwestern Ohio
FOUR SEAGATE, SUITE 660, TOLEDO 43604
(419) 243-4600 or 1-888-393-2767
www.bbsnswo.org
Volunteers trained to assist older adults with Medicare and other health insurance questions and paperwork.

Call For Action TV 11 WTOL
730 N. SUMMIT ST., TOLEDO 43604
www.wtol.com
(419) 255-2255
Help solve consumer problems by providing information, making referrals and acting as a go between. Complete volunteer staff.

Cherry Street Mission - Sparrow’s Nest Women’s Shelter
436 W. DELAWARE ST., TOLEDO 43610
www.cherrystreetmission.org
(419) 321-1835

Erie Co. Senior Ctr.
620 E. WATER ST., SANDUSKY 44870
(419) 626-2560 or 1-800-701-3221
www.eriesenior.org

Foster Grandparent Program
2308 JEFFERSON AVE., 43624
(419) 242-9511
Finder opportunity for those age 60+ to provide support, love and attention to physically, emotionally and mentally handicapped children in institutions.

Hands of Grace - Faith in Action
104 MONROE ST., DELTA 43515
(419) 822-3556
www.handsgrace.org

Internal Revenue Service (Federal tax)
1-800-829-1040
(419) 255-2255
www.irs.gov
TDD/TTY
1-800-829-4059
433 NORTH SUMMIT, 43604
Levers free tax assistance for those who cannot afford professional help. Volunteers must pass training course.

Little Sisters of the Poor - Sacred Heart Home
930 S. WYNN RD., OREGON 43616
(419) 698-4331
www.littlesistersofthepoor.org

Lutheran Social Services
2149 COLLINGWOOD BLVD., TOLEDO
(419) 243-9178
www.lssnswo.org/vgp
Recruits volunteer guardians.

Get Involved!

If you are 55 or older and want to put your time, talent and expertise to work in your community, call today!

(419) 382-0624

You’ve learned a lot over the years... don’t keep it to yourself.
Northwest Ohio (SCORE)  (419) 259-7598  
2200 JEFFERSON AVE., 43604  
www.nwoscore.org  
Retired business people help new and small businesses.

The Peace Corps  1-800-424-8580  
1111 20th St NW, WASHINGTON D.C. 20526  
Program has no upper age limit.

Pro Seniors  1-800-488-6070  
7162 READING RD., STE. 1150, CINCINNATI 45237  
www.proseniors.org  
Recreation and volunteer placement.

ProMedica  
BAY PARK HOSPITAL VOLUNTEER RESOURCES  
2801 BAY PARK DR., OREGON 43606  (419) 690-7509  
DEFIANCE REGIONAL HOSPITAL VOLUNTEER RESOURCES  
1200 RALSTON AVE., DEFIANCE 43512  (419) 783-6800  
FLOWER HOSPITAL VOLUNTEER RESOURCES  
5200 HARBOUR RD., SYLVANIA 43560  (419) 824-1019  
TOLEDO/TOLEDO CHILDREN’S  
HOSPITAL VOLUNTEER RESOURCES  
2142 N. COVE, TOLEDO 43606  (419) 291-4380  
ST. LUKE’S HOSPITAL VOLUNTEER RESOURCES  
5901 MOCNOVA RD., MAUMEE 43537  
FOSTORIA COMMUNITY HOSPITAL VOLUNTEER SERVICES  
501 VAN BUREN ST., FOSTORIA 44830  (419) 436-6824  
www.promedica.org

Retired Senior Volunteer Patrol  (419) 936-3720  
2330 W. SYLVANIA, TOLEDO 43613  
Trained volunteers provide safety and well-being checks for homebound and frail older adults.

Salvation Army  (419) 626-3862  
Provides a variety of community service.

Serving Our Seniors  (419) 624-1856 or 1-800-564-1856  
310 E. BOAL ST., SANDUSKY 44870  
www.servingourseniors.org

Shalom Ministries  (419) 445-1552  
22251 ST. RT. 2, ARCHBOLD 43502  
www.shalomworks.org

Stein Hospice  (419) 625-5269  
1200 SYCAMORE LN., SANDUSKY 44870  
www.steinhospice.org

SouthernCare  (419) 843-6106  
www.southerncareinc.com  
6545 W. CENTRAL AVE., SUITE 103, TOLEDO 43617

Toledo Botanical Gardens  (419) 536-5566  
5403 EMER DR., TOLEDO 43615  
www.toledogarden.org  
Recreation and volunteer placement.

United Way of Greater Toledo  211 or 1-800-650-4357  
TTY  (419) 246-4614  
www.unitedwaytoledo.org  
Volunteer placement in Lucas, Wood and Ottawa co’s.

Volunteers of America  
618 E. 2ND ST. (MEN’S), PORT CLINTON 43452  (419) 934-5026  
616 E. 2ND ST., (WOMEN’S)  (419) 734-9561  
1401 NORTH SUMMIT., TOLEDO 43604  (419) 248-3733  
300 CENTRAL AVE., SANDUSKY 44870  (419) 627-0074  
www.promedica.org  
General housing and crisis intervention services.

Wood County Humane Society  (419) 352-7339  
801 VAN CAMP RD., BOWLING GREEN 43402  
www.petfinder.org  
Offers adoptions of companion animals.

Perrysburg Township Police Dept.  (419) 874-3551  
26711 LIME CITY RD., PERRYSBURG 43551  
Provides daily safety checks on seniors in the Perrysburg Township area.

Project Lifesaver  (419) 354-9348  
305 N. MAIN ST., BOWLING GREEN 43402  
www.promedica.org  
A public safety program designed to protect and locate persons missing due to wandering.

Whitehouse Police Dept.  (419) 877-5383 ext. 34  
TAKE ME HOME PROGRAM, 6925 PROVIDENCE ST., WHITEHOUSE 43571  
www.promedica.org  
Allows the rapid identification and safe return of citizens who are unable to adequately communicate.

ALERT AND WATCH PROGRAMS

Better Business Bureau  (419) 531-3116  
7668 KING’S POINTE RD., TOLEDO 43617  
www.wtol.com  
Provides reports on companies and charities. Gives alerts on scams and monitors advertising.

Call For Action TV 11 WTOL  (419) 255-2255  
P.O. Box 1111, 43699-1111  
www.wtol.com  
Help solve consumer problems by providing information, making referrals and acting as a go between. Complete volunteer staff.

Retired Senior Volunteer Patrol  (419) 936-3720  
2330 W. SYLVANIA, TOLEDO 43613  
Trained volunteers provide safety and well-being checks for homebound and frail older adults.

DON’T FORGET

Always ask if a senior citizen’s discount is available!
**DRIVER EDUCATION**

**(AARP)**  1-866-389-5653  
AARP 55 Alive, 17 South High St., Columbus 43215  
Two half-day sessions that refine existing skills and develop safe driving techniques in order to reduce one’s chances of being involved in a traffic accident, save on automobile insurance and maintain mobility and independence. $8 fee and no tests.

**(East Toledo Family Center)** (419) 691-1429  
1020 Varland Ave., Toledo 43605  
www.etfc.org  
Senior citizen insurance discount program.

**(Key Driving School)** (419) 599-3748 or 1-800-952-3748  
PO Box 242, Napoleon 43545  
www.bright.net/~key  
Defensive driving classes.

**(Safety Council of Northwest Ohio)** (419) 662-7777  
8015 Rinker Point Ct., Northwood 43619  
www.scnwo.com  
Defensive driving classes.

**(ProMedica Total Rehab)** (419) 824-1968 or 1-877-425-5734  
5150 Harroun Rd., Sylvania 43560  
www.promedica.org  
Two part evaluation which includes a road test for maneuverability, vision screen, cognitive-skills, range of motion, reaction time, threat recognition and traffic sign knowledge. A written physician referral is required.

**(The University of Toledo Medical Ctr.)** (419) 383-4000  
3000 Arlington Ave., 43614  
wwwumnoe.toledo.edu  
Written physician referral required (may be faxed).

**CRIME PREVENTION**

Area police departments offer crime prevention programs on personal and residential safety, fraud and/or burglary. Some departments include films with the speaker.

**(Area Office on Aging)** (419) 382-0624  
2155 Arlington Ave., Toledo 43609  
www.areaofficeonaging.com  
**9-1-1 Cell Phone Program**  
Free emergency cell phone program.

**(TRIAD Council of NWO)** (419) 382-0624  
Seeks to reduce crime against seniors.

**(Lucas County Prosecutor - Senior Protection Unit)** (419) 213-2001  
711 Adams St., 2nd Fl., Toledo 43604  
Program investigates crimes against seniors.

**(Lucas County Sheriff)** (419) 213-4784  
1622 Speilbusch Ave., Toledo 43624

**CONSUMER HELP**

**(Attorney General of Ohio Consumer Protection)** 1-800-282-0515  
Provide services to stop elderly abuse.

**(Better Business Bureau of Northwest OH and Southeast MI)** (419) 531-3116  
7668 Kings Pointe Rd., Toledo 43617  
www.toledobbb.org  
Record keeping of complaint services against businesses.

**(Eldercare Locator)** 1-800-677-1116  
1730 Rhode Island Ave. NW, Ste. 1200, Washington D.C. 20036  
www.eldercare.gov  
Assists in finding information on community services and programs for seniors nationwide.

**Safety Council of Northwest Ohio** (419) 662-7777  
8015 Rinker Point Ct., Northwood 43619  
www.scnwo.com  
Defensive driving, first aid, AED and CPR training.

**The National Crime Prevention Council** (202) 466-6272  
2001 Jefferson Davis Hwy., Arlington, VA 22202  
www.ncpc.org  
A source of help for individual’s neighborhoods.

**Ohio Crime Prevention Association** (740) 419-9027  
PO Box 857, Delaware 43015  
www.ocpa-oh.org  
Educational opportunities in crime prevention.

**Suburban Courts’ Service** (419) 882-8018  
6700 Monroe St., Sylvania 43560  
www.sylvaniacourt.com/victim-support/  
Provides victims with support services throughout the justice process.

**Toledo Lucas County Victim - Witness Assistance Program** (419) 213-4591  
700 Adams, Toledo 43604  
Crime prevention, victim support, and info and referral.

**Toledo Police Division** (419) 255-1111  
525 N. Erie St., 43624  
www.toledopolicel.com  
Crime prevention and information and referral services.

**Toledo Police Information Line** (419) 245-3340  
2144 Monroe St., 43604  
www.toledopolicel.com  
U.S. Attorney’s Office Victim of Violent Crime Compensation 1-800-582-2877  
Hotline 1-800-582-2877  
TTY/TDD 1-877-584-2846  
(614) 387-1081  
150 Eastgate St., Columbus, 43215  
www.ag.state.oh.us  
Compensates innocent victims of physical bodily crime.
Financial Assistance

**CREDIT COUNSELING**

**Apprisen** (419) 531-2227 or 1-800-355-2227
457 South Reynolds Rd., Toledo 43615
www.apprisen.com
Credit, Pre-foreclosure and Bankruptcy counseling.

**Homeowner Preservation Foundation 1-888-845-5669**
3033 Excelior Blvd., Minneapolis, MN 55437
www.995hope.org
Foreclosure assistance and credit counseling.

**Money Management International** 1-866-845-5669
14141 Southwest Freeway, Sugarland, TX 77478
www.moneymangement.org
Free confidential consultation services.

**Neighborworks Toledo Region** (419) 691-2900
704 2nd St., Toledo 43605
www.nhstoldeo.org
Free services, foreclosure assistance for low income seniors.

**Northwest Ohio Development Agency (NODA)** (419) 243-3734
432 N. Superior St., Toledo 43603
www.nodatoledo.org
Assists with a variety of financial services including emergency home repair grants.

**FORECLOSURE ASSISTANCE**

**Advocates for Legal Equality (ABLE)** (419) 255-0814 or 1-800-837-0814
525 Jefferson Ave., Ste. 300, Toledo 43604
www.ablelaw.org
Free legal services in civil cases for low-income residents.

**Apprisen** (419) 531-2227
457 South Reynolds Rd., Toledo 43615
www.apprisen.com

**Department of Job and Family Services** (419) 213-8999 or 1-888-245-8999
3210 Monroe St., Toledo 43615
www.co.lucas.oh.us
Assistance for low-income individuals.

**TAX PREPARATION ASSISTANCE**

Both state and federal tax offices assist taxpayers over the telephone. During filing season (January – April), volunteers help seniors to complete tax forms at local libraries. Contact your local library branch for dates and times of volunteer tax assistance.

For forms or publications, contact the IRS Form Distribution Center on the web at [www.irs.gov](http://www.irs.gov).

**National Center for Disaster Fraud** 1-866-720-5721
Disaster fraud investigations.

**National Consumer League Fraud Ctr.** 1-800-876-7060
1701 K St., Ste. 1200, Washington, DC 20005
www.fraud.org

**Ohio Medicaid Consumer Hotline** 1-800-324-8680
TDD 1-800-292-3572
Information and referral line for Ohio Medicaid program.

**Public Utilities Commission of Ohio - PUCO** 1-800-686-7826
180 E. Broad St., Columbus 43215
Sets the rates and regulated that utility companies follow the rules and regulations set.

**The Fair Housing Center** (419) 243-6163
432 N. Superior, Toledo 43604
www.toledofhc.org

**Homeowner Preservation Foundation 1-888-995-4673**
3033 Excelior Blvd., Minneapolis, MN 55416
www.995hope.org

**Housing and Urban Development** 1-800-669-9777
www.hud.gov
Complaint intake line.

**Legal Aid of Western Ohio-LAWO** (419) 724-0030
525 Jefferson Ave., Suite 400, Toledo 43604
www.legalaidline.org
Provides assistance for low-income individuals with legal matters.

**Lucas Co. Veterans Service Commission** (419) 213-6090
1301 Monroe St., Ste. 180, Toledo 43624
Help with VA benefits and temporary financial assistance.

**Neighborworks Toledo Region** (419) 691-2900
704 Second St., Toledo 43605
www.nhstoldeo.org

**Ohio Housing Finance Agency (OHFA)**
57 East Main St., Columbus 43215
www.ohiohome.org
The Ohio Housing Finance Agency (OHFA) offers affordable housing opportunities for Ohioans.
Proper estate planning can help you and your loved ones avoid the pitfalls of unnecessary probate or excessive taxes being paid. Planning early can also help to assure that your property is distributed according to your stated wishes. Plan now and take some time to consider your options.

There are several cost effective ways to begin your plan. Choosing joint bank accounts with the right of survivorship will allow them to pass to your spouse (or selected loved one) after your death. The ownership of these accounts will pass to the survivor, outside of probate, immediately upon your death. Keep in mind, though, that a joint account means that whomever you name to your account has access to your bank account while you are living. A last will and testament is another important component of your estate planning. It will direct your executor, after your death, how and to whom to distribute your property that is in the will. If you die without a will, state law will decide how and to whom your property will be distributed.

Creating a trust can be another important estate planning tool. They can be a very effective method for you to place protections on funds after your death. This can be especially important if your heirs are children or young adults, have special needs such as a medical condition, are involved in a divorce, or are simply not capable of handling their own money. Trusts are also commonly used if you wish to make a large charitable donation from your estate.

Most people think of trusts for their estate tax saving features. If you have sufficient assets, proper planning could save thousands of dollars in taxes. It is important, though, to keep abreast of changes in legislation regarding estate taxes. For this reason, even if your estate is not vast, it is a prudent course of action to consult with an expert in financial planning, either an estate planning attorney or certified financial planner. These professionals can assist you with an eye not only to current laws but to any future potential changes. It is just as important to find a professional you can trust. Keep in mind that legal documents such as wills or trusts can only be drafted by a licensed attorney.

Estate planning could be as simple as re-titling assets between spouses, or it could involve the use of trusts to make sure that you are taking full advantage of all the credits available to you. Either way, effective planning today could have a significant impact on you heirs in the future.

**FINANCIAL/ESTATE PLANNING RESOURCES**

Proper estate planning can help you and your loved ones avoid the pitfalls of unnecessary probate or excessive taxes being paid. Planning early can also help to assure that your property is distributed according to your stated wishes. Plan now and take some time to consider your options.

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**Bayer, Papay & Steiner Co. (419) 891-8884**
1925 INDIAN WOOD CR., MAUMEE 43537

**Beacon Associates (419) 482-0280 or 1-800-532-0808**
1655 HOLLAND RD., STE. C, MAUMEE 43537
www.usawarvet.org

**Browning, Meyer and Ball Co., LLC (419) 609-9720**
165 EAST WASHINGTON ROW, SUITE 311, SANDUSKY 44870
www.elderlaw.us
Financial Design Group  (419) 843-4737
3230 CENTRAL PARK WEST DR., STE. 100, TOLEDO 43617
www.fdgonline.com

Financial strategies to increase your wealth potential.

Generations Financial Group  1-800-722-5002
1789 INDIAN WOOD CIRCLE, STE. 105, MAUMEE 43537
www.genfg.com

Legal Aid of Western Ohio (LAWO)  1-888-534-1432
118 CLINTON ST., STE. 101, DEFIANCE 43512  1-888-534-1432
1243 NAPOLEON ST., FREMONT 43420  1-800-837-8908
525 JEFFERSON AVE., STE. 400, TOLEDO 43604  1-877-894-4599
109 W. WATER ST., SANDUSKY 44870  1-800-224-7914
www.legalaidline.org

Provides free legal assistance in civil matters to low income individuals in NW Ohio.

Masterpiece Financial Services  (419) 897-2866
112 E. DUDLEY ST., MAUMEE 43537

Nat. Academy of Elder Law Attorneys  (703) 563-9504
1577 SPRING HILL RD., #220, VIENNA, VA 22182
www.naela.org

Help with locating an elder law attorney.

GUARDIANSHIP PROGRAMS

For more information about obtaining legal guardianship, please contact an attorney or your local Probate Court.

Advocacy and Protective Services Inc. - APSI  (419) 389-4715
1101 S. DETROIT AVE., BLDG. 612, TOLEDO 43604
www.apsiohio.org

Guardianship services for persons with Developmental Disabilities.

Lutheran Social Services – Volunteer Guardianship Program  (419) 243-9178
2149 COLLINGWOOD BLVD., 43620
Trained volunteer guardians are court appointed for indigent older adults who are deemed incompetent by the Lucas County Probate Court.

Catholic Charities  (419) 244-6711
1933 SPIELBUSCH AVE., TOLEDO 43604
www.catholiccharities.org

Elder Guardianship program to Erie County residents.

INSURANCE ADVOCACY

AARP - Ohio Office  1-866-389-5653
www.aarp.org
17 S. HIGH ST., SUITE, COLUMBUS 43215

CareNet  (419) 842-0800
3231 CENTRAL PARK WEST, STE. 200, TOLEDO 43617
www.toledocarenet.org

Lucas County residents with a household income below 200% of the federal poverty guidelines and are not eligible for public or private healthcare.

Health Insurance Marketplace  1-800-318-2596
7500 SECURITY BLVD., BALTIMORE, MD 21244
www.healthcare.gov

The Marketplace helps find health coverage.

HealthWell Foundation  1-800-675-8416
PO Box 4133, GAITHERSBURG 20885
www.healthwellfoundation.org

Committed to addressing the needs of individual's with insurance who cannot afford their co-payments.

Neighborhood Health Association  (419) 720-7883
313 JEFFERSON AVE., TOLEDO 43604
www.nhainc.org

Screening and assistance with enrollment in Medicaid and Marketplace Insurance plans.

Ohio KePro  1800-589-7337
www.ohiokepro.com

Discharge appeals and quality of care complaints.

Ohio Medicaid Consumer Hotline  1-800-324-8680
Information and referral line for the Ohio Medicaid program.

OSHIIP (Ohio Seniors Health Insurance Information Program)  1-800-686-1578
www.ohioinsurance.gov
Area Office on Aging OSHIIP Site  (419) 382-0624
www.arcaofficeonaging.com

OSHIIP exists for seniors to help answer questions about any of the matters listed below:
Medicare health coverage for seniors and those under age 65 with disabilities;
Medicare Advantage plans, supplement insurance, and Part D; Medicaid; Long-term care insurance;
Home health coverage; and
Retiree health plan coverage.
Please call the OSHIIP office of schedule a one-on-one appointment with the local OSHIIP site counselors.

VETERAN SERVICES

The Arms Forces  (419) 891-2111
PO Box 981, MAUMEE 43537
www.thearmsforces.org

TBI and PTSD assistance for Veterans and their families.

Beacon Associates, LLC  (419) 482-0280
1655 HOLLAND RD., STE. C, MAUMEE 43537
www.beaconexperts.com

Veterans services not affiliated with Dept. of Veterans Svcs.
County Veterans Offices
DEFIANCE: 1300 East Second St., 43512 (419) 782-6861
www.defiance-county.com
ERIE: 247 Columbus Ave., Sandusky 44870 (419) 627-7650
www.veteransserviceseriecounty.org
FULTON: 604 S. Shoop St., Wauseon 43567 (419) 337-9266
HENRY: 1855 Oakwood Ave., Napoleon 43545 (419) 592-0956
LUCAS: 1301 Monroe St., Toledo 43624 (419) 213-6090
OTTAWA: 8444 W. SR 163, Oak Harbor 43449 (419) 898-2089
PAULING: PO Box 215, Paulding 45879 (419) 399-8285
SANDBUSKY: 2511 Countryside Dr., Ste. B, Fremont 43420 (419) 334-4421
WILLIAMS: 129 S. Beech St., Bryan 43506 (419) 636-8812
WOOD: 1616 E. Wooster St., Unit 22, Bowling Green 43402 (419) 354-9147

Offers eligible veterans various support services.

Family Readiness and Warrior Support (800) 589-9914
2660 S. Eber Rd., Swanton 43558
www.ong.ohio.gov/family/index.htm
Providing information, resources, referrals and assistance to all service members and military family.

Honor Flight of Northwest Ohio (419) 410-7729
PO Box 23018, Toledo 43623
www.honorflightnwo.org
Free flight to Washington, DC for veterans to visit their memorials.

National Call Center for Homeless Veterans 1-877-424-3838
National Personnel Records (314) 801-0800
www.archives.gov
Provides access to civilian and military personnel records.

National Call Center for Homeless Veterans (866) 389-5653
17 S. High St., Suite 800, Columbus 43215
www.aarp.org

Senior advocacy organizations represent interests and issues affecting older adults in state/national legislation. Some offer printed materials and educational programs.

AARP 1-866-389-5653
17 S. High St., Suite 800, Columbus 43215
www.aarp.org

Ability Center
228 South Main St., Bryan 43506 (419) 633-1400
5605 Monroe St., Sylvania 43560 (419) 885-5733
1848 E. Perry St., Ste. 110, Port Clinton 43452 (419) 734-0330
www.abilitycenter.org
Advocacy for persons with disabilities.

American Cancer Society - NW Ohio Area 1-888-227-2345
740 Commerce Dr., Suite B, Perrysburg 43551
www.cancer.org

American Council of the Blind of Ohio 1-800-835-2226
PO Box 72834, Columbus 43202
www.acbohio.org

American Diabetes Association NW Ohio 1-888-342-2383
1701 N. Beauregard St., Alexandria, VA 22311
www.diabetes.org

American Kidney Fund 1-800-638-8299
6110 Executive Blvd., Rockville, MD 20912
www.kidneyfund.org

Advocacy & Self Empowerment

ADVOCACY & SELF EMPOWERMENT

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AARP 1-866-389-5653
17 S. High St., Suite 800, Columbus 43215
www.aarp.org

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American Kidney Fund 1-800-638-8299
6110 Executive Blvd., Rockville, MD 20912
www.kidneyfund.org
To support the commitment and enhance the knowledge and skills of those who seek to improve the quality of life of older adults and their families.

Explains the requirements of the Americans with Disabilities Act.

Drug Abuse Information and Alcohol Abuse Services.

Mental Health and Recovery Services Board of Lucas
(419) 213-4600
701 Adams St., Suite 800, Toledo 43604
www.co.lucas.oh.us/mhrs
Funds mental health providers in Lucas County.

Provides Mental Health and Recovery services for Sandusky County.

Provides advocacy and consumer help services.

Advocacy group for the deaf or hard of hearing.

Advocacy group for Social Security and Medicare.
The National Council on Aging, Inc.  (202) 479-1200
1901 I St. NW, 4th Fl., Washington D.C. 20036
www.ncoa.org
Professional development, advocacy and library.

National Family Caregivers Assn.  1-800-896-3650
10400 Connecticut Ave., Ste. 500, Kensington, MD 20895
www.thefamilycaregiver.org
Information about candidates and elected officials.

National Headache Foundation  1-888-643-5552
820 N. Orleans, Suite 411, Chicago, IL 60610
www.headache.org
The premier educational resource for headache information.

National Institute on Aging (NIA)  1-800-222-2225
Bldg. 31, Rm. SC27, 31 Center Dr., MSC 2292, Bethesda, MD 20892
www.nia.nih.gov
Variety of information on aging related issues. Has information on the most current resources and services available for older adults and their families.

NW Ohio Gerontological Assoc. (NOGA) (419) 843-4422
5640 Southwyck Blvd., Suite 2, Toledo 43614
www.nogaonline.org
A multidisciplinary organization that offers education.

Ohio Coalition for Adult Protective Services  (614) 228-2277
88 E. Broad St., Suite 8700, Columbus 43215
www.ocapsohio.org
Statewide coalition that strives to enhance the provision of services to adults at risk.

Ohio Dept. of Aging 1-800-266-4346 or (614) 466-5500
50 W. Broad St., 9th Fl., Columbus 43215
www.goldenbuckeye.com
The Department of Aging advocates for the needs of more than two million Ohioans age 60 and older to improve quality of life, help them live active, healthy and independent lives and promote positive attitudes toward aging.

Ohio KePRO  1-800-589-7337
Rock Run Center, Suite 100, Seven Hills 44131
www.ohiokepro.com
Appeal hospital’s discharge practice.

Ohio Legal Rights Service (LRS)  1-800-282-9181
50 W. Broad St., Suite 1400, Columbus 43215
www.olrs.ohio.gov
Offers legal services to those who have a disability.

Parkinson Foundation of NW Ohio  1-800-438-5584
1930 N. St. Rt. 19, Oak Harbor 43449
wwwPFNWO.org
Awareness, Education and Care.
Suburban Courts’ Service  (419) 882-8018
6700 Monroe St., Sylvania 43560
www.sylvaniacourt.com/victim_support/
Provides victims with support service throughout the justice process.

US Representative
Marcy Kaptur  1-800-964-4699 or (419) 259-7500
www.house.gov/kaptur
Casework assistance for those in Lucas, Erie and Ottawa co’s having problems with a federal agency.

LEGAL RESOURCES
Advocates for Basic Legal Equality (ABLE)  (419) 255-0814 or 1-800-837-0814
525 Jefferson Ave., Ste. 300, Toledo 43604
www.ablelaw.org
Advocates for consumers in nursing homes, assisted living and adult group homes to receive better care and to ensure that the consumers’ rights are protected.

Citizens Dispute Settlement Program  (419) 245-1951
555 N. Erie St., 43604
www.toledomunicipalcourt.org
Provides mediation services through negotiation.

College of Law Clinic–Univ. of Toledo  (419) 530-2733
2801 W. Bancroft St., 43606
Helps low-income people with civil cases.

Financial Design Group  (419) 843-4737
3230 Central Park West Dr., Suite 100, Toledo 43617
www.fdgonline.com

Kinship Navigator Program  (419) 382-0624
2155 Arlington Ave., Toledo 43609
www.areaofficeonaging.com/kinship.html
Guides grandparents and other relatives rearing children in their extended family.

Law Office of Ronald L. Nagy  (419) 887-5818
1683 Woodland, Suite D, Maumee 43537
Counselor at law.

Legal Aid of Western Ohio (LAWO)  1-877-894-4599
525 Jefferson Ave., Ste. 400, Toledo 43604  (419) 724-0030
109 W. Water St., Sandusky 44870
118 Clinton St., Ste. 101, Defiance 43512
1243 Napoleon St., Fremont 43420
www.legalaidline.org
Provides free legal assistance in civil matters to low income seniors and individuals in NW Ohio. Offers a full range of legal services, such as negotiation, litigation and community education. Special projects serve people with disabilities, victims of domestic violence, senior citizens and migrant farmworkers. Affiliated with Advocates for Basic Legal Equality, Inc. (ABLE), LAWO serves 32 counties in northwest and west central Ohio.

Lucas County Juvenile Court  (419) 213-6717
1801 Speilbusch, Toledo 43604
Mediation available to resolve custody and visitation issues for parents not married.

Midwest Care Alliance  (614) 763-0036
2233 North Bank Drive, Columbus 43220
www.midwestcarealliance.org
Website enables visitors to download Durable Power of Attorney, Living Will and organ donation forms.

Nat. Academy of Elder Law Attorneys  (703) 942-5711
1577 Spring Hill Rd., #220, Vienna, VA 22182
www.naela.org
Help with locating an elder law attorney.

National Legal Resource Center
200 Independence Ave., SW, Washington, WA 20201
www.nlrc.aoa.gov
Website to help aging and legal networks across the country.

Ohio Attorney General  1-800-282-0515
State Office Tower 30 E. Broad St., 17th Fl., Columbus, 43215
wwwOhioAttorneyGeneral.gov

Ohio Civil Rights Commission  (419) 245-2900
1 Government Sq., Rm. 936, Toledo 43604
www.state.oh.us/crc
Legal and civil housing rights services.

Ohio Legal Rights Service (LRS)  1-800-282-9181
www.olaf.org
Pro Bono Program assists eligible seniors with living wills, Power of Attorney, durable POA for health care.

Ohio Poverty Law Center  1-800-589-5888
555 Buttles Ave., Columbus 43215
www.ohipopovetlaw.org

Paulding County Senior Center  (419) 399-3650
401 E. Jackson St., Paulding 45879
Legal assistance services.

Pro Seniors  1-800-488-6070
www.proseniors.org
Provides legal counsel. M – F, 8:30 A.M. – 4:30 P.M.

Probate Courts
Defiance:  221 Clinton St., Defiance 43512  (419) 782-4181
Erie:  323 Columbus Ave., Sandusky 44870  (419) 627-7750
Fulton:  201 S. Fulton St., Wauson 43567  (419) 337-9242
Henry:  660 N. Perry St., Napoleon 43545  (419) 592-7771
Lucas:  700 Adams St., Ste. 300, 43604  (419) 213-4775
Ottawa:  315 Madison St., Rm. 306, Port Clinton 43452  (419) 734-6830
Paulding:  115 N. Williams, Paulding 45879  (419) 399-8256
Sandusky:  100 N. Park Ave., Fremont 43420  (419) 334-6211
Williams:  1 Courthouse Sq., Bryan 43506  (419) 636-1548
Wood:  1 Courthouse Sq., Bowling Green 43402  (419) 354-9230

Northwestern Ohio Edition 2014
Senior Protection Unit -
Lucas County Prosecutor's Office (419) 213-2001
711 Adams St., Second Floor, Toledo 43604
This program investigates crimes against seniors.

Toledo Bar Association (419) 242-9363
311 N. Superior St., 43604
www.toledobar.org
Represents private attorneys that charge a fee.

Wood County Committee on Aging (419) 353-5661 or 1-800-367-4935
305 N. Main St., Box 383, Bowling Green 43402
www.wccoal.net
Legal advice is offered one day per month for 30 minutes free of charge. An appointment is necessary.

TERMS

Estate Tax
Tax applied by the government to estates over the applicable monetary threshold.

Joint Tenancy
Two or more people (such as a couple) own or hold title to an asset with or without right of survivorship. If held with right of survivorship, probate is avoided until the death of the last joint tenant/spouse. There are pros and cons of joint tenancy which should be discussed with an attorney.

Living Trust
Allows you to transfer property and assets to a trust which is administered by someone you appoint, including yourself. There are both changeable and non-changeable (revocable and irrevocable) trusts, each of which have differing effects on taxes and government benefits.

Probate
Court proceeding which arranges for resolution of all legal and financial matters of the deceased. Title and asset changes are made according to the wishes in a valid will, or state directives in the absence of a will. Probate takes an average of nine to 24 months. Fees include attorneys, court, asset appraisals and sometimes bond premiums (5-15% of estate value). Information is public record. Probate proceedings are required in every state in which property is owned. Ways to avoid probate include joint ownership of all assets such as bank accounts, IRAs, life insurance or a house mortgage. These will all go into probate, however, upon the death of the second spouse.

Revocable Living Trust
A planning tool that takes the place of a will and avoids probate. Transfers assets to a trust that is administered by a named trustee, which could be yourself. Allows you to control who you wish to receive your assets and who will manage and distribute them after your death or disability. A successor trustee will assume management without need for a legal guardianship. It can be changed or revoked at any time.

Unlimited Marital Deduction
No estate taxes are imposed on surviving spouse regardless of size of estate. However, estate tax can be imposed at the time of death of the surviving spouse depending on the size of the estate.

Will
A legal document which declares how you want your assets distributed after your death. Must be signed by the maker. If you must change your will, this can be done by making an addition to the original will called a codicil. Do not write below the signature on the original will. Draw up a new change document/codicil. Upon death, the person named executor of the estate should go to Probate Office Court to begin execution of the will. If there is no will, the court will distribute assets according to state law.

TERMS AND INFORMATION RELATING TO THE CARE OF ANOTHER PERSON

Conservatorship
Created voluntarily at the request of a physically infirm, but competent, adult to place his/her property or person under court supervised care.

Durable General Power of Attorney
Gives power to another to make legal or financial decisions such as check cashing, banking needs, filling out tax forms, etc. if you are unable to do so. The powers can be narrow or broad. You should not use a form to assign power of attorney as they are often flawed and not legally binding. Use an attorney.

Durable Power of Attorney for Healthcare
See Advance Directives. Gives power to another to make medical decisions if you are unable to do so. It should be used along with a Living Will. Living Wills are extremely limited to life and death medical care. It is an important companion document in the event of incompetency, but not life or death decision making. A simple form can be obtained from the State.

Guardianship
A guardian can be appointed by Probate Court after an application for guardianship has been filed and evidence has been submitted that the individual is incompetent and thus unable to manage decisions related to his/her person or finances. The person whose competency is in question (ward) is given the opportunity to refute the need for a guardian. Guardianship restricts the right to self determine more than any other protective device. The effect of a finding of incompetency is the removal of all the ward’s rights. There are strict court procedures for supervising and maintaining conservatorship and guardianship.
Representative Payee
The person designated by the Social Security or Veterans Administration to receive a benefit check on behalf of another person. For example, a check for Jim Smith is paid to Lucy Jones. (Lucy Jones must be able to provide a full accounting of her use of the money on behalf of Jim Smith if requested to do so.) The designation may be altered by requesting a change at the SSA or VA office.

LEGAL RECORDS

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<th>BIRTH AND DEATH CERTIFICATES</th>
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<td><strong>Health Departments</strong></td>
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<tr>
<td>Defiance</td>
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<tr>
<td>(419) 784-3818</td>
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<tr>
<td>(419) 213-4775</td>
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<tr>
<td><strong>Ottawa</strong></td>
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<tr>
<td>(419) 734-6830</td>
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<tr>
<td><strong>Paulding</strong></td>
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<tr>
<td>(419) 399-8256</td>
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<tr>
<td><strong>Sandusky</strong></td>
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<tr>
<td>(419) 334-6211</td>
</tr>
<tr>
<td><strong>Williams</strong></td>
</tr>
<tr>
<td>(419) 636-1548</td>
</tr>
<tr>
<td><strong>Wood</strong></td>
</tr>
<tr>
<td>(419) 354-9230</td>
</tr>
</tbody>
</table>

Handles estates, guardianships, trusts, conservatorships, will contests, name changes, delayed birth registrations, corrections to birth records, adoptions, declarations of paternity, birth and death records and marriage licenses.

Tell them you saw it in... Older Adults!
Funeral Preplanning

Funeral preplanning is not a favorite topic, but absolutely essential in total estate planning. There are over 50 decisions to be made at the time of death. Decisions need to be made about funeral director’s services, length of visitation, type and location(s) of religious services, securing the clergy, the eulogy, flowers, escort, selecting memorial cards and card verses and writing and placement of a newspaper obituary. Choices of burial vault, casket, cemetery plot, cemetery marker, urn, embalming and restorative or cosmetic services must also be selected. Disposition of the physical body involves decisions about organ and/or body donation, burial or cremation.

The average funeral cost is $5,500. Average cemetery costs range from $1,800 to $5,000. By preplanning, you determine what your costs will be by making decisions about plot, vault, marker, interment or mausoleum space. Both prepaid funeral and cemetery contracts should be made to ensure peace of mind and the honoring of one’s wishes. Most certainly, a burial insurance plan should be pre-purchased before a family member begins to spend down assets in a skilled nursing center.

There are several prefunding options available including an insurance policy which guarantees that all costs of the services and funeral items that you purchase will be paid for at the time of death. All policies have built in inflation clauses to cover the costs of those items at the time of death. Check with your funeral director on what items are guaranteed and what is the best plan for you.

Legal Health Care/Advance Directives

Durable Power of Attorney for Health Care
Everyone should have one! A Durable Power of Attorney for Health Care appoints a person to make medical decisions for you in situations that your Living Will did not anticipate such as mental or physical incompetency.

Living Will
A Living Will tells doctors what to do when you are too sick to communicate. It can indicate when medical treatment should stop, or whether you want passive feeding to be withdrawn. The directives are limited only to care which artificially or technologically postpones death— not comfort care. The Living Will must be signed by you, witnessed by a notary or two non-related adults, excluding your physician and nursing home advisor. At the time of determination, your attending and one additional physician must certify terminal condition or permanently unconscious state.

Of Special Note
☑ If you are in a permanently unconscious state and want food and water withheld if, you must specifically indicate this by both checking a box on the form and initialing.

☑ A Living Will applies only to situations of terminal illness and permanent unconsciousness— not for Alzheimer’s, those who have had strokes, degenerative disorders or conditions that are not immediately life threatening.

ADVICE AND REFERRAL RESOURCES

City of Toledo Cemetery Office (419) 936-3081
Indigent funerals.

Funeral Consumer Alliance of NW Ohio (419) 874-6666
3205 Glendale Ave., Toledo 43614
www.funerals.org/nwo

Ohio Funeral Directors Association 1-800-589-6332
2501 N. Star, P.O. Box 21760, Columbus 43221
www.ofdaonline.org

POINTS TO CONSIDER

☑ Make at least 10 copies of the death certificate and obituary.

☑ It is the surviving family who either writes or provides information for the obituary notice. In your estate planning, consider how you or your loved one would like to be remembered..in advance of a stressful time.

☑ Notify your nearest Social Security office that the beneficiary is deceased. You may need a copy of the birth, marriage and/or death certificate.

☑ If applicable, notify an attorney to file probate.

☑ Notify all insurance companies and send them copies of the death certificate.

