



Greene County Council on Aging

DIRECTORY OF SERVICES AND SUPPORT FOR GREENE COUNTY SENIORS & CAREGIVERS

GREENE COUNTY COUNCIL ON AGING
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XENIA, OHIO 45385
937-376-5486 or 1-888-795-8600

www.gcco.org

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INTRODUCTION

This Directory has been designed to provide information on senior and caregiving resources and services. In addition, insight into common senior and caregiving issues has been included. As with any directory of this type, some information will have changed before the ink dried. This is especially true when sharing organizational addresses and phone numbers. In some cases, specific information has been omitted and readers are encouraged to call the Council for the most up-to-date information. Additionally, readers are encouraged to call the Council with any questions that are not answered in the Directory. Every attempt will be made to find and share the answers.

This Directory is long overdue, and many things have changed since the last edition was printed. The Council passed a senior services levy; senior centers have expanded their programming, additional services have been provided through the *Partners in Care Program*; caregivers have become a target group of Council services and resources; the Department of Human Services received a name change – Department of Job and Family Services; County telephone numbers now begin with “562”; and many new faces have joined health and social service organizations.

For many reasons, Greene County experienced a faster rate of growth in the 60+ population when compared to other counties in the Miami Valley. In fact, Greene County experienced a 23.8% increase between 1990 and 2000, with the fastest growing segment being those 85 years and older. The presumed conservative figure has Greene County with 25 thousand individuals 60 years of age or older. Based on projections for the aging baby boomer population, the growth will be even greater between 2000 and 2010.

The impact of this growth is immense. Not only are we looking at more seniors and caregivers, we also recognize that as we age, the chance of having one or more chronic illnesses and/or other medical concerns greatly increases. With this comes the need for more support from our spouse, family, friends and church members. And, in many situations a need for in-home care, short or long-term nursing home care and/or other health care services is inevitable. In response, the Greene County Council on Aging, local senior centers and area health and social service providers have come together to develop and implement a system of “contact and care”. While the system will and needs to continually change, it is safe to say that the Greene County community does what it can to support our seniors and caregivers.

This Directory is full of information and guidance, but please don't hesitate to call the Council with questions and/or to request assistance for yourself or a loved one.

~ Karen Puterbaugh, Executive Director

ABOUT THE COUNCIL

MISSION

To promote independence & quality of life for Greene County senior citizens and caregivers by facilitating and supporting the development, implementation and continual improvement of a comprehensive & coordinated system of contact and care.

HISTORY

The Greene County Council on Aging, a not-for-profit, was established in 1979 and incorporated in 1981. Founding members of the Council were interested professionals and seniors from Greene County who began coming together in an effort to better understand what services and programs were available for senior citizens. They soon found themselves discussing the many gaps in senior services. Until 1996, the Council's treasury averaged between \$50 and \$300 and the "work" of the Council was accomplished by volunteers. Council activities included membership meetings, the annual Senior Citizens Day Celebration and publishing the senior services directory.

In 1996, and after several years of research and planning, the County Commission showed their support of senior services and the Council by allocating \$150,000 from their annual budget. The Council received this funding through 1999 and grants were made to local senior centers and service providers for home-delivered meals, adult day services, transportation, in-home care and senior center services. During this time, the Council's membership continued to discuss gaps in services and began developing a consumer-focused system to address the needs of a growing senior population.

In 1999, the Council successfully passed a five-year 0.8 mil senior services levy. The near \$2 million generated each year by the levy is used to fund a comprehensive service system to assist in maintaining seniors in their own or family member's home for as long as possible and appropriate. This includes the *Partners In Care* Program, grants to area senior centers/service providers and educational and outreach activities. These services and programs began in 2000. At the end of 2001, 1,011 referrals had been made to the Council's *Partners In Care* Program.

STRUCTURE

The Council has seen many changes over the past 20+ years; however some things remain the same. First, the primary focus continues to be the needs of seniors. The one addition to this is that tremendous energy and human resources are being expended on the thousands of family and other caregivers in Greene County. Second, the Council recognizes and embraces the diversity of the individual Greene County communities. And third, the Council's membership, which is open to all, plays a critical role in the direction and work of the Council.

The Council consists of a Membership, Community Advisory Board, Board of Directors

and staff. The membership holds meetings every other month and seniors, caregivers, senior service professionals and interested individuals are all invited to participate.

The Community Advisory Board meets quarterly and is made up of representatives from each of the twenty-two municipalities in Greene County. Their role is to bring information from their respective communities, take back information from the Council and provide another resource for the Council to work within each individual community.

The Board of Directors is a nine-member group that meets monthly, provides fiscal oversight, provides support and guidance to the Council's Executive Director and provides leadership and direction in moving the Mission of the Council forward.

PROGRAMS AND SERVICES

- Information by phone, mail/e-mail, or in person. 937-376-5486/1-888-795-8600
- Connection to area senior centers, needed professionals & resources
- Assistance with transitions to residential care
- County-wide Senior Events – Artisan Show, Senior Citizens Day Celebration
- Caregiver Support – Resource Center, support groups, Tune-Ups, education
- Community education on aging and caregiving issues
- Support to kinship caregivers (e.g. grandparents raising grandchildren)
- Senior service & special grants to senior centers and Greene County-based senior organizations
- Publication of the *Directory of Services and Support*
- Assistance to seniors, 60 years of age and older, in remaining in their own or family member's home through the *Partners in Care (PIC)*, including in-home and supportive care, home repair/modification, and Medication Management and Assistance Program. *PIC* also provides support to family members who are providing the majority of the care to our older residents. Approximately 400 seniors a month receive *PIC* services monthly. The Council receives approximately 50 referrals a month for *PIC* services.

PARTNERS IN CARE ~ SERVICES

- Home-Delivered Meals
- Personal Care
- Adult Day Care
- Medical Transportation
- Homemaking/Housekeeping
- Respite Care
- Emergency Response Systems
- Minor Home Repair/Modification

PARTNERS IN CARE ~ GUIDING PRINCIPLES

- Individualism
- Safety
- Holistic Approach
- Supporting Families
- Community Diversity
- Follow-Up
- Independence
- Quality of Life
- Needs vs. Wants
- Decreasing Caregiver Stress
- Accountability
- Local Organizations/Contractors

JUST FOR SENIORS

NORMAL AGING

It is important to understand what is “normal” as we age. We are quick to attribute many of the challenges faced by seniors to the aging process, when instead they may be the result of disease processes, societal stereotypes and the lack of understanding by health care, social service and other professionals.

What IS normal are changes related to hearing, vision, taste, fatty tissue and lung capacity. We all experience losses in these areas, although they occur at different times and rates for each of us. The key is how we cope with the changes. Many are able to adapt and make accommodations, while others find this to be more difficult.

What IS NOT normal is short-term memory loss, depression and acute medical problems. The reason for sharing this information is to promote taking care of one’s physical and mental health, as well as the importance of having a productive two-way relationship with a primary health care provider. An older individual experiencing confusion and short-term