☑ Transfer or cancel all bank accounts, credit cards, club memberships, etc.

ADVANCE DIRECTIVE FORMS

To obtain forms: send $2 and a self-addressed, stamped envelope to:

Ohio State Medical Association
Box 931, Columbus, OH 43216
(Request the Living Will Kit)

The Ohio Hospice and Palliative Care Organization publishes an Advance Directive Packet, “Choices - Living Well and the End of Life.” To obtain a copy, visit www.ohpco.org

Hospital adult membership programs, some physicians, legal aid, and senior centers also have these forms available.
State of Ohio
Living Will Declaration
Notice to Declarant

The purpose of this Living Will Declaration is to document your wish that life-sustaining treatment, including artificially or technologically supplied nutrition and hydration, be withheld or withdrawn if you are unable to make informed medical decisions and are in a terminal condition or in a permanently unconscious state. This Living Will Declaration does not affect the responsibility of health care personnel to provide comfort care to you. Comfort care means any measure taken to diminish pain or discomfort, but not to postpone death.

If you would not choose to limit any or all forms of life-sustaining treatment, including CPR, you have the legal right to so choose and may wish to state your medical treatment preferences in writing in a different document.

Under Ohio law, a Living Will Declaration is applicable only to individuals in a terminal condition or a permanently unconscious state. If you wish to direct medical treatment in other circumstances, you should prepare a Health Care Power of Attorney. If you are in a terminal condition or a permanently unconscious state, this Living Will Declaration controls over a Health Care Power of Attorney.

You should consider completing a new Living Will Declaration if your medical condition changes, or if you later decide to complete a Health Care Power of Attorney. If you have both documents, you should keep copies of both documents together, with your other important papers, and bring copies of both your Living Will and your Health Care Power of Attorney with you whenever you are a patient in a health care facility.
Definitions. Several legal and medical terms are used in this document. For convenience they are explained below.

**Anatomical gift** means a donation of all or part of a human body to take effect upon or after death.

**Artificially of technologically supplied nutrition or hydration** means the providing of food and fluids through intravenous or tube “feedings.”

**Cardiopulmonary resuscitation or CPR** means treatment to try to restart breathing or heartbeat. CPR may be done by breathing into the mouth, pushing on the chest, putting a tube through the mouth or nose into the throat, administering medication, giving electric shock to the chest, or by other means.

**Declarant** means the person signing this document.

**Donor Registry Enrollment Form** means a form that has been designed to allow individuals to specifically register their wishes regarding organ, tissue and eye donation with the Ohio Bureau of Motor Vehicles Donor Registry.

**Do Not Resuscitate or DNR Order** means a medical order given by my physician and written in my medical records that cardiopulmonary resuscitation or CPR is not to be administered to me.

**Health care** means any medical (including dental, nursing, psychological and surgical) procedure, treatment, intervention of other measure used to maintain, diagnose or treat any physical or mental condition.

**Health Care Power of Attorney** means another document that allows me to name an adult person to act as my agent to make health care decisions for me if I become unable to do so.
Life-sustaining treatment means any health care, including artificially or technologically supplied nutrition and hydration, that will serve mainly to prolong the process of dying.

Living Will Declaration or Living Will means this document that lets me specify the health care I want to receive if I become terminally ill or permanently unconscious and cannot make my wishes known.

Permanently unconscious state means an irreversible condition in which I am permanently unaware of myself and my surroundings. My physician and one other physician must examine me and agree that the total loss of higher brain function has left me unable to feel pain or suffering.

Terminal condition or terminal illness means an irreversible, incurable and untreatable condition caused by disease, illness or injury. My physician and one other physician will have examined me and believe that I cannot recover and that death is likely to occur within a relatively short time if I do not receive life-sustaining treatment.

[Instructions and other information to assist in completing this document are set forth within brackets and in italic type.]

Health Care if I Am in a Terminal Condition. If I am in a terminal condition and unable to make my own health care decisions, I direct that my physician shall:

1. Administer no life-sustaining treatment, including CPR and artificially or technologically supplied nutrition or hydration; and
2. Withdraw such treatment, including CPR, if such treatment has started; and
3. Issue a DNR Order; and
4. Permit me to die naturally and take no action to postpone my death, providing me with only that care necessary to make me comfortable and to relieve my pain.

Health Care if I Am in a Permanently Unconscious State. If I am in a permanently unconscious state, I direct that my physician shall:

1. Administer no life-sustaining treatment, including CPR, except for the provision of artificially or technologically supplied nutrition or hydration unless, in the following paragraph, I have authorized its withholding or withdrawal; and
2. Withdraw such treatment, including CPR, if such treatment has started; and
3. Issue a DNR Order; and
4. Permit me to die naturally and take no action to postpone my death, providing me with only that care necessary to make me comfortable and to relieve my pain.
**ANATOMICAL GIFT (OPTIONAL)**

INSTRUCTIONS: If you elect to make an anatomical gift, please complete the file and attached “Donor Registry Enrollment Form” with the Ohio Bureau of Motor Vehicles to ensure that your wishes will be honored.

_____ I wish to make an anatomical gift.

_____ I do not wish to make an anatomical gift.

Upon my death, the following are my directions regarding donation of all or part of my body:

In the hope that I, ___________________________ (name of donor) may help others upon my death, I hereby give the following body parts ___________________________ (indicate specific body parts) for any purpose authorized by law: transplantation, therapy, research or education (Cross our any purpose unacceptable to you.

This is a legal document under the Uniform Anatomical Gift Act or similar laws. If I do not indicate a desire to donate all or part of my body by filling in the lines above, no presumption is created about my desire to make or refuse to make an anatomical gift.

Donor Registry Enrollment Form.

I have completed the attached Donor Registry Enrollment Form: _____ Yes _____ No
NOTE: If you modify or revoke your decision regarding anatomical gifts, please remember to make those changes in your Living Will, Health Care Power of Attorney and Donor Registry Enrollment Form.

_**No Expiration Date:**_ This Living Will Declaration will have no expiration date. However, I may revoke it at any time.

_**Copies the Same as Original.**_ Any person may rely on a copy of this document.

_**Out of State Application.**_ I intend that this document be honored in any jurisdiction to the extent allowed by law.

_**Health Care Power of Attorney.**_ I have completed a Health Care Power of Attorney:

[________ Yes  _________ No]

**SIGNATURE**

_[See below for witness or notary requirements.]

I understand the purpose and effect of this document and sign my name to this Living Will Declaration on ________________, 20__, at _____________________, Ohio.

______________________________

DECLARANT

_[You are responsible for telling members of your family, the agent named in your Health Care Power of Attorney (if you have one), and your physician about this document. You also may wish to tell your religious advisor and your lawyer that you have signed a Living Will Declaration. You may wish to give a copy to each person notified.]

_[You may choose to file a copy of this Living Will Declaration with your County Recorder for safekeeping.]

**WITNESSES OR NOTARY ACKNOWLEDGMENT**

_[Choose one.]

_[This Living Will Declaration will not be valid unless it either is signed by two eligible witnesses who are present when you sign or are present when you acknowledge your signature, or it is acknowledged before a Notary Public.]

_[The following persons cannot serve as a witness to this Living Will Declaration: the agent or any successor agent named in your Health Care Power of Attorney; your spouse; your children; anyone else related to you by blood, marriage or adoption; your attending physician; or, if you are in a nursing home, the administrator of the nursing home.]
Witnesses. I attest that the Declarant signed or acknowledged this Living Will Declaration in my presence, and that the Declarant appears to be of sound mind and not under or subject to duress, fraud or undue influence. I further attest that I am not an agent designated in the Declarant’s Health Care Power of Attorney, I am not the attending physician of the Declarant, I am not the administrator of a nursing home in which the Declarant is receiving care, and I am an adult not related to the Declarant by blood, marriage or adoption.

_________________________ residing at __________________________
Signature

_________________________ Print Name

Dated: _____________________, 20___

_________________________ residing at __________________________
Signature

_________________________ Print Name

Dated: _____________________, 20___

OR

Notary Acknowledgment.
State of Ohio
County of _________________ ss.

On _____________________, 20___, before me, the undersigned Notary Public, personally appeared ________________, known to me or satisfactorily proven to be the person whose name is subscribed to the above Living Will Declaration as the Declarant, and who has acknowledged that (s)he executed the same for the purposes expressed therein. I attest that the Declarant appears to be of sound mind and not under or subject to duress, fraud or undue influence.

_________________________ Notary Public

My Commission Expires: ________________
# Dementia Checklist

The following are behaviors often observed in people with varying degrees of dementia. Please check the column which indicates how often your relative displays each one.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>Never Occurred</th>
<th>Sometimes (1-2x week)</th>
<th>Frequently (3-6x week)</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Wandering</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Getting Lost</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Asking the same questions over and over again</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>4. Being suspicious or accusative</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>5. Losing or misplacing things</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>6. Not recognizing familiar people</td>
<td></td>
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<tr>
<td>7. Forgetting what day it is</td>
<td></td>
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<tr>
<td>8. Hiding things (money, jewelry, etc.)</td>
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<td></td>
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<tr>
<td>9. Starting but not finishing things</td>
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<td></td>
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<tr>
<td>10. Destroying property</td>
<td></td>
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<td></td>
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<tr>
<td>11. Doing things that embarrass you</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Being constantly restless</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Being constantly lethargic</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Being constantly talkative</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Talking little or not at all</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. Waking you up at night</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>17. Engaging in behavior that is potentially dangerous to others or self</td>
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<tr>
<td>18. Reliving situations from the past</td>
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<tr>
<td>19. Fearful of water - of strangers</td>
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<tr>
<td>- of sounds</td>
<td></td>
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<tr>
<td>20. Seeing or hearing things that are not there (hallucinations or illusions)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other behaviors not listed ____________________________________________________________

_______________________________________________________________________

_______________________________________________________________________
Phone tips for seniors:
- Start a buddy system. You and a friend or relative can set a special time when you call each other every day. It’s an easy way to keep track of each other.
- People who live alone, especially women, can list only first and middle initials in the telephone directory to avoid calls from people making harassing calls.
- Use answering machines to keep potential burglars guessing about who’s home and who’s not. Women living alone may ask a male friend or relative to make the recording using your telephone number only.

Stop telephone scams
by keeping these tips in mind:
- Hang up if a telemarketer calls before 8 A.M. or after 9 P.M.
- If you suspect a scam, call the State Attorney General. If you have been the victim of a scam, call the National Fraud Information Center at: 232-6330 or 1-800-876-7060.
- Resist high pressure sales. True businesses will respect the word “no.”
- If you tell the seller not to call back and he does, hang up. That’s against the law!
- Be sure to get written information before you commit to anything.

When you’re out:
- Make sure someone knows where you’re going and when you expect to return.
- Carry change for emergency telephone and transportation use.
- Carry a shriek alarm.
- When using a bus or other public transportation, sit as near the driver as possible.

Sources: Federal Trade Commission, Bellsouth, Senior Citizens Against Crime
Social Services and Emergency Assistance

ELDER ABUSE AND NEGLECT

The types of abuse include: physical, sexual, emotional and exploitative. Abuse means the infliction upon an adult (by one’s self or others) of injury, unreasonable confinement, intimidation, or cruel punishment with resulting physical harm, pain or mental anguish. Physical abuse includes pushing, hitting, slapping, pinching and other ways of physically harming a person. It can also mean incorrect positioning, force feeding, restraining or giving medication without their knowledge. Sexual abuse includes rape or other unwanted sexual contact, but it can also mean forced or coerced nudity, exhibitionism, and other non-touching sexual situations. Exploitation is the unlawful or improper act of a caretaker using an adult or his resources for monetary or personal benefit, profit or gain. Emotional abuse occurs when an elderly person is threatened, humiliated, intimidated or otherwise psychologically hurt.

Some Indicators of Elder Abuse and Neglect

Abuse: Physical, Psychological, Sexual
- Change in behavior
- Cuts, bruises, burns
- Harassment
- Confine
- Isolation
- Mental confusion
- Inadequate health care
- Unable to perform tasks of daily living

Neglect: By Self or Others
- Mental confusion
- Poor hygiene/environment
- Unable to perform tasks of daily living

Financial Exploitation
- Unusual bank withdrawals
- Change in power of attorney or legal matters
- Lack of personal belongings
- Different signatures on checks

County Departments of Job and Family Services

Defiance: (419) 782-3881
6879 Evansport Rd., Box 639, Ste. A, Defiance 43512
Erie: (419) 626-6781
221 W. Parish, Sandusky 44870
Fulton: (419) 337-0010
604 S. Shoop, Ste. 200, Wauseon 43567
Henry: (419) 592-0946
104 E. Washington St., P.O. Box 527, Napoleon 43545

CAREGIVER TIP

How Can I Help? Give the gift of you...your time and presence can help more than you know. Make specific dates and times to come over and talk with a person who needs special care and oversight. This allows the caregiver some personal time. Quality time is the best gift you can give.

Ohio HOPES.org
www.ohiohopes.org
A resource and information directory for older victims of crime and abuse.

Ohio Coalition for APS
(614) 228-2277
88 E. Broad St., Suite 870, Columbus 43215
www.OCAPSOhio.org
Statewide coalition that strives to enhance the provision of services to adults at risk.

Senior Protection Unit - Lucas Co.
(419) 213-2001
Lucas County Courthouse
Investigates crimes against seniors.

DOMESTIC VIOLENCE

Adelante
(419) 244-8440
530 Broadway, Toledo 43602
www.adelantelrc.org

The Center for Children and Family Advocacy, Inc.
1-800-782-8555
219 East Washington St., Napoleon 43545
24 hr. hotline for victims and survivors of domestic violence.

Family Service Counseling Center of Wood County
(419) 352-4624 or 1-877-352-4624
1084 S. Main St., Suite A, Bowling Green 43402

Harbor
(419) 475-4449
5151 Monroe St., Toledo 43623
4334 Secor Rd., Toledo 43623
www.harbor.org

Ohio Domestic Violence Network
(614) 781-9651 or 1-800-934-9840
4807 Evanswood Dr., Columbus 43229
www.odvn.org
Domestic violence info, referral and training services.

24 Crisis Response Team
(419) 245-3324
525 N. Erie St., Toledo 43604
24 hour assistance to assist with Domestic Violence and Rape reports. Lucas County only.
Family Service of Lucas County  (419) 321-6455
701 JEFFERSON, SUITE 301, TOLEDO 43604
www.fsno.org

House of Ruth  1-800-782-8555
511 PERRY ST., DEFANCE 43512

National Domestic Violence Hotline  1-800-799-7233
TDD/TTY  1-800-787-3224
www.ndvh.org

OhioHOPES.org  www.ohiohopes.org
A resource and information directory for older victims of crime and abuse.

Toledo/Lucas County Victim - Witness Assistance Program  (419) 213-4591
www.co.lucas.oh.us/prosecuter/victimwitnessassistance.asp
Offers crime prevention, victim support services and information and referral services.

YMCA Battered Women's Shelter  1-888-341-7386
1018 JEFFERSON AVE., TOLEDO 43604
www.ymcatoledo.org

**CRISIS INTERVENTION**

Many churches serve as the first step for those needing help with groceries, clothing, referrals, education, support and care.

24hr Crisis Response Team  (419) 245-3324
525 N. ERIE ST., TOLEDO 43604
24 hour assistance to assist with Domestic Violence and Rape reports.

Arrowhead Behavioral Health  (419) 891-9333
1725 TIMBER LINE RD., MAUMEE 43537
www.abhmaumee.com
Specialized Mental Health and Chemical Dependency Services to the Adult and Senior population.

Behavioral Connections  (419) 352-5387 or 1-800-472-9411
24 HOUR HOTLINE  (419) 352-1545
www.behavioralconnections.org

The Center for Children and Family Advocacy, Inc.  (419) 592-0540
219 EAST WASHINGTON ST., NAPOLEON 43545
24 hr. hotline for victims and survivors of domestic violence.

Firelands Counseling and Recovery  1925 HAYES AVE., SANDUSKY 44870
675 BARSTON RD., FREMONT 43545  (419) 557-5177 or 1-800-826-1306
(419) 332-5524 or 1-888-332-5529
www.firelands.com
Provides crisis counseling services.

First Call for Help – United Way  (419) 599-1660 or 1-800-468-4357
600 FREEDOM DR., NAPOLEON 43545
www.firstcallnwo.org
211 Information and Referral and crisis center.

First Step Health Family Resource Ctr.  1-800-466-6228
1099 COLUMBUS AVE., FOSTORIA 44830
www.firststepweb.org
Shelter that provides crisis intervention.

Fulton County Health Center  (419) 337-8661
725 S. SHOOP ST., WAUSEON 43567
www.fultoncountyhealthcenter.org
Mental health services for a variety of issues.

House of Ruth  1-800-782-8555
511 PERRY ST., DEFANCE 43512
Provides 24 hour hotline, food, clothing and shelter resources for women.

National Suicide Prevention Lifeline  1-800-273-8255
666 BROADWAY, #200, NEW YORK, NY 10012

Northwest Ohio Psychiatric Hospital  (419) 381-1881
930 S. DETROIT AVE., TOLEDO 43614

Northwestern Ohio Poison Control Ctr.  1-800-222-1222
3333 BURNETT AVE., CINCINNATI 45229
Provides drug and poison, crisis intervention services.

Rescue, Inc.  (419) 255-9585
3350 COLLINGWOOD BLVD., 43610
www.rescuenhs.com
Emergency phone and in-person crisis counseling and intervention.

Veterans Suicide Prevention Hotline  1-800-273-8255
www.suicidepreventionlifeline.org

Vial of Life  www.vialoflife.com
Emergency medical information attached to your fridge for EMS personal.

YWCA H.O.P.E. Center  (419) 241-3235
1018 JEFFERSON AVE., TOLEDO 43624
www.ymcatoledo.org
Crisis intervention, support, information and referral from anywhere in Ohio.

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**CAREGIVER TIP**

Sometimes older adults can experience emotional difficulties and/or behave strangely due to medications they are taking. Consult with your loved one’s healthcare provider to discuss possible organic causes of depression or erratic behavior.
FOOD ASSISTANCE IN OHIO

Department of Job and Family Services

DEFIANCE ...........................................(419) 782-3881
6879 EVANSPORT RD., STE. A, PO BOX 639, DEFANCE 43512
(419) 626-6781
221 W. PARISH, SANDUSKY 44870
FULTON ....................................1-800-344-3575 or (419) 337-0010
604 S. SHOOP, STE. 200, WAUSEON 43567
HENRY ...........................................(419) 592-0946
104 E. WASHINGTON ST., P.O. BOX 527, NAPOLEON 43545
LUCAS .......................................(419) 213-8999 or 1-888-245-8999
3210 MONROE ST., 43699
OTTAWA ................................(419) 898-3688 or 1-800-665-1677
8043 W. ST. RT. 165 #200, OAK HARBOR 43449
PAULDING .................1-800-201-9865 or (419) 399-3756
303 W. HARRISON ST., PAULDING 45879
SANDUSKY ...............................(419) 334-3891
2511 COUNTRYSIDE DR., FREMONT 43420
WILLIAMS ............................(419) 636-6725
COURTHOUSE ANNEX, 117 W. BUTLER, BRYAN 43506
WOOD ....................................(419) 352-7566
P.O. BOX 679, 1928 E. GYPSY LANE RD., BOWLING GREEN 43402

Food Assistance Helpline
Food Assistance program helpline.

1-866-244-0071

FOOD, CLOTHING & SHELTER RESOURCES

Some Senior Centers provide commodity distribution. Please contact your local senior center to see if they participate or Toledo Seagate Foodbank for list of participants.

American Red Cross

DEFIANCE COUNTY ...........................................(419) 782-0136
1220 S. CLINTON ST., Defiance 43512
(419) 626-1641
ERIE AND HURON COUNTIES
300 CENTRAL AVE., SANDUSKY
(419) 335-4636
FULTON COUNTY ...........................................(419) 592-4806
117 W. WASHINGTON ST., NAPOLEON 43545
(419) 329-2900
LUCAS, OTTAWA AND WOOD COUNTIES
3100 CENTRAL AVE., TOLEDO 43606
(419) 238-9977
PAULDING COUNTY ..................................................(419) 332-5574
208 E. MAIN ST., VAN WERT 45891
(419) 636-3449
SANDUSKY COUNTY ...........................................(419) 337-0010
1245 NAPOLEON ST., FREMONT 43420
(419) 244-3290
WILLIAMS COUNTY ...........................................(419) 241-9277
228 S. MAIN ST., BRYAN 43506

Helps victims of disasters, such as fire, floods or tornadoes. Includes financial assistance, food, clothing, shelter and medical needs. Assistance given as outright gift.

Aurora Project, Inc. ...........................................(419) 244-3290
1035 N. SUPERIOR ST., TOLEDO 43604

Transitional home for women and their children.

Beach House ...........................................(419) 241-9277
915 N. ERIE ST., TOLEDO 43604
www.beachhousetoledo.org
Temporary housing for women and families.

Bellevue Fish and Loaves ...........................................(419) 484-2814
203 MAPLE ST., BELLEVSUE 44811
Must reside in the Bellevue school district.

Bethany House ...........................................(419) 727-4948
PO BOX 80596, TOLEDO 43608
www.bethanyhousetoledo.org
Transitional housing for battered women and children.

Care and Share of Erie County ...........................................(419) 624-1411
241 JACKSON ST., SANDUSKY 44870
Food, furniture, bedding, household goods free of charge.

Catholic Charities - LaPosada ...........................................(419) 244-5931
435 EASTERN AVE., TOLEDO 43609
Family emergency shelter.

Cherry Street Lifebridge Center ...........................................(419) 246-9552
3542 MONROE ST., TOLEDO 43606
Clothing, small household and furniture items.

Cherry Street Mission Ministries

MEN’S DIVISION, 105 17TH ST., 43624
(419) 242-5141
WOMEN’S DIV., 436 W. DELAWARE ST., 43610
(419) 321-1835
www.cherrystreetmission.org
Emergency food, shelter and clothing resources.

Church Women United ...........................................(419) 865-2300
PO BOX 366, HOLLAND 43528
A thrift shop that provides used clothing and food from donations.

Cocoon Shelter ...........................................(419) 484-2814
1-800-472-9411
Domestic violence shelter for women and children.
Serves Wood County.

Deshler Council of Churches Food Pantry ...........................................(419) 278-3686
IMMACULATE CONCEPTION CHURCH, 230 ALLENDALE AVE., 43516
Food pantry that gives out food one time monthly to low income residents of Henry County.

Family House ...........................................(419) 242-5505
669 INDIANA AVE., TOLEDO 43604
www.familyhousetoledo.org
Emergency shelter for homeless families.

Family Worship Center Food Pantry ...........................................(419) 334-8353
120 EAST STATE ST., FREMONT 43420
Food pantry.

Feed Your Neighbor ...........................................(419) 242-7401
TOLEDO AREA MINISTRIES, 3043 MONROE ST., TOLEDO 43606
www.tamohio.org
Three day supply of non-perishables. You must have a referral card from a church representative who will direct you to a food site. To get a referral card, call your church pastor or Metro-Toledo Churches United.
First Step Healthy
Family Resource Center  1-800-466-6228
1099 COLUMBUS AVE., FOSTORIA 44830
www.firststepweb.org
    Shelter that provides crisis intervention.

FISH
PO Box 5, ARCHBOLD 43502  (419) 445-0366
1003 MICHIGAN AVE., NAPOLEON  (419) 592-2217
222 DEPOT ST., WAUSEON  (419) 337-7342
Food pantry. Napoleon branch provides transportation and financial assistance.

Focus, Inc.  (419) 244-2175
2283 ASHLAND, TOLEDO 43620
www.focusledo.org
    Feed Your Neighbor Program, food pantry and once per month government commodities. Call first to see what is available.

Food for Thought  (419) 972-1338
3540 SEAMAN RD., OREGON 43616
www.freelunchtoledo.com
Mobile food pantry and clothing closet.

Friendly Center, Inc.  (419) 243-1289
1324 N. SUPERIOR, TOLEDO 43604
www.friendly-center.org
Must live in zip code areas 04, 08, or 11. M-F, 8:30 A.M. – 5 P.M. Pick-up times vary. Please call.

Gibsonburg Food Pantry  (419) 637-2255
317 E. MADISON, GIBSBURG 43431
Food Pantry open the second and fourth Mon. of the month from 5:00 P.M. to 5:30 P.M.

Harbor House  (419) 244-6300
3322 CHERRY ST., TOLEDO 43608
Transitional housing for homeless, single women recovering from substance abuse.

Helping Hands of St. Louis  (419) 691-0613
443 SIXTH St., 43605
Provides meals, hygiene and food pantry services to Eastside residents.

House of Ruth  (419) 782-8555 or 1-800-782-8555
511 PERRY ST., DEFiance 43512
Domestic violence shelter for women and children. Serves Defiance, Fulton, Henry, Paulding and Williams co’s.

Jerusalem Twp. Food Pantry  (419) 836-1210
9501 JERUSALEM RD., CURTICE 43412
Food Pantry offered the second Wednesday of each month from 9–11 A.M.

Jewish Federation of Greater Toledo  (419) 885-4461
6525 SYLVANIA AVE., SYLVANIA 43560
www.jewishtoledo.org
    Will supply groceries once every three months. Must be picked up. Social worker appointment required. Serves the multi-county regional area.

Libbie's Specialized Clothing  (419) 381-6519
2344 WESTBANK RD., TOLEDO 43614
Specialized (adaptive) clothing for those with disabilities.

Liberty Center of Sandusky County  (419) 332-8777
1421 E. STATE ST., FREMONT 43420
Homeless shelter.

Lutheran Social Services
2149 COLLINGWOOD BLVD., TOLEDO 43620  (419) 243-9178
www.lssnw o.org
    Emergency food services.

Martin Luther King Kitchen for the Poor  (419) 241-2596
650 VANCE ST., TOLEDO 43602
Provides food, clothing and shelter resources.

Monclova/Anthony Wayne Senior Ctr.  (419) 861-1336
8115 MONCLOVA RD., MONCLOVA 43542
Food Pantry.

Mustard Seed Outreach Ministries  (419) 727-1800
5420 302ND St., TOLEDO 43611
Clothing resource serving the 43611 zip code only.

National Call Center for Homeless Veterans  1-877-424-3838

New Day Family Resource Center  (419) 626-8730
1135 WARREN ST., SANDUSKY 44870
Food Pantry.

N.O.C.A.C. Path 1933 E. SECOND ST., DEFIANCE 43512  (419) 782-5136
www.nocac.org
    Food pantry, HEAP, air conditioners and home repair. Serves Defiance, Fulton, Henry, Williams and Paulding co’s.

Oak House  (419) 734-4417
333 BUCKEYE BLVD., PORT CLINTON 43452
Food pantry.

Open Door Ministry, Inc.  (419) 242-7281
2825 CHERRY ST., TOLEDO 43608
Emergency shelter and transitional housing for men.

Our Lady of Lourdes Hospitality Kitchen  (419) 865-2345
6149 HILL AVE., 43615
Provides food, shelter and clothing resources.

Safe Harbor Domestic Violence Shelter  (419) 626-2200
PO Box 2616, SANDUSKY 44870
www.safehorbourshelter.org
    Shelter for victims of domestic violence. Serves Erie and Ottawa counties.

Northwestern Ohio Edition 2014
Older Adults™ ...the Resource Guide 61
Salvation Army
620 N. E RIE, 43624 (419) 241-1138
Maximum assistance four times per year. Referral needed from Human Services. Holiday food baskets or a $15 check are sent to low income elderly. Applications taken Oct. 15–Nov. 20. Based on need and availability.

ERIE COUNTY (419) 626-3862
OTTAWA COUNTY (419) 732-2769
1854 E. PERRY ST., PORT CLINTON 43452
www.salvationarmy.org

The Sanctuary of Williams County (419) 636-2460
210 S. MAIN ST., BRYAN 43506
Homeless shelter.

Sandusky Co. Share and Care Center (419) 334-2832
206 LYNN ST., FREMONT 43420
Food Pantry vouchers offered once/month. Thrift store.

St. Francis De Sales Church (419) 243-4242
501 CHERRY ST., 43604
Breakfast M-F, 9:30 -10:30 a.m. Also clothing and shelter resources. 43604 zip code only.

St. Patrick Historic Catholic Church (419) 243-6452
130 AVONDALE ST., TOLEDO 43602
Emergency food.

St. Paul’s Community Center (419) 255-5520
230 13TH ST., 43624
Serving men and women with special needs.

St. Vincent's Marguerite d'Youville Program (419) 251-2632
2213 CHERRY ST., TOLEDO 43604
Assistance for current or former clients (within 6 months) of St. Vincent’s.

Southside LIFE Station (419) 242-3340
402 SOUTH AVE., P.O. Box 962, 43613
Emergency 3 day food supply. Serving 43609 area only, unless referred. Clothing and household items, for all.

The Toledo Area Ministries Clearinghouse (419) 242-7401
444 FLOYD ST., 43606
Programs which advocate justice and empower people to meet their needs.

Toledo Gospel Rescue Mission (419) 241-6579
1917 JEFFERSON AVE., 43624
Transient shelter for men only.

Toledo SeaGate Foodbank (419) 244-6996
526 HIGH ST., 43609
Services food pantries, soup kitchens and outreach agencies. Call for the site closest to your home. Serves Lucas and Wood counties.

United Way 2-1-1/First Call for Help
ERIE, LUCAS, OTTAWA,
WOOD COUNTIES (419) 246-4636 or 1-800-650-4357
DEFIANCE, FULTON, HENRY, WILLIAMS COUNTIES (419) 599-1660 or 1-800-468-4357
SANDUSKY COUNTY (419) 334-2720 or 1-800-593-9444

Volunteers of America
MEN’S GROUP HOME (419) 934-5026
618 EAST SECOND ST., PORT CLINTON 43452
WOMEN’S GROUP HOME (419) 734-3561
616 EAST SECOND ST., PORT CLINTON 43452
1127 CHAMPLAIN ST., TOLEDO 43604 (419) 248-3733
Provides shelter resources.

Wesley United Methodist Church (419) 726-4160
2934 STICKNEY AVE., 43608
Lunch Saturdays. Food and clothing resources.

YMCA Battered Women's Shelter (419) 241-3235
1018 JEFFERSON AVE., TOLEDO 43604
www.ywcatoledo.org
Protective services for abused women and children.

UTILITIES ASSISTANCE

See County Veteran Offices listed on page 42 to inquire about utility assistance.

Local utility companies offer a variety of budget and payment plans to help customers maintain service. If you are having difficulty paying bills, contact the utility company to negotiate a workable payment plan. During the winter season, the Home Energy Assistance Program (HEAP) helps low income persons pay heating expenses by applying a one-time payment (usually around $175) to utility accounts of those who qualify. Recipients are responsible for the remaining balance. The one-time payment amount could also be used to help buy fuel such as coal, wood, oil, etc.

Emergency Home Energy Assistance Program (E-HEAP) helps those threatened with utility shut-off, already disconnected or having less than 10 days fuel supply.

Assurance Wireless 1-888-898-4888
www.assurance wireless.com
Free cell phone with 250 minutes through Lifeline.

FISH of Archbold (419) 445-0366
PO Box 5, ARCHBOLD 43502
Provides assistance to persons residing in Archbold.

FISH of Wauseon (419) 337-7342
129 E. ELM ST., WAUSEON 43567
Provides assistance to residents of Wauseon.
CAREGIVER TIP
Remember to replace the batteries in your smoke detector when you change your clock in the spring and fall.

Economic Opportunity Planning Association - EOPA  (419) 242-7304
LUCAS COUNTY: 505 HAMILTON St., TOLEDO 43604
www.eopa.org
Assistance with HEAP applications, home repair, air conditioners and appliances. Please call and speak with the Senior Brokering Department.

Helping Hands of St. Louis  (419) 691-0613
443 SIXTH St., TOLEDO 43605
Assistance to residents east of Maumee River.

Mustard Seed Outreach Ministries  (419) 727-1800
Serves 43611 zip code with slight utility assistance.

NW Ohio Community Action Commission (NOCAC)
DEFIANCE COUNTY  (419) 782-5136
FULTON COUNTY  (419) 337-8601
HENRY COUNTY  (419) 599-2481
PAULDING COUNTY  (419) 399-3650
WILLIAMS COUNTY  (419) 636-4924
1935 E. SECOND ST., DEFIANCE 43512
www.nocac.org
Assists with HEAP applications. Funds during winter for emergency payment to vendors providing primary and/or secondary heating services. To receive assistance, must be without services, have a termination notice, or under 10 day bulk fuel supply. Income qualifications.

Public Utilities Commission of Ohio  1-800-686-7826
TDD/TTY  1-800-686-1570
180 E. BROAD ST., COLUMBUS 43215
Helps with utility-related questions and concerns.

Safelink Wireless  1-800-977-3768
9700 NW 112TH AVE., MIAMI, FL 33178
www.safelink.com
Free cell phone program through Lifeline.

Salvation Army
620 N. ERIE, TOLEDO 43615  (419) 241-1138
ERIE CO.: 3333 COLUMBUS AVE., SANDUSKY 44870  (419) 626-3862
OTTAWA CO.: 1854 E. PERRY ST., SUITE #800, PORT CLINTON 43452  (419) 241-1138
www.salvationarmynyohio.org
Provides limited utility assistance for Lucas, Fulton, Henry, Wood and Ottawa county residents.

Serving Our Seniors  (419) 732-2769
310 E. BOAT ST., SANDUSKY 44870
www.servingourseniors.org
For Erie County residents only.

Share and Care Center  (419) 334-2832
PO BOX 392, FREMONT 43420
Sandusky County.

St. Vincent’s Marguerite d’Youville Program  (419) 251-2632
2213 CHERRY ST., TOLEDO 43608
Assistance for current or former patients of St. Vincent’s Hospital (within last 6 months).

Water Discount/City of Toledo  (419) 245-1800
Dept. of Public Utilities will reduce water bill for seniors enrolled in Homestead Exemption program.

WSOS  (419) 334-8911
PO BOX 590, FREMONT 43420
www.wsos.org
HEAP program for Ottawa, Sandusky and Wood co’s.

TELEPHONE ASSISTANCE/LIFELINE AND LINK-UP
Lifeline is a government program that offers qualified people a discount on their phone bill. Eligibility criteria may differ by state. To find out more about Lifeline, contact one of the phone service providers below.

AT&T Ohio ................. 1-888-256-5378
Century Tel ............... 1-800-201-4099
Verizon .................. 1-888-579-1877

COMPANIONSHIP
Many churches and multi-purpose senior centers offer companionship and support. Services free unless noted.

TELEPHONE REASSURANCE
Telephone reassurance programs provide daily telephone contact to older persons who live alone. Calls are usually placed by volunteers to check on the well-being of seniors enrolled in the programs. This service is usually provided at no charge.

American Red Cross Toledo Chapter  (419) 329-2900
24 HOUR HOTLINE  1-888-590-0098
3100 W. CENTRAL AVE., 2ND FL., 43606
www.redcrosstoledo.org or www.redcross.com

Are You OK
MAUMEE  (419) 897-7040
OTTAWA HILLS  (419) 531-4211
SYLVANIA CITY  (419) 885-8900
Daily telephone contact. Available to seniors.

CareCheckers  1-888-477-0435
www.carecheckers.com
Private pay telephone contact to check in on senior.

Defiance County Senior Services  (419) 782-3233
140 E. BROADWAY, DEFIANCE 43512
www.defiance-county.com

Northwestern Ohio Edition 2014
Hands of Grace - Faith in Action  (419) 822-3556
104 MONROE ST., STE. 2, DELTA 43515
www.metalink.net/~handsgrace
TLC telephone calls for Fulton County residents.

TELE-LINQUES  (419) 244-3142
LINQUES NEIGHBORHOOD CENTER, 401 N. HAWLEY, 43607
Daily calls to seniors to provide telephone reassurance and information and referral.

BEREAVEMENT/WIDOW SUPPORT

Call your local funeral home director, senior center or church for information on bereavement support groups.

Here are some thoughts to help you cope...

- Give yourself permission to grieve and talk about your loss, your love, happy times and memories. Grief and sadness are normal.
- Recognize that other people care but might be uncomfortable and don’t know what to say to you.
- Be assertive and help them remember the good times they too shared with your loved one.
- If your grief begins to affect your ability to participate in regular life activities, get professional help.
- Ask for and accept help. Recognize that anger, sadness, loneliness and fear are normal feelings. Your friends and family want to help so let them help you.

Bridge Home Health and Hospice  (419) 352-9808
1037 CONNEAULT AVE., SUITE 204, BOWLING GREEN 43402
www.bvhealthsystem.org
Grief and Bereavement support services.

Bridge Personal Care Services  1-888-463-3376
15100 BIRCH AVE N LANE, FINDLEY 45840
www.bridgepcs.org

Family Readiness and Warrior Support  1-800-589-9914, ext. 5
2660 S. EIER RD., SWANTON 43558
Provides information, resources, referrals and assistance to all service members and military family.

Family Service Counseling of Wood Co.  (419) 352-4624
1084 S. MAIN ST., SUITE A, BOWLING GREEN 43402
www.fsno.org
Family support services.

Family Service of Northwest Ohio  (419) 321-6455
701 JEFFERSON, SUITE 301, TOLEDO 43604
www.fsno.org

Four County Family Center  (419) 335-3752
7320 STATE HWY. 108, WAUSEON 43567
www.fsno.org

Good Grief of Northwest Ohio
CEDAR CREEK CHURCH, 2150 S. BRYNE RD., TOLEDO 43614
www.goodgriefwno.org
Gather.grieve.support.

Hospice of Northwest Ohio  (419) 661-4001 or 1-866-661-4001
30000 EAST RIVER RD., PERRYSBURG 43551
800 S. DETROIT AVE., TOLEDO 43609
www.hospicenwo.org
Hospice care and grief and bereavement services.

Lutheran Social Services
2149 COLLINGWOOD, 43620  (419) 243-9178
BURKHOLDER CENTER, ARCHBOLD 43502  (419) 267-5528
512 EAST STATE ST., FREMONT 43420  (419) 334-3431
1011 SANDUSKY, STE. 1, PERRYSBURG 43551  (419) 243-9178
Grief, family and caregiver support services.

National Hospice and Palliative Care Organization  1-800-658-8898
1731 KING ST., ALEXANDRIA, VA 22314
www.caringinfo.org
Provides living wills and hospice referral services.

ProMedica Ebeid Hospice
Inpatient Unit  (419) 824-8840
5340 HAROUN RD., SYLVANIA 43560
www.promedica.org
Inpatient hospice unit.

Shalom Ministries  (419) 445-1552
22251 ST. RT. 2, ARCHBOLD 43502
www.shalomworks.org
Grief and Bereavement services and supports.

Stein Hospice  (419) 625-5269
1200 SYCAMORE LANE, SANDUSKY 44870
www.steinhospice.org

BIRTHDAY & ANNIVERSARY GREETINGS

Greetings from the White House  (202) 456-1414
FAX:  (202) 395-1232
OFFICE OF THE PRESIDENT, WHITE HOUSE
1600 PENNSYLVANIA AVE., WASHINGTON, D.C. 20500
www.whitehouse.gov/greetings
President will send a greeting card to anyone celebrating their 80th or later birthday and to couples celebrating their 50th anniversary. 30-day advance notice required. Request should include person’s name(s), address, age and date of birth, and the number of years married.

Governor of Ohio  (614) 644-3555
The Governor will sign a birthday greeting for seniors, no age limit/restriction. Must give a two week notice and have address information and birthdate.

The Today Show  (212) 664-4444, ext. 3924
WILLARD SCOTT, 30 ROCKEFELLER PLAZA, NEW YORK, NY 10112
For persons 100 years or older, send a photograph, name, address, date of birth and short description about the person at least three months in advance.

US Representative Marcy Kaptur  (419) 259-7500
ONE MARITIME PLAZA, 6TH FL., TOLEDO 43604
www.house.gov/kaptur
Offers official greetings, flag orders and grant support.
PET COMPANIONSHIP

Studies have shown that pet companionship improves mental outlook and health—80% of older adults who acquire pets through the program report feeling happier and safer.

Humane Society of Erie County (419) 626-6220 1911 Superior St., Sandusky 44870 www.humanesocietyoferiecounty.org

Humane Ohio (419) 266-5607 3131 Tremainsville Rd., Toledo 43613 www.humaneohio.org

Low cost spay/neuter clinic.

Humane Society of Ottawa County (419) 734-5191 2424 E. Sand Rd., Port Clinton 43452 www.oc.petfinder.com

Planned Pethood (419) 826-3499 PO Box 350908, Toledo 43635 www.plannedpethood.org

Toledo Animal Shelter Association (419) 382-1130 640 Wuman St., Toledo 43609 www.toledoshelterassociation.com

Toledo Area Humane Society (419) 891-0705 1920 Indian Wood Circle, Maumee 43537 www.toledohumanesociety.com

Offers discounts to seniors age 60+ of $50 off regular price and $25 off reduced prices. Every Wednesday is “Senior to Senior” day which enables a senior to one free adoption of any animal 5 years of age or older if a pet has not been adopted within the past year.

Wood County Humane Society (419) 352-7339 801 Van Camp Rd., Bowling Green 43402

Area Office on Aging Caregiver Expo (419) 382-0624 2155 Arlington Ave., 43609 www.areaofficeonaging.com

This expo offers dozens of exhibitors with information, resources, programs and services to the person caring for a friend, family member or loved one. With professionals providing instructional sessions on a variety of topics, respite rooms available for adults only, and a superb keynote address presented by a nationally-known speaker. Held on the first Saturday in November at Parkway Place in Maumee, OH. Parking and admission are free to attendees. Concession stands are open.

If you are a caregiver for someone who must leave the home due to incapacity or hospitalization, you may have many questions:

• How do I handle the inquiries of caring friends and family while giving the loved one the time and space he/she needs?
• How do I handle family and friends with differing thoughts about current care and after care?
• How do I care for the home while he/she is gone?
• Can my loved one return home or will there be a move to another facility?
• How do I handle the selling of the home and related assets if returning home is not possible?
• Where can I turn for survival tips?

Try these resources for help:

• Talk with your social worker at the hospital, residential care facility or nursing home.
• Do you have friends whom have coped with the same issues? Talk with them and learn from their experiences.
• Consider attending a caregiver support group.
**Kinship Care Support**

Kinship Care is a term used to describe a situation in which a grandparent or other relative takes over the full-time rearing of a child (or children) whose parents are unable or unwilling to do so. This can happen as a result of death or chronic illness, abuse or neglect, substance abuse, incarceration, poverty, or many other reasons. A relative who accepts this commitment must address issues in raising the child (or children) such as financial assistance, child care, education, medical services and legal issues. Help is available.

Grandparents and other relatives raising children in their extended families full-time can receive financial assistance and health coverage for the children, regardless of the caregivers’ incomes and custody situation. Job & Family Services will provide health insurance and financial support. Other programs such as Women, Infants and Children (WIC) Program, Food Stamps, utilities and housing help may have income limitations. Children with disabilities may be eligible for Social Security Income.

Besides the financial aspect, a myriad of challenges face grandparents and other relatives taking on the difficult task of rearing children. Legal questions, housing limitations, financial needs, and the health of the caregiver, family entanglements and many other factors add to the already stressful emotional situation for both adults and children. The Lucas County Kinship Navigator Program and the counties’ Departments of Job & Family Services will provide guidance and assistance.

Call the AOOA at (419) 382-0624 for a copy of “Parenting Smarts - The Resource Guide for Grandparents and Other Relatives Raising Children.”

**AGENCY ASSISTANCE**

The following county agencies are able to assist kinship caregivers with issues involving those for whom they care.

**Department of Job and Family Services – DJFS**

**Public Children Services Agency – PCSA**

**Defiance**

DJFS and PCSA (419) 782-3881 or 1-800-342-0160

06879 Evansport Road, Box 639, Defiance 43512

**Erie**

DJFS and PCSA (419) 626-6781

221 West Parish St., Sandusky 44870

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**Area Office on Aging Caregiver Support Program**

(419) 382-0624

2155 Arlington Ave., 43609

www.areaofficeonaging.com

Offers services and support for caregivers of seniors. When you’re caring for a loved one, we’ll be with you all the way.

**Children of Aging Parents**

1-800-227-7294

www.caps4caregivers.org

Info and referral, free literature on caregiving issues.

**Family Caregiving Alliance**

1-800-445-8106

180 Montgomery St., San Francisco, CA 94101

Online support groups, newsletters and information.

**Independent Care Solutions**

(419) 367-8835

PO Box 173, Maumee 43537

www.professionalcareforyou.com

Care management for long distance and local caregivers.

**Lutheran Social Services**

2149 Collingwood, 43620 (419) 243-9178

512 East State St., Fremont 43420 (419) 334-3431

1011 Sandusky, Ste. 1, Perrysburg 43551 (419) 243-9178

www.lssnw.o.org

Grief, family and caregiver support services.

**National Alliance for Caregiving**

(301) 718-8444

www.caregiving.org

Dedicated to providing support to family, caregivers and the professionals who help them.

**National Family Caregivers Assoc.**

1-800-896-3650

10400 Connecticut Ave., Ste. 500, Kensington, MD 20895

www.nfca cares.org

Non-profit organization dedicated to making life better for caregivers.

**National Stroke Association**

1-800-787-6537

9707 E. Easter Ln., Englewood, CO 80112

www.stroke.org

**Senior Independence**

(419) 865-1499

5810 Southwyclk Blvd., Ste. 101, Toledo 43614

www.seniorindependence.org

**Shalom Ministries**

(419) 445-1552 or 1-877-445-1552

22251 St. Rt. 2, Archbold 43502

www.shalomworks.org

Caregiver support group services and counseling.

**Tranquility Incontinence Products – Principle Business Enterprises**

1-800-467-3224, ext. 7

PO Box 129, Dunbridge, OH 43414-0129

www.tranquilityproducts.com

Rated #1 by professionals. Tranquility offers a full line of high performance incontinence products, from pads to briefs. Tranquility products are unsurpassed in absorbency, capacity, odor elimination and maintaining skin health. In fact, Tranquility is the only brand that is guaranteed by the manufacturer. Call our Tranquility Care Center for free samples and a confidential assessment. See our ads on Pages 5 and 101.

**Well Spouse Association**

1-800-838-0879

65 W. Main St., Ste. H, Freehold 07728

Non-profit organization giving support to caregivers.
The following offer assistance for legal issues facing caregivers, such as custody, visitation and child support. Many offer free legal advice/representation, or may be able to refer attorneys who specialize in these areas. You may also want to call your Dept. of Job and Family Svcs.

**Legal Aid of Western Ohio (LAWO)**
(419) 724-0030 or 1-888-534-1432
525 JEFFERSON AVE., STE. 400, TOLEDO 43604
Provides free legal assistance in civil matters to low income seniors and individuals in NW Ohio. Offers a

(Continued on Page 68)
full range of legal services, such as negotiation, litigation and community education. Special projects serve people with disabilities, victims of domestic violence, senior citizens and migrant farmworkers. Affiliated with Advocates for Basic Legal Equality, Inc. (ABLE), LAWO serves 32 counties in northwest and west central Ohio.

### CAREGIVER SUPPORT

**Double ARC**  
(419) 479-3060  
3837 Secor Rd., 43623  
Services for children with Fetal Alcohol Spectrum Disorders and their Caregivers. Provides assistance with information and referral, diagnosis, advocacy and educational classes.

**Kinship Care Group - Lucas County**  
**Kinship Connection**  
(419) 382-0624  
The Area Office on Aging of Northwestern Ohio’s Kinship Navigator program guides grandparents and other relatives who are raising children in their extended families to services in the community. Dozens of agencies have services for grandparents, aunts, uncles, brothers and sisters raising their relatives’ children.

**Kinship Care Group - Lucas County**  
**Kinship Connection**  
(419) 382-0624  
The Area Office on Aging of Northwestern Ohio’s Kinship Navigator program guides grandparents and other relatives who are raising children in their extended families to services in the community. Dozens of agencies have services for grandparents, aunts, uncles, brothers and sisters raising their relatives’ children.

### Mental Health Counseling and Services

#### Counseling Services

**Arrowhead Behavioral Health**  
(419) 891-9333 or 1-800-547-5695  
1725 Timber Line Rd., Maumee 43537  
www.abhmaume.com  
Mental health and chemical dependency services.

**Associated Bay Area Counselors, Inc.**  
(419) 625-1686 or 1-800-291-8111  
1319 Hull Rd., Sandusky 44870  
General and mental health counseling.

**Bayshore Counseling Services**  
1-800-686-0088  
1218 Cleveland Rd., Sandusky 44870  
(419) 626-9156  
Erie and Ottawa co’s. Person to person counseling.

**Behavioral Connections - The Link**  
1-800-472-9411  
27072 Caronade Dr., Perrysburg 43551  
www.behavioralconnections.org  
Provides women’s and men’s residential treatment, outpatient clinical services, partial hospitalization, crisis counseling, information and referral, and forensic services.

**Caregiver Support**  
(419) 382-0624 or 1-800-472-7277  
Area Office on Aging of Northwestern Ohio, Inc.  
Information and support for caregivers and their families.

**Catherine S. Eberly Center for Women**  
(419) 530-8570  
Univ. of Toledo, Tucker Hall, 43606  
www.womenscenter.utoledo.edu  
Support for women in transition.

### Expanded Services

**The Center for Children and Family Advocacy, Inc.**  
1-800-782-8555  
219 East Washington St., Napoleon 43545  
24hr. hotline for victim’s and survivors of domestic violence.

**The Epilepsy Center of NW Ohio Inc.**  
(419) 867-5950 or 1-800-589-5958  
1545 Holland Rd., Suite B, Maumee 43537  
www.epilepsycenter.org  
Education and counseling for persons and families.

**Easter Seals**  
9501 US Hwy 250 N, Suite 4, Milan 44846  
(419) 621-7997  
41641 North Ridge Rd., Ste D, Elyria 44035  
(440) 324-6600  
440 South Reynolds Rd., Toledo 43615  
(419) 535-5750  
www.noh.easterseals.com  
Special needs assistance.

**Fireland’s Counseling and Recovery Services**  
1925 Hayes Ave., Sandusky 44870  
(419) 872-2419  
675 Barston Rd., Fremont 43420  
(419) 332-5524  
www.firelands.com  
Crisis counseling services.
First Call for Help  (419) 599-1660
600 Freedom Dr., Napoleon 43545
www.firstcallnw.org
211 information, referral and crisis center.

First Choice Medical Staffing  (419) 626-9740
1164 Cleveland Rd., #20, Sandusky 44870
Provides Mental Health services through their Journey program along with Home Health Care services.

First Step Healthy Family Resource Ctr. 1-800-466-6228
1099 Columbus Ave., Fostoria 44830
www.firststepweb.org
Shelter for crisis intervention. Wood and Sandusky co’s.

Four County Family Center  (419) 335-3752 or 1-800-693-6000
7320 State Hwy. 108, Wauseon 43567
www.fsno.org
Provides personal care and counseling services for Defiance, Fulton, Henry and Williams counties.

Fremont Memorial Hospital  (419) 332-7321
715 S. Taft Ave., Fremont 43420
Medical assessment and treatments.

Friendly Center  (419) 243-1289
1324 N. Superior St., Toledo 43604
www.friendly-center.org

Fritz House  (419) 399-9797
451 McDonald Pk., Paulding 45879
Mental health and group home facility.

Fulton County Health Center  (419) 337-8661
725 S. Shoop Ave., Wauseon 43567
www.fultoncountyhealthcenter.org
Mental health services for a variety of issues.

Giving Tree  (419) 734-2942
335 Buckeye Blvd., Port Clinton 43452
www.givingtreecounseling.com
Mental health and substance abuse services.

Good Shepherd of the Deaf  (419) 536-3370
Provides counseling for the hearing impaired.

Harbor  (419) 475-4449 or 1-800-475-4449
4354 Secor Rd., Toledo 43623
5151 Monroe St., Toledo 43623
Group therapy, pharmacy and counseling services.

Help Me Grow  (419) 725-7194
2275 Collingwood Blvd., Toledo 43620
Counseling and mental health services.

House of Ruth  (419) 782-1100 or 1-800-782-8555
511 Perry St., Defiance 43512
Counseling services to women and children in domestic violence situations.

Independent Care Solutions  (419) 367-8835
PO Box 173, Maumee 43537
www.independentcaresolutions.com
Care management to long distance and local caregivers.

International OCD Foundation  (617) 973-5801
112 Water Street, Suite 501, Boston, MA 02196
www.ocfoundation.org

Lutheran Social Services
2149 Collingwood Blvd., 43620
(419) 243-9178
(419) 267-5528
(419) 334-3431
www.lssnw.org
Available to adults age 60+ in Lucas Co. Services provided in the home for those experiencing severe depression and who might not otherwise be able to obtain treatment. Accepts Medicare, Medicaid and private insurance. Sliding scale for those who qualify. Also grief counseling.

Maumee Valley Guidance Center
211 Bieder Ave., Defiance 43512
(419) 782-8856
733 N. Perry St., Napoleon 43545
(419) 592-5981
203 N. Lynn, Bryan 43506
(419) 636-2932
222 Depot St., Wauseon 43567
(419) 337-5941
www.maumeeguidancecenter.org
Services provided at the agency for those in Defiance, Fulton, Henry and Williams co’s. Program fees may be covered by health insurance, private pay and sliding scale.

Mercy St. Charles Hospital  (419) 696-7200
2600 Navarre Ave., Oregon 43616
Hospital that has a 12-bed inpatient Older Adult Unit specializing in geriatric psychiatry.

National Alliance for the Mentally Ill  (419) 243-1119
2753 W. Central Ave., Toledo 43606
www.namitoledo.org
Provides support groups and education services.

National Alliance on Mental Illness  1-800-686-2646 or (614) 224-2700
747 E. Broad Street, Columbus 43205
Support education and advocacy for mental illness.
### Supportive Housing for Those with Severe Mental Illness

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neighborhood Properties, Inc.</td>
<td>(419) 473-2604</td>
<td>2753 W. CENTRAL AVE., TOLEDO 43606</td>
<td><a href="http://www.neighborhoodproperties.org">www.neighborhoodproperties.org</a></td>
</tr>
</tbody>
</table>

Supportive housing for those with severe mental illness.

### New Home Development Co., Inc. | (419) 519-3075 or 1-800-310-1075 | 511 PERRY ST., DEFIANCE 43512 | www.newhomedevelopment.org |

Provides rental assistance for persons with mental health problems.

### Northwest Ohio Psychiatric Hospital | (419) 381-1881 | 930 S. DETROIT AVE., TOLEDO 43614 |

### Oak House | (419) 734-4417 | 335 BUCKEY E BLVD., PORT CLINTON 43452 |

Provides mental health services.

### ProMedica Defiance Regional Medical Center | (419) 783-6955 | 1200 RALSTON AVE., DEFIANCE 43512 |

Medical assessment and treatments.

### ProMedica Flower Hospital | (419) 824-1444 | 5200 HARROUN RD., SYLVANIA 43560 |

### Recovery Services of Northwest Ohio | (419) 782-9920 | 511 PERRY ST., NAPOLEON 43512 |

Alcohol and drug treatment services.

### Rescue, Inc. | (419) 255-9585 | 3350 COLLINGWOOD BLVD., 43610 |

www.rescuemhs.com |

Emergency phone, in-person crisis counseling 24/7.

### Safe Harbor Domestic Violence Shelter | (419) 621-7785 | PO BOX 2616, SANDUSKY 44870 | www.safetypinstitute.org |

### Shalom Ministries | (419) 445-1552 | 22251 ST. RT. 2, ARCHBOLD 43502 | www.shalomworks.org |

Christ centered professional counseling and mediation.

### St. Charles Mercy Hospital | (419) 696-7200 | 2600 NAVARRE AVE., OREGON 43616 |

### Unison Behavioral Health Group | (419) 693-0631 | 1425 STARR AVE., 43605 |

www.unisonbhg.org |

Serves Lucas Co. Individual and group therapy, Men’s and Women’s Groups, Women’s Depression and Anxiety Management Group. Transportation may be provided to eligible individuals. Accepts Medicaid, Medicare and private insurance. Sliding scale fee for those who qualify.

### University of Toledo Adult Psychology | (419) 383-5695 | RUPPERT HEALTH CENTER, TOLEDO 43614 |

Provides adult outpatient psychiatric treatment services.

### Westwood Behavioral Health Center | (419) 238-3434 | 1158 WESTWOOD DR., VAN WERT 45891 | www.westwoodbehavioralhealth.com |

Emergency phone, in-person crisis counseling 24/7.

### YMCA Battered Women’s Shelter | (419) 241-3235 | 1018 JEFFERSON AVE., TOLEDO 43604 |

### Zepf Community Mental Health Center, Inc. | (419) 841-7701 or 255-4050 | 905 NEBRASKA, TOLEDO 43607 | www.zepfcenter.org |

Community mental health services and supports.

### Mental Health Boards

<table>
<thead>
<tr>
<th>Board Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four County ADAMh’s Board</td>
<td>(419) 267-3355</td>
<td>T-761 STATE ROUTE 66, ARCHBOLD 43502</td>
<td><a href="http://www.networkofcare.org">www.networkofcare.org</a></td>
</tr>
</tbody>
</table>

Defiance, Fulton, Henry and Williams counties.

### Mental Health & Recovery Services Board of Lucas County | (419) 213-4600 | 701 ADAMS ST., STE. 800, TOLEDO 43624 | www.co.lucas.oh.us/mhcr |

Lucas County.

### Mental Health & Recovery Services Board – Erie and Ottawa Counties | (419) 627-1908 | 416 COLUMBUS AVE., SANDUSKY 44870 | www.mhrbeo.com |

Erie and Ottawa counties.

### Mental Health & Recovery Svcs. Board | (419) 448-0640 | 600 NORTH RIVER RD., TIFFIN 44883 | www.networkofcare.org |

Sandusky County.

### Ohio Department of Mental Health | (614) 466-2596 or 1-877-275-6364 | 30 E. BROAD STRE ET, 8TH FLOOR, COLUMBUS 43215 |

### Westwood Behavioral Health Center, Inc. | (419) 238-3434 | 1158 WESTWOOD DR., VAN WERT 45891 | www.westwoodbehavioralhealth.com |

Paulding County.

### Wood County Alcohol, Drug Addiction and Mental Health | (419) 352-8475 | 745 HASKINS RD., BOWLING GREEN 43402 | www.wcadamh.org |

Wood County.

### Protect Yourself from Fraud

- If it sounds too good to be true, it usually is.
- Free prizes or trips usually are not!
- Giving your credit card number or Social Security number to someone you don’t know is like giving them a blank check!
- Never give your credit card number to someone who calls you over the phone or comes to your home.
Adult Day Care Services

Adult Day Care is an alternative to nursing home placement. It provides assistance to families and caregivers who have responsibility for an adult who cannot be left alone. The mental stimulation also enables those adults who need supportive services to maintain independence.

An adult day care center offers a safe, supportive environment and appropriate activities, as well as a hot lunch and snacks. Transportation usually is provided at a nominal cost and personalized services of a social worker, nurse and activity therapist are usually available. Fees are subject to change without notice.

Adult Day Care at ProMedica
Goerlitch Center  (419) 824-1250
5320 Harroun Rd., Sylvania 43560
www.promedica.org/thenoerlichcenter
Cost: $13/hr; Transportation: Yes
Providing safe, secure care for individuals with Alzheimer's disease and dementia.

Alpha & Omega Daycare Center LLC  (419) 874-8053
955 Commerce Dr., Perrysburg 43551
Cost: $40/day enhanced; $52.50/day intensive
Hours: 8 A.M. – 5 P.M.; Transportation: Yes

Alternative Care Center  (419) 624-6993
10 Harbour Pkwy., Sandusky 44870
Cost: $50 daily
Hours: 6 A.M. – 6 P.M., M–F; Transportation: Yes.

Alzheimer's Assoc. Care Center  (419) 537-1999
2500 N. Reynolds Rd., Toledo 43615
www.alz.org/nwohio
Cost: $42/day; sliding fee available
Hours: 7:30 A.M. – 5:30 P.M.; M–S; Transportation: Yes

Briar Hill Health Campus  (419) 257-2421
600 Sterling Dr., North Baltimore 45872
www.trilogyhs.com

Community Adult Day Care Center
1151 Westwood Dr., Van Wert 45891  (419) 238-0751
230 Westfield Dr., Archbold 43502  (419) 445-5128
www.comhealthpro.org
Cost: Range from $42–$52
Hours: 8:30 A.M. – 5 P.M.; Transportation: Yes. $15 round trip; $10 one way.

Elmwood Assisted Living of Fremont  (419) 332-6533
1545 Fangboner Rd., Fremont 43420
www.elmwoodassistedliving.com
Cost: $9.75/hr; $11.50/hour - Alzheimer's dementia unit; 4 hr. monthly minimum
Hours: Flexible; Transportation: Can be arranged.

The Glendale Assisted Living  (419) 389-0800
5020 Ryan Rd., Toledo 43614
www.glendaleassistedliving.com
Cost: $50/day

Hands of Grace Adult Day Care  (419) 822-3556 or 1-800-341-1701
United Methodist Church, 101 Northwood St., Delta 43515
Cost: $25/full day; $15/half day
Hours: Delta: 9 A.M. – 3 P.M. M, W, F;
Transportation: Yes

Hickory Creek at Hicksville  (419) 542-7795
401 Fountain St., Hicksville 43526
Cost: $12/hr

Julien A. Faisant Center  (419) 425-3165
15100 Birchaven Ln., Findlay 45840
www.bvha.org
Cost: $28, 1-5 hrs.; $36, 5+ hrs (lunch included)
Hours: 8:30 A.M. – 3:30 P.M.

Kingston Residence of Vermillion LLC  (440) 967-2424
6010 W. Lake Rd., Vermillion 44089
Cost: $25.00 half day, $45.00 whole day, $10.00 hourly rate over 8 hours

Mill Manor Care Center  (440) 967-6614
983 Exchange Blvd., Vermillion 44089
www.millmanorc.com
Cost: $68 full day

Ottawa Co. Riverview Healthcare  (419) 898-2851
8180 W. St. Rt. 163, Oak Harbor 43449
www.riverviewhealthcare.com
Cost: $35 under 4 hours; $65 4+ hours
Hours: 8 A.M. – 4:30 P.M. M–F; Transportation: No

Parkcliffe Community  (419) 381-9447
4226 Parkcliffe Ln., 43615
www.parkcliffe.com
Cost: $40–$52/daily
Hours: 7:30 A.M. – 6 P.M.; Transportation: No

Senior Independence  (419) 865-4362
545 Indiana Ave., Toledo 43604
www.seniorindependence.org
Cost: $64/day, $38/half-day
Hours: 7:30 A.M. – 5:30 P.M. M–F; Transportation: Yes

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Older Adults™…the Resource Guide 71
Alzheimer’s Disease
Alzheimer’s (A.D.) is one form of dementia that is a progressive, degenerative and incurable disease that attacks brain cells, resulting in impaired memory, thinking and behavior. It is not a natural consequence of aging.

Dementia
Dementia is the loss of intellectual functions (such as memory deficit or confusion) that interfere with daily living. Many conditions cause or mimic dementia, including depression, tumors, drug reactions, nutritional deficiencies and degenerative physiological diseases. It is not a natural consequence of aging. Geriatric assessment can help determine cause and suggest treatment that can improve or reverse behavior patterns.

RESOURCES
The following organizations offer information, evaluation, support and caregiver training for families and friends of Alzheimer’s patients. They also will refer to professionals who specialize in caring for and treating persons with Alzheimer’s and to facilities with Alzheimer’s units.

Alzheimer’s & Dementia Care at ProMedica Goerlich Center
(419) 824-1250
5330 Harroun Rd., Sylvania 43560
www.promedica.org/thegoerlichcenter
A safe, comfortable and secure residence for those with Alzheimer’s disease or dementia.

Alzheimer’s and Related Disorders Association, Inc./NW Ohio Chapter
(419) 537-1999
24-HOUR HELPLINE
1-800-272-3900
2500 N. Reynolds Rd., 43615
www.alz.org/nwohio
Serves individuals with memory loss and their caregivers by providing support, information resources, educational programs and adult daycare. Has information, literature, audio-visual resources, speakers, educational forums, family support services, support group, workshops and free pamphlets.

Alzheimer’s Disease, Education and Referral Center (ADEAR)
1-800-438-4380
P.O. Box 8250, Silver Spring, MD 20907-8250
www.alzheimers.org
Provides information about Alzheimer’s and related disorders to health professionals, patients, their families and the general public. This division of the National Institute on Aging offers the latest information on research findings and services. 8:30 A.M. - 5:00 P.M.

RESPITE SERVICES
See also Adult Day Services, Home Health Care Agencies and Skilled Nursing Facilities.

Respite care eases the burden on families who must provide care for a person in need of extensive physical, mental and medical attention. Respite care is offered by some assisted living and nursing homes and during some support group meetings.

Area Office on Aging of Northwestern Ohio, Inc.
(419) 382-0624 or 1-800-472-7277
2155 Arlington Ave., 43609
PASPORT and in-home healthcare support services.

Alzheimer’s Assoc.
(419) 537-1999 or 1-800-441-3322
2500 N. Reynolds Rd., 43615
24-HOUR HELPLINE
1-800-272-3900
www.alz.org/nwohio
Clients could qualify for financial assistance for in-home respite care. Application to determine eligibility. Client must be diagnosed with dementia and have a signed
Geriatric Assessment

See also Home Health Care Agencies

Geriatric assessment programs offer comprehensive evaluations to determine the total physical, emotional, social, and functional conditions of an aging person. The geriatric assessment staff usually works with a patient’s family and private physician to develop a care plan based upon the evaluation results. While most area hospitals have the capacity to perform geriatric assessments, the facilities listed here have specific departments for that purpose.

Indicators Especially Appropriate for Referrals:
- Functional/Activities of Daily Living impairment (especially in persons over age 70)
- Caregiver/family stress
- Confusion/memory impairment
- Depression, loneliness
- History of frequent falls, marked weakness
- Incontinence
- Malnutrition or eating problems
- Noncompliance to health care plan
- Repetitive emergency room visits/hospital admissions

Ask how much time you will need for the assessment. Some programs do everything, including the family conference, in an 8–9 hour day. Some have a two-day program, while some have a one-day assessment with the family follow-up scheduled on a different day. Some may include a brief hospital admission.

An Assessment Generally Includes:
- Examination of prior medical records
- A complete physical
- Family involvement
- Multi-disciplinary evaluations

Multi-disciplinary Evaluations Done by:
Geriatric Social Workers
To aid in family counseling, and the identification and referral to available community resources such as home care, respite and transportation.

CAREGIVER TIP
If you suspect fraudulent Medicare practices, call the Medicare Fraud Hotline:
1-800-447-8477

CAREGIVER TIP
More than 70% of people with Alzheimer’s Disease live at home and almost 75% of home care is provided by family and friends. The remainder is “paid” care costing an average of $12,500 per year. Families pay most of that out of pocket.

Geropsychiatrists
Physicians who are specialists in the psychological needs of older adults.

Geriatric Medical Specialists
Specialists in unique problems of the elderly including memory loss, incontinence and falling.

Related Health Care & Prevention Professionals
Physical therapists, nutritional and occupational therapists and counselors who offer specific disease support and diagnostic lab tests including x-rays and vision and hearing evaluations.

ASSessment CENTERS

ProMedica
FLOWER HOSPITAL
5200 HARROUN RD., SYLVANIA 43560
(419) 824-1545
18-bed inpatient unit for psychiatric needs of geriatric patients.

GOERlich CENTER
5320 HARROUN RD., SYLVANIA 43560
(419) 824-1250
www.promedica.org/thegoerlichcenter

ST. LUKE’S HOSPITAL GERIATRIC CENTER
1905 PERRYSBURG-HOLLAND RD., HOLLAND 43528
(419) 893-5944

St. Charles Mercy Hospital
2600 NAVARRE, OREGON 43616
(419) 696-7200
Hospital that has a 12-bed inpatient Older Adult Unit specializing in geriatric psychiatry.

University of Toledo Medical Center
3000 ARLINGTON AVE., 43614
(419) 383-4000
Level 1 trauma center committed to providing the highest level of care.

TAKE NOTE
More than half of the seniors who apply for reverse mortgages are eligible for Supplemental Social Security. Call your bank or financial planner or SSI in this guide for eligibility requirements. Since these payments are considered a loan, reverse mortgage income does not affect Social Security, Medicare, Medicaid or Passport eligibility. If you might only remain in the home for three to five years, you’ll lose equity due to closing costs and fees.

Lake Park Skilled Nursing Facility
(419) 824-1000
5100 HARROUN RD., SYLVANIA 43560
www.promedica.org

Older Adults™ … the Resource Guide

Northwestern Ohio Edition 2014
**Caregiver Emergency Help Guide**

Complete this form for easy reference if you must call for help. Post in a place obvious to friends, family and emergency personnel.

See also Help at Home and Important Documents Checklist.

<table>
<thead>
<tr>
<th>Doctor's Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Clergy Name</td>
<td>Phone</td>
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<tr>
<td>Hospital Choice</td>
<td>Phone</td>
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<tr>
<td>Full Name of Patient</td>
<td>Phone</td>
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<td>Address</td>
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<td>Medicare No.</td>
<td>Medicaid No.</td>
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<td>Veteran/Military I.D.</td>
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<td>Health Insurance Carrier</td>
<td>Policy No.</td>
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<tr>
<td>Add'l Insurance Carrier</td>
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**WHO TO CALL**

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<tr>
<th>Name</th>
<th>Relationship</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Name</td>
<td>Relationship</td>
<td>Phone</td>
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**MEDICATIONS, DOSAGE, AND FREQUENCY (INCLUDE OVER-THE-COUNTER IF USED REGULARLY)**

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Phone</th>
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<table>
<thead>
<tr>
<th>Medication</th>
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<th>Allergies</th>
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<th>Health History/Health Problems</th>
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**ADDITIONAL CONTACTS**

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<thead>
<tr>
<th>Accountant</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Insurance Agent</td>
<td>Phone</td>
</tr>
<tr>
<td>Lawyer</td>
<td>Phone</td>
</tr>
</tbody>
</table>
Medicare, Medicaid & Medical Insurance Coverage

Part D – Prescription Drug Coverage

Prescription Drug Plan in 2014
Prescription drug benefits continue in 2014. All people with Medicare are able to enroll in plans that cover prescription drugs. Plans vary, but in general, this is how they work:

✓ Annual Deductible - You pay 100% of drug costs until your deductible is met ($310 in 2014). Please note that some plans do not have annual deductibles.

✓ Initial Coverage - Coverage and cost sharing begins until you meet the Initial Coverage limit ($2,850 in 2014 - this is what you and your plan pay combined).

✓ Coverage Gap - When your total drug costs exceed $2,850, your cost-sharing is 47.5% of covered brand name drugs and 72% of covered generics. Previously, the coverage gap or, "donut hole" was so called because you had to pay 100% of your drug costs. The discount subsidy will gradually increase over the next several years until the donut hole is eliminated in 2020.

✓ Catastrophic Coverage - Catastrophic coverage begins when you reach the out-of-pocket threshold ($4,550 in 2014). Beneficiaries will then pay a small amount for covered brands. Your plan will pick up the remainder during this phase.

Additional help is available for people of low income through the Social Security Extra Help program. Contact the Area Office on Aging at (419) 382-0624 to see if you qualify.

Questions about Medicare?
For the latest information about Medicare, visit www.medicare.gov or call:

1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

To get a copy of this information in Spanish, call 1-800-MEDICARE (1-800-633-4227).

TTY users should call 1-877-486-2048.

Want to be an OSHIIP Counselor?
(Ohio Senior Health Insurance Information Program)
New volunteers are welcome!
1-800-686-1578

Your Medicare claim number is usually your Social Security number (SSN) followed by the letter A. If you are covered under a spouse’s SSN, the claim number will be your spouse’s SSN followed by the letter B. The letter D follows a SSN if coverage is provided through a deceased spouse.

This is misleading and beneficiaries often think they only have Part A or Part B coverage because of the letter following the Medicare number.

The type of coverage is listed on your card as “Hospital (Part A)” and/or “Medical (Part B)” followed by an effective date.
### Quick Summary of 2014 Medicare Benefits

**PART A** Helps pay for medically necessary inpatient care in a hospital or skilled nursing facility

<table>
<thead>
<tr>
<th>Service</th>
<th>Benefit Period</th>
<th>What You Pay</th>
<th>What Medicare Pays of Approved Amounts</th>
<th>Those Eligible</th>
<th>What's Not Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital or skilled nursing care</td>
<td>Hospital Days: 1–60</td>
<td>Hospital Days: $1,216 deductible $304 per day $608 per day</td>
<td>Balance</td>
<td>People age 65 or older.</td>
<td>Private rooms (unless medically necessary)</td>
</tr>
<tr>
<td></td>
<td>61–90</td>
<td>You pay in full.</td>
<td>Balance</td>
<td>Some people under age 65 with disabilities.</td>
<td>Private duty nursing</td>
</tr>
<tr>
<td></td>
<td>91–150</td>
<td>Same as above with a 190 day lifetime limit.</td>
<td>Balance</td>
<td>People with end-stage renal disease.</td>
<td>Part B Medicare services</td>
</tr>
<tr>
<td></td>
<td>151+</td>
<td>Same as above with a 190 day lifetime limit.</td>
<td>Benefit period begins on the first day of admission for the same condition. An admission on day 61 or later requires a new $1,216 deductible.</td>
<td></td>
<td>Personal convenience items (TV, telephone)</td>
</tr>
<tr>
<td>Mental Health Coverage</td>
<td>Same as above with a 190 day lifetime limit.</td>
<td>Same as above with a 190 day lifetime limit.</td>
<td></td>
<td></td>
<td>First three pints of blood</td>
</tr>
<tr>
<td>Post-hospital skilled rehabilitative care in a skilled nursing facility after a 3 day hospital stay.</td>
<td>Hospital Days: 1–20</td>
<td>$0 $152 per day You pay in full.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21–100</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>101+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PART B** Helps pay for doctor services, preventive screenings, home health care, hospice, medical equipment and supplies

<table>
<thead>
<tr>
<th>Service</th>
<th>Benefit Period</th>
<th>What You Pay</th>
<th>What's Not Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician visits and diagnostic consults, lab tests, physical, occupational, and speech therapies, approved chiropractic, X-rays including mammograms, outpatient surgical services, eyeglasses after cataract surgery, durable medical equipment and supplies including prosthetic devices and shoes for diabetics, ambulance transport, in-area emergency services, outpatient mental health care.</td>
<td>Not applicable as long as monthly premiums are paid. Please see Page 78 for monthly premium rates based on income.</td>
<td>Enrollees paying the monthly part B premium. Some preventative care, routine physical exam, eye or foot care, dental, glasses, (except after cataract surgery) hearing aids, orthopedic shoes, private nursing, prescription drugs, immunizations (except those listed under preventative care) most medical costs incurred out of the USA.</td>
<td></td>
</tr>
<tr>
<td>Home Health Care includes doctor ordered skilled nursing care, hospice services, physical, speech and occupational therapies, home health aide services and medical supplies.</td>
<td>After $147 annual deductible; $104.90 or more monthly premium depending on income; 20% of Medicare approved amount; 50% for outpatient mental health care; all costs that exceed the approved amount.</td>
<td>Patient must be home-bound and under a doctor's order for intermittent skilled care or terminally ill for hospice services. Custodial care, including bathing, grooming, toileting, help getting in and out of bed. For hospice, treatments not related to pain relief.</td>
<td></td>
</tr>
<tr>
<td>Preventive care including annual mammograms, colorectal and prostate screenings, annual bone mass measurement, flu &amp; pneumonia shots, Hepatitis B for those at medium to high risk, pelvic exams every 24 mo's; pelvic exams and pap smears every 12 mo's for high-risk women.</td>
<td>After $147 deductible, nothing for services; 20% of the equipment and supplies cost.</td>
<td>Enrollees paying the monthly part B premium. Cosmetic surgery. Routine or yearly medical exams. Other screening tests or shots except those listed on this quick summary.</td>
<td></td>
</tr>
<tr>
<td>Lab tests, biopsies, urinalysis</td>
<td>Nothing after $147 deductible.</td>
<td>All costs after $147 deductible.</td>
<td>Enrollees paying the monthly part B premium.</td>
</tr>
<tr>
<td>Blood</td>
<td>First three pints unless you replace them; 20% of rest</td>
<td>Balance</td>
<td>Enrollees paying the monthly part B premium.</td>
</tr>
</tbody>
</table>

**CUSTOMER SERVICE**

If you join an HMO, call their customer service number directly with any questions you have about your care or benefits.

If you use traditional Medicare health insurance benefits, call for:
- Part A Hospital and SNF Claims:
  - Part B Claims:

  1-800-MEDICARE or 1-800-325-0778 TTY

**Take Note:** When an insurance company limits your coverage or denies you coverage, you have the right to appeal the decision. Call KePRO at 1-800-589-7337.

To get a copy of the federal government handbook, audiotape, Braille, large print or Spanish versions of Medicare and You, call 1-800-MEDICARE or 1-877-486-2048 TTY or visit www.medicare.gov

Older Adults™…the Resource Guide

Northwestern Ohio Edition 2014
Long Term Care Insurance

Most people begin paying for nursing home care from savings and assets, which can be quickly used up. Once a person has become basically impoverished, (see Medicaid eligibility requirements) the Medicaid federal/state government-funded insurance program pays for care. Anyone with assets exceeding $100,000 to protect, in addition to a house, in the event of illness, should research long term care insurance.

COMPANY CHECKLIST

☑ How long has the company been in the long term care business? A good company should be in business for at least a couple years. Don’t be taken in by low premiums.

☑ How has the company treated current policyholders when they update? Have enhancements been written on a guaranteed basis, for additional cost or has medical requalification been required?

☑ What is the company’s claim paying record? Know the percentage of claims paid by the company. If new, excessive claims may raise rates in future years.

☑ Research the company’s financial strength. A.M. Best is an industry-respected rating firm. A+ Superior or A Excellent is okay. Stay away from any rating below A. If you can’t get Best’s report, ask your agent.

☑ Watch out for quick 2–3 day turnaround time for policy approval. Expect a four week turnaround for approval.

☑ Make sure the company performs medical underwriting at the time of application rather than at claim time.

POLICY CHECKLIST

☑ Check for inflation protection—5% of daily benefit compounded annually. This type of inflation option has level premiums which is important because premiums increase with age.

☑ All levels of nursing care should be covered: skilled, intermediate and custodial. How are they defined? What are the Activities of Daily Living (ADLs) that the company uses? How are they defined and how many must be lost to trigger benefits?

☑ Is the policy tax qualified? You may get a tax break and better protection.

☑ What is the length of the benefit period? Does the policy allow you to use your nursing home benefits in the home when home health care benefits are exhausted and vice versa?

☑ Policy should specify Alzheimer’s disease and frailty and cover organic, mental and nervous disorders that cause cognitive impairment which may prevent you from dressing, bathing and toileting without help.

☑ Look for policies that cover home health care. Most long term nursing care is provided inside the home. A good policy does not require you to be hospitalized before benefits are payable. The need for nursing home care and/or home health care may differ from the reason for hospitalization.

☑ Check to assure that the waiver of premium applies to both nursing home and home health care. This continues to cover you at no cost while collecting benefits.

☑ Make sure the policy has a guaranteed renewable clause so you can’t be canceled or singed out for rate increases.

☑ What is the deductible or waiting period? This can range from 0 to 365 days. Make sure it fits your budget. Most people begin paying for nursing home care from savings.

TERMS

Activities of Daily Living
Activities necessary to maintain independent living. May include bathing, grooming, dressing, toileting, transferring and feeding.

Adult Day Services or Day Treatment
Daytime attendance and care for persons who wish to remain at home but need help in personal care and can no longer cook for themselves. Can also provide respite for families and serve as an “outing” for persons seldom able to leave home.

Custodial/Personal Care
Provides personal, non-medical help with the activities of daily living such as dressing, bathing, eating and other routine activities.

Elimination Period
Refers to the waiting period of the policy; the initial number of days before benefits are paid. Any condition or expense not paid for by a policy.

Guaranteed Renewable
This means a policy cannot be cancelled unless you fail to pay premiums when they are due. Premiums cannot be raised unless there is a rate increase for all policy holders in a particular group.

Intermediate Care
24 hour supervised skilled care at less than skilled frequency, requiring help with at least two ADLs.

Medicare Certified
Long term care policies require that care be Medicare certified to qualify for benefits. This means a doctor’s order for care must be issued.

Pre-existing Conditions
Medical conditions that existed, were diagnosed or were under treatment prior to the issuance of the policy.

Skilled Nursing Care
Daily nursing and rehabilitative care that can be performed only by, or under the supervision of, skilled medical personnel such as RNs, LPNs and therapists.
Social Security and Health Care Insurance

Social Security

Social Security is the nation’s largest financial assistance program for the elderly and disabled. The program funds a variety of benefits, including: Disability Benefits, Medicare, Retirement Benefits and Survivors Insurance.

Social Security Administration
1-800-772-1213
TTY
1-800-288-7185

U.S. DEPT. OF HEALTH AND HUMAN SERVICES
200 INDEPENDENCE AVE., SW, WASHINGTON, DC 20201

ERIE COUNTY ........................................ (419) 625-6052
200 HANCOCK ST., SANDUSKY 44870

LUCAS COUNTY ........................................ (419) 259-6250
4 SEAGATE, #1000, TOLEDO 43604

MEDICAL INSURANCE

360 MONROE ST., SUITE A, TOLEDO 43623

FULTON, DEFiance, HENRY WILLIAMS

AND PAULDING CO’S .............................1-877-600-2860
273 STADIUM DR., DEFiance 43512

SANDUSKY COUNTY .............................. (419) 334-9771
2220 ENTERPRISE ST., FREMONT 43420

WOOD COUNTY ......................................1-866-931-7674
745 INNOVATION DR., BOWLING GREEN 43402

www.socialsecurity.gov

To apply: You can file over the Internet, over the telephone or at an office. Call to schedule appointments; walk-ins welcome. Must present an original or certified birth certificate, W-2 form or end-of-year pay stub (if available), proof of military service, marriage certificate or divorce decree, bank routing number and account number for direct deposit. All documents will be returned.

Medicare

Medicare is a federal health insurance program for people age 65+ as well as certain disabled individuals. There are three parts to Medicare.

Part A is hospital insurance, which helps pay for care in a hospital and skilled nursing facility, home health care and hospice care.

Part B is supplemental medical insurance, the outpatient arm of Medicare, which helps pay for doctors, outpatient hospital care and other medical services.

Part D is the Prescription Drug plan.

Most people do not have to pay for Medicare Part A. Part B is optional with a 2014 premium of $104.90. If you do not want Part B you must decline it. Otherwise the premium will be automatically deducted from your monthly check. If you are not covered under an employer health insurance plan at age 65, you should enroll in Part B during a 7-month enrollment period. If you delay enrolling and are not covered by an employer health insurance plan, you will pay a 10 percent penalty on your premium for every year you delayed enrolling in Part B.

Survivors Benefits are payable to qualified widow(er)s and dependent children of a worker who died and is insured for Social Security benefits. Survivors benefits are intended to replace, in part, income that is lost due to the worker’s death. Widow(er)s may receive survivors benefits as early as age 60, or age 50 if they are disabled and unable to do substantial work. Under certain conditions, divorced widow(er)s may be entitled to benefits on a divorced spouse’s record if they were married at last 10 years. Social Security pays a lump sum death benefit to a surviving spouse or dependent child(ren) of a deceased worker.

Disability Benefits are payable to workers who are unable to do substantial work because of a physical and/or mental condition that is expected to last for at least a year or to lead to the worker’s death. A worker must be insured for disability benefits; for most workers, that means they have worked 5 out of the last 10 years. Family members may also qualify for benefits on the disabled worker’s record. The average disability benefit in 2014 is $1,148/month. The average benefit for a disabled worker with a spouse and one or more children is $1,943/month.

Retirement Benefits are payable to workers who are at least 62 and have the 40 credits needed to be insured for benefits. The retired worker’s spouse, minor children and disabled children who became disabled before age 22 may also be eligible for benefits on the worker’s record. A worker may earn up to 4 credits a year, so he or she needs at least 10 years of part-time work to be insured for retirement benefits. Work credits have nothing to do with the monthly benefit amount. Benefits are calculated based on the worker’s 35 years of highest earnings indexed for inflation. If you choose to retire before full retirement age (65-67, depending on the year you were born), you will receive permanently reduced monthly benefits. The closer you are to full retirement age, the higher your benefit will be. Workers who postpone collecting benefits past full retirement age may earn delayed retirement credits up until age 70 and boost their monthly benefit amount. The average retirement benefit in 2014 is $1,279/month.

U.S. Railroad Retirement Board
1-877-772-5772
844 NORTH RUSH STREET, CHICAGO, IL 60611
www.rrb.gov

Social Security Extra Help - Individuals with limited income and resources may be eligible for extra help to assist with paying the monthly premiums, annual deductibles, and co-payments. This extra help could be worth up to $4000 annually. The Area Office on Aging is able to provide assistance with enrollment for Social Security Extra Help and plan comparison for Medicare Part D.

Single Annual Income - $17,508
Couple Annual Income - $23,592
Single Assets - $13,440
Couple Assets - $26,860.

For eligibility and enrollment assistance call the Area Office on Aging of NWO at, (419) 382-0624.
## Safety In the Home: Questions to Consider

### Lighting
- Is the lighting adequate but not glare-producing?  
- Are the light switches easy to reach and to turn on?  
- Can lights be turned on before entering rooms?  
- Are night-lights used in appropriate places?

### Hazards
- Are there throw rugs, highly polished floors or other hazardous floor coverings? If so, where?  
- Can they be removed or made less hazardous?  
- Do area rugs have non slip backing and are the edges tacked to the floor?  
- Are cords, clutter or other obstacles in the pathways? If yes, can they be cleared?  
- Are doorways wide enough to accommodate assistive devices?  
- Do door thresholds create hazardous conditions?  
- How does the person obtain objects from hard to reach places? (chairs can be hazards)

### Furniture
- Are chairs the right height and depth for the individual?  
- Do chairs have arm rests?  
- Are tables sturdy and will not tip if leaned on?  
- Is small furniture placed away from pathways?

### Stairways
- Are there light switches at the top and bottom of the stairs?  
- Are there securely fastened handrails on both sides of stairs?  
- Are all the steps even?  
- Should colored tape be used to mark the edges of the steps, particularly the top and bottom?

### Bathroom
- Are grab bars placed appropriately for the tub and toilet?  
- Does the tub have skid proof straps or a rubber mat in the bottom?  
- Is there a tub or shower seat available?  
- Can the shower head be replaced by a hand held shower head?  
- Is the height of the toilet appropriate?

### Bedroom
- Is the height of the bed appropriate?  
- Is the mattress firm enough at the edges to provide enough support for sitting?  
- If the bed has wheels, are they locked securely?  
- Would side rails be a help or a hazard?  
- When side rails are down, are they completely out of the way?  
- Is the pathway between bedroom and bathroom clear of objects and well lighted at night?  
- Would a bedside commode be useful, especially at night?

### Kitchen
- Are storage areas used to the best advantage—e.g. frequently used objects in the most accessible places?  
- Are appliance cords in good condition and out of the way?  
- Are non slip mats used in front of the sink?  
- Are the markings on stoves and other appliances clearly visible?

### Emergency
- Is an emergency response system available (911)?  
- Does the person know how and when to use it?  
- Would a private emergency call service be helpful?  
- Is the person’s vital information listed in a place where it would be accessible in an emergency?

### Temperature
- Is the temperature comfortable for the person?  
- Can the person read the marking on the thermostat and adjust it?  
- Is water temperature less than 110 Fahrenheit?  
- During hot weather, is there adequate ventilation?  
- During cold weather, is the furnace working properly?
SUPPLEMENTAL SOCIAL SECURITY INCOME

SSI is a federal program which makes monthly payments to disabled or aged (age 65+) individuals who have limited income and resources. To be eligible a person cannot have over $2000 in assets and a couple over $3000, excluding the home and, in most instances, one car. A Social Security representative must help determine eligibility. The SSI maximum monthly check amounts are $721 (single) and $1,082 (couple) in 2014. Benefit amounts are adjusted each year.

MEDICARE BENEFITS THROUGH AN HMO

The Centers for Medicare and Medicaid pay an HMO to offer Medicare benefits to its members. Some charge monthly fees to cover additional benefits, plus co-payment charges. These plans offer comprehensive medical care including routine checkups and may offer other benefits not covered by Medicare or Medigap plans. Emphasis is on preventive medical care and care coordination. You must use the HMO’s doctors and facilities to initiate your care plan when you are in their service area, except in an emergency. When you are outside the service area, you have access to all Medicare certified providers for urgent and emergency care. You can join a plan that serves your county at any time, regardless of your health, unless you have been determined to have end-stage renal disease.

INCOME LIMITATIONS ON SS BENEFITS

Social Security is now basing full retirement age based on birthdate. (Not automatically at age 65.)

<table>
<thead>
<tr>
<th>Birth Year</th>
<th>Full Retirement Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1943-1954</td>
<td>.66</td>
</tr>
<tr>
<td>1955</td>
<td>.66 and 2 months</td>
</tr>
<tr>
<td>1956</td>
<td>.66 and 4 months</td>
</tr>
<tr>
<td>1957</td>
<td>.66 and 6 months</td>
</tr>
<tr>
<td>1958</td>
<td>.66 and 8 months</td>
</tr>
<tr>
<td>1959</td>
<td>.66 and 10 months</td>
</tr>
<tr>
<td>1960 or later</td>
<td>.67</td>
</tr>
</tbody>
</table>

If you were born Jan. 2, 1943, through Jan. 1, 1955, then your full retirement age for retirement insurance benefits is 66. If you work are full retirement age or older, you may keep all of your benefits, no matter how much you can earn and still receive full Social Security benefits. If you are younger than full retirement age during all of 2014, SS deducts $1 from your benefits for each $2 you earned above $15,480.

If you reach full retirement age during 2014, SS deducts $1 from your benefits for each $3 you earn above $41,400 until the month you reach full retirement age.

MEDICARE

Social Security Administration 1-877-267-2323 or (410) 786-3000
TTY/TDD 1-866-226-1819 or (410) 786-0727
www.cms.hhs.gov (for general information)

www.medicare.gov (for people with Medicare)

To Apply: If you already receive Social Security benefits and are nearing age 65, you will be automatically enrolled effective the month you are 65. Your Medicare card will be mailed to you prior to your 65th birthday. If you do not want Medicare Part B, which is optional, follow the instructions that come with the card. If you are nearing age 65 and not yet getting Social Security or Medicare, you can apply for both at the same time. To make sure that your Medicare Part B coverage start date is not delayed, you should apply three months before the month you turn 65. This is the beginning of your 7 month Initial Enrollment Period. To apply, you can call or visit your local Social Security office, or by calling Social Security at 1-800-772-1213 or apply over the Internet at www.socialsecurity.gov if you meet certain rules.

If you do not receive Social Security benefits and you only want to apply for Medicare because you are nearing 65, you can apply by visiting your local Social Security office, or by calling Social Security at 1-800-772-1213. You should apply three months before the month you turn 65. This is the beginning of your 7 month Initial Enrollment Period.

Part A: Hospital Insurance
Covers the first 60 days of semi-private hospital care and up to 20 days of posthospital skilled rehabilitative care in a hospital or skilled nursing facility (nursing home). Coverage of skilled nursing home care requires three consecutive midnights of admitted hospital care. There is a difference between being in the hospital and being admitted. Benefit period begins with day one of hospitalization and ends after you have been out of a hospital or used skilled nursing care for 60 consecutive days.

Part B: Medical Insurance
Pays monthly doctor bills, outpatient care, home health care, ambulance, lab and therapies for eligible Social Security recipients who agree to pay monthly premium. This fee is deducted from a Social Security check.

Your premium in 2014 is based on income:
If you are single and filed an individual tax return, or married and filed a joint tax return, the following chart will apply:


<table>
<thead>
<tr>
<th>MAGI</th>
<th>Monthly Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>$85,000 or less</td>
<td>$104.90</td>
</tr>
<tr>
<td>$85,000 - $107,000</td>
<td>$146.90</td>
</tr>
<tr>
<td>$107,000 - $214,000</td>
<td>$209.80</td>
</tr>
<tr>
<td>$214,000 or more</td>
<td>$293.30</td>
</tr>
</tbody>
</table>

If you do not receive Social Security benefits and you only want to apply for Medicare because you are nearing 65, you can apply by visiting your local Social Security office, or by calling Social Security at 1-800-772-1213. You should apply three months before the month you turn 65. This is the beginning of your 7 month Initial Enrollment Period.
Individuals with a MAGI between $160,000 - $214,000
Married couples with a MAGI between $320,000 - $428,000 – $272.70

Individuals with a MAGI above $214,000
Married couples with a MAGI above $428,000 – $335.70

Part B: Approved Amount
Medicare, not you or your doctor, makes the decision of an approved amount for each specific medical service. The doctor must be certified by Medicare. Medicare will only pay 80% of the approved amount which may be less than the fee you’re charged. You must pay the rest.

Part D
If you are enrolled in a standard Medicare part D plan and have a higher income (at least $85,000/individual and $170,000/couple) you will pay higher part D monthly premiums. See Page 75 for a summary of the plan.

Assignment
Medical providers who accept Medicare payments are required to accept the Medicare approved amount for service or supplies. They may not charge you more than the deductible and 20% coinsurance. Example: You go to a doctor who accepts Medicare and you have paid the $147 deductible. The Medicare approved amount for the service received is $200. Medicare pays 80%, or $160. You’re responsible for no more than the remaining 20%, or $40. If your doctor did not accept Medicare, and the charge for the service was $225, you could be required to pay the full amount immediately. Medicare would send you a check for $160 after the doctor filed the claim. You would be required to pay $65 more in this example.

Beneficiaries are now covered for:
- Annual mammogram, no charge. Part B deductible waived.
- Annual colorectal screening
- Annual prostate screening
- Bone mass measurement (to rule out osteoporosis)
- Diabetes screening, monitoring, self-management education
- Flu & pneumonia shots (no co-payment required)
- Screening pelvic exams (every 24 months); pelvic exams and pap smears for high-risk women are covered every 12 months.

Medicare Automated Phone System
24 HOURS 1-800-MEDICARE

CLAIMS HELP/CUSTOMER SERVICE M - F 8:30 A.M. - 4:00 P.M.
Nationwide Part B Medicare carrier has a new touch tone phone system. There are 4 options:
#1 CLAIMS OR DEDUCTIBLE INFORMATION
#2 TO REPLACE MEDICARE CARD OR CHANGE YOUR ADDRESS
#3 GENERAL INFORMATION
#4 NEW AND EXCITING MEDICARE BENEFITS
#0 CUSTOMER SERVICE REPRESENTATIVE

PATIENT’S RIGHTS UNDER MEDICARE
- To receive all hospital care necessary to your diagnosis and treatment
- To be fully informed about decisions affecting your Medicare coverage
- To appeal any written notice that Medicare will no longer pay for your care
If you think you are being asked to leave the hospital too soon, ask the hospital for a written notice of explanation immediately. If you want to appeal, do so immediately to:

Ohio KePro 1-800-589-7337 or (216) 447-9604
Rock Run Center, 5700 Lombardo Central Dr., Ste., 100, Seven Hills 44131
www.ohiokepro.com

MEDICAL CLAIMS ASSISTANCE
Some hospitals will process claim forms for you through their senior membership programs if you have bills connected with their hospital or physicians. Many home health care agencies also process claim forms for their services.

Medicare Part A Claims
Check with your provider.

Medicare Part B Claims 1-800-MEDICARE
NATIONWIDE MUTUAL INSURANCE COMPANY

Medicare Part B Home Health 1-800-MEDICARE or (727) 773-9225
PALMETTO GOVERNMENT BENEFITS ADMINISTRATION

Medicare Part B Medical Equipment 1-800-MEDICARE
ADMINISTAR FEDERAL

Veteran’s Benefits 1-800-669-8477

Ohio Senior Health Insurance Information Program (OHIIP) 1-800-668-1578
www.ohioshicare.gov

Trained volunteers provide counseling about insurance and assistance with doctor and hospital bills.

COMMUNITY MEDICAID

PASSPORT (419) 382-0624 or 1-800-472-7277
AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

Federal/state program for those 60+ at risk for nursing facility admission but may remain safely at home with managed care and support. Services include personal care, homemaker/chore services, adult day care, meals, medical supplies, etc., as well as Community Medicaid covered services. Income and financial limits apply as well as nursing facility level of care. Financial eligibility is determined by the County Department of Job and Family Services. Assessment for physical eligibility and care management are provided by the AOA.
The 2014 need standards are provided by the AOA. The Medicaid income and asset standards for the PASSPORT waiver are the same as nursing home Medicaid standards. These standards are different from those for community Medicaid. To inquire about eligibility, please contact PASSPORT.

**CHOICES – Home Care Attendant Service**

Area Office on Aging of Northwestern Ohio, Inc.

A new service option available under the PASSPORT Waiver Program is the Choices Home Care Attendant Service (C-HCAS). The service allows for eligible consumers to direct their own care and have more management over the home care attendant service. This is called consumer-direction. Consumers are the “employer of record”. You may hire a Home Care Attendant, or Individual Provider (IP) directly. This may be family members, with some exceptions, or friends, neighbors, etc. Persons enrolled in PASSPORT may contact their Care Manager for more information.

**QMB, SLMB AND QI MEDICARE BENEFICIARY**

**QMB** (Qualified Medicare Beneficiaries) and **SLMB** (Specified Low Income Medicare Beneficiary)  
If eligible, helps pay Medicare premiums, deductibles and all Medicare co-payments for low income elderly and disabled. (In eligibility below, assets not counted are home and furnishings, one car, burial plot and personal jewelry such as wedding bands.)

[Deduction values and eligibility criteria provided]

**Medigap Insurance**

Do You Need Medigap Insurance?  
Not if you belong to a Medicare HMO or are a Qualified Medicare Beneficiary (QMB).

How Medigap Insurance Can Be Sold  
Ten standard policies are sold in Ohio; A, B, C, D, F, G, K, L, M, N. They may be sold under different names by different companies, so always ask what letter plan you are evaluating. The most popular plan and the one recommended by consumer advocates is plan C. Shop around and closely compare plans and thoroughly examine your personal needs.

Depending on the policy, Medigap plans cover such things as; Part B coinsurance; Part A deductible; Skilled Nursing facility coinsurance; Part B deductible; 100% Part B excess; and foreign travel emergency.

**MEDIGAP INSURANCE PLANS**

All companies must offer Plan A with these basic core benefits:

- Combines with Medicare to cover all hospital charges (after $1,216 deductible) for 515 continuous days.
- Pays the 20% of Part B medical bills (after $147 deductible) after Medicare pays 80%.
- Pays all of Part A and B (in and out of hospital) blood expenses (after $147 deductible).

In addition to core benefits, Plan C pays for:

- $1,216 Part A deductible.
- Part B $147 deductible per year.
- $152 per day for 80 days after Medicare pays 20 days. Neither cover after 100 days.
- Foreign travel emergency ($250 deductible, $50,000 limit).

**MEDIGAP INSURANCE CONSIDERATIONS**

- What are the policy exclusion limits for covered services?
- If the annual premium is low, does the cost rise with age?
- Will I have to wait before benefits will be paid?
- Will I wait before existing health problems are covered?

**QMB Assistance:**  
Like a free Medicare supplemental policy. The state pays all Part B premiums, deductibles and co-insurance.

**SLMB Assistance:**  
State pays only Part B monthly premiums.

**QI Assistance:**  
QI benefits are limited. QI pays the Medicare Part B premium for most people in calendar year 2013.

**Eligibility:**

QMB  
Monthly Income $993  
SLMB  
Monthly Income $1,187  
QI  
Monthly Income $1,333  
Total Assets for each program: $7,160  
$10,750

Some individuals and couples whose monthly income exceeds Medicaid limits, may still be eligible for Medicaid benefits for Community and PASSPORT/PACE through the spend down process. Contact the Department of Senior and Adult Services for more information.

**CAREGIVER TIP**

Many older adults, including those with dementia, simply need basic grooming, bathing, feeding, home maintenance, chore, or comfort care. These do not qualify as skilled nursing care and, thus, are not covered by Medicare. This is when your family should consider private duty nursing and/or adult day care.
Hospitals provide services including emergency assistance, health screening/monitoring programs, rehabilitation, home health care, physician referral and family and pastoral counseling. Neighborhood locations, mobile units, specific disease assessment and treatment centers, as well as hospital ownership of nursing agencies, in-home hospice care, medical equipment and continuing care living facilities warrants the more accurate name of “health care system.”

**HOSPITALS**

National Jewish Medical & Research Center  
1-800-222-LUNG (5864)  
1400 Jackson St., Denver, CO 80206

**LUCAS COUNTY**

Mercy St. Charles Hospital  
Main Number/Clinic  
2600 Navarre Ave., Oregon 43616

Mercy St. Anne Hospital  
(419) 407-2663  
3404 Sylvania Ave., 43623

Mercy St. Vincent Medical Center  
(419) 251-3232 or 1-800-837-4664  
2213 Cherry St., 43608

Northwest Ohio Psychiatric Hospital  
(419) 381-1881  
930 S. Detroit Ave., 43614

ProMedica  
ProMedica Bay Park Hospital  
(419) 690-7900  
2801 Bay Park Dr., Oregon 43616

ProMedica Flower Hospital  
(419) 824-1444 or 1-800-866-1827  
5200 Harroun Rd., Sylvania 43560

ProMedica Toledo Hospital  
(419) 291-4000 or 1-866-865-4677  
2142 N. Cove, Toledo 43606

ProMedica St. Luke’s Hospital  
(419) 893-5911  
(419) 891-8055

Physical Rehab Center  
5901 Monclova Rd., Maumee 43537

ProMedica Wildwood Orthopedic and Spine Hospital  
2901 N. Reynolds Rd., Toledo 43615  
(419) 578-7700

The University of Toledo Medical Ctr.  
(419) 383-4000  
3000 Arlington Ave., 43614  
www.utmc.utoledo.edu

**DEFIANCE COUNTY**

Community Memorial Hospital  
(419) 542-6692 or 1-800-686-6552  
208 N. Columbus, Hicksville 43526  
www.cmhospec.com

ProMedica Defiance Regional Hospital  
(419) 783-6955  
1200Ralston Ave., Defiance 43512

Mercy Hospital of Defiance  
(419) 782-8444  
1404 E. Second St. (St. Rt. 18), Defiance 43512  
www.mercywweb.org

**ERIE COUNTY**

Firelands Regional Medical Center  
(419) 557-7400 or 1-800-342-1177  
1111 Hayes Ave., Sandusky 44870  
www.firelands.com

**FULTON COUNTY**

Fulton County Health Center  
(419) 335-2015  
725 S. Shoop Ave., Wauseon 43567

**HENRY COUNTY**

Henry County Hospital  
11-600 St. Rt. 424, Napoleon 43545  
www.henrycountyhospital.org

**OTTAWA COUNTY**

Magruder Memorial Hospital  
615 Fulton St., Port Clinton 43452  
www.magruderhospital.com

**PAULDING COUNTY**

Paulding County Hospital  
(419) 399-4080  
1035 W. Wayne St., Paulding 45879  
www.pauldinghospital.com

**SANDUSKY COUNTY**

Bellevue Hospital  
(419) 483-4040  
1400 W. Main St., Bellevue 44811  
www.bellevuehospital.com

Elmwood Healthcare at the Springs  
(419) 639-2626  
401 N. Broadway St., Green Springs 44836  
www.elmwoodatthesprings.com

ProMedica Memorial Hospital  
(419) 332-7321  
715 S. Taft Ave., Fremont 43420  
www.fremontmemorial.org

**WILLIAMS COUNTY**

Community Hospitals and Wellness Centers  
453 W. High St., Bryan 43506  
909 Snyder Ave., Montpelier 43543  
(419) 485-3154  
www.chwchospitals.com

**WOOD COUNTY**

Wood County Hospital  
(419) 354-8900  
950 W. Wooster St., Bowling Green 43402  
www.wch.net

**DISCHARGE PLANNERS**

Medical social workers or nurses will help coordinate services the patient will need after a hospital stay. Services such as in-home support, rehabilitation including speech, physical and occupational therapies, and skilled nursing care arrangements can be provided.
**HEALTH SERVICES**

**DEFIANCE COUNTY**
Defiance County Health Department  (419) 784-3818
1300 E. 2ND ST., DEFIA NCE 43512
www.defiancecohealth.org
Offers health assessments and flu shots.

**ERIE COUNTY**
Erie County Health Department  (419) 626-5623 or 1-888-399-6065
420 SUPERIOR ST., SANDUSKY 44870
www.eriehealthohio.org
Offers skilled services as well as personal care and housekeeping to residents of Erie County.

**FULTON COUNTY**
Community Hospitals and Wellness Centers  (419) 445-4415
121 WESTFIELD DR., ARCHBOLD 43502
www.chwhospital.org
Fulton County Health Department  (419) 337-0915
606 S. SHOP A AV., WAUSEON 43567
Free blood pressure clinics. Affordable flu and pneumonia immunizations.

**HENRY COUNTY**
Community Health Services  (419) 599-9033
407 INDEPENDENCE DR., NAPOLEON 43545
www.fremontcommunityhealth.com
Henry County Health Department  (419) 599-5545
1843 OAKWOOD AVE., NAPOLEON 43545
Some medical treatment and home health care services.

**LUCAS COUNTY**
Community Care Free Medical Clinic  (419) 661-8661
2150 S. BRYNE RD., TOLEDO 43614
www.cedarreek.tv
Thurs. 6-8 p.m. No appt. needed, walk-in only. For those without health insurance. Services offered; medical advice, dental assessments, confidential HIV testing, prescriptions written and dispersed, tetanus and flu shots.

Health Department – 60+ Clinics  (419) 213-4100
635 N. ERIE, 43624
Routine health checks in Toledo and surrounding areas.

Imaging Central  (419) 841-7070
7111 W. CENTRAL, TOLEDO 43617
Open MRI and PET/CT scanning.

Mercy Health Partners  (419) 251-4505
2409 CHERRY ST., TOLEDO 43608
www.mercyweb.org
Outpatient diabetic education program and clinic.

Neighborhood Health Association  (419) 255-7883
CORDELIA MARTIN HEALTH CENTER
313 JEFFERSON, TOLEDO 43604

**HURON STREET WOMEN’S CENTER**
923 N. HURON, TOLEDO 43604  (419) 242-6028

**MILDRED BAYER CLINIC FOR THE HOMELESS**
313 JEFFERSON AVE., TOLEDO 43604  (419) 241-1554

**THE RIVER EAST COMMUNITY HEALTH CENTER**
117 MAIN STREET, TOLEDO 43605  (419) 691-1322

**SOUTHSIDE COMMUNITY HEALTH CENTER**
313 JEFFERSON AVE., TOLEDO 43604  (419) 241-6106
www.nhainc.org

Oregon Clinic, Inc.  (419) 691-8132
3841 NAVARRE AVE., OREGON 43616
www.oregonclinic.org

ProMedica

**FLOWER HOSPITAL**  (419) 824-1444 or 1-800-866-1827
5200 HARROUN RD., SYLVANIA 43560
www.promedica.org
Medical assessments and treatments.

**TOLEDO HOSPITAL**  (419) 291-4000 or 1-866-865-4677
2142 N. COVE BLVD., TOLEDO 43606
www.promedica.org
Provides a wide array of healthcare services and medical treatments.

St. Charles Mercy  (419) 696-6000
2702 NAVARRE AVE., OREGON 43616
St. Vincent Mercy
Medical Center  (419) 251-1400 or 1-800-837-4664
2213 Cherry St., Toledo 43608
Critical care regional referral center that provides transportation van service.

The University of Toledo Medical Ctr.  (419) 383-4000
3000 Arlington Ave., Toledo 43614
www.utmc.utoledo.edu

Veteran’s Admin. Outpatient Clinic  (419) 259-2000
1200 S. Detroit Ave., Toledo 43614
www.va.gov
Offers eligible veterans various support services.

Western Lucas County Clinic  (419) 213-6255
330 Oak Terrace Blvd., Holland 43528
Provides health assessments and treatments.

OTTAWA COUNTY
Ottawa County Health Department  (419) 734-6800
1856 E. Perry St., Port Clinton 43452
www.ottawhealth.org
Some medical treatment and home health care services.

PAULDING COUNTY
Paulding County Health Department  (419) 399-3921
800 East Perry, Paulding 54879
Some medical treatment and home health care services.

SANDUSKY COUNTY
Community Health Services  (419) 334-3869
410 Birchard Ave., Fremont 43420
www.fremontcommunityhealth.com
Medical and dental services on a sliding scale basis.

Sandusky County Health Department  (419) 334-6377
2000 Countryside Dr., Fremont 43420
www.sanduskycoh.org
Some medical treatment and home health care services.

WILLIAMS COUNTY
Williams County Health Department  (419) 485-3141
310 Lincoln Ave., Montpelier 43543
www.ottawhealth.org
Some medical treatment and home health care services.

WOOD COUNTY
Wood County Health Department  (419) 352-8402
1840 E. Gypsy Lane Rd., Bowling Green 43402
www.co.wood.oh.us/healthdepartment
Some medical treatment and home health care services.

BALANCE THERAPY

Community Hospitals and Wellness Centers  (419) 485-3154
909 Snyder Ave., Montpelier 43543
www.chwc.org

Ohio Vestibular and Balance Centers  (419) 841-3477
3335 Meijer Dr. #400, Toledo 43617
www.balanceandbodyohio.com

Progressive Therapy Alternatives, Inc.  (419) 866-5196
1560 Henthorne Dr., Maumee 43537

ProMedica
ProMedica St. Luke’s Hospital
5901 Monclova Rd., Maumee 43537
(419) 893-5957

Ohio Hearing & Balance Institute
Services provided by ProMedica St. Luke’s Hospital
6005 Monclova Road, Suite 360, Maumee 43537
(419) 972-7746

ProMedica Flower Hospital - Total Rehab
5200 Harroun Rd., Sylvania 43560
(419) 824-1968

St. James Therapy
7337 W. Bancroft Street, Toledo 43615
www.stjamesclub.net

PRESCRIPTION ASSISTANCE

Many pharmaceutical companies make some medications available free of charge to persons with low income through prescription assistance programs. Your doctor must make the request to the company. Not all medications are included in the programs. If you need additional assistance, call PASSPORT Screening at the AOA and request a Long Term Care Consultation. There is no charge for this visit.

For information on Medicare Part D, see page 69.

AARP Walgreens Health Initiative
Discount Card Program 1-877-422-7718
www.aarppharmacy.com

Benefits Check-up 1-800-282-1206
Ohio Department of Aging, Elder Rights Division,
50 W. Broad St., Columbus 43215
www.benefitscheckup.com
Helps identify government program eligibility.

M EDICARE DR UG DIS COUNT PROGRAMS

The following numbers and websites can help assist people with prescription drug program questions.

Medicare Information Line 1-800-633-4227
Ohio Senior Health Insurance Program Hotline 1-800-686-1578
Golden Buckeye Prescription Drug Service Program 1-866-301-6446
RSVP Medicare Assistance Program - Medicare Part D (330) 420-9905

Helpful Websites
Medicare www.medicare.gov
Ohio Dept. of Insurance www.ohioinsurance.gov
Ohio Department of Aging www.GoldenBuckeye.com
Buderer Drug Co.
633 HANCOCK St., SANDUSKY 44870 (419) 627-2800
26611 DIXIE HWY., PERRYSBURG 43551 (419) 873-2800
Drug Repository Program serving Erie County.

LillyCares Patient Assistance Program  1-800-545-6962
PO Box 230999, CENTERVILLE, VA 20120
www.lillycares.com
Provides discounts for Lilly prescription drugs, if income eligible.

Needy Meds, Inc.
PO Box 219, Gloucester, MA 01931
www.needymeds.com

Ohio Best Rx   (614) 466-9783 or 1-866-923-7879
2181 E. AURORA Rd., STE. 201, Twinsburg 44087
www.ohiobestrx.org
Prescription discount card. Up to 34% savings.

Ohio Drug Card   (419) 376-7674
www.OhioDrugCard.com

Partnership for Prescription Assistance  1-888-477-2669
www.pparx.org
Helps link persons up with pharmaceutical companies, doctors and other health care providers.

Patient Assistant Services – PAS  1-877-463-1905
www.patientassistanceservices.com
Simplifies process required to get free prescriptions.

Pharmaceutical Manufacturers Assoc.  1-888-477-2669
www.phrma.org/patients
For information, see your physician or call and request the Patient Assistance Directory.

Prescription Hope   1-877-296-4673
www.prescriptionhope.com
The $15/month prescription hope program.

Togetherrx Access   1-800-444-4106
www.togetherrxaccess.com
Prescription discount card sponsored by 20 drug co’s.

PRESCRIPTION DISCOUNT CARDS
Talk to your doctor about your prescribed medications – he/she may be able to provide samples, or get the medication for you from the manufacturer through their patient assistance program.

Assistance is available on the Internet about company’s programs for low income individuals. In some cases, the necessary forms are downloadable from the sites. You may also want to try the following sites:
www.aarppharmacy.com  www.OhioDrugCard.com
www.ohiobestrx.org  www.togetherrxaccess.com

Golden Buckeye Prescription
Drug Savings Program   1-866-301-6446
Offers prescription discounts to Ohio residents age 60+ and residents age 18-59 with a total and permanent disability. Accessed via the Golden Buckeye Card.
Applications available at senior centers and libraries.

INTERNET PHARMACIES
www.cvs.com  1-888-700-7662
www.drugplace.com  1-800-881-6325
www.drugstore.com (Rite-Aid)  1-800-378-4786
www.kmart.com  1-866-562-7848
www.pharmcounter.com   (419) 473-1493
www.walgreens.com  1-800-289-2273
www.walmart.com  1-800-925-6278

CALL LOCAL PHARMACIES FOR QUOTES. DELIVERY CHARGES MAY APPLY.

PRESCRIPTION DRUG FINANCIAL ASSISTANCE
The following resources may provide financial assistance for the purchase of prescription drugs.

Defiance Co. Veterans Office   (419) 782-6861
FISH of Napoleon  (419) 592-2217
Helping Hands of St. Louis  (419) 691-0613
Kidney Foundation of NW Ohio  (419) 329-2196
Mustard Seed Outreach Ministries   (419) 727-1800
Patient Advocate Foundation  1-866-512-3861
Salvation Army
   Toledo  (419) 241-1138
   Erie  (419) 626-3862
   Ottawa  (419) 732-2769
Serving Our Seniors  (419) 624-1856 or 1-800-564-1856
Share and Care Ctr. - Sandusky Co.   (419) 334-2832
Veterans Admin. Outpatient Clinic   (419) 259-6278

GERIATRICIANS
While many physicians specialize in elder care, National Board Examinations in the speciality of Geriatric Medicine were first offered in April 1988. To locate board certified or board eligible physicians in Northwest Ohio call:

The Academy of Medicine of Toledo and Lucas County   (419) 473-3200
4428 Secor Rd., 43623
   Makes referral to physicians.

PHARMACIES THAT DELIVER
Community Pharmacy Partners   (419) 244-1809
Erie Drugs  (419) 476-4322
James Pharmacy   (419) 243-9161
Kahler Pharmacy   (419) 382-2911
Kroger Pharmacies  1-866-221-4141
Lagrange SavMor Drugs  (419) 241-8065
Monroe Pharmacy   (419) 473-1531
Okuley’s Pharmacy & Home Medical   (419) 784-4800
ProMedica Fostoria Community
   Hospital Pharmacy  (419) 473-7006
   Rite-Aid Pharmacies   (419) 478-8177
   Ryan Pharmacy   (419) 531-2836
   Shaffer Pharmacy   (419) 473-0891
   The Pharmacy Counter   (419) 474-7140

Northwestern Ohio Edition 2014
Home Health Care

Home Health Care Coordination
Home health care agencies offer a range of services that allow you to remain safely at home with some assistance in daily living, whether it’s medical, cooking, personal hygiene, transportation, companionship, rehabilitation and support to aid the healing process after illness, surgery or injury. If you need several services, a nurse or social worker will visit you in your home to determine what services you need and will help you arrange for them.

Selecting an Agency
Selection of a home health care agency is a personal decision that must be made based upon your needs. Senior centers, hospital discharge planners, social service workers, physicians, public health depts., United Way agencies, religious and senior citizens groups can offer resources to help in the selection of an agency. Many agencies provide free assessments to determine the most cost effective plan of care. Per visit or hourly rates vary by agency, skill level, acuity of care, length and timing of services.

RANGE OF SERVICES

Medicare Coverage Guidelines
Qualifying for home health benefits under Medicare is never guaranteed. Minimally, the patient must be:
• Homebound
• Under the care of an M.D. who requests skilled care
• In need of skilled nursing or physical therapy services on an intermittent basis. (A patient who requires more than intermittent care, but refuses other alternatives, is not eligible.)

Medicare does not cover private duty nursing costs. A patient may be frail and require many support services such as enemas, incontinence care, bathing, personal grooming, transfer from bed to chair, ambulatory assistance, prompting for performance of basic activities of daily living, meal preparation and feeding, dressing, homemaking, chore and companion services. Medicare will not pay for these if all three of the guidelines listed above are not met.

Examples covered skilled nursing services:
• wound dressing involving prescription drug and aseptic technique
• bladder and bowel training in the case of incontinence, colostomy or ileostomy care
• injections
• respiratory, physical, speech or occupational therapies

QUESTIONS TO ASK
✓ What services do we need? What will they cost, per visit or per hour, including overtime or holiday charges? How are charges calculated? Is there a minimum number of hours or days per week? What happens when our insurance and/or Medicare runs out?
✓ Will the same person be reliable, dependable and available throughout all care? Is there a nursing supervisor who oversees all care and will help address any questions or problems?
✓ Does the agency screen and bond all caregivers and guarantee workers are protected with written personnel policies and basic benefits such as social security, liability, malpractice insurance and worker’s compensation?
✓ Will the agency representative consult with our physician and family members to develop a written care plan outlining specific duties caregivers are to perform, at what intervals and for how long? Will all necessary agency personnel know what our needs are?
✓ Will the agency teach our family caregivers the health care skills so that the patient can work towards regaining independence?
✓ How often will we be billed and who will we pay? Is third party reimbursement available? Will the agency file Medicare, Medicaid, HMO and private insurance claims?
✓ Are regular physicals and TB screening required for all workers? Do providers have CPR certification?
✓ How is the agency accredited and is it Medicare licensed and/or Medicaid certified?

TERMS

Case Management
Professional social worker or nurse makes in-home assessment and determines individual plan of care. Makes sure that care is achieving its purpose towards client safety and recovery.

Clinical Nurse Specialists
Have extensive training in a subspecialty such as geropsych or ET or IV therapy. Specialists help in training family members to care for the patient.

Discharge Planner
Works with patients and family members at hospital dismissal to guide in decisions for nursing home placement, home health care, rehab therapies, etc.

Geriatric Care Manager
Professional with a specialized focus on issues related to aging and elder care. Work privately with older adults and their families to create a plan of care that meets the needs of the older adult. Will meet with you to help you understand your loved one’s needs and to learn what resources and options are available to meet those needs.
Hi-tech Specialty Nursing
Includes home transfusion therapies, central line, port catheters and dialysis services.

Home Health Aide
Provides assistance with personal care such as bathing, dressing, walking, etc.

Home Infusion Therapies
- Enteral (ET): Nutritional tube feedings through stomach
- Parenteral (TPN): Venous nutritional feedings
- IV: Venous medication delivery

Homemaker/Companion Service
Assists with light housekeeping, meals planning and preparation, laundry and provides companionship.

Medical Social Work
Licensed Social Worker consults with patient and family, making referrals for chronic medical problems and to available community resources.

Occupational Therapy
Includes exercises, adaptive equipment, splinting, joint protection, energy conservation.

Patient’s Bill of Rights
You are entitled to the highest quality of care with dignity, respect, full and forthright disclosure of information about fees and charges and the right to privacy.

Physical Therapy
Includes exercise, equipment recommendations, gait training, transfer training, ultrasound, whirlpool, etc.

Private Duty Nursing
One-on-one individual skilled nursing care by an RN or LPN in a person’s home. Generally charged hourly. Can also have private duty aides.

Respiratory Therapy
Exercises to enhance breathing and lung oxygen supply.

Skilled Nursing Care
A task(s) that cannot be effectively performed or self-administered by a non-medical person without the direct supervision of a licensed nurse. Provided by RNs, LPNs or physical, speech or occupational therapists. Must be ordered by a physician in conjunction with a care plan. Definitions of skilled care vary among Medicare, Medicaid and long term care insurance policies. **Skilled** nursing services are injections, insertion of catheters, observation of decubitus ulcers, manual removal of impaction and diabetic teaching. **Non-skilled** nursing services are enemas, baths, skin care, administering meds, routine post-cataract care.

Speech Therapy
Includes assessment and intervention in hearing, swallowing, expressive and receptive problems.

**TAKE NOTE**
A physician must provide written approval for home health care to qualify for Medicare, Medicaid and private insurance reimbursement.

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**Do you need help staying at home?**

PASPORT In Home Care Program for Older Adults

Call: 419-382-0624
Click: www.areaofficeonaging.com
PASSPORT is a Medicaid-funded program which provides home health care and service coordination for persons at risk of nursing home placement. Provides personal care, homemaking, emergency response system, home delivered meals, adult day services, medical transportation and more. Clients must be age 60+. Available in all of Northwestern Ohio.

Choices—Home Care Attendant Service is a new service option available under the PASSPORT Waiver Program is the Choices Home Care Attendant Service (CHCAS). The service allows for eligible consumers to direct their own care and have more management over the home care attendant service. This is called consumer-direction. Consumers are the “employer of record.” You may hire a Home Care Attendant, or Individual Provider (IP) directly. This may be family members, with some exceptions, or friends, neighbors, etc. Persons enrolled in PASSPORT may contact their Care Manager for more information.

County Health Departments

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defiance County</td>
<td>(419) 784-3818</td>
<td>1300 E. Second St., Ste. 100, Defiance 43512</td>
</tr>
<tr>
<td>Erie County</td>
<td>(419) 626-5623</td>
<td>420 Superior St., PO Box 375, Sandusky 44870</td>
</tr>
<tr>
<td>Fulton County</td>
<td>(419) 337-0915</td>
<td>606 S. Shoop Ave., Waubonsee 43567</td>
</tr>
<tr>
<td>Henry County</td>
<td>(419) 599-5545</td>
<td>1843 Oakwood Ave., Napoleon 43545</td>
</tr>
<tr>
<td>Lucas County</td>
<td>(419) 213-4100</td>
<td>635 N. Erie St., 43624</td>
</tr>
<tr>
<td>Ottawa County</td>
<td>(419) 734-6800</td>
<td>1856 E. Perry St., Port Clinton 43452</td>
</tr>
<tr>
<td>Paulding County</td>
<td>(419) 399-3921</td>
<td>800 E. Perry St., Paulding 45879</td>
</tr>
<tr>
<td>Sandusky County</td>
<td>(419) 334-6377</td>
<td>2000 Country Side Dr., Fremont 43420</td>
</tr>
<tr>
<td>Williams County</td>
<td>(419) 485-3141</td>
<td>310 Lincoln St., P.O. Box 146, Montpelier 43543</td>
</tr>
<tr>
<td>Wood County</td>
<td>(419) 352-8402</td>
<td>1840 E. Gypsy Lane Rd., Bowling Green 43402</td>
</tr>
</tbody>
</table>

 PROVIDERS AND COUNTIES SERVED

ABC Health Care, Inc.  (419) 893-9700
1605 Holland Rd., Ste. A1, Maumee 43537
www.abchc.com
Serves Fulton, Lucas, Sandusky and Wood counties.

Allcaring Home Health Service  (419) 782-8200
424 E. Second St., Defiance 43512
Serves Defiance, Fulton, Henry, Paulding and Williams co’s.

Allied Home Health Services  (419) 868-2909 or 1-800-269-7864
6228 Merger Dr., Holland 43528
www.aprn.com
Serves Fulton, Henry, Lucas, Ottawa, Sandusky and Wood counties.

Alpha Home Healthcare, Inc.  (419) 720-0028
2755 N. Holland Sylvania Rd., Toledo 43615
Serves Lucas, Ottawa and Wood counties.
Amedisys Home Health Care
3425 EXECUTIVE PKWY., TOLEDO 43606    (419) 536-6748
Serves Defiance, Fulton, Henry, Lucas, Ottawa, Sandusky, Williams, Wood co’s.
www.amedisys.com

AmeriCare Home Health Services
1132 E. SECOND ST., DEFANCE 43512    (419) 782-0101
Serves Defiance and Henry counties.
102 W. BRYAN ST., BRYAN 43506    (419) 636-2702
Serves Fulton, Paulding and Williams co’s.
1440 S. BYRNE RD., TOLEDO 43614    (419) 472-5350
Serves Lucas and Wood counties.
611 W. STATE ST., FREMONT 43420    (419) 355-1084
Serves Sandusky, Erie and Ottawa co’s.
www.americare-health.com

Approved Home Health    (419) 822-3660 or 1-888-822-3660
1206 EAST MAIN ST., DELTA 43515
www.approvedhomehealth.net

Best at Home Healthcare Services    (419) 727-9425
33 NEW TOWNE SQ. DR., TOLEDO 43612
Serves Lucas and Wood counties.

Bridge Home Health/Hospice    (419) 352-9808 or 1-888-352-1166
1037 CONNEAUT AVE., STE. 204, BOWLING GREEN 43402
www.bvhealthsystem.org
Serves Henry, Sandusky and Wood counties.

Bridge Personal Care Services    1-888-463-3376
15100 BIRCHHAVEN LN., FINDLAY 45840
www.bridgepcs.org
Serves Wood county

Cambridge Home Health Care
1685 LANCE POINT DR., STE. A, MAUMEE 43537    (419) 482-6300 or 1-800-318-3757
Serves Fulton, Lucas, and Wood counties.
132 WEST PERKINS AVE., SANDUSKY 44870    (419) 609-1960 or 1-800-339-0820
Serves Erie, Ottawa and Sandusky counties.
www.CambridgeHomeHealth.com

LOOKING FOR MORE INFORMATION?
Visit us on the web at www.seniorimpact.net for more information on topics of interest to seniors and caregivers. View the Older Adults Guide online, learn about events in your area, read about relevant issues currently affecting the senior community, and much more!
Chore Services...refers to cleaning beyond normal homemaking. It includes heavy-duty tasks such as floor or window washing, yard work, pest control and other types of home maintenance.
Loving Family Home Care Inc. 1-888-469-2178
5706 Bonsels Pkwy., Toledo 43615
www.lovingfamilyhomecare.com
Serves Fulton, Henry, Lucas, Ottawa, Sandusky, Wood and Williams co’s.

Maxim Healthcare  (419) 536-0555 or 1-877-506-2946
3131 Executive Dr., Toledo 43606
www.maxhealth.com
Serves Lucas, Ottawa, Sandusky and Wood counties.

Med 1 Care, LLC  (419) 866-0555 or 1-800-350-8941
5461 Southwyck Blvd., Toledo 43609
www.med1care.org
Serves all counties.

Northwest Ohio Home Care Partners  (419) 690-0044
131 N. Wheeling St., Ste. 2, Toledo 43605
www.lhsoh.org
Serves Fulton, Henry, Lucas and Wood co’s.

Nursing Resources by Blackstone
3600 Briarfield Blvd., Maumee 43537  (419) 861-3333 or 1-866-428-7770
Serves Fulton, Henry, Lucas, Ottawa, Sandusky and Wood co’s.
1039 Oak Harbor Rd., Fremont 43420  (419) 333-3000
Serves Erie, Ottawa, Sandusky and Seneca co’s.
www.nursingresources.com
Northwest Ohio’s largest provider of Home Health Aides. 24-hr. care. Complete range of home health care services.

Ohioans Home Healthcare, Inc.  (419) 843-4422
5640 Southwyck Blvd., Suite 2A, Toledo 43614
www.ohioanshhc.com
Serves all counties.

OmniCare Home Health  (419) 720-0440
210 S. Reynolds Rd., Toledo 43615
www.omnicarehha.com
Serves Lucas and Wood counties.

Parrish HomeCare  (419) 389-1020
3361 Executive Pkwy., Ste. 301, Toledo 43606
www.parrishhomehealthcare.com

Paulding County Hospital
Home Health  (419) 399-4080 or 1-800-741-1743
1035 W. Wayne St., Paulding 45879
www.pauldinghospital.com
Serves Defiance and Paulding counties.

Prime Home Care, LLC  (419) 535-1414
4334 West Central Ave., Suite 231
Serves all co’s. PASSPORT and Carestar individuals only.

Progressive Therapy Alternates, Inc.  (419) 866-5196
1560 Henthorne Dr., Maumee 43537
Serves Lucas, Sandusky and Wood counties.
<table>
<thead>
<tr>
<th><strong>Home Exterior</strong></th>
<th><strong>Home Interior</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Address visible from the street</td>
<td>- Security system in place and in working order</td>
</tr>
<tr>
<td>- Entrance well lit, visible and barrier-free</td>
<td>- Security bars, lexon or polycarbonate on doors and windows</td>
</tr>
<tr>
<td>- Walkways sound and even</td>
<td>- Easily managed deadbolt on all entry doors</td>
</tr>
<tr>
<td>- Steps in good condition and even</td>
<td>- Temperature within comfortable range</td>
</tr>
<tr>
<td>- Handrails present and securely fastened</td>
<td>- Thermostat easily reached and adjustable</td>
</tr>
<tr>
<td>- Stove and sink areas well lit</td>
<td>- Functional smoke detector on each level</td>
</tr>
<tr>
<td>- Stove located away from window with curtains</td>
<td>- Phones accessible in major living areas</td>
</tr>
<tr>
<td>- Pan handles turned away when cooking</td>
<td>- Pictures, objects on walls securely hung</td>
</tr>
<tr>
<td>- Garments with long, loose sleeves not worn while cooking</td>
<td>- Emergency numbers posted by each telephone</td>
</tr>
<tr>
<td>- Hot pad gloves used rather than hot pad holders</td>
<td>- Ability to dial emergency numbers when necessary</td>
</tr>
<tr>
<td>- Countertops/work areas clean and safe</td>
<td>- Cords/plugs on all appliances, lamps, phones are clean, in good condition and out of pathways</td>
</tr>
<tr>
<td>- Fire extinguisher or baking soda accessible to stove area</td>
<td>- Interior steps/stairs in good condition with sturdy railings</td>
</tr>
<tr>
<td>- Bathtub/shower equipped with nonskid mat or strips</td>
<td>- Light switches located at top and bottom of stairs</td>
</tr>
<tr>
<td>- Grab bars securely installed and used properly</td>
<td>- All stairwells and long hallways well lit</td>
</tr>
<tr>
<td>- Raised toilet is right height and securely installed</td>
<td>- Adequate lighting in all work areas</td>
</tr>
<tr>
<td>- Faucets are easily operated and marked “hot” and “cold”</td>
<td>- All pathways clear of clutter and debris</td>
</tr>
<tr>
<td>- Electrical appliances are kept away from bathtub area</td>
<td>- Hazardous household agents stored in a safe place</td>
</tr>
<tr>
<td>- Shower curtains are adequate height to avoid tripping</td>
<td>- Space heaters placed away from rugs and curtains</td>
</tr>
<tr>
<td>- Bed is adequate height</td>
<td>- Hallways, bedrooms and bathrooms have night lights</td>
</tr>
<tr>
<td>- Night light is used</td>
<td>- Rugs intact and securely fastened</td>
</tr>
<tr>
<td>- Flashlight or lamp is kept at bedside</td>
<td>- Extension cords not used or are safely secured</td>
</tr>
<tr>
<td>- Medical equipment stored safely</td>
<td>- Walkers/wheelchairs/canes easily maneuvered</td>
</tr>
<tr>
<td>- Equipment cords/plugs intact</td>
<td>- All usable furniture, chairs, stools, tables sturdy with no weak parts</td>
</tr>
<tr>
<td>- Oxygen safety procedures posted</td>
<td>- A safety exit is planned for emergencies</td>
</tr>
<tr>
<td>- Medication stored in temperature-appropriate place</td>
<td>- Maintains daily contact with people outside the home</td>
</tr>
<tr>
<td>- Medication dated and reflects effective dates</td>
<td></td>
</tr>
</tbody>
</table>
Many older adults can be intimidated by doctors and don’t ask necessary questions if they do not understand what the doctor is telling them about their own healthcare condition and needs. It is often helpful to accompany an older adult and make notes about necessary care, medications taken and the care plan required.
### HEALTH SERVICES

**Home Care Network**  
(419) 756-8872  
27062 Oakmead Dr., Perrysburg 43551  
Serves all Northwest Ohio counties

**Home Instead Senior Care**  
205 SE Catawba Rd., Suite H,  
Port Clinton 43452  
(419) 734-5050 or 1-877-733-5050  
Serves Erie, Ottawa and Sandusky co.’s.  
2631 W. Central Ave., Toledo 43606  
(419) 472-8181  
Serves Fulton, Lucas and Wood counties.  
www.homeinstead.com

**Jewish Family Services**  
(419) 885-2561  
6505 Sylvania Ave., Sylvania 43560  
www.jewishtoledo.org  
Serves Lucas county.

**No Place Like Home Health Care Ltd.**  
(419) 720-2121  
101 Main St., Suite I, Toledo 43605  
www.noplacelikehomehealthcare.com  
Serves Fulton, Lucas and Wood counties.

**Nursing Resources by Blackstone**  
3600 Briarfield Blvd.,  
Maumee 43537  
(419) 861-3333 or 1-866-428-7770  
Serves Fulton, Henry, Lucas, Ottawa, Sandusky and Wood co.’s.  
1039 Oak Harbor Rd., Fremont 43420  
(419) 333-3000  
Serves Erie, Ottawa, Sandusky and Seneca co.’s.  
www.nursingresources.com  
Northwest Ohio’s largest provider of Home Health Aides.  
24-hr. care. Complete range of home health care services.

**Passionate Care**  
(419) 445-0002  
22877 Burlington Gardens, Archbold 43502  
www.passionatecareinc.com  
Serves Fulton, Henry and Williams counties.

**Per Diem Nurse Staffing, LLC**  
(419) 878-8880  
1029 Michigan Ave., Waterville 43566  
www.perdimunursestaffingllc.com  
Serves Fulton, Henry, Lucas and Wood counties.

**Prime Home Care**  
(419) 535-1414  
4334 W. Central Ave., Ste. 231, Toledo 43615  
Serves all counties.

**ProMedica Home Health Care**  
ALL LOCATIONS  
1-800-234-9355  
ProMedica At Home - Private Pay Services  
5520 Monroe St., Sylvania 43560  
(419) 824-7514  
ProMedica Home Health Care - Fostoria  
601 Parkway Dr., Fostoria 44830  
(419) 435-1832  
ProMedica Home Health Care - Caring Toledo Office  
5520 Monroe St., Sylvania 43560  
(419) 291-2273  
ProMedica Home Health Care - Visiting Nurse  
1946 N. 13th St., Toledo 43624  
(419) 255-0983  
www.promedica.org

**Right at Home**  
154 E. 3rd St., Ste. A, Perrysburg 43551  
www.rahnwohio.com  
Serves Lucas and Wood counties.

**Seneca Co. Commission on Aging**  
(419) 447-5792  
10 Riverside Dr., Tiffin 44883  
www.sccoa-coa.org  
Serves Wood county.

**Senior Care Management, Inc.**  
(419) 578-7000  
3501 Executive Pkwy., Toledo 43606  
Serves Fulton, Lucas and Wood counties.

**Senior Helpers**  
1440 Waterville-Monclova Rd.,  
Waterville 43566  
(419) 794-1090  
Serves Lucas, Fulton, Henry, Wood, Williams, Defiance, Erie, Paulding co.’s.  
178 W. Water St., Oak Harbor 43449  
(419) 898-1090  
Serves Ottawa and Sandusky counties.  
www.seniorhelpers.com/nwohio

**Seniors Helping Seniors**  
(419) 366-4915  
1905 N. Centennial Rd., Toledo 43617  
Serves Lucas, Ottawa and Sandusky counties.

**Vicki’s Home Care & Companions**  
(419) 944-4780  
1905 N. Central Park Rd., Toledo 43623  
Serves Lucas, Fulton and Wood counties.

**Village Home Care**  
(419) 861-1165  
4560 Alexis Rd., Suite 119, Toledo 43623  
Serves Lucas, Wood and Ottawa counties.

**Visiting Angels**  
6060 Renaissance Pkwy., Suite 3, Toledo 43623  
(419) 517-7000  
Serves Lucas, Ottawa and Wood co.’s.  
143 N. Michigan Ave., Edgerton 43517  
(419) 298-0034  
Serves Defiance, Fulton, Henry, and Williams co.’s.  
www.visiting.angels.com/toledo

**Wings of Care**  
1721 Indian Wood Cir., Maumee 43537  
ERIE AND SANDUSKY COUNTIES  
(419) 734-6318 or 1-800-562-3864

Erie County  
(734) 850-9100 or 1-877-947-9100

Wood County  
(419) 666-8500

www.wingsofcareonline.com

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**TAKE NOTE**

Medicare Part B insurance can help pay for the rental or purchase of durable medical supplies such as oxygen equipment, wheelchairs, and other medically necessary items for use in your home. A doctor’s prescription is necessary.
Hospice Care

See also Cancer Support and Medical Equipment.

Hospice is a special kind of humane and compassionate care designed to provide sensitivity and support for people in the final phase of a terminal illness. Hospice care can be provided in a variety of settings: in-home, in a hospital or in a nursing home. Hospice is covered by Medicare, Medicaid and most private insurance plans.

Components of Hospice Care

- Offers pain-comforting, not curative treatment
- Treats the person, not the disease
- Emphasizes quality, rather than length of life
- Considers the entire family, not just the patient
- Provides help and support on a 24 hour basis

Hospice services are provided by a team of trained professionals including physicians, nurses, counselors, clergy, therapists, aides and volunteers.

QUESTIONs TO ASK ABOUT HOSPICE

☑ What's the response to your very first call?
☑ What will the actual out-of-pocket costs be?
☑ If hospital care is needed, does the patient have choice of hospital and physician?
☑ What relationship does your doctor have with the hospice provider?
☑ How often does someone visit?
☑ How long will it take to begin hospice service?
☑ How long has the hospice service been in business in the area and is it affiliated with any hospital, community or social service agency?
☑ Will someone be with the family at the time of death?
☑ Will the hospice service file insurance claims for the family? How will out-of-pocket expenses be handled?
☑ What happens if the patient no longer needs in-hospital care but cannot go home?
☑ Does the patient need 24 hour care?
☑ What and how many hours of services are provided?
☑ Will the same team stay with the patient throughout the entire length of care?
☑ What long term bereavement family support is available?
☑ What happens if Medicare or insurance coverage ends?
☑ What is the average caseload carried by each nurse?
☑ How often will a home health aide visit if your patient has intensive physical care needs?
Are there any special services or therapies offered which meet your patient’s specific needs and wishes?

What nursing homes is the hospice contracted with?

Who can be called after normal business hours and how fast do they respond?

Will in-patient care be provided in a designated hospice unit?

HOSPICE PROVIDERS

Accessible HHC  (419) 720-9595 or 1-877-325-0169
3454 Oak Alley Ct., Suite 402, Toledo 43606
www.accessibletoledo.com

Ashanti Hospice and Palliative Care  (419) 724-1047
4020 Indian Road, Suite A, Toledo 43606
www.ashantihospice.org

Bridge Home Health and Hospice  (419) 352-9808 or 1-888-352-1166
1037 Conneaut Ave., Ste. 204, Bowling Green 43402
www.bvhealthsystem.org

Bridge Personal Care Services  1-888-463-3376
15100 Birchaven Ln., Findlay 45840
www.bridgepcs.org

Community Health Professionals
Defiance  (419) 782-4131 or 1-888-784-7499
6825 SR 66 N, Defiance 43512
Serves Defiance and Henry counties.

Paulding  (419) 399-4708
250 Dooley Dr., Paulding 45879
Serves Paulding county.

Archbold  (419) 445-5128
230 Westfield Dr., Archbold 43502
Serves Fulton county.

Defiance Area Inpatient Hospice Ctr.  (419) 782-4131
06817 St. Rt. 66 N, Defiance 43512
www.comhealthpro.org

Gentiva Hospice  (419) 887-6700
1745 Indianwood Circle, Maumee 43537
www.gentiva.com

Grace Hospice  (419) 897-7962
1715 Indianwood Circle, Maumee 43537
www.ghospice.com

TAKE NOTE
Before assets have been spent down, make sure you have purchased an irrevocable burial trust for your funeral expenses. See Estate Planning.

CAREGIVER TIP
Not only does hospice benefit the terminally ill, it also benefits the family through grief support services. Bereavement counseling is available for up to a year after the loved one has died.

Heartland Home Health & Hospice  (419) 531-0440
3450 W. Central Ave., Toledo 43606

Henry Co. Home Health and Hospice  (419) 599-5612
1843 Oakwood Ave., Napoleon 43545
www.henrycohd.org

Hospice of Northwest Ohio  (419) 661-4001 or 1-866-661-4001
30000 E. River Rd., Perrysburg 43551
800 South Detroit Ave., Toledo 43609
www.hospicenwo.org

National Hospice and Palliative Care Organization  1-800-658-8898
1731 King St., Ste. 100, Alexandria, VA 22314
www.nhpco.org

Parrish HomeCare  (419) 389-1020
3361 Executive Pkwy., Ste. 301, Toledo 43606
www.parrishhomehealthcare.com

ProMedica Hospice  (419) 824-7400 or 1-800-214-8112
In Home:
7557 Sector Rd., Lambertville, MI 48144  (734) 568-6917
5577 Monroe St., Sylvania 43560  (419) 824-7400
www.promedica.org/hospice

In Patient:
Ebed Hospice Residence,
5340 Harboun Rd., Sylvania 43560  (419) 824-8840
www.promedica.org/hospice
Memorial Home Health and Hospice  (419) 547-6419 or 1-800-413-1555
430 S. Main St., Clyde 43410
www.fremontmemorial.org

Servicing Ohio and Michigan counties – Lucas, portions of Wood, Fulton, Lenawee and Monroe.

Senior Independence  (419) 865-1499
5810 Southwyck Blvd., Ste. 101, Toledo 43614
www.seniorindependence.org

SouthernCare  (419) 843-6106
6545 W. Central Ave., Ste. 103, Toledo 43617

Stein Hospice  (419) 625-5269
1200 Sycamore Line, Sandusky 44870
www.steinhospice.org

HEALTH SERVICES
Ability Center of Greater Toledo (419) 633-1400
228 S. Main St., Bryan 43506
Serves Defiance, Fulton, Henry and Williams counties.
5605 Monroe St., Sylvania 43560 (419) 885-5733 or 1-866-885-5733
Serves Lucas, Sandusky and Wood counties.
148 E. Perry St., Ste. 110, Port Clinton 43452 (419) 734-0330 or 1-877-734-0330
Serves Ottawa county.
www.abilitycenter.org

AccessQuip, LLC (419) 872-6720
25561 Fort Meigs Rd., Ste. D, Perrysburg 43551
www.accessquipllc.com

Active Mobility, Inc. 1-800-544-7460
5702 Opportunity Dr., Toledo 43612
www.amobility.com

ActivStyle: A Medical Supply Company
OHIO CUSTOMER SERVICE 1-800-651-6223, ext. 216
www.activstyleforcaregivers.com
ActivStyle, Inc. provides home delivery medical supplies specializing in incontinence supplies. We also carry nutrition supplies, diabetic supplies, and more!

American Homepatient (419) 636-6951
8035 St. Rt. 15, Bryan 43506

American Ramps of Central Ohio (419) 571-5465
872 St. Rt. 314, Mansfield 44905

APDS Health Supplies (419) 872-4775 or 1-888-708-0702
25671 Fort Meigs Rd., Perrysburg 43551
www.apdshealth.com
Serves all counties.

Apria Healthcare (419) 471-1919 or 1-800-472-8080
4062 Technology Dr., Maumee 43537
Serves Fulton, Lucas and Wood counties.

B & K Home Medical Services (419) 448-4040 or 1-800-346-5786
27 St. Lawrence Dr., Suite 107, Tiffin 44883
www.bkhomemedical.com
Serves Sandusky and Wood counties.

CGA Home Modifications (419) 531-2500
5242 Angola Rd., Suite 140, Toledo 43615
www.cgahomemods.com
Serves all counties.

Charlie’s Dodge (419) 893-0241
725 Illinois Ave., Maumee 43537
www.charliesdodge.com
Vehicle equipment.

The Drug Store of Perrysburg (419) 873-9100
580 Craig Dr., Suite 2, Perrysburg 43551

Duraline Medical Products 1-800-654-3376
P.O. Box 67, Leipsic 45856
www.dmponline.com

Easter Seal Society of Northwestern Ohio, Inc.
41641 North Ridge Rd., Ste. D, Elyria 44035 (440) 324-6600
9501 US Hwy. 250 N, Ste. 4, Milan 44846 (419) 621-7997
Serves Erie county.
101 S. Stone St., Fremont 43420 (419) 332-3016
Serves Ottawa and Sandusky counties.
440 South Reynolds Rd., Toledo 43615 (419) 535-5750
Serves Fulton, Lucas and Wood counties.
www.nwohio.easterseals.com

Erie Drugs (419) 476-4322
4502 Lewis Ave., Toledo 43612
www.eriepharmacy.com

Fitzpatrick Enterprises, Inc. 1-800-545-1102
6393 Groveport Rd., Groveport 43125
www.fitzmobile.com

Goodwill Industries of NW Ohio, Inc. (419) 255-0070
626 North Huron St., Toledo 43604
www.goodwillnwohio.com

Health Care Solutions (419) 865-4244 or 1-800-782-5376
858 Capital Commons Dr., Toledo 43615

Home Care Delivered, Inc. 1-800-565-5644, ext. 6354
162 N. Madison Rd., London 43140
www.homecaredelivered.com

Hoveround Corporation 1-800-701-5781
www.hoveround.com

James Pharmacy (419) 243-9161
623 LaGrange St., Toledo 43604

Kidney Foundation of Northwest Ohio (419) 329-2196
3100 W. Central Ave., Suite 250, 43606
www.kfnwo.org

Laryngectomy Club of Toledo (419) 691-2897
1026 Wardell St., Toledo 43605
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Phone Number</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liftchair.com</td>
<td>1-800-798-2499</td>
<td>7725 N. 43rd Ave., Phoenix, AZ 85051 <a href="http://www.liftchair.com">www.liftchair.com</a></td>
</tr>
<tr>
<td>Lincare Inc.</td>
<td>(419) 841-7711 or 1-800-234-5415</td>
<td>2948 Centennial Rd., Toledo 43617 <a href="http://www.lincare.com">www.lincare.com</a></td>
</tr>
<tr>
<td>Lorraine Surgical Supply Co.</td>
<td>1-800-541-1416</td>
<td>2080 W. 65th St., Cleveland 44102</td>
</tr>
<tr>
<td>Marquis Mobility</td>
<td>1-888-871-5759</td>
<td>4051 Whipple Ave., Suite E, Canton 44718</td>
</tr>
<tr>
<td>Muscular Dystrophy Association</td>
<td>(734) 416-7076</td>
<td>6225 N. Canton Center Rd., Canton, MI 48187 <a href="http://www.mda.org">www.mda.org</a></td>
</tr>
<tr>
<td>Northwest Ohio Medical Equipment</td>
<td></td>
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</tr>
<tr>
<td>Erie County,</td>
<td>(419) 483-3424</td>
<td>855 W. Main, Suite H. Bellevue 44811</td>
</tr>
<tr>
<td>Henry and Wood Counties, 1204 W. Wooster St., Suite 5, Bowling Green 43402</td>
<td>(419) 352-7021</td>
<td></td>
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<tr>
<td>Lucas and Fulton Counties, 5757 Munclova Rd., Maumee 43537</td>
<td>(419) 891-4046</td>
<td></td>
</tr>
<tr>
<td>Sandusky and Ottawa Counties, 1466 Oak Harbor Rd., Fremont 43420</td>
<td>(419) 332-4938</td>
<td></td>
</tr>
<tr>
<td>National Multiple Sclerosis Society</td>
<td>1-800-344-4867</td>
<td>401 Tomahawk Dr., Maumee 43537 <a href="http://www.nationalmssociety.org/ohio">www.nationalmssociety.org/ohio</a></td>
</tr>
<tr>
<td>NPL Home Care, Inc.</td>
<td>1-800-227-3027</td>
<td>7033 Lake Ave, Elyria 44035 <a href="http://www.nplhomecare.com">www.nplhomecare.com</a></td>
</tr>
<tr>
<td>O.E. Meyer Home Medical Equipment</td>
<td></td>
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</tr>
<tr>
<td>Sandusky 44870, 3303 Tiffin Ave.,</td>
<td>(419) 625-1256 or 1-800-225-1256</td>
<td>30595 Tracy Rd., Walbridge 43465</td>
</tr>
<tr>
<td>30595 Tracy Rd., Walbridge 43465</td>
<td>(419) 382-1262 or 1-866-806-2075</td>
<td>1003 Everett Rd., Fremont 43420</td>
</tr>
<tr>
<td>1003 Everett Rd., Fremont 43420</td>
<td>(419) 332-6931 or 1-888-546-6931</td>
<td><a href="http://www.oemeyer.com">www.oemeyer.com</a></td>
</tr>
<tr>
<td>Okuley’s Pharmacy</td>
<td>(419) 784-4800</td>
<td>1201 E. 2nd St., Defiance 43512</td>
</tr>
<tr>
<td>P &amp; R Medical Connection</td>
<td>1-800-587-7670</td>
<td>16937 Defiance Trail Rd., Van Wert 45891</td>
</tr>
<tr>
<td>Patriot Products</td>
<td>(419) 865-9712</td>
<td>1135 Corporate Dr., Unit B, Holland 43528</td>
</tr>
<tr>
<td>Pierce Medical Products Inc.</td>
<td>1-800-727-6712</td>
<td>8122 Secor Rd., Lambertville, MI 48144</td>
</tr>
<tr>
<td>ProMedica</td>
<td>1-888-427-4245</td>
<td>1200 Ralston Ave., Defiance 43512 (419) 783-6973</td>
</tr>
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<td></td>
<td></td>
<td>601 Parkway Dr., Fostoria 44830 (419) 436-0004</td>
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<td></td>
<td></td>
<td>2751 Bay Park Dr., Ste. 110, Oregon 43616 (419) 690-7572</td>
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<tr>
<td>Pharmacy Counter</td>
<td>(419) 474-7140</td>
<td>2655 West Central Ave., Toledo 43605</td>
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<td>1515 S. Byrne Rd., Toledo 43614</td>
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<tr>
<td></td>
<td></td>
<td>2701 Navarre Ave., Oregon 43616</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2100 W. Central Ave., Toledo 43605 <a href="http://www.promedica.org">www.promedica.org</a></td>
</tr>
<tr>
<td>Reflection Medical</td>
<td>(734) 850-0777</td>
<td>3200 W. Temperance Rd., Temperance 48182</td>
</tr>
<tr>
<td>Ryan Pharmacy</td>
<td>(419) 531-2836</td>
<td>3540 Dorr St., Toledo 43606 <a href="http://www.ryanpharmacy.com">www.ryanpharmacy.com</a></td>
</tr>
<tr>
<td>Seeley Medical Oxygen Co.</td>
<td>1-877-733-5301</td>
<td>104 Parker Dr., Andover 44003</td>
</tr>
<tr>
<td>Shaffer Pharmacy</td>
<td>(419) 473-0891</td>
<td>3900 Sunforest Ct., Toledo 43623</td>
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<tr>
<td></td>
<td></td>
<td>Serves Lucas county.</td>
</tr>
<tr>
<td>Shaw-Ott Medical</td>
<td>(419) 524-4388</td>
<td>270 Lexington Ave., Mansfield 44907 <a href="http://www.shawottmedical.com">www.shawottmedical.com</a></td>
</tr>
<tr>
<td>Society for the Handicapped</td>
<td>(419) 599-0951</td>
<td>470 Independence Dr., Napoleon 43545</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Providing medical equipment for short-term use.</td>
</tr>
<tr>
<td>Tim’s Home Medical Operating</td>
<td>(419) 333-1333</td>
<td>484 County Rd. 134, Fremont 43420 <a href="http://www.hmehouse.com">www.hmehouse.com</a></td>
</tr>
<tr>
<td>Tub Cutter!</td>
<td>(614) 208-9458 or (614) 991-5967</td>
<td>6185 Beaver Lake Dr., Grove City 43123 <a href="http://www.tubcutter.com">www.tubcutter.com</a></td>
</tr>
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<td>Provides home medical equipment and home modification help to increase accessibility. Serves all co’s.</td>
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<tr>
<td>Wood County Committee on Aging</td>
<td>(419) 353-5661 or 1-800-367-4935</td>
<td>305 N. Main St., Bowling Green 43402 <a href="http://www.wccoainet.com">www.wccoainet.com</a></td>
</tr>
</tbody>
</table>

**INCONTINENCE SUPPLIES**

Incontinence is...the loss of bladder and bowel control. It is a medical condition, not a disease or a “normal” part of getting older. It is a common condition that affects about 25 million people. Incontinence is treatable with a variety of treatment options available. It is essential to contact a health professional (physician, urologist, geriatrician, gynecologist) for an incontinence assessment and to discuss the cause and treatment options.
It is essential to contact a health professional to determine the specific cause of incontinence. There are many specialists available to assist in an assessment of bladder control conditions and to provide further information on treatment options. Organizations which can assist you with information on treatment, products and services available include:

**ActivStyle: A Medical Supply Company ©**
Ohio Customer Service 1-800-651-6223, ext. 216
www.activstyleforcaregivers.com
ActivStyle, Inc. provides home delivery medical supplies specializing in incontinence supplies. We also carry nutrition supplies, diabetic supplies, and more!

**American Urologic Foundation** 1-866-746-4282
www.auafoundation.org

**The Drug Store of Perrysburg** (419) 873-9100
580 Craig Dr., Suite 2, Perrysburg 43551

**Duraline Medical Products** (419) 943-2044 or 1-800-654-3376
PO Box 67, Leipsic, 45856
www.dmponline.com

**Home Care Delivered, Inc.** 1-800-565-5644
162 N. Madison Rd., London 43140
www.homecaredelivered.com

**Home Delivered Incontinence Supplies** 1-866-997-8771
www.hdis.com

**Home Products for Seniors, Inc.** 1-800-425-1101
1250 West Dorothy Ln., Ste. 303, Dayton 45409
www.homeproductsforseniors.com

**MSI Medical Supplies, Inc.** 1-800-777-6647
PO Box 88, Essington, PA 19029
www.rpm1.com

**National Assoc. for Continence (NAFC)** 1-800-BLADDER
3500 Executive Pkwy., Toledo 43606
www.nafc.org

**Northwest Ohio Medical Equipment** (419) 483-3424
855 W. Main, Suite H, Bellevue 44811

**O.E. Meyer Home Medical Equipment**
3303 Tiffin Ave., Sandusky 44870
30595 Tracy Rd., Walbridge 43465
1003 Everett Rd., Fremont 43420
(419) 625-1256 or 1-800-225-1256
(419) 382-1262 or 1-866-806-2075
(419) 332-6931 or 1-888-546-6931
www.oemeyer.com

**Pierce Medical Products Inc.** (734) 854-7864
8122 Secor Rd., Lambertville, MI 48144
When researchers compared a commonly used four-legged, two-wheeled walker with a newer three-legged, three-wheeled walker, the three-wheeled walker came out ahead in terms of patient satisfaction. (Study published in the Journal of the American Geriatrics Society)

Personal Care Products, Inc.  1-800-575-0302
1302 Rustique Sq., O Fallon, MO 63368

ProMedica
Home Medical Equipment  1-888-427-4245
1200 Ralston Ave., Defiance 43512  (419) 783-6973
601 Parkway Dr., Fostoria 44830  (419) 436-0004
2751 Bay Park Dr., Ste. 110, Oregon 43616  (419) 690-7572
Pharmacy Counter  (419) 474-7140
2655 West Central Ave., Toledo 43605
1515 S. Byrne Rd., Toledo 43614
2701 Navarre Ave., Oregon 43616
www.promedica.org
Free home delivery in Toledo metro area.

Shaw-Ott Medical  (419) 524-4388
270 Lexington Ave., Mansfield 44907

Simon Foundation for Continence  1-800-237-4666
www.simonfoundation.org

Tranquility Incontinence Products – Principle Business Enterprises  1-800-467-3224, ext. 7
PO Box 129, Dunbridge, OH 43414-0129
www.tranquilityproducts.com
Rated #1 by professionals. Tranquility offers a full line of high performance incontinence products, from pads to briefs. Tranquility products are unsurpassed in absorbency, capacity, odor elimination and maintaining skin health. In fact, Tranquility is the only brand that is guaranteed by the manufacturer. Call our Tranquility Care Center for free samples and a confidential assessment. See our ads on pages 5 and 101.

MEDICAL EMERGENCY RESPONSE SYSTEMS

Summon help 24 hrs./day. In voice or non-voice activated units, an alert goes out to a response center which contacts the subscriber, then pre-designated persons. Some systems have a timer where, if you don’t reset a button every 24 hours, an alert is sent to the response center. You pay an installation fee and low monthly rental fee for equipment. A paging device is worn which works through the phone line to call for help.

Acadian On Call  1-800-259-1234
Accessible HHC  (419) 720-9595
ADT Security Services, Inc.  1-888-277-4823
Advanced Security  1-877-364-0918
Assured Safety Concepts  1-800-305-3302
CGA Home Modifications  (419) 531-2500
Comfort Keepers
Lucas  (419) 535-7777
Erie, Ottawa, Sandusky  (567) 424-6773
Fulton, Wood  (419) 874-4880

Community Health Professionals
Defiance, Henry  (419) 782-5411
Paulding  (419) 399-4708
Williams and Fulton  (419) 445-5128

Critical Signal Technologies  1-855-427-8585
Emergency Ambulance Response System  1-800-348-3277
Guardian Medical Monitoring, Inc.  1-888-349-2400
Habitec Security  1-800-832-5276
Healthcom, Inc.  1-800-525-6237
Home Instead Senior Care  (419) 734-5050
Interim HealthCare  (419) 482-1151
Job One USA Medical - Bowling Green  (567) 661-0614
Job One USA-Toledo  (567) 661-0664
Life Alert Emergency Response Inc.  1-800-338-9090
LifeFone  1-800-882-2280
Link to Life  1-800-848-9399
O.E. Meyer Home Medical Equipment
Sandusky  (419) 625-1256 or 1-800-225-1256
Toledo  (419) 382-1262 or 1-866-806-2075
Freemont  (419) 332-6931 or 1-888-546-6931

Medicare Alert  1-800-215-4207
MedScope America Corporation  1-800-645-2060
Paulding County Hospital  (419) 399-4080
Philips Lifeline  1-800-368-2925
ProMedica Home Care - Fostoria  (419) 435-1832
ProMedica Home Health  (419) 291-2273
Wauseon  (419) 337-6862
Rural/Metro Helpline  1-800-848-8814
SafetyCare  1-866-693-7233
Senior Independence  (419) 865-1499
Toledo Lifeline  1-800-640-6614
VRI Medical Alert Systems  1-800-860-4230
Wood County Hospital  (419) 354-8900

Older adults have special medication needs and issues. Many times they take several medications for more than one medical condition. Importantly, the body disposes of drugs differently as it ages, causing a person to become more sensitive. Use your prescription medications wisely and make sure you consult with your doctor or pharmacist before mixing any over-the-counter medicines with your prescriptions.

Tell them you saw it in... Older Adults!
Services for the Homebound

HAIRDRESSING/NAIL CARE

Home Bounds Hair Care Services (419) 779-7481

Sue Hall's Homebound Mobile Salon Services (419) 472-2444

Nail Care Services/Portable Nail Care Services (419) 509-8639

Lucas and Wood Counties

PHYSICIANS/MEDICAL ASSISTANCE

Dr. Gloria Christin, DPM (734) 699-5182
Podiatry

Dr. Edna M. Jean, DPM (419) 537-9877
Homebound Podiatry services.

Maumee Bay Foot and Ankle Specialists (419) 691-1599
3515 NAVARRE AVE., OREGON 43616
Podiatric services both in office and home visits.

Mobile Care Group (419) 882-5000
Podiatry, optometry, dentistry and audiology. Eye glasses, eye care, hearing aids, dentures, toe nail clipping etc.

Peyton’s Care Professionals (419) 893-7671
Homebound Physician services.

Visiting Medical Specialist of Ohio (419) 897-7965
Homebound Physician services.

Visiting Physicians Association (419) 578-8594
www.visitingphysicians.com
Country’s leader in house call medicine with expertise in geriatric care..

W.W. Knight Practice (419) 291-2325
Offer limited home visit services to individual's that live close to their facility.

Disability & Rehabilitation Services

Area hospitals and some nursing homes have rehabilitation departments with speech, occupational and physical therapists for people who have suffered a stroke, limb amputation, head trauma, etc. Some hospitals also have specialized rehabilitation programs.

Ability Center of Greater Toledo
5605 MONROE ST., SYLVANIA 43560 (419) 885-5733
228 S. MAIN ST., BRYAN 43506 (419) 633-1400
1848 E. PERRY ST., PORT CLINTON 43452 (419) 734-0330
www.abilitycenter.org
Equipment loans/rentals, help with building adaptations, housing referral, advice on laws and community resources.

Able Data 1-800-227-0216 or (301) 608-8998
TTY (301) 618-8912
8630 FENTON ST., STE. 930, SILVER SPRINGS, MD 20910
www.abledata.com
Information on assistive technology and adaptive equipment.

Americans with Disabilities Act 1-800-514-0301
www.ada.gov
Explains the requirements of the Americans with Disabilities Act.

Assistance Dogs for Achieving Independence (419) 885-5733
5605 MONROE ST., SYLVANIA 43560
www.adai.org

Directions Credit Union
5121 WHITEFORD RD., SYLVANIA 43560 (419) 841-9838
Ability loans are designed to help disabled people with affordable financing to maintain independence.

Handicapped Parking Card (614) 752-7800
BUREAU OF MOTOR VEHICLES, BOX 16521, COLUMBUS 43216
Application available from Information Services for the Elderly. Need completed form, doctor’s prescription and $3.50 per placard. If lost or stolen, replacement is by the same procedure.

National Rehab Information Center 1-800-346-2742
TTY (301) 459-5984
8201 CORPORATE DR., LANHAM, MD 20706
www.naric.com
Library of information and reference center for disability and rehabilitation.

Ohio Vestibular and Balance Centers (419) 841-3477
3335 MEIJER DR., #400, TOLEDO 43617
Specializing in diagnosis and physical rehabilitation.
Opportunities for Ohioans with Disabilities (419) 866-5811
101 Clinton, Defiance 43512
5241 Southwyck Blvd., Ste. 200, Toledo 43614
State agency that helps people with disabilities get and keep jobs.

Progressive Therapy Alternatives (419) 866-5196
1560 Henthorne Dr., Maumee 43537
Fall prevention and balance program.

ProMedica Rehabilitation Services 1-877-4-ALL-REHAB
Arthritis and Osteoporosis Center — ProMedica Holland (419) 291-8900
2109 Hughes Dr., Joost Tower, Toledo
ProMedica Flower Hospital Inpatient Acute Rehab Services
5100 Harroun Rd., Sylvania 43560 (419) 824-1010
ProMedica Hearing Center 1-855-288-8305
1200Ralston Ave., Defiance 43512
5300 Harroun Rd., Sylvania 43560
2142 N. Cove Blvd., Toledo 43606
506 Van Buren St., Fostoria 44830 (419) 885-5760
ProMedica Sylvania Hand Clinic
6444 Monroe St., Sylvania 43560 (419) 885-5760
ProMedica Wound Care 1-800-700-5277
ProMedica Bay Park Hospital, 2801 Bay Park Dr., Oregon 43616
ProMedica Toledo Hospital, 2142 N. Cove, Toledo, OH 43606
ProMedica Bixby Hospital, 818 Riverside Ave., Adrian, MI, 49221
ProMedica St. Luke’s Hospital Wound Healing Institute, 5901 Monclova Rd., Maumee, OH 43537
www.promedica.org

Physical, occupational, speech therapy, hearing, driving evaluation, or changes in mental capabilities due to the effects of illness, injury, or the aging process.

ProMedica Total Rehab
2801 Bay Park Dr., Ste. 150, Oregon 43616
(517) 265-0293
(419) 690-8400
Francis Family YMCA, 2000 W. Dean Rd., Temperance, MI
157 West Brooke Ln., Blissfield, MI 49228 (734) 850-0129
1096 N. Main St., Bowling Green 43402 (517) 486-0410
(419) 353-7003
210 S. Main St., Brooklyn, MI 49230 (517) 592-8682
2150 W. Central Ave., Toledo 43606 (419) 291-8370
1200 Ralston Ave., Defiance 43512 (419) 783-6943
851 Clinton St., Defiance 43512 (419) 782-8802
119 Waterstradt-Commerce Dr., Unit 5, Dundee, MI 48131 (734) 529-7815
5150 Harroun Rd., Sylvania 43560 (419) 824-1968
610 Plaza Dr., Fostoria 44830 (419) 436-8320
500 Pottawatamie, Tucumseh, MI 49286 (517) 424-3239
650 Beaver Creek Circle, Suite 210, Maumee 43536 (419) 891-6211

Charles Fay Health Ctr., 811 W. Coomer St., Morenci, MI 49256 (517) 458-2239
400 N. Main St., Ste. B, Onsted, MI 49265 (517) 467-4770
1601 Brigham Dr., Ste. 100, Perrysburg 43551 (419) 872-7730
6855 Spring Valley Dr., Holland 43528 (419) 866-9711
5901 Monclova Rd. (419) 893-5957
1103 Village Square Drive, Perrysburg (419) 874-8187
2855 Starbright Blvd., Perrysburg (419) 887-8745
22 Turtle Creek Circle, Swanton (419) 826-7040
900 Waterville-Monclova Rd., Waterville (419) 441-1002

U.S. Dept. of Justice 1-800-514-0301 or (202) 514-0301
TDD/TTY (202) 514-0381 or (202) 514-0383
EBB (202) 514-6193
Civil Rights Division, Box 66118, Washington, DC 20035
www.usdoj.gov
Provides information about the ADA in Braille, large print, audiotapes or electronically on disk.

VistaPoints Special Needs Trusts (615) 758-4660
1550 N. Mt. Juliet Rd., Suite 203, Mount Juliet 37122
www.vistapoints.org

VOCATIONAL REHABILITATION

Defiance County Veterans Office (419) 782-6861
1300 E. Second St., Ste. 102, Defiance 43512
Harbor - Secor Rd. (419) 475-4449
4334 Secor Rd., Toledo 43623
Henry County Veterans Service (419) 592-0956
1855 Oakwood Ave., Napoleon 43545

Opportunities for Ohioans with Disabilities (419) 866-5811
101 Clinton, Defiance 43512
5241 Southwyck Blvd., Ste. 200, Toledo 43614
www.rsc.state.oh.us
State agency that helps people with disabilities get and keep jobs.

The University of Toledo Medical Ctr. (419) 383-4000
www.utmc.utoledo.edu

VISUAL DISABILITIES

Medicare does not cover expenses for routine eye exams or glasses; only after cataract surgery. Medicaid may cover the cost for routine exams and glasses. Some Medicare HMOs provide discounts.

American Council of the Blind 1-800-835-2226
Ohio Administrative Office, Columbus 43221
www.acbohio.org
Offers visual disabilities services, advocacy, information and referral.
Eye Care America 1-877-887-6327  www.eyecareamerica.org
24-hrs/7-days. For U.S. citizens or legal residents over 65 who do not have access to an ophthalmologist or who cannot pay. Referrals are made to doctors who will provide medical eye care (not glasses).

Frogtown Low Vision Support Group  (419) 867-1940
www.frogtownvision.org
Toledo area support group for those with low vision.

Lighthouse International 1-800-829-0500
www.lighthouse.org
Education and programs on age-related vision impairment.

Low Vision of Michigan 1-877-677-2020
32415 Five Mile Rd., Livonia, MI 48154

National Eye Institute (301) 496-5248
www.nei.nih.gov
Provides treatment recommendations and referrals.

National Library Service for the Blind 1-800-424-9100
101 Independence Ave., SE, Washington, DC 20540

New Eyes for the Needy (973) 376-4903
549 Milburn Ave., Short Hills, NJ 07078
www.neweyesfortheneedy.com
Distributes vouchers for eye glasses.

Ohio Vestibular and Balance Centers  (419) 841-3477
3335 Meijer Dr., #400, Toledo 43617

Prevent Blindness Ohio  (419) 327-2020
2200 Jefferson Ave., Toledo 43604
www.preventblindnessohio.org/ohio

ProMedica Hearing Centers 1-855-288-8305
5300 Harroun Rd., Sylvania 43560
1250 Ralston St., Ste. 106, Defiance 43512
2142 N. Cove Blvd., Toledo, OH 43606
506 Van Buren St., Fostoria, OH 44830
www.promedica.org

The Sight Center of Northwest Ohio  (419) 720-3937 or 1-800-624-8378
1002 Garden Lake Pkwy., Toledo 43614
www.sightcentertoledo.org
Maximizes the independence of individuals who are visually impaired.

Toledo Lucas County Public Library  (419) 259-5350
Special Services Department, 546 Southard, 43624
www.toledolibrary.org
Magnifiers, reading stands, video tapes by mail, large print materials, bookmobile to nursing homes and apartments, book delivery and talking books (tapes).

Way Public Library  (419) 874-3135
101 E. Indiana Ave., Perrysburg 43551
www.waylibrary.info
Talking book coordination, delivery services, large print materials, audio tapes, books available at five senior housing sites. Also Merlin Enhanced Vision System.

SPEECH & HEARING DISABILITIES

Medicare does not cover the expense of hearing aids or routine hearing loss exams. Medicaid may cover some.

TDD/TTY users have speech and hearing impairments and use a device which enables them to communicate via written phone messages. Some senior centers have TDD equipment.

American Academy of Audiology 1-800-222-2336
11730 Plaza America Dr., Ste. 300, Reston, VA 20190

American Speech, Language and Hearing Assoc. 1-800-638-8255
10801 Rockville Pike, Rockville 20852

BGSU Speech and Hearing Clinic (419) 372-2515
BGSU, Rm. 200, Health Center Bldg., Bowling Green 43403
www.bgsu.edu
Full service speech and hearing clinic.

CapTel Ohio 1-877-217-7006
450 Science Dr., Madison, WI 43711
www.captelohio.com
Captioned telephone for those with hearing loss.

Communication Service for the Deaf 1-877-781-6670
369 W. First St., Suite 201, Dayton 45402
Non-profit agency providing broad based services for the deaf and hard of hearing.

Dr. Roberts and Associates  (419) 625-7339
1522 E. Perkins Ave., Sandusky 44870
Hearing aid evaluation services. Assistive listening devices.

CATALOGS WITH DISABILITIES PRODUCTS
These catalogs feature a variety of health care products for home and recreational use including access ramps, large print playing cards, adaptive sporting and fitness equipment, wheelchair gloves, comfort aids, adaptive clothing and post-mastectomy bras and swimwear.

Access to Recreation  . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-800-634-4351
Becoming  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-800-980-9085
Dr. Leonard’s Healthcare  . . . . . . . . . . . . . . . . . . . . . .1-800-785-0880
Everest & Jennings  . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-800-235-4661
JCPenney Special Needs  . . . . . . . . . . . . . . . . . . . . . .1-800-222-6161
Sears Healthcare  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-800-326-1750

DISABILITY PUBLICATIONS
Paraplegia News  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-888-888-2201
Sports’n Spokes  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-802-224-0500
WE  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .1-800-936-2426
EarSmart (419) 473-1456
3149 W. SYLVANIA AVE., TOLEDO 43613

Good Shepherd of the Deaf (419) 536-3370
5859 ELMER DR., 43615
Religious services, counseling and religious education.

Hear Now - Starkey Hearing Foundation 1-800-328-8602
6700 WASHINGTON AVE. SOUTH, EDEN PRAIRIE, MN 55344
www.sotheworldmayhear.org
Non-profit committed to helping the hard of hearing and deaf individuals.

Hearing Loss Association of America (301) 657-2248
7910 WOODMONT AVE., SUITE 1200, BETHESDA 20814
www.hearingloss.org
Nations advocacy group for persons with hearing loss.

Hearing loss Association of America (301) 657-2248
7910 WOODMONT AVE., SUITE 1200, BETHESDA 20814
www.hearingloss.org
Nations advocacy group for persons with hearing loss.

National Aphasia Association 1-800-922-4622
350 SEVENTH AVE., SUITE 902, NEW YORK 10001
www.aphasia.org

Ohio Relay Service V/TDD 1-800-973-4560
www.sprintrelay.com
Enables deaf/hearing impaired devices to communicate.

Promedica Hearing Centers 1-855-288-8305
5150 HARROUN RD., SYLVANIA 43560
1200 RALSTON AVE., DEFANCE 43512
2142 N. COVE BLVD., TOLEDO 43606
506 VAN BUREN ST., FOSTORIA 44830
www.promedica.org

Sertoma International 1-877-737-8662
www.sertoma.org
Local civic group promotes hearing and speech health.

American Automobile Association (AAA) (419) 843-1200 or 1-800-428-0060
Lists accessibility for those with hearing impairments and wheelchairs as a feature of the hotels, motels and restaurants included in their annual travel guides.

Charlie’s Dodge Chrysler Jeep (419) 893-0241
www.chryslerautomobility.com
Provides vehicle equipment and modification for mobility needs in association with MC Mobility System.

Dealers Association 1-800-833-0427
3327 W. BEARS AVE., TAMPA, FL 33618
www.nmeda.org
Publishes a newsletter and operates a national service network for dealer members. Addresses issues of adaptive

CHRYSER CORPORATION 1-800-255-9877
FORD AND LINCOLN MERCURY 1-800-952-2248
FORD/LINCOLN MERCURY TDD 1-800-TDD-0312
GENERAL MOTORS 1-800-323-9935
HONDA 1-800-999-1009
TOYOTA 1-800-331-4331
VOLVO 1-800-803-5222

Provides assistance to people with disabilities who are interested in buying and/or adapting a vehicle.
Contact your local distributor for information.

Holistic Health and Wellness Programs

Hospitals and Medicare HMOs encourage you to stay healthy with health fairs, seminars and preventive screenings such as cholesterol, hearing, vision and diabetes programs. Some also have cardiac rehabilitation centers, holistic health centers and programs in biofeedback, Tai Chi, therapeutic massage, yoga and much more.

American Red Cross (419) 329-2900
TOLEDO AREA CHAPTER, 3100 W. CENTRAL AVE., 43606
Health and safety programs offered include aquatic exercise, boating safety, CPR, health fairs, HIV/AIDS education. Disaster Planning for the Elderly focuses on specialized training to empower senior citizens to take care of themselves immediately after a disaster occurs.

Cholesterol and Other Health Screenings
See Senior Centers. These may include blood pressure, pulse, cholesterol and others. Call for schedule.

County Health Departments
Shots are offered at reduced rates to those age 60 and older at many locations in October/November. Call for information about the nearest site, dates and fees. See page 74. Medicare covers flu shots annually.

EXERCISE PROGRAMS

Area Office on Aging - 50+ Sports Classic (419) 382-0624
2155 ARLINGTON AVE., TOLEDO 43609
www.areaofficeonaging.com
This sporting event is help the second Saturday in June in odd-numbered years.

Area Office on Aging - Wellness Works (419) 382-0624
2155 ARLINGTON AVE., TOLEDO 43609
www.areaofficeonaging.com
Please call for pricing information and classes offered.

REMEMBER

Most diabetic and respiratory equipment and supplies are covered by Medicare. These include syringes, test strips, glucometers, and lancets for diabetics, and nebulizers, oxygen tubing and some unit dose medication solutions for those with respiratory problems. Check with your doctor for more information.
Central Park West Rehabilitation Ctr.  (419) 841-9622
3130 CENTRAL PARK WEST DR., SUITE A-B, 43617

Defiance County Senior Services  (419) 782-3233
140 E. BROADWAY, DEFIANCE 43512
www.defiance-county.com
Wellness services.

Firelands Community Hospital  (419) 557-7400
1912 HAYES AVE., SANDUSKY 44870
www.firelands.com
Mediation services, resolving care and support questions for aging and dependent family members.

Fremont Memorial Hospital  (419) 332-7321
715 S. TAFT AVE., FREMONT 43420
www.fremontmemorial.org
Medical assessment and treatments. Also offers Golden Threads senior program.

Magruder Memorial Hospital  (419) 734-3131
615 S. FULTON ST., PORT CLINTON 43452
www.magruderhospital.com

Promedica Wildwood Athletic Club  (419) 539-0235
2865 N. REYNOLDS RD., TOLEDO 43615
www.wildwoodathleticclub.com
Many programs to meet your fitness needs.

Society for the Handicapped  (419) 599-0951
470 INDEPENDENCE DR., NAPOLEON 43545
Public walking area.

St. James Therapy  (419) 841-1922
7337 W. BANCROFT ST., TOLEDO 43615
www.stjamesclub.net
Full services health and fitness facility.

The Univ. of Toledo Office of Recreation  (419) 530-3700
2801 W. BANCROFT ST., TOLEDO 43606
www.utreccenter.utoledo.edu

YMCA Branches
Anthony Wayne Community Branch  (419) 441-0013
808 MICHIGAN AVE., WATERVILLE 43566
Defiance Area  (419) 784-4747
1599 PALMER DR., DEFIANCE 43512
Eastern Community Branch  (419) 691-3523
2960 PICKLE RD., OREGON 43616
Fort Meigs  (419) 251-9622
13415 ECKEL JUNCTION RD., PERRYSBURG 43551
Summit Branch  (419) 729-6035
306 BUSH ST., TOLEDO 43604
Wayman Palmer Branch  (419) 241-7218
2053 N. 14TH ST., TOLEDO 43620
West Toledo Branch  (419) 475-3496
2020 TREMAINSVILLE RD., TOLEDO 43613
Williams County
ONE FABER DR., BRYAN 43506
Wolf Creek Branch  (419) 866-9622
2100 S. HOLLAND-SYLVANIA RD., MAUMEE 43537
YMCA at UTMC Morse Center  (419) 383-5370
3065 ARINGTON AVE., TOLEDO 43614
YMCA of Sandusky County
1000 NORTH ST., FREMONT 43420
2101 W. PERKINS AVE., SANDUSKY 44870
YMCA/JCC  (419) 885-4485
6465 SYLVANIA AVE., SYLVANIA 43560
Provides recreation and fitness programs.

TAKENOTE

Fighting Inflammation. Eat at least 3 servings weekly of foods rich in omega-3 acids, including fish (salmon, tuna, trout, mackerel, herring or sardines) and flaxseed (available at health food stores and some drug stores). It also helps to lose weight and exercise.

WATER EXERCISE

Aqua Hut  (419) 531-4655
2543 N. REYNOLDS RD., TOLEDO 43615
www.aqua-hut.com
Aquatic exercise and fitness. Scuba certification.

Central Park West Rehabilitation Ctr.  (419) 841-9622
3130 CENTRAL PARK WEST DR., SUITE A, TOLEDO 43617

Fairlawn Haven Retirement Comm.  (419) 445-3075
407 E. LUTZ RD., ARCHBOLD 43502

Holiday Park Physical Rehabilitation
27511 HOLIDAY LANE, SUITE 105,
PERRYSBURG 43551
(419) 873-3488
3130 CENTRAL PARK WEST, SUITE C,
TOLEDO 43617
(419) 720-1290
www.holidayparkphysicalrehab.com
Aquatic exercise and therapy programs.

ProMedica Wildwood Athletic Club  (419) 539-0235
2865 N. REYNOLDS RD., TOLEDO 43615
www.wildwoodathleticclub.com
Many programs to meet your fitness needs.

St. James Club  (419) 842-1922
7337 W. BANCROFT ST., TOLEDO 43615
www.stjamesclub.net

Univ. of Toledo Office of Recreation  (419) 530-3700
RECREATION CENTER, TOLEDO 43606
YMCA Branches

Defiance Area  (419) 784-4747
1599 PALMER DR., DEFANCE 43512

Eastern Community Branch  (419) 691-3523
2960 PICKLE RD., OREGON 43616

Fort Meigs  (419) 251-9622
13415 ECKEL JUNCTION RD., PERRYSBURG 43551

Morse Center  (419) 383-5370
3065 Arlington Ave., Toledo 43614

South Toledo Branch  (419) 385-9622
1226 WOODSDALE PARK DR., TOLEDO 43614

Summit Branch  (419) 729-6035
306 BUSH ST., TOLEDO 43604

West Toledo Branch  (419) 475-3496
2020 TREMAINSVILLE RD., TOLEDO 43613

Williams County  (419) 636-6185
ONE FABER DR., BRYAN 43506

Wolf Creek Branch  (419) 866-9622
2100 S. HOLLAND-SYLVANIA RD., MAUMEE 43537

YMCA of Sandusky County  (419) 332-9622
1000 NORTH ST., FREMONT 43420

YMCA/JCC  (419) 885-4485
2101 W. PERKINS AVE., SANDUSKY 44870

ymcA of Sandusky county
1000 NORTH ST., FREMONT 43420  (419) 332-9622
2101 W. PERKINS AVE., SANDUSKY 44870  (419) 621-9622

Health-related Agencies & Services

Most agencies provide advocacy, counseling, support, speakers and telephone reassurance. Informational literature is available with a phone call. Services are free unless noted. For referrals to other available area support groups, call First Call for Help at 246-INFO (4636).

AIDS/HIV

AIDS Resource Center of Ohio  (419) 241-9444
3450 W. CENTRAL AVE., STE. 210, TOLEDO 43606
www.arohio.net
Case management, education, support and financial assistance for those living with AIDS/HIV.

American Social Health Association  (919) 361-8488
PO BOX 13827, RESEARCH TRIANGLE PARK, NC 27709
www.ashastd.org
Information and referral services for STD and HIV/AIDS related concerns.

Community Care Free Medical Clinic  (419) 661-8661
2150 S. BRYNE RD., TOLEDO 43614
Thurs. 6-8 P.M. No apt. needed, walk-in only. For those without health insurance. Confidential HIV testing.

Project Inform  1-800-822-7422
273 NINTH ST., SAN FRANCISCO, CA 94103
www.projectinform.org/questions
HIV treatment info-line.

University of Toledo Medical Center  (419) 383-4000
www.utmc.toledo.edu
Provides medical treatment and education services.

ALCOHOL

Toledo Al-Anon - Alateen  (419) 537-7500
5755 GAY ST., TOLEDO 43613
www.toledoalanon.org
Serving Northwest Ohio.

Alcoholics Anonymous  24 HOURS  (419) 380-9862
3328 GLANZMAN RD., 43614
www.toledoaa.com
A fellowship of shared experiences to help members stay sober and to help other alcoholics stay sober.

Arrowhead Behavioral Health  (419) 891-9333
1725 TIMBER LINE RD., MAUMEE 43537
www.abhmaumee.com
Mental health and chemical dependency services.

Associated Bay Area Counselors, Inc.  (419) 625-1686 or 1-800-291-8111
1319 HULL RD., SANDUSKY 44870

Behavioral Connections of Wood Co. 1-800-472-9411
PO BOX 29, BOWLING GREEN 43402
www.behavioralconnections.org
Counseling and assistance to prevent and control alcohol and mental health problems. Sliding scale fees.

COMPASS  (419) 241-8827
2465 COLLINGWOOD BLVD., TOLEDO 43620
www.ccrscompass.org
Corporation for recovery services.

Firelands Counseling and Recovery  (419) 332-5524
675 BARTSON RD., FREMONT 43420
www.firelands.com

Fostoria Alcohol/Drug Center  (419) 435-9465
222 S. MAIN ST., SUITE B, FOSTORIA 44830
Serves Seneca, Wood and Hancock counties.

Harbor House  (419) 244-6300
3322 CHERRY ST., TOLEDO 43608
Transitional housing for single, homeless women recovering from substance abuse.

Lutheran Social Services  (419) 334-3431
512 EAST STATE ST., FREMONT 43420
Family support and grief bereavement services.

Mental Health and Recovery Services Board of Lucas County  (419) 213-4600
701 ADAMS ST., STE. 800, TOLEDO 43604
www.co.lucas.oh.us/mhrs
Funds mental health providers in Lucas County.

108  Older Adults™...the Resource Guide  Northwestern Ohio Edition 2014
Mental Health and Recovery Services Board of Seneca  (419) 448-0640
600 North River Road, Tiffin 44883
www.networkofcare.com
Provides services to Sandusky County.

Neighborhood Properties, Inc.  (419) 473-2604
2753 W. Central Ave., Toledo 43606
www.neighborhoodproperties.org
Supportive housing for those with severe mental illness.

Open Door Ministry, Inc.  (419) 242-7281
2825 Cherry St., Toledo 43608
Emergency shelter and transitional housing for men.

Recovery Services of Northwest Ohio  (419) 782-9920
511 Perry St., Defiance 43512
Alcohol and drug treatment services.

The Giving Tree  (419) 734-2942
335 Buckeye Rd., Port Clinton 43452
www.givingtreecounseling.com
Offers mental health and substance abuse services.

ProMedica Health System - Toledo Hospital Alcohol and Drug Treatment Center  (419) 291-2300
2155 N. Cobe Blvd., 43606
www.promedica.org
Inpatient/outpatient drug and alcohol treatment services.

Urban Minority Alcoholism & Drug Abuse Outreach Program  (419) 255-4444
2447 Nebraska Ave., 43607

ALZHEIMER’S DISEASE
See Alzheimer’s Services on Page 71.

ARTHITIS/LUPUS
Arthritis Foundation, NWO Chapter  (419) 290-3145
PO Box 140512, Toledo 43614
www.arthritis.org
Equipment loan service for persons with diagnosis of arthritis with referral from professional. Adaptive equipment, hot wax baths, canes, etc.

ProMedica Arthritis and Osteoporosis Center  (419) 291-8900
2109 Hughes Dr., Conrad Jobst Tower, Suite 160, 43606
www.promedica.org

ProMedica Orthopaedic Institute  (419) 578-7590
6855 Spring Valley Dr., Holland 43528
www.promedica.org
For your orthopaedic, arthritis, joint pain, and bone needs.

ASTHMA/ALLERGY
Asthma and Allergy Foundation  1-800-727-8462
8201 Corporate Dr., Suite 1000, Landover, MD 20785
www.aafa.org
Provides information and referral and free literature.

CANCER SUPPORT
American Cancer Society 1-888-227-6446 (ACS-OHIO)
740 Commerce Dr., Ste. B, Perrysburg 43551
Early detection and prevention information on cancer issues. Services and support for patients and families.

Breast and Cervical Cancer Project  (419) 335-3907
606 S. Shoop Ave., Wauseon 43567
Provides mammography and PAP testing services to women. Serving all of Northwest Ohio.

Cleaning for a Reason 1-877-337-3348
211 S. Steemons, Suite G, Lewisville, TX 75067
www.cleaningforareason.com
Provides up to 4, monthly cleaning visits for women with a cancer diagnosis.

Cancer Connection of NW Ohio, Inc.  (419) 725-1100
4427 Talmadge Rd., Suite #207, Toledo 43623

Corporate Angel Network 1-866-328-1313
www.corporateangelnetwork.org
Free travel on corporate jets.

Encore Plus  (419) 241-3235, ext. 225
YWCA of Greater Toledo, 43624
Breast health education and support services.

Firelands Regional Medical Center  (419) 557-7400 or 1-800-342-1177
1111 Hayes Ave., Sandusky 44870

Laryngectomy Club of Toledo  (419) 691-2897
1026 Wardell Dr., Toledo 43605
Support group meets monthly except Jan., Feb., July and Aug. Help with information and equipment.

The Leukemia and Lymphoma Society of Northern Ohio  (216) 910-1200 or 1-800-589-5721
5700 Brecksville Rd., Independence 44131
www.leukemia-lymphoma.org
Support services for blood cancer patients.

National Cancer Institute 1-800-422-6237
6116 Executive Blvd., Rm 3036A, Bethesda, MD 20892
www.cancer.gov
Cancer Information service.

ProMedica Cancer Institute 1-877-291-1441
5200 Harroun Rd., Sylvania 43560
www.promedica.org
A comprehensive cancer care, diagnosis and treatment institute serving 27 counties across northwest Ohio and southeast Michigan.

BAY PARK COMMUNITY HOSPITAL  (419) 690-7900 or 1-877-291-1441
2801 Bay Park Dr., Oregon 43551

DEFIANCE REGIONAL HOSPITAL  (419) 783-6984 or 1-877-291-1441
1200 Ralston Ave., Defiance 43512
(Cont. on Pg. 110)
HEALTH SERVICES

FOSTORIA COMMUNITY HOSPITAL (419) 435-7734 or 1-877-291-1441
501 VAN BUREN, FOSTORIA 44830

HICKMAN CANCER CENTER 1-877-291-1441
777 KIMOLE LN., STE. 130, ADRIAN, MI 49221 (517) 265-0292

FLOWER HOSPITAL (419) 824-1952
5200 HARBOUR RD., SYLVANIA 43560

THE TOLEDO HOSPITAL (419) 291-4327
2142 N. COVE BLVD., TOLEDO 43606

Susan G. Komen for the Cure - NW Ohio (419) 724-2873
3100 W. CENTRAL AVE., STE. 235, TOLEDO 43606
Breast health and cancer information.

The Victory Center (419) 531-7600
5532 W. CENTRAL AVE., STE B, TOLEDO 43615
www.thevictorycenter.org
Non-medical support for those with cancer.

DENTAL

Medicare does not cover dental care or dentures.

Bright Now! Dental (419) 627-1255
1315 W. BOGART RD., SANDUSKY 44870

Community Care Free Medical Clinic (419) 661-8661
2150 S. BRYNE RD., TOLEDO 43614
Thurs. 6–8 P.M. No appt. needed, walk-in only. For those without health insurance.

Community Health Services (419) 334-3869
410 BIRCHARD AVE., FREMONT 43420
www.fremontcommunityhealth.com
Medical and dental services on a sliding scale basis.

Cordelia Martin Health Center (419) 255-7883
313 JEFFERSON AVE., TOLEDO 43604
www.nhainc.org
Dental services for clinic patients.

Dental Center of Northwest Ohio (419) 241-6215
MOBILE UNIT (419) 241-1641
2138 MADISON AVE., 43604
www.dentalcenternwo.org
Reduced fee clinic for dental services.

Dental Hygiene Program (567) 661-7294
OWENS COMM. COLLEGE, 30335 OREGON RD., PERRYSBURG 43551
www.owens.edu
Routine services including cleaning ($25 - cash only)
and check-ups at reduced costs. Appointment needed.

Henry County Health Department (419) 599-5545
1843 OAKWOOD AVE., NAPOLEON 43545

Mildred Bayer Clinic for Homeless (419) 241-1554
313 JEFFERSON AVE., TOLEDO 43604
Provides health care services for the homeless.

Mobile Care Group (419) 882-5000
5151 S. MAIN ST., SYLVANIA 43560

DIABETES

American Diabetes Association - NW Ohio (248) 433-3830 or 1-888-342-2383
1701 N. BEAUREGARD ST., ALEXANDRIA, VA 22311
www.diabetes.org

Community Hospitals and Wellness Ctr. (419) 636-1131
433 W. HIGH ST., BRYAN 43506
www.chwchospitals.org

Promedica Diabetes Education
Providing those with diabetes the correct information,
tools and support to enjoy life and prevent complications.

Bay Park Hospital (419) 690-8774
2751 BAY PARK DR., STE. 110, OREGON 43616
Fostoria Community Hospital (419) 436-6629
501 VAN BUREN, FOSTORIA 44830
Herrick Hospital (517) 424-3398
500 POTTAWATAMIE ST., TECUMSEH, MI 49286
Pharmacy Counter (419) 474-7140
2655 WEST CENTRAL AVE., TOLEDO 43606
1515 S. BYRNE RD., TOLEDO 43614
2701 NAVARRE AVE., OREGON 43616
www.promedica.org
Free home delivery in Toledo metro area.

Diabetes Research and Wellness Found. (202) 298-9211
5151 WISCONSIN, WASHINGTON, DC 20016
www.diabeteswellness.net
Services for persons with diabetes. Free necklaces.

Fulton County Health Center (419) 335-2015
725 S. SHOOP AVE., WAUSEON 43567
Diabetic education.

Health Department - Wood County (419) 352-8402
1840 E, GIPSY LANE RD., BOWLING GREEN OREGON 43402
www.co.wood.oh.us/healthdepartment

Magruder Memorial Hospital (419) 734-3131
615 S. FULTON ST., PORT CLINTON 43452
www.magruderhospital.com
Diabetic education.

Mercy Diabetes Education (419) 251-4505
2213 CHERRY ST., TOLEDO 43608
Outpatient diabetes education and medical clinic.

TAKE NOTE
Of the 16 million Americans who have diabetes,
only half are diagnosed. More than three million
people who suffer from diabetes are over age 65.
Complications include blindness, amputation, heart
disease, kidney failure and premature death.
Personal Care Products, Inc. 1-800-575-0302
1302 RUSTIQUE SQUARE, O FALLON, MO 63368
www.personalcarenow.com
Medical supplies.

DRUG & POISON
Ohio Department of Agriculture (614) 728-6250
8995 E. MAIN ST., REYNOLDSBURG 43068
Information hotline on food and drug complaints.

Northwest Ohio Poison Control Ctr. 1-800-222-1222
11100 EUCLID AVE., CLEVELAND 44106
Emergency info for drug or poison exposure.

EPILEPSY
The Epilepsy Center of NW Ohio Inc. (419) 867-5950 or 1-800-589-5958
1545 HOLLAND RD., STE. B, MAUMEE 43537
www.epilepsycenter.org
Education and counseling for persons and families.
Advocacy counseling includes referral for housing, education, health services and other needs.

GAMBLING SUPPORT
COMPASS (419) 485-5511
2465 COLLINGWOOD BLVD., TOLEDO 43620
www.ccrscompass.org
Corporation for recovery services.

Problem Gambling Helpline 1-800-589-9966
www.ohiolottery.com/problems/programs.html
Toll free helpline funded by the Ohio Lottery.

Problem Gambling Network of Ohio 1-800-522-4700
www.pgnohio.org/professionals.html
We are here to help those people for whom gambling has become a problem.

GASTROINTESTINAL SUPPORT
Crohn’s & Colitis Foundation 1-800-932-2423
386 PARK AVE. SOUTH, 17TH FL., NEW YORK, NY 10016
www.ccfa.org
Provides research, education and support groups.

HEART
American Heart Association (419) 740-6180
1701 WOODLANDS DR., STE. 200, MAUMEE 43537
www.americanheart.org
Education, research and community service programs to reduce death or disability from heart disease, stroke and related disorders. Free literature on by-pass surgery, cholesterol, heart problems and surgeries, high blood pressure, pacemakers and access to CPR training centers.

ProMedica Cardiac Rehabilitation (419) 824-1248
FLOWER HOSPITAL
5200 HARROUN RD., SYLVANIA 43560
DEFIANCE REGIONAL HOSPITAL
1200 RALSTON AVE., DEFIANCE 43512
FOSTORIA COMMUNITY HOSPITAL
501 VAN BUREN ST., FOSTORIA 44830
BIXBY HOSPITAL
770 RIVERSIDE AVE., ADRIAN, MI 49221
www.promedica.org

Toledo/Lucas County Health Dept. (419) 213-4100
655 N. ERIE ST., 43624
www.insideheart.org
Health Promotion Program provides nutritional info and programs to educate the community about healthy eating, physical fitness and smoking prevention.

KIDNEY
American Kidney Fund 1-800-638-8299
6110 EXECUTIVE BLVD., STE. 1010, ROCKVILLE, MD 20912
www.kidneyfund.org
Financial Assistance programs for patients on dialysis.

Kidney Foundation of Northwest Ohio (419) 329-2196
3100 N. CENTRAL AVE., STE. 250, TOLEDO 43606
www.kfnwo.org
Emphasizes education about organ donor program and kidney disease prevention. Provides some direct services to patients referred by social workers.

LUNG
American Lung Association (419) 663-5864
PO BOX 415, SANDUSKY 44871
www.ohiolung.org
Provides lung information, resources and support groups.

NEUROMUSCULAR DISEASES
National Multiple Sclerosis Society 1-800-FIGHT MS (419) 897-9533
401 TOMAHAWK DR., MAUMEE 43537
www.nationalmssociety.org/ohio
Helps those with MS obtain necessary medical and/or therapeutic equipment. Loan closet for temporary use.

Muscular Dystrophy Association (734) 416-7076
6225 N. CANTON CENTER RD., CANTON, MI 48187
www.mda.org
Assists with the purchase and repair of wheelchairs and leg braces. Free flu shots for M D patients and support groups.

ORGAN DONATION
Donate Life America (804) 782-4920
www.donatelife.net
You have the power to donate life. Be an organ, eye and tissue donor.
Life Connection of Ohio  (419) 893-1618 or 1-800-262-5443
3661 Briarfield Blvd., Ste. 105, Maumee 43537
www.lifecconnectionofohio.org
Facilitates organ and tissue donation process, identifies, maintains and coordinates the recovery and transport of organs, including kidneys, liver, heart, lung, pancreas, bone and corneas. Available to all area hospitals.

The Living Bank  24 HRS.  1-800-528-2971
www.livingbank.org
National organ donation center.

Ohio Bureau of Motor Vehicles
1970 W. Broad St., Columbus 43223  (614) 752-7500
4400 Heatherdowns Blvd., Toledo 43614  (419) 381-1109
www.bmv.org

Midwest Care Alliance  1-800-776-9513
855 S. Wall St., Columbus 43206
www.midwestcarealliance.org

PAIN

A Circle of Friendship Fibromyalgia/
Chronic Pain Support Group  (419) 350-4762
28410 Main St., Millbury 43447

ProMedica - Ebeid Hospice
Inpatient Unit  (419) 824-8840
5450 Harroun Rd., Sylvania 43560
www.promedica.org

Community Memorial Hospital  (419) 542-6692
208 N. Columbus, Hicksville 43526
www.cmhosp.com

Hospice of Northwest Ohio  (419) 661-4001 or 1-866-661-4001
30000 E. River Rd., Perrysburg 43551
800 South Detroit Ave., Toledo 43609

Sincera Supportive Care and Symptom Relief™  (419) 931-3440
www.sinceraacare.org
Home-based management of pain and other symptoms related to serious illness or the side effects of treatment.

PARKINSON’S DISEASE

American Parkinson’s Association  1-800-223-2732
135 Parkinson Plaza, Staten Island, NY 10305
www.apdaparkinson.org
Information and referral centers across the US.

National Parkinson Foundation  1-800-327-4545
1501 NW 9th Ave./Bob Hope Rd., Miami, FL 33136
www.parkinson.org

Parkinson Foundation of NW Ohio  1-800-438-5584
1930 N. St. Rt. 19, Oak Harbor 43449
www.pfnwo.org
Awareness, education and Ccare.

STROKE

American Heart Assoc. - NW Ohio Area  (419) 740-6180
1701 Woodlands Dr., Maumee 43537
www.americanheart.org
Free monthly support group for stroke survivors and caregivers, information and volunteer opportunities.

American Stroke Association  1-800-478-7653
www.strokeassociation.org

DAZY Center  (419) 705-0693
2940 Douglas Rd., Toledo 43606
Social activities for persons affected by Aphasia caused by stroke or traumatic brain injury.

National Aphasia Center  1-800-922-4622
350 Seventh Ave., 902, New York, NY 10001
www.aphasia.org
Questions and answers about aphasia.

National Stroke Association  1-800-787-6537
9707 E. Easter Ln., Englewood, CO 80112
www.stroke.org
Provides helpful information.

IMPORTANT!
Many people have lawyers establish trusts but then don’t move assets into them. All assets passed via a will must first pass through probate. Assets placed in a trust aren’t subject to probate. Be sure you’ve made provisions to fund your trust.
Is staying at home the healthiest or best financial alternative? Here are questions for consideration and a worksheet to help you decide.

CONSIDERATIONS
- Are you eating right?
- Who can be there to help you when you are sick?
- Are you taking proper care of your home?
- Do you feel safe?
- Are you lonely?
- Can you get out in the winter when you need banking services, groceries and medicine?
- How do you get to church, shopping and doctor’s appointments?
- Are you afraid of falling?

MONTHLY EXPENSES

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<th>At Home</th>
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<td><strong>Major Household</strong></td>
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<td>Home insurance</td>
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<td>Condo or association fee</td>
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<td><strong>Maintenance</strong></td>
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<td>Car or bus expenses/insurance</td>
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<td>Medication reminders</td>
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<td>Health club fee/exercise programs</td>
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<td><strong>TOTAL</strong></td>
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Ohio’s Assisted Living Waiver Program pays the costs of care in an Assisted Living facility for certain people with Medicaid, allowing the consumer to use his or her resources to cover “room and board” expenses.

The program is open to individuals currently residing in a nursing facility or enrolled on another home and community-based waiver program such as PASSPORT, Choices or Home Care. It is also available to current residents of residential care facilities who have paid privately for at least six months.

Participating must be financially eligible for Medicaid and determined by an Area Agency on Aging to need a “nursing facility level of care,” the same requirements as for the PASSPORT program.

Eligible consumers can select from any participating licensed assisted living provider. Those interested in participating in the waiver may call:

**Area Office On Aging of Northwestern Ohio, Inc.**
(419) 382-0624 or 1-800-472-7277
Housing Options

There are many housing and living choices for seniors. Many apartment units have been built especially for older persons. Some apartment houses may be the site of a senior center or congregate meals. Others have transport and outreach programs with a nearby senior center. You can find appropriate housing by researching the yellow pages, advertisements, word of mouth, clergy, social workers and agencies listed in this guide.

**GENERAL HOUSING INFORMATION**

**Area Office on Aging of Northwestern Ohio, Inc.**  (419) 382-0624 or 1-800-472-7277
2155 Arlington Ave., 43609 www.areaoftaging.com

Housing listings for Northwest Ohio.

**Area Office on Aging - Long Term Care Consultation**  (419) 382-0624 or 1-800-472-7277
Area Office on Aging of NW Ohio, Inc., 2155 Arlington Ave., 43609
www.areaoftaging.com

Free in-home consultation about long term care options and community-based services that can help keep you or a loved one at home. A professional will help you assess your needs and available services, discuss eligibility requirements, determine financial resources required and create a care plan.

**Long Term Care Ombudsman Program (ABLE)**  (419) 259-2891 or 1-800-542-1874
525 Jefferson Ave., Ste. 300, Toledo 43604
Help families select and resolve complaints about residential treatment in nursing homes, adult care communities and home care services.

**Neighborhood Properties, Inc. (NPI)**  (419) 473-2604
2753 W. Central Ave., 43606 www.neighborhoodproperties.org

Offers supportive housing for persons with serious mental illnesses.

**New Home Development Co.**  (419) 519-3075
617 N. Walnut St., #12, Bryan 43506 www.newhomedevelopment.org

Owns housing units, offers housing programs, administers HAP program and offers budget counseling.

**Ohio Housing Finance Agency (OHFA)**  1-888-362-6432 or (614) 466-7970
57 E. Main St., Columbus 43215 www.ohiohome.org

The Ohio Housing Finance Agency (OHFA) offers affordable housing opportunities for Ohioans.

**Ohio Rental Housing Locator**
www.ohiohousinglocator.org
Can search for available rental housing by zip code, city, county or statewide.

**Veteran’s Administration Outpatient Clinic**  (419) 259-2000
1200 S. Detroit Ave., Toledo 43614 www.va.gov

**Volunteers of America**  (419) 248-3733
1127 Champain St., Toledo 43604
www.vo.org

Housing services for the elderly.

**WSOS**  (419) 344-8911
PO Box 590, Fremont 43420
www.wsos.com

**HOUSING AUTHORITIES**

**Consortium of NWO**  (419) 592-1735
1044 Chelsea Ave., Napoleon 43545
Housing Authority for: Defiance, Fulton, Paulding, Henry, Williams and Wood counties.

**Erie Metropolitan Housing Authority**  (419) 625-0262
322 Warren St., Sandusky 44870
Public housing, section 8 and Erie Community Plaza program information.

**Lucas Metropolitan Housing Authority**  (419) 259-9448
211 S. Byrne Rd., Toledo 43615
www.lucasmha.org

Rents and manages property for low income. May have a waiting list.

**Sandusky Metropolitan Housing Authority**  (419) 334-4426
1358 Mosser Dr., Fremont 43420
Metropolitan housing authority.

**HOUSING DISCRIMINATION ASSISTANCE**

**Fair Housing Center**  (419) 243-6163
432 N. Superior, Toledo 43604 www.toledofhc.org

Investigates fair housing rights.

**Housing & Urban Development**  1-800-669-9777

Complaint intake line.

**Multi-family Housing Complaint Line**  1-800-685-8470
16000 Trade Zone Ave., Upper Marlboro, VA 20774 www.hud.gov

Housing rights and complaint intake services.
Office of Fair Housing Enforcement  1-800-765-9372
77 WEST JACKSON BLVD., CHICAGO, IL 60604
www.hud.gov

Ohio Civil Rights
Commission (OCR) (419) 245-2900 or 1-800-278-7101
1 GOVERNMENT CENTER, RM. 936, TOLEDO 43604
www.state.oh.us/crc
Provides legal and civil housing right services.

**LICENSING INFORMATION**

Area Office on Aging of Northwestern Ohio, Inc. Adult Foster Care Certification  (419) 382-0624, ext. 1186
www.areaofficeonaging.com
AFC Certification for homes with 2 beds or less.

Ohio Department of Aging
www.aging.ohio.gov/resources/providerinformation/
PASSPORT provider certification information online.

Ohio Department of Health  (614) 752-9524
246 NORTH HIGH ST., 3RD FLOOR, COLUMBUS 43512
www.odh.ohio.gov
Licensing inquiries for group, assisted and adult day care facilities.

Ohio Department of Job and Family Services
Medicaid Provider Information  1-877-852-0010
www.jfs.ohio.gov/ohp/provider.stm

Ohio Department of Mental Health  (614) 466-2596
30 E. BROAD ST., COLUMBUS 43215
Community mental health agencies, residential facilities, adult care facilities, adult foster homes and inpatient psychiatric service providers.

Ohio Department of Mental Retardation and Developmental Disabilities  1-877-289-3636
www.odmrdd.state.oh.us

Ohio Home Care Waiver Program  1-800-616-3718
www.carestar.com

State Small Business Center  (419) 243-8191
300 MADISON AVE., STE. 200, TOLEDO 43604
www.toledochamber.com
Development resources for entrepreneurs.

**MOVING ASSISTANCE**

LM Professional Organizing & Assistance  (419) 867-3989
Help packing/unpacking and home staging for selling.

Organized Solutions  (419) 705-0557
1485 STONEGATE CT., TEMPERANCE, MI 48182
www.iorganizeyou.com

Stevens Worldwide Van Lines  (419) 729-8871
6155 BRENT DR., TOLEDO 43611
www.stevensworldwide.com
Senior discounts upon request.

The Moving Concierge, Ltd.  (419) 508-0082
3340 ISLAND AVE., TOLEDO 43614

Smooth Transitions, LLC  (567) 712-9468
238 N. MAIN, DELPHOS 45833
www.movingforseniors.com

**QUESTIONS TO ASK**

See also *Home Health Care*.

If I wish to remain in my own home, what services will I need, and can I afford them?

What about:

- Nursing care?
- Cooking?
- Repair and maintenance?
- Home adaptation remodeling?
- Personal care assistance?
- Companionship, safety and reassurance?
If I choose to move to an older adult living community, will I be able to have:

- Privacy?
- Emergency assistance and security?
- Laundry, housekeeping, transportation service?
- Preferred worship services?
- My own furnishings?
- A place that feels comfortable?
- Good food and a selection of food?
- My preferred diet and have in-room tray service if I decide I’m not feeling well?
- My own phone? And be able to have my family and friends visit when I like?
- Scheduled activities that I like?
- Insurance billing help?
- Like the decor and feel at home?
- Need respite care?
- Like the management, the people, their approach, philosophy and styles?
- Feel comfortable with the religious affiliation and planned services?
- Understand all room costs and additional fees?
- Feel secure about the financial stability of the owners/management?

Do I:

- Want a place that feels comfortable?
- Want good food and a selection of food?
- Want a place that looks nice and has a good atmosphere?
- Want my own phone and be able to have my family and friends visit when I like?
- Want scheduled activities that I like?
- Want to feel safe and secure?
- Want local and non-local transportation availability?
- Want to be able to manage finances?
- Want to manage my health care?
- Want to be able to volunteer?
- Want to be able to engage with activities?
- Want to be able to have privacy?
- Want to be able to have security?
- Want to be able to have access to services?
- Want to be able to have support?
- Want to be able to feel comfortable?
- Want to be able to feel well?
- Want to be able to feel present?
- Want to be able to feel safe?
- Want to be able to feel supported?
- Want to be able to feel independent?
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- Want to be able to feel comfortable?
Housing Options

Many neighborhood organizations assist with minor housing repairs. Contact the Senior Information and Assistance Ctr. for information at 254-3660. Senior centers may keep lists of reliable, reputable and reasonable repair services.

Home Improvement & Chore Services

Many neighborhood organizations assist with minor housing repairs. Contact the Senior Information and Assistance Ctr. for information at 254-3660. Senior centers may keep lists of reliable, reputable and reasonable repair services.

Homestead Exemption

<table>
<thead>
<tr>
<th>Defiance County Auditor</th>
<th>(419) 782-1926</th>
</tr>
</thead>
<tbody>
<tr>
<td>500 Second St., Suite 301, Defiance 43512</td>
<td></td>
</tr>
<tr>
<td>Erie County Auditor</td>
<td>(419) 627-7746</td>
</tr>
<tr>
<td>247 Columbus Ave., Sandusky 44870</td>
<td></td>
</tr>
<tr>
<td>Fulton County Auditor</td>
<td>(419) 337-9200</td>
</tr>
<tr>
<td>152 S. Fulton, Ste. 165, Wauseon 43567</td>
<td></td>
</tr>
<tr>
<td>Henry County Auditor</td>
<td>(419) 592-1956</td>
</tr>
<tr>
<td>660 N. Perry, PO Box 546, Napoleon 43545</td>
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<tr>
<td>Lucas County Auditor</td>
<td>(419) 213-4336</td>
</tr>
<tr>
<td>One Government Center, Ste. 770, 43604-2255</td>
<td></td>
</tr>
<tr>
<td>Ottawa County Auditor</td>
<td>(419) 734-6740</td>
</tr>
<tr>
<td>315 Madison St., Rm. 202, Port Clinton 43452</td>
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</tr>
<tr>
<td>Paulding County Auditor</td>
<td>(419) 399-8205</td>
</tr>
<tr>
<td>115 N. Williams, Paulding 45879</td>
<td></td>
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<tr>
<td>Sandusky County Auditor</td>
<td>(419) 334-6123</td>
</tr>
<tr>
<td>100 N. Park Ave., Fremont 43420</td>
<td></td>
</tr>
<tr>
<td>Williams County Auditor</td>
<td>(419) 636-5639</td>
</tr>
<tr>
<td>One Courthouse Sq., Bryan 43506</td>
<td></td>
</tr>
<tr>
<td>Wood County Auditor</td>
<td>(419) 354-9150</td>
</tr>
<tr>
<td>PO Box 368, One Courthouse Sq., Bowling Green 43402</td>
<td></td>
</tr>
</tbody>
</table>

Provides financial assistance and tax exemption services to homeowners.

Home Repair/Modification

Area Office on Aging Home Repair Program (419) 382-0624 or 1-800-472-7277
2155 Arlington Ave., Toledo 43609
Home Repair Program provides home repairs provided in entire ten county area.

AccessQuip, LLC (419) 872-6720
25561 Fort Meigs Rd., Suite D, Perrysburg 43551
www.accessquipllc.com
Home modifications.

American Ramps of Central Ohio (419) 571-5465
872 State Route 314, Mansfield 44903
Medical Equipment and Minor Home Repair.

City of Bowling Green (419) 354-6221
304 N. Church St., Bowling Green 43402
Elderly Home Repair and Fair Housing programs.

East Toledo Family Center (419) 691-1429
1020 Varland Ave., Toledo 43605
www.etfc.org

Engineering Services Division (419) 245-1315
600 Jefferson, Ste. 300, Toledo 43604
Basement flooding grant program. Toledo residents only.

EOPA/Senior Emergency Repair Program (419) 242-7304
www.eopa.org
Assists seniors age 62+ or permanently disabled.

Erie - Huron Community Action Comm. (419) 626-4320
908 Seavers Way, Sandusky 44870

Home Sense Enterprises, LLC 1-877-785-9901
463 Locust St., Akron 44307
www.homesencers.com
Appliance safety equipment.

Hands of Grace - Faith in Action (419) 822-3556
104 Monroe St., Delta 43515
Home repair services for Fulton County residents.

Harley’s Handiman Services (567) 424-6257
109 Prospect St., Northfield 44855

Malish Construction Inc. (330) 730-3228
3148 Klag’s Blvd., Tallmadge 44278
Home modifications.

Maumee Valley Habitat for Humanity (419) 382-1658
1310 Content St., Maumee 43537
Maumee Valley Planning Organization (419) 784-3882
1300 E. SECOND St., STE. 200, DEFIA NCE 43512
Assistance for low to moderate income homeowners.

Mobile Care Group (419) 882-5000
5151 S. MAIN St., SYLVANIA 43560
www.mobilecaregroup.com
Repairs and maintenance, safety enhancement, remodeling to accommodate changing needs, and transitional clean-up and/or preparation.

National Assoc. of Home Builders 1-800-638-8556
400 PRINCE GEORGE'S BLVD., UPPER MARLBORO, MD 20772
www.nahb.com
Has brochures and videos on home modifications.

Northwester Ohio Community Action Commission (NOCAC)
DEFIA NCE CO U N T Y (419) 782-5136 or 1-800-686-2978
FULTON CO U N T Y (419) 337-8601
HENRY CO U N T Y (419) 599-2481
PAULDING CO U N T Y (419) 399-3650
WILLIAMS CO U N T Y (419) 636-4924
1933 E. SECOND St., DEFIA NCE 43512
www.nocac.org
Variety of services to assist individuals with their home.

O.E. Meyer Home Medical Equipment
ERIE/OTTAWA CO U N T IES (419) 625-1256
LUCAS CO U N T Y (419) 382-1262
SANDUSKY CO U N T Y (419) 332-6931
www.omeyerhome.com
ERS, medical equipment and home modifications.

Okuley's Pharmacy and Home Medical, Inc. (419) 784-4800
1201 E. 2ND. St., DEFIA NCE 43512

Patriot Mobility Products (419) 865-9712
1133 CORPORATE Dr., UNIT B, HOLLAND 43528
Minor home modifications.

Reflection Medical (734) 850-0777
3200 W. TEMPERANCE RD., TEMPERANCE, MI 48182
Minor home modifications.

Seneca Co. Commission on Aging (419) 447-5792
10 RIVERSIDE Dr., TIFFIN 44883
Fostoria residents only.

Serving Our Seniors (419) 624-1856 or 1-800-564-1856
310 E. BOALT St., SANDUSKY 44870
Serves Erie County.

Shaw-Ott Medical (419) 524-4388
270 LEXINGTON Ave., MANSFIELD 44907
Home modifications.

Toledo Area Ministries Clearinghouse (419) 242-7401
444 FLOYD St., TOLEDO 43620
www.tamohio.org

Tub Cutter! (614) 208-9458 or (614) 991-5967
6185 BEAVER LAKE Dr., GROVE CITY 43123
www.tubcutter.com
Converts bathtubs to “easy access” showers, providing independence to those with special needs. Also installs handrails, ADA approved toilets and hand-held showers. Also offers Mobile Sanitizing of your medical equipment.

US Dept. of Agriculture Rural Development (419) 422-0242
7868 CR 140, STE. D, FINDLAY 45840
Section 504 loan/grant helps eligible very low income rural owner-occupants repair their homes.

Wagner Builders (419) 409-3009
19644 HULL PRAIRIE, BOWLING GREEN 43402
Minor home modification, maintenance and repair.

Wood County Committee on Aging (419) 353-5661 or 1-800-367-4935
305 N. MAIN St., BOWLING GREEN 43402
Has a service registry of businesses which provide reliable and affordable chores, repairs and errands.

CHORE SERVICES

Area Office on Aging of Northwestern Ohio, Inc. 1-800-472-7277 or (419) 382-0624
2155 AR LING TON Ave., TOLEDO 43609

Albright Associates (419) 261-0237
Lawn care and snow removal. Senior discounts available.

Aquarian Cleaning Services (419) 690-5493

Asian Resource Senior Center (419) 936-2866
1865 FINCH St., TOLEDO 43609

Chester J. Zablocki Senior Center (419) 936-3090
3015 LAGRANGE St., TOLEDO 43608

East Toledo Family Center (419) 691-1429
1020 VARLAND Ave., TOLEDO 43605
www.etfc.org

East Toledo Senior Activity Center (419) 691-2254
1001 WHITE St., TOLEDO 43605

Eleanor M. Kahle Senior Center (419) 476-2745
1315 H ILLCREST Dr., TOLEDO 43612
www.kahleseniorcenter.org
Housekeeping services.

Goodwill Industries (419) 654-4744
Serves Erie, Ottawa, Sandusky counties. Lawn care and janitorial services, handles jobs big and small, one-time or scheduled maintenance at you home or business at an affordable price.
Hands of Grace - Faith in Action  (419) 822-3556
104 Monroe St., Suite 2, Delta 43515
Agency provides assistance services for Fulton County residents with needs not met by existing agencies.

Harley's Handiman Services  (567) 424-6257
109 Prospect St., Northfairfield 44855

Jewish Family Services  (419) 885-2561
6505 Sylvania Ave., Sylvania 43560
www.jewishtoledo.org

Margie's Cleaning Service  (419) 729-3331
1368 Matzinger Rd., Toledo 43612

Seneca Co. Commission on Aging  (419) 447-5792
10 Riverside Dr., Tiffin 44883
Provides services to city of Fostoria residents only.

Senior Chores
761 Gribbin Lane, Toledo 43612
Lawn care, snow removal and gutter cleaning.

Sylvania Senior Center  (419) 885-3913
6850 Monroe St., Sylvania 43560
Provides seasonal maintenance, minor home repair and heavy household cleaning at reasonable cost. Volunteers help older adults with leaf raking and spring cleaning.

T.A.S.K., LLC  (419) 536-8629
5242 Angola Rd., Suite 160, Toledo 43615
www.taskcleaning.com

Toledo Area Ministries Clearinghouse  (419) 242-7401
3043 Monroe St., Toledo 43606
www.tamohio.org
Connecting people in need with community resources.

HOUSEHOLD ITEMS

Care and Share of Erie County  (419) 624-1411
241 Jackson St., Sandusky 44870

Cherry Street Lifebridge Center  (419) 246-9552
3342 Monroe St., Toledo 43606

Defiance County Furniture Bank  (419) 785-4456
715 Jefferson Ave., Defiance 43512

Habitat for Humanity Outlet Store  (419) 782-2172
919 Grove St., Defiance 43512
Inexpensive household items and appliances. Will deliver. Used and surplus building materials at fraction of the cost.

Maumee Valley Habitat for Humanity  (419) 382-1658
1310 Content St., Maumee 43537
www.mvhabitat.org

Share and Care Center  (419) 334-2832
PO Box 392, Fremont 43420

Southside LIFE Station  (419) 242-3340
PO Box 962, Toledo 43697

St. Martin Lutheran Church  (419) 445-4656
203 S. Defiance St., Archbold 43502
www.the-welcome-place.org
Reverse Mortgage Loans

Many older adults age 62 or older have small incomes but valuable homes. With a home equity conversion or “reverse” mortgage, you can obtain a loan from the equity in your home. The amount is based on your age, the current interest rate and the appraised value of the home or the FHA 203(b) county limit. County limits are for a single family dwelling and change every January.

Before Applying
Before an application can be taken, all applicants must consult with a reverse mortgage counselor. This is an excellent way to help you decide what is best for your own situation. In this session, a counselor will make sure you fully understand the program as well as review your personal budget and individual circumstances. Counselors will have lists of lenders who are making home equity reverse mortgage loans. Just like regular home mortgages, you might want to shop around for the lowest closing costs and administrative fees.

To Apply
Ask a prospective lender for a table showing the fees, interest rate and projected payments, home value, loan balance and equity remaining for each year of the loan’s life. Before entering into a reverse mortgage, consult with family members, financial advisor or attorney. Applicants must bring a copy of:
• Driver’s license or other picture ID
• Social Security or Medicare Card
• Last property insurance bill
• Complete name, address and phone number
• Birth certificate
• Last property tax bill
• Property deed and all other necessary papers
• Power of attorney, if applicable

How Much Can I Borrow?
The following chart gives examples of the amount of money available at an interest rate of 3.97%. The interest rate in the discussion here is variable monthly (a slightly higher, variable yearly rate is also offered); the lower the interest rate, the more money that will be available to the homeowner.

There are many choices for taking the money available; a line of credit, a monthly payment for life (“tenure”) for a specified period, or a combination of these methods. Notice that the older you are, the greater the amount available.

<table>
<thead>
<tr>
<th>Maximum Claim Amount*</th>
<th>65</th>
<th>75</th>
<th>85</th>
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<tbody>
<tr>
<td>$185,000</td>
<td>$577</td>
<td>$764</td>
<td>$1,155</td>
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<tr>
<td>135,000</td>
<td>409</td>
<td>545</td>
<td>830</td>
</tr>
<tr>
<td>85,000</td>
<td>239</td>
<td>324</td>
<td>501</td>
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<table>
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<th>Line of Credit or Cash Advance by Age</th>
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<td>135,000</td>
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<tr>
<td>85,000</td>
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</table>

* The Maximum Claim Amount is either the FHA lending limit in the County, or your home value, whichever is less.

The older you are, the larger the loan amount. The loan does not have to be paid until the borrower dies, sells or leaves the home for 12 months. Repayment will include all funds received plus accrued interest and fees. You or your heirs receive the remaining equity. You would never have to leave your home as long as you pay taxes and insurance and maintain it. You and your heirs would never have to owe more than the house sells for.

Reverse Mortgage Counselor and Lenders
The counselor and lenders have pledged to honor a code of conduct established by the National Center for Home Equity Conversion (NCHEC), an independent, not-for-profit organization specializing in consumer education on reverse mortgages since 1981. These lenders will give you a copy of the code. They can also prepare for you at no cost a custom Personal Reverse Mortgage Analysis which compares a range of loan options. The counselor has pledged not to steer you to any specific lender or loan. The lenders have agreed to reject any referral based on deceptive, misleading or fraudulent practices. Both have promised not to give your name to any outside parties without your specific written prior approval.

REVERSE MORTGAGE LENDERS
Evans Home Loans .......................... (419) 341-6060
Financial Freedom 1-800-207-4096 or 1-800-774-6266
Wells Fargo ................................. (419) 930-5630

Tell them you saw it in...
Older Adults!
These units are strictly for the elderly or mobility impaired as they receive subsidy from the federal Government under the Section 8, 202 program or from USDA assistance.

DEFIANCE COUNTY

Island Parkway Manor
(419) 784-5400
1602 East Second St., Defiance 43512

ERIE COUNTY

Bayshore Tower
(419) 625-3361
128 Perry St., Sandusky 44870

Community Plaza
(419) 626-4607
1211 McKinley St., Sandusky 44870

Erie Village
(419) 433-5575
221 Rye Beach Rd., Huron 44839

Harborview Apartments
(419) 627-0544
115 Franklin St., Sandusky 44870

Leisure Apartments
(419) 626-1979
2400 Milan Rd., Sandusky 44870

Viewpoint
(419) 625-1101
215 E. Shoreline Dr., Sandusky 44870

Villa on the Lake
(419) 433-5575
201 Rye Beach Rd., Huron 44839

FULTON COUNTY

Brookside Senior Apartments
(419) 828-3989
123 Brookside Dr., Swanton 43558

Clay Meadows
(419) 237-2240
111 Willard Ct., Fayette 43521

Fairlawn Haven Retirement Comm.
(419) 445-3075
407 E. Lutz Rd., Archbold 43502

Wauseon Manor 1
(419) 337-2170
415 Cole St., Wauseon 43567

Henry County

Mills Apartments
(419) 599-1896
481 Independence, Napoleon 43545

Riverview Terrace
(419) 592-4343
120 E. Maumee Ave., Napoleon 43545

LUCAS COUNTY

AHEPA 118 Apartments
(419) 471-0112
1865 W. Alexis Rd., 43613

Alpha Towers
(419) 246-1258
525 E. Woodruff Ave., 43624

Arlington by the Lake
(419) 381-6627
2101 Arlington Ave., 43609

Ashley Arms
(419) 259-9555
1950 W. Bancroft St., 43607

Charles Crest II
(419) 691-0099
2930 Dustin Rd., Oregon 43616

Home Sweet Home

Collingwood Green
1-866-671-8576
800 Division St., Toledo 43601

Covenant House
(419) 243-2334
702 N. Erie, 43604

Dove’s Manor
(419) 389-9999
1040 Brookview Dr., 43615

Fountain Square Apartments
(419) 698-9773
3119 Navarre Ave., Oregon 43616

Garden Lake Apartments
(419) 381-8081
2047 Garden Lake Dr., 43609

George Mance Commons
(419) 259-9475
3200 Glendale Rd., 43614

Glendale Terrace
(419) 259-9475
3200 Glendale Ave., Toledo 43614

Harry Hansen Terrace
(419) 259-9463
55 Popular, 43605

High Point Commons Ret. Village
(419) 877-0056
10845 Cable Ave., Whitehouse, 43571

Hope Manor
(419) 246-4733
4702 Violet Rd., 43623

Keygate Apartments
(419) 382-8196
2629 Keygate, 43614

Luther Crest Apartments
(419) 841-5689
2519 N. Holland-Sylvania Rd., 43615

Luther Grove Apartments
(419) 698-1919
2506 Seaman St., 43605

Luther Ridge Apartments
(419) 698-8933
80 S. Wheeling St., Oregon 43616

Luther Woods
(419) 841-1699
2519 N. Holland-Sylvania Rd., 43615

Madonna Homes, Inc.
(419) 244-3758
722 N. Huron St., 43604
McClinton Nunn Homes
(419) 259-9564
201 Belmont, 43604

John H. McKissick Senior Apts.
(419) 389-0361
5555 Airport, Suite 210, 43615

Michaelmas Manor
(419) 389-4615
3260 Schneider Rd., 43614

Northgate Apartments
(419) 729-7118
610 Stickney Ave., 43604

Oak Grove Senior Rentals
(419) 259-9479
342 Oak Terrace, Holland 43528

Oblate Residences
(419) 536-3862
1225 Flaire Dr., 43615

Parkwood Apartments
(419) 259-9552
2125 Parkwood Ave., 43620

Pelham Manor, Inc.
(419) 537-1515
2700 Pelham Rd., 43606

Pilgrim Port
(419) 380-9535
4545 Angola Rd., 43615

Pinewood Place Apartments
(419) 243-1413
1210 Collingwood Blvd., 43604

Plaza Ltd.
(419) 244-1881
2520 Monroe St., 43620

Richmar Manor
(419) 259-9555
3453 Alexis Rd., 43623

Robert Dorrell Manor
(419) 259-9478
5836 Southwyck Ave., 43614

Spieker Terrace
(419) 259-9430
601 Fasset St., 43605

St. George’s Manor
(419) 246-4746
3716 Hill Ave., 43607

Teamster’s Residence
(419) 865-1640
6071 Manley Rd., Maumee 43537

Ten Eyck Tower
(419) 259-9575
204 21st St., 43624

Vistula Manor
(419) 259-9505
615 Cherry St., 43604

Covenant Harbor
(419) 898-6460
240 Finke Rd., Oak Harbor 43449

Elmore Retirement Village
(419) 862-2408
633 State St., Elmore 43416

Lakeview Estates
(419) 732-0385
205 Buckeye Blvd., Port Clinton 43452

Oakwood Manor
(419) 898-0107
524 N. Benton St., Oak Harbor 43449

Bethesda View Apartments
(419) 355-0206
540 N. Brush St., Ste. 22, Fremont 43420

Fort Stephenson House
(419) 334-9586
600 W. State St., Fremont 43420

Janel Terrace
(419) 334-4991
315 Bidwell Ave., Fremont 43420

McClinton Nunn Homes
(419) 259-9564
201 Belmont, 43604

John H. McKissick Senior Apts.
(419) 389-0361
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5836 Southwyck Ave., 43614

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601 Fasset St., 43605

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3716 Hill Ave., 43607

Teamster’s Residence
(419) 865-1640
6071 Manley Rd., Maumee 43537

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204 21st St., 43624

Vistula Manor
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615 Cherry St., 43604

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(419) 898-0107
524 N. Benton St., Oak Harbor 43449

Bethesda View Apartments
(419) 355-0206
540 N. Brush St., Ste. 22, Fremont 43420

Fort Stephenson House
(419) 334-9586
600 W. State St., Fremont 43420

Janel Terrace
(419) 334-4991
315 Bidwell Ave., Fremont 43420

The Ohio Assisted Living Association (OALA) produces a Directory of Assisted Living Residences in Ohio. The directory contains in-depth information on services, fees and special programs offered by facilities. The directory is available at your public library, hospitals and on the internet at www.ohioassistedliving.org.

Visit us on the web at www.seniorimpact.net for more information on topics of interest to seniors and caregivers. View the Older Adults guide online and find resources for other cities throughout Ohio.
Assisted Living and CCRC’s

The Medicare Assisted Living Waiver Program provides services in certified residential care facilities (assisted living) to delay or prevent nursing facility placement. Certain income and eligibility requirements. Please contact the AOoA at (419) 382-0624 to discuss qualifications for this program.

**DEFIANCE COUNTY**

Kingsbury House  
(419) 782-6324  
245 W. Rosewood Ave., Defiance 43512

**ERIE COUNTY**

Kingston Residence of Vermilion LLC  
(440) 967-2424  
6010 W. Lake Rd., Vermilion 44089

Ohio Veterans Home  
(419) 625-2454  
3416 Columbus Ave., Sandusky 44870

Portland House Assisted Living  
(419) 624-1090  
3808 Venice Rd., Sandusky 44870

The Commons of Providence  
(419) 624-1171  
5000 Providence Dr., Sandusky 44870

**FULTON COUNTY**

Parkvue  
(419) 621-1900  
3800 Boardwalk Blvd., Sandusky 44870

**HENRY COUNTY**

Fulton Haven Retirement Comm.  
(419) 445-3075  
407 E. Lutz Rd., Archbold 43502

Swanton Health Care & Retirement Center  
(419) 825-1145  
214 S. Munson Rd., Swanton 43558

Alpine Village at Lutheran Home  
(419) 592-1015  
1032 S. Perry St., Napoleon 43545

Vancrest Health Care of Holgate  
(419) 264-0700  
600 Joe E. Brown Ave., Holgate 43527

**LUCAS COUNTY**

Alpine House of Toledo  
(419) 724-3671  
2901 Tremainsville Rd., Toledo 43613

Astor House  
(419) 866-6124  
1125 Clarion Ave., Holland 43528

Browning Masonic Community  
(419) 878-4055  
8883 Browning, Waterville 43566

Country Brook Assisted Living  
(419) 882-1919  
5711 Ryewyck Dr., 43614

The Elizabeth Scott Community  
(419) 865-3002  
2720 Albon Rd., Maumee 43537

Glendale Assisted Living Residence  
(419) 389-0800  
5020 Ryan Rd., 43614

Heatherdowns Rehab and Residential Care  
(419) 382-5050  
2401 Cass Rd., 43614
Henderson House
(419) 865-1008
5719 RYWYCK DR., 43614

Kingston Residence of Sylvania
(419) 824-4200
4125 KING RD., SYLVANIA 43560

The Lakes of Monclova
(419) 866-3030
6935 MONCLOVA RD., MAUMEE 43537

Little Sisters of the Poor - Sacred Heart Home
(419) 698-4331
930 S. WYNN RD., OREGON 43616

Lutheran Home at Toledo
(419) 724-1414
131 N. WHEELING ST., 43605

Lutheran Village at Wolf Creek
(419) 861-2233
2001 PERRYSBURG-HOLLAND RD., HOLLAND 43528

Oakleaf Village
(419) 885-3934
4220 HOLLAND SYLVANIA RD., 43623

Parkcliffe Community
(419) 381-9447
4226 PARKCLIFFE LN., 43615

Sunset House
(419) 536-4645
4020 INDIAN RD., 43606

Sunset Village
(419) 724-1200
9640 SYLVANIA-METAMORA RD., SYLVANIA 43560

Swan Creek Health Care Center
(419) 865-4445
1650 SWAN CREEK RD., 43614

Sunrise Senior Care
(419) 473-9010
3710 TALMAGE RD., TOLEDO 43606

West Park Place
(419) 531-9211
3501 EXECUTIVE PKWY., 43606

OTTAWA COUNTY
Chalet at the Vineyard on Catawba
(419) 797-3100
3896 VINEYARD VILLAGE RD., PORT CLINTON 43452

Genoa Retirement Village
(419) 855-7755
300 CHERRY ST., GENOA 43551

(419) 798-8203
9400 NORTH SHORE BLVD., LAKESIDE 43440

PAULDING COUNTY
Country Inn Enhanced Living Ctr.
(419) 399-2345
12651 CO. RD. 82, PAULDING 45879

The Gardens of Paulding
(419) 399-4940
199 COUNTY RD. 103, PAULDING 45879

Vancrest of Antwerp
(419) 258-1312
204 ARCHER DRIVE, ANTPERP 45813

Vancrest of Payne Asst. Living
(419) 263-0191
650 NORTH MAIN ST., PAYNE 45880

SANDUSKY COUNTY
Buckeye Rest Home
(419) 547-9866
234 W. BUCKEYE ST., CLYDE 43410

Elmwood Assisted Living - Fremont
(419) 332-6533
1545 FANGBOWER RD., FREMONT 43420

Elmwood Nursing Home & Assisted Living of Fremont
(419) 639-2581
430 E. BROADWAY, GREEN SPRINGS 44836

Gardens at Clyde
(419) 547-7746
700 COULSON ST., CLYDE 43410

Orchard Grove
(419) 484-1111
670 FLAT ROCK RD., BELLEVUE 44811

Rutherford House
(419) 334-6962
805 S. BUCHANAN ST., FREMONT 43420

The Willows at Bellevue
(419) 483-5000
101 AUXILIARY DR., BELLEVUE 44811

WILLIAMS COUNTY
Fountain Park Reisen Center
(419) 633-9192
139 NORTH MAIN ST., BRYAN 43506

Hillside Country Living
(419) 636-4508
09876 COUNTRY RD. 16, BRYAN 43506

The Inn at Fountain Park
(419) 633-9191
1433 N. MAIN ST., BRYAN 43506

WOOD COUNTY
Briar Hill Health Campus
(419) 257-2421
600 STERLING DR., N. BALTIMORE 45872

Heritage Corners
(419) 353-3759
1069 KLOTZ RD., BOWLING GREEN 43402

Kingston Residence of Perrysburg
(419) 872-6200
335 E. BOUNDARY, PERRYSBURG 43551

Otterbein Portage Valley
1-888-749-4950 or (419) 833-7000
20311 PEMBERVILLE RD., PEMBERVILLE 43450

St. Clare Commons
(419) 931-0050
12469 FIVE POINT RD., PERRYSBURG 43551

Sterling House of Bowling Green
Brookdale Senior Living
(419) 354-5300
121 N. WINTERGARDEN RD., BOWLING GREEN 43402

The Waterford at Levis Commons
(419) 874-2564
7100 S. WILKINSON WAY, PERRYSBURG 43551

Parkcliffe Community at Wright Harvey House I, II and III
(419) 698-3822
3055, 3065, 3075 E. PLAZA BLVD., NORTHWOOD 43619 (3 separate houses)

NURSING HOME DATABASE

The Federal government keeps a database of the over 17,000 nursing homes in the United States. Information is available on 10 quality indicators, examining such things as the prevalence of physical restraints at a facility and the percentage of residents who have bed sores. Also available is information found during annual inspections, such as deficiencies and complaint investigation.

The information can be accessed by calling 1-800-MEDICARE, or by visiting the government’s web site, www.medicare.gov.
Private Pay Housing for Seniors

Note: Some of these units are for those 55 and older

**DEFIANCE COUNTY**

Glenwood Senior Housing  
(419) 784-3301  
301 Glenwood Dr., Defiance 43512

Villas of Wayne Trail  
(419) 784-5773  
701 Village Ln., Defiance 43512

**FULTON COUNTY**

Fulton Manor and Suites  
(419) 335-2017  
723 South Shoop Ave., Wauseon 43567

Wauseon Senior Villas  
(419) 335-2001  
700 Wauseon Senior Village Dr. Wauseon 43567

**LUCAS COUNTY**

Alexis Gardens  
(419) 472-7115  
4560 W. Alexis Rd., Toledo 43623

Browning Masonic Ret. Comm.  
(419) 878-4055  
8883 Browning Dr., Waterville 43566

Collingwood Green  
1-866-671-8576  
800 Division St., Toledo 43601

Covenant Park Apartments  
(419) 882-6356  
6600 Convent Blvd., Sylvania 43560

Creekside  
(419) 861-5619  
2045 Perrysburg-Holland Rd., 43528

Englewood Senior Housing  
(419) 244-3938  
2737 Monroe St., Toledo, 43606

Garden Lake Apartments  
(419) 381-8081  
2047 Garden Lake Dr., 43609

Genesis Village  
(419) 720-1286  
2429 S. Reynolds Rd., Toledo 43614

Little Sisters of the Poor - Sacred Heart Home  
(419) 698-4331  
930 S. Wynn Rd., Oregon 43616

Luther Hills  
(419) 697-9397  
2472 Luther Hills Circle, Oregon 43616

Luther Woods  
(419) 841-5689  
2519 N. Holland-Sylvania Rd., 43615

Lutheran Village at Wolf Creek  
(419) 861-2233  
2001 Perrysburg-Holland Rd., Holland 43528

Mayberry Village  
(419) 824-0222  
8160 Sunset Lane, Sylvania 43560

Miracle Manor Apartments  
(419) 473-8600  
5066 Jamison Dr., 43613

Nowak Enterprises  
(419) 385-8737  
3352 Winston Blvd., 43614

Oakleaf Village  
(419) 885-3934  
4220 N. Holland-Sylvania Rd., 43623

Oakridge Apartments  
(419) 475-1551  
2604 Tremainsville Rd., 43613

Renaissance Senior Apartments  
(419) 241-3721  
419 N. St. Clair St., 43604

Swan Cove Apartments  
(419) 381-7477  
1232 Wenz Rd., 43615

Swan Creek Health Care Center  
(419) 865-4445  
1650 Swan Creek Dr., 43614

Sylvan Ridge Apts.  
(419) 475-1551  
5800 Sylvan Ridge Dr., Toledo, 43623

The Lakewoods  
(419) 380-8079  
2125 Arlington Ave., 43609

The Lakewoods II, III  
(419) 382-1200  
1021 Garden Trail, Toledo 43614

The Residenz at Sylvania  
(419) 517-4328  
3306 Percentum Rd., 43617

Whitehouse Square Senior Villas  
(567) 246-5143  
7001 Park View Ct., Whitehouse 43571

Village Meadows  
(419) 866-4663  
1160 S. McCord Rd., Holland 43528

The Waterford  
(419) 382-8195  
4855 Angola Rd., 43615

West Park Place  
(419) 531-9211  
3501 Executive Pkwy., 43606

Westgate Residential Suites  
(419) 535-0727  
3433 Oak Alley Ct., 43606

The Westmoor  
(419) 531-6473  
1001 N. Byrne Rd., 43607

The Woodlands at Sunset House  
(419) 724-1220  
4030 Indian Rd., 43560

**OTTAWA COUNTY**

Concord Apartments  
(419) 797-3100  
3700 Vineyard Vill Dr., Port Clinton 43452

Genoa Retirement Village  
(419) 855-7755  
300 Cherry St., Genoa 43430

St. John’s Elderlife Community  
(419) 855-7095  
1215 Washington St., Genoa 43430

**SANDUSKY COUNTY**

Bethany Place  
(419) 334-5500  
916 North St., Fremont 43420

Laurelhurst, LLC  
(419) 547-3700  
900 N. Woodland Ave., Clyde 43410

**WILLIAMS COUNTY**

Foxglove Apartments  
(419) 636-5314  
105 C Palmer Ln., Bryan 43506

Hillside Country Living Campus  
(419) 636-4508  
09876 Country Rd. 16, Bryan 43506

**WOOD COUNTY**

Otterbein Portage Valley  
(419) 833-8917 or 1-888-749-4950  
20311 Pemberville Rd., Pemberville 43450

Perrysburg Commons  
(419) 874-1931  
10542 Fremont Pk., Perrysburg 43551

The Waterford at Levis Commons  
(419) 874-2564  
7100 S. Wilkinson Way, Perrysburg, 43551

Northwestern Ohio Edition 2014
### Alternative Subsidized Housing at Family Sites

These units for those 18 years and older. There is a rental subsidy from HUD or USDA.

#### DEFIANCE COUNTY

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<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>City</th>
<th>Zip Code</th>
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<tbody>
<tr>
<td>Chelsea Village</td>
<td>(419) 784-5773</td>
<td>701 Village Lane, Defiance 43512</td>
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<tr>
<td>Clinton Circle</td>
<td>(419) 784-5773</td>
<td>701 Village Ln., Defiance 43512</td>
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<tr>
<td>Defiance Ridge Apartments</td>
<td>(419) 784-0394</td>
<td>1221 Ayersville Ave., Defiance 43512</td>
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<tr>
<td>Ralston Square Apartments</td>
<td>(419) 782-3665</td>
<td>548 Pontiac St., Defiance 43512</td>
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<tr>
<td>Southern Hills Apartments</td>
<td>(419) 542-6256</td>
<td>501 Fountain St., Hicksville 43526</td>
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#### LUCAS COUNTY

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<tr>
<td>Alpha Towers</td>
<td>(419) 246-1258</td>
<td>525 E. Woodruff Ave., 43624</td>
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<tr>
<td>Briarwood of Toledo</td>
<td>(419) 865-0438</td>
<td>5569 Ryewick Ct., 43614</td>
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<tr>
<td>Bryam Properties</td>
<td>(419) 787-5886</td>
<td>4737 Estero Pl., 43623</td>
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<td>Byrneport Apartments</td>
<td>(419) 385-8328</td>
<td>813 Byrneport Dr., 43609</td>
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<td>Cambridge Court</td>
<td>(419) 472-8601</td>
<td>1801 Christian Ave., 43613</td>
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<tr>
<td>Douglas Square Apartments</td>
<td>(419) 472-6087</td>
<td>4739 Douglas Sq., 43613</td>
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<tr>
<td>Flory Gardens</td>
<td>(419) 259-9475</td>
<td>3425 Nebraska Ave., 43607</td>
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<tr>
<td>Frisch Properties</td>
<td>(419) 882-6030</td>
<td>6644 Lincoln Pkwy., 43560</td>
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<td>Greenbelt Place Apartments</td>
<td>(419) 243-1131</td>
<td>806 Cherry St., 43604</td>
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<tr>
<td>Highland Crest Apartments</td>
<td>(419) 381-8846</td>
<td>5150 Norwich Rd., 43615</td>
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<tr>
<td>Hilltop Village</td>
<td>(419) 537-8956</td>
<td>3503 Hilltop Blvd., 43607</td>
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#### HENRY COUNTY

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<tbody>
<tr>
<td>Oakwood Village Apartments</td>
<td>(419) 592-0552</td>
<td>1800 Oakwood, Napoleon 43545</td>
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#### ERIE COUNTY

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<tbody>
<tr>
<td>Erie Village</td>
<td>(419) 433-5575</td>
<td>221 Rye Beach Rd., Huron 44839</td>
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<tr>
<td>Sandusky VOA Living Center</td>
<td>(419) 621-9060</td>
<td>811 Woodlawn Ave., Sandusky 44870</td>
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<tr>
<td>Sunnyside Acres</td>
<td>(419) 626-1979</td>
<td>PO Box 1489, Sandusky 44870</td>
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#### FULTON COUNTY

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<tbody>
<tr>
<td>Clay Meadows</td>
<td>(419) 237-2240</td>
<td>111 Willard Ct., Fayette 43521</td>
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<tr>
<td>East Garden Apartments</td>
<td>(419) 445-2808</td>
<td>701 E. Lutz Dr., Archbold 43502</td>
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<tr>
<td>Oakview Apartments</td>
<td>(419) 822-4842</td>
<td>505 Oakview Dr., Delta 43515</td>
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<tr>
<td>West Helm Apartments</td>
<td>(419) 335-7232</td>
<td>840 West Helm, Bedg. 1500, Wauseon 43567</td>
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#### McClinton Nunn Homes

<table>
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<tbody>
<tr>
<td></td>
<td>(419) 259-9564</td>
<td>201 Belmont, 43604</td>
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#### Moody Manor Apartments

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<th>Zip Code</th>
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<tr>
<td></td>
<td>(419) 241-6985</td>
<td>2293 1/2 Kent St., 43620</td>
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#### Museum Place Apartments

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<tr>
<td></td>
<td>(419) 244-7158</td>
<td>1825 Collingwood Blvd, Apt. 1, 43624</td>
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#### New Town

<table>
<thead>
<tr>
<th>Name</th>
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<th>Address</th>
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<tbody>
<tr>
<td></td>
<td>(419) 241-2538</td>
<td>1033 Dorr St., 43607</td>
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#### North Town Village

<table>
<thead>
<tr>
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<tr>
<td></td>
<td>(419) 476-8269</td>
<td>5725-15 Silverside Dr., 43612</td>
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#### Norwich Apartments

<table>
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<tr>
<td></td>
<td>(419) 381-8846</td>
<td>5150 Norwich Rd., 43615</td>
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#### Oakwood Gardens

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<tr>
<td></td>
<td>(419) 866-5719</td>
<td>684 Oakfield Dr., 43615</td>
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#### Ottawa Cove Apartments

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<tr>
<td></td>
<td>(419) 729-4015</td>
<td>1841 S. Ottawa Cove Dr., 43610</td>
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#### Palmer Gardens

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<tr>
<td></td>
<td>(419) 246-4739</td>
<td>2735 Wayman Palmer Dr., Apt. 59, 43606</td>
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#### Pine Place

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<tr>
<td></td>
<td>(419) 474-0589</td>
<td>2661 Tremainsville Rd., 43613</td>
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#### Port Lawrence Homes

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<tr>
<td></td>
<td>(419) 259-9563</td>
<td>201 Belmont, 43604</td>
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#### Regina Manor

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<tr>
<td></td>
<td>(419) 726-6186</td>
<td>3739 N. Erie, 43611</td>
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#### Secor Cedars

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<tr>
<td></td>
<td>(419) 475-1418</td>
<td>5123 Secor Rd. #5, Toledo 43623</td>
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#### South Toledo Homes

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<tr>
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<td>(419) 242-1881</td>
<td>2520 Monroe St., 43620</td>
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#### Southgate Woods Apartments

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<tr>
<td></td>
<td>(419) 531-8672</td>
<td>472 Southgate Circle Dr., 43615</td>
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#### Vistula Heritage 1

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<tr>
<td></td>
<td>(419) 244-2836</td>
<td>711 Locust, 43604</td>
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</table>
## Basic Fee Structure

<table>
<thead>
<tr>
<th>Feature</th>
<th>Fee/Term</th>
<th>Lease Term/Deposit</th>
<th>Owner/Affiliation/Years in Business</th>
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## Amenities

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<th>Fee/Term</th>
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<th>Owner/Affiliation/Years in Business</th>
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## Services

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<th>Fee/Term</th>
<th>Lease Term/Deposit</th>
<th>Owner/Affiliation/Years in Business</th>
</tr>
</thead>
</table>
Housing Options

If Nursing Home Placement is the Appropriate Option

If someone requires constant supervision and there is no one to provide this care, nursing facilities can provide temporary respite and support. There are many home health care and assisted living alternatives. A person does not necessarily need to move into a nursing facility simply because he or she is having health problems or cannot manage to live independently at home. The options depend upon the duration and type of services required as well as the level of care that can be afforded.

Nursing facilities may be owned/operated by a philanthropic or non-profit organization such as a church/religious organization or a for-profit corporation, family or individual. Philanthropic nursing facilities are not necessarily less expensive than proprietary nursing facilities. Many facilities have waiting lists. Family members may feel frustrated or guilty about not being able to personally care for a parent or other loved one. Nursing home administrators, religious and health care professionals, and the Long Term Care Ombudsman can provide helpful perspectives.

Nursing Facilities/Nursing Homes

If Nursing Home Placement is the Appropriate Option...

...you need a Universal Pre-Admission Review. This is a state-required service for those entering a Medicaid certified nursing facility in Ohio and provides an assessment and information about options for the most appropriate long term care. Call (419) 382-0624 or 1-800-472-7277.

Help in Selecting a Nursing Home

AARP

1-800-424-3410

801 E ST. NW. WASHINGTON, DC 20049
Provides information and publications related to choosing a nursing home, home modification and independent living alternatives.

Area Office On Aging of Northwestern Ohio, Inc.

(419) 382-0624 or 1-800-472-7277
2155 ARLINGTON AVE. TOLEDO 43609
Free Long Term Care Consultations to consumers and families provide information about care options.
The decision to move a family member or loved one into a nursing home is one of the most difficult decisions you can make. No matter the reason, those involved are almost always under great stress. At times like these, it is important that you pause, take a deep breath and understand that there are things you can do, and that there are professionals who can assist you in this process.

Long Term Care Ombudsman
Program (ABLE) (419) 259-2891 or 1-800-542-1874
525 Jefferson Ave., Ste. 300, Toledo 43604
Information about what to look for in a facility.

www.ltcohome.org

Long-term Care Consumer Guide. Online tools provides locations and information about nursing homes, assisted living facilities and community based options to help people search for the appropriate facility.

Medicare.gov
Online Nursing Home Compare Tool has detailed information about every Medicare and Medicaid certified nursing home in the country.

NURSING HOME ADVOCACY

Long Term Care Ombudsman
Program (ABLE) (419) 259-2891 or 1-800-542-1874
525 Jefferson Ave., Ste. 300, Toledo 43604
Helps consumers and families resolve problems and concerns about quality of care and quality of life in nursing homes, residential care facilities, adult group homes and home care services. Also provides information about selected a long-term care provider.

LONG TERM CARE INSURANCE

Many people begin paying for nursing home care from savings and assets which can quickly be used up. Once a person has become impoverished, the Medicaid federal/state program pays for care. A spouse with assets of $150,000 to protect (excluding the house, one car and wedding rings), should research long term care insurance. Monthly premium costs are based on age and benefit coverage, benefit amount and waiting period (like a deductible). Monthly premium payments may be included as tax deductible medical expenses.

FINANCIAL AND LEGAL PRE-PLANNING

There are many complex financial and legal decisions to be made for nursing home placement, and pre-planning is critical. Annual nursing home costs average $50,000. Families usually begin paying for nursing home care from savings. Medicare coverage of nursing home care is extremely limited. Most people deplete their savings and rely on government-funded Medicaid insurance. You need an attorney for Medicaid estate planning. To prevent impoverishment, trusts must be set up five years in advance of nursing home placement. Medicaid will not pay nursing home bills for 36 months after assets are transferred.

IMPORTANT!

Your congress person will serve as liaison with Social Security in resolving problems with missing checks and benefits due. See Elected Representatives.

Do’s and Don’ts of 911

Dial 911 only for an emergency

Emergencies include a serious medical problem, fire, any life-threatening situation or if you see a crime in progress. If you must call 911, speak calmly and clearly:

• Describe the type of incident you are reporting
• Describe your location and the emergency location
• Be prepared to provide a description of persons involved in any incident
• Do not hang up until the dispatcher tells you to
• Follow any instructions the dispatcher gives you
• Secure any dogs or pets that may interfere with the emergency response
• Gather any medications a person may be taking

Do not dial 911 for a non-emergency. Take the time now to find the numbers you might need to call in the event of property damage, a non-life threatening accident, theft or vandalism when the suspect is gone, panhandlers, intoxicated persons who are not disorderly or cars blocking the street or alleys.

If in Doubt call 911

Fill in these phone numbers. Make a copy and post this by your telephone or on your refrigerator.

Police
PHONE __________________________

Sheriff
PHONE __________________________

Fire
PHONE __________________________

Ambulance
PHONE __________________________

Family Member
NAME ___________________________
PHONE __________________________

Neighbor
NAME ___________________________
PHONE __________________________

Northwestern Ohio Edition 2014

Older Adults™...the Resource Guide
Requirements for Medicaid Coverage

- A resident’s total gross monthly income from any and all sources must be less than the monthly Medicaid reimbursement amount to the nursing home.
- A resident’s countable assets cannot exceed $1,500 for a single and $3,000 as a couple.
- A spouse living in the community may keep the home, up to $80,760 in assets and $1,357 monthly income. Some nursing homes do not provide care for residents who are on Medicaid. Many that do provide it, have limitations on the number of Medicaid beds they provide and, therefore, have waiting lists.

QUESTIONS TO ASK

- Does the facility provide the services you need?
- Is the facility Medicare/Medicaid certified?
- What happens if your money runs out and you rely on Medicaid for payment?
- Are Medicaid beds available? If not, how long is the waiting period?
- Does the facility have planned group activities such as bingo, pet therapy, trips, celebrations, etc.?
- How are the costs calculated, including single vs. double occupancy, laundry, therapy, activities, special diets, medical supplies, telephone and TV?
- Can roommates be changed easily if requested?
- Are location and visiting times convenient for family and friends?
- What are the staffing ratios?
- What is your first impression about the odor, cleanliness, decor and atmosphere?
- Do residents appear to enjoy the staff and do staff members know the residents by name?
- How responsive are the staff to your and your loved one’s requests?
- Is the philosophical or religious orientation of the facility compatible with yours?
- Are residents mostly well-groomed and out of bed?
- What personal items may be retained to provide a satisfactory level of familiarity and comfort?

TAKE NOTE

Some nursing home residents have frail bodies but very alert minds. Other residents may not be able to process numbers to play bingo, but enjoy trips out to a park or to see holiday decorations. Study the activities schedule to make sure your loved one will have access to the types of activities he or she will enjoy and look forward to each day.

TYPES OF LONG TERM CARE FACILITIES

Nursing Home, Skilled Nursing Facility or Health Care Center

A 24-hour nursing care and rehabilitation center meeting federal regulations for Medicare and/or Medicaid. Care is supervised by a nurse under the direction of a physician medical director. Includes dietary, pharmaceutical and social activities services. All licensing/certification reports are available for public inspection. Reports list any deficiencies or corrections needed.

Rest Homes and Other Adult Care Facilities

See Residential Care Facilities.

Sub-acute Care (Skilled Nursing Facility)

Term for care which requires extensive nursing but not direct physician care. Patients do not need a full range of hospital services but do need between 4 - 7 hours of skilled nursing care and/or additional therapy services. Emphasizes rehabilitation and stays typically do not last beyond a few months. Examples of common cases include brain and spinal cord injuries, infusion therapies, respiratory problems, cancer, stroke, AIDS and head trauma. The necessity to reduce health care costs is why this new level of care is offered through hospitals, nursing homes and rehabilitative facilities. The goal is to offer short term intensive care so that the patient regains the ability to successfully function.

LEGAL TERMS

Advance Directives

Allows you to express wishes in advance to let physicians and others know what medical treatments are acceptable in the event of terminal illness. The Living Will directive supercedes the Durable Power of Attorney for Health Care. Advance planning is extremely important for these complex decisions. Consult with an attorney.

Conservatorship

Created voluntarily at the request of a physically infirm, but competent, adult to place his property or person under court supervised care.

Durable General Power of Attorney

Gives power to another to make legal or financial decisions such as check cashing, banking needs, filling out tax forms, etc., if you are unable to do so. The powers can be narrow or broad. You should not use a form to assign power of attorney because they are often flawed and not legally binding. Use an attorney.

Durable Power of Attorney for Health Care

Gives power to another to make medical decisions if you are unable to do so. It should be used along with a Living Will. Living Wills are extremely limited to life and death medical care. It is an important companion document. A simple form can be obtained from the state at 1-800-488-6070 or the Area Office on Aging at (419) 382-0624 ext. 618.

Some nursing home residents have frail bodies but very alert minds. Other residents may not be able to process numbers to play bingo, but enjoy trips out to a park or to see holiday decorations. Study the activities schedule to make sure your loved one will have access to the types of activities he or she will enjoy and look forward to each day.
Guardianship
A guardian can be appointed by Probate Court after an application for guardianship has been filed and evidence has been submitted that the individual is incompetent and thus unable to manage decisions related to his/her person or finances. The person whose competency is in question, the proposed ward, is given the opportunity to refute the need for a guardian if he/she so chooses. Guardianship restricts the right to self-determine more than any other protective device. The effect of a finding of incompetency is the removal of all the ward’s rights.

Living Trust
Allows you to transfer ownership of property and assets to a trust which is administered by someone you appoint, including yourself. There are both revocable and irrevocable trusts, each of which have differing effects on taxes and government benefits.

Medicaid Trust
A legal document that protects assets if you are confined to a nursing home and will apply for Medicaid. There are extreme limits in the use of this form of trust.

Residents’ Rights
Should be prominently posted, entitling residents to the highest quality of care with dignity, respect, full information about fees and charges and the right to privacy.

Representative Payee
The person designated by the Social Security or Veterans’ Administration to receive a benefit check on behalf of another person. For example, a check for James Smith is paid to Lucy Jones. (Lucy Jones must be able to provide a full accounting of her use of the money on behalf of James Smith if requested to do so.) The designation may be altered by requesting a change at the SSA or VA office.

MEDICARE COVERAGE
Medicare reimbursement for any one service is never guaranteed. Services listed are usually covered by Medicare. Applicable only in Medicare certified nursing facilities. Pays for the first 20 days and $144.50 per day for days 21–100 per benefit period if patient:
• Has been admitted for at least 3 consecutive midnights.
• Has been admitted for skilled nursing care for a condition treated in the hospital.
• Is admitted within 30 days of leaving hospital.
• Has doctor’s authorization.
• Pays up to 210 days of hospice care for terminally ill.
• Maintains skilled eligibility status.

Tell them you saw it in...
Older Adults!
Medicare Helps Pay for:
(Providers must be Medicare certified.)
- Bed in semi-private room (two–four beds per room) and all meals including special diets.
- Necessary nursing services.
- Medical social services.
- Drugs, medical supplies, appliances and equipment (wheelchairs, crutches and braces).
- Doctor’s services (if you have Part B coverage).

Medicare Does Not Help Pay for:
- Personal comfort or convenience items such as charges for telephone, radio or television furnished at the patient’s request.
- Private duty nursing.
- Extra charge for use of a private room, unless patient needs it for medical reasons and the doctor orders it.

Medicaid Will Pay:
(Providers must be Medicaid certified.)
- Semi-private room, meals and special diets if prescribed by doctor.
- Skilled nursing.
- Drugs, medical supplies and laundry services.
- Physician ordered “restorative” services such as physical, occupational, hearing and speech therapy and diagnostic evaluation visits.
- Some transportation to and from a hospital and the nursing home.
- A bed for 30 days for therapeutic visits or hospital stays. During the 31st day, patient must privately pay to hold bed or go back on the Medicaid waiting list.

Medicaid Will Not Pay for:
- Personal comfort or convenience items, unless medically necessary and ordered by the doctor.
- Private duty nursing.
- Non-essential or experimental services.
- Beauty/barber shop services.
- Rest home care or custodial care.
- Continued stay in a facility if the resident’s level of care does not match the facility’s certification level (if alternate placement available).
- Dry cleaning.
- Transportation costs to visit families and friends.

MEDICAID COVERAGE
Applicable in Medicaid certified nursing facilities. Pays if local Human Services dept. decides nursing care medically necessary and patient meets eligibility requirements.

Departments of Job and Family Services
DEFIANCE ...........................................(419) 782-3881
ERIE .............................................(419) 626-6781
FULTON .........................................(419) 337-0010
HENRY ..........................................(419) 592-0946
LUCAS ...........................................(419) 213-8999
OTTAWA ...........................................(419) 898-3688 or 1-800-665-1677
PAULDING .....................................(419) 399-3756

Nursing Facilities by Area

DEFIANCE COUNTY
Brookview Healthcare Center
(419) 784-1014
214 HARDING ST., DEFIANCE 43512

Harborside Healthcare of Defiance
(419) 784-1450
395 HARDING ST., DEFIANCE 43512

Hickory Creek at Hicksville
(419) 542-7795
401 FOUNTAIN ST., HICKSVILLE 43526

Laurels of Defiance
(419) 782-7879
1701 S. JEFFERSON, DEFIANCE 43512

Twin Rivers Care and Rehabilitation Center
(419) 784-1450
395 HARDING ST., DEFIANCE 43512

ERIE COUNTY
Admiral’s Pointe Care Center
(419) 433-4990
1920 W. CLEVELAND RD., HURON 44839

Briarfield of Milan
(419) 499-2576
185 S. MAIN ST., MILAN 44846

Concord Care and Rehab Center
(419) 626-5373
620 W. STRUB RD., SANDUSKY 44870

Great Lakes Transitional Care
(419) 557-7016
1912 HAYES AVE., SANDUSKY 44870

Lutheran Memorial Home
(419) 502-5700
795 BARDISHAR RD., SANDUSKY 44870

Meadows of Osborne Park
(419) 627-8733
3916 PERKINS AVE., HURON 44839

SANDUSKY ...........................................(419) 334-3891
WILLIAMS .......................................(419) 636-6725
WOOD ...........................................(419) 352-7566 or (419) 246-3029

FULTON COUNTY
Fairlawn Haven Ret. Community
(419) 445-3075
407 EAST LUTZ RD., ARCHBOLD 43502

Ohio Veterans Home
(419) 625-2454
3416 COLUMBUS AVE., SANDUSKY 44870

The Commons of Providence
(419) 624-1171
5000 PROVIDENCE DR, SANDUSKY 44870

Parkvue
(419) 621-1900
3800 BOARDWALK BLVD., SANDUSKY 44870

Parkvue
(419) 502-5700
795 BARDISHAR RD., SANDUSKY 44870

Fulton Manor and Suites
(419) 335-2017
723 S. SHOOP AVE., WAUSEON 43567

Mill Manor Care Center
(440) 967-6614
983 EXCHANGE BLVD., VERMILION 44089

Northwestern Ohio Edition 2014

OLDER ADULTS™...THE RESOURCE GUIDE
Heartland of Wauseon  
(419) 337-3050  
303 W. LEGGETT St., WAUSEON 43567

Swanton Health Care & Retirement Center  
(419) 825-1145  
214 S. MUNSON Rd., SWANTON 43558

Swanton Valley Center  
(419) 825-1111  
401 W. AIRPORT HWY., SWANTON 43558

HENRY COUNTY

Country View Haven  
(419) 592-8075  
R 858 Co. Road 15, NAPOLEON 43545

Golden Living Center Northcrest  
(419) 599-4070  
240 NORTHCREST Dr., NAPOLEON 43545

Lutheran Nursing and Rehabilitation Center  
(419) 592-1688  
1036 S. PERRY St., NAPOLEON 43545

Oak Grove Health Care Center  
(419) 278-6921  
620 E. WATER St., DESHLER 43516

Vancrest Health Care Ctr. of Holgate  
(419) 264-0700  
600 JOE E. BROWN Ave., HOLGATE 43527

LUCAS COUNTY

Arbors at Oregon Nursing and Rehabilitation Center  
(419) 691-2483  
904 ISAAC St., OREGON 43616

Arbors at Sylvania  
(419) 841-2200  
7120 PORT SYLVANIA Ave., 43617

Arbors at Waterville  
(419) 878-3901  
555 ANTHONY WAYNE Tr., WATERVILLE 43566

Communicare at Waterford Commons  
(419) 382-2200  
955 GARDEN LAKE Pkwy., 43614

Concord Care Center of Toledo  
(419) 385-6616  
3121 GLANZMAN Rd., 43614

Darlington Nursing & Rehab  
(419) 531-4465  
2735 DARLINGTON Rd., 43606

The Elizabeth Scott Community  
(419) 865-3002  
2720 ALBON Rd., MAUMEE 43537

Fairview Manor Nursing Home  
(419) 531-4201  
4420 SOUTH St., 43615

Foundation Park Alzheimer’s Care Center  
(419) 385-3958  
1621 S. BYRNE Rd., 43614

Franciscan Care Center  
(419) 882-6582  
4111 HOLLAND-SYLVANIA Ave., 43623

Goerlich Center for Alzheimers/Dementia Care  
(419) 824-1250  
5320 HABREUN Rd., SYLVANIA 43560

Heartland of Waterville  
(419) 878-8523  
8885 BROWNING Dr., WATERVILLE 43566

Heartland of Holly Glen  
(419) 474-6021  
4293 MONROE St., 43606

Heartland of Oregon  
(419) 698-4521  
3953 NAVARRE Ave., OREGON 43616

Heatherdowns Rehabilitation and Residential Care  
(419) 382-5050  
2401 CASS Rd., 43614

Kingston Care Center of Sylvania  
(419) 517-8200  
4121 KING Rd., SYLVANIA 43560

Lake Park Nursing Care Center  
(419) 824-1000  
5100 HABREUN Rd., SYLVANIA 43560

The Lakes of Monclova  
(419) 866-3030  
6935 MONCLOVA Rd., MAUMEE 43537

Laurels of Toledo  
(419) 536-7600  
1011 N. BYRNE Rd., 43607

Little Sisters of the Poor - Sacred Heart Home  
(419) 698-4331  
930 S. WYNN Rd., OREGON 43616

Lutheran Home at Toledo  
(419) 724-1414  
131 N. WHEELING St., 43605

Lutheran Village at Wolf Creek  
(419) 861-2233  
2001 PERRYSBURG-HOLLAND Rd., HOLLAND 43528

Merit Home  
(419) 478-5131  
4645 LEWIS Ave., 43612

Orchard Villa  
(419) 697-4100  
2841 MUNNING Dr., OREGON 43616

Otterbein Skilled Nursing and Rehabilitation Neighborhood  
(419) 306-3065  
5069 OTTERBEIN WAY, MONCLOVA 43542

Point Place Care & Rehabilitation Center  
(419) 727-7870  
6101 N. SUMMIT St., 43611

Ridgewood Manor  
(419) 865-1248  
3231 MANLEY Rd., MAUMEE 43537

Rosary Care Center  
(419) 824-3600  
6832 CONVENT BLVD., SYLVANIA 43560

Spring Meadows Senior Comm.  
(419) 866-6124  
1125 CLARION Ave., HOLLAND 43528

Sunset House  
(419) 536-4645  
4020 INDIAN Rd., TOLEDO, 43606

Swan Creek Health Care Center  
(419) 865-4445  
1650 SWAN CREEK Ln., 43614

Swan Point Care Center  
(419) 867-7926  
3600 BUTZ Rd., MAUMEE 43537

Sylvania Care and Rehabilitation  
(419) 882-1875  
5757 WHITEFORD Rd., SYLVANIA 43560
Ursuline Center  
(419) 536-3535  
4035 INDIAN RD., 43606

West Cove Care Center  
(419) 243-5191  
2051 COLLINGWOOD BLVD., 43620

Whitehouse Country Manor  
(419) 877-5338  
11239 WATERVILLE ST., WHITEHOUSE 43571

**OTTAWA COUNTY**

Edgewood Manor Nursing Center  
(419) 734-5506  
1330 S. FULTON, PORT CLINTON 43452

Genoa Care Center  
(419) 855-7755  
300 CHERRY ST., GENOA 43430

Ottawa County Riverview Healthcare Campus  
(419) 898-2851  
8180 W. ST. RT. 163, OAK HARBOR 43449

**PAULDING COUNTY**

The Gardens of Paulding  
(419) 399-4940  
199 CO. RD. 103, PAULDING 45879

**SANDUSKY COUNTY**

Arbors at Clyde  
(419) 547-9595  
700 HELEN ST., CLYDE 43410

Bellevue Care Center  
(419) 483-6225  
1 AUDRICH SQ., GARDNER RD., BELLEVUE 44811

Bethesda Care Center  
(419) 334-9521  
600 N. BRUSH ST., FREMONT 43420

Countryside Continuing Care Ctr.  
(419) 334-2602  
1865 COUNTRYSIDE DR., FREMONT 43420

Elmwood Healthcare Center at the Springs  
(419) 639-2626  
401 N. BROADWAY, GREEN SPRINGS 44836

**WOOD COUNTY**

Bowling Green Care Center  
(419) 352-7558  
850 W. POE RD., BOWLING GREEN 43402

Bowling Green Manor  
(419) 352-4694  
1021 POE RD., BOWLING GREEN 43402

Briar Hill Health Campus  
(419) 257-2421  
600 STERLING DR., N. BALTIMORE 45872

Parkview Care Center  
(419) 332-2589  
1406 OAK HARBOR RD., FREMONT 43420

Valleyview Healthcare  
(419) 332-0357  
825 JUNEAU ST., FREMONT 43420

The Willows at Bellevue  
(419) 483-5000  
101 AUXILIARY DR., BELLEVUE 44811

Windsor Lane Healthcare and Rehab  
(419) 637-2104  
355 WINDSOR LN., GIBSONBURG 43431

**WILLIAMS COUNTY**

Bryan Care & Rehabilitation Ctr.  
(419) 636-5071  
1104 WESLEY AVE., BRYAN 43506

Evergreen Manor Rehabilitation and Nursing Care  
(419) 485-8307  
924 CHARLIE’S WAY, MONTPELIER 43543

Hillside Country Living Healthcare Campus  
(419) 636-4508  
09876 COUNTY RD. 16, BRYAN 43506

Park View Nursing Center  
(419) 298-2321  
328 W. VINE, EDGERTON 43517

**WOOD COUNTY**

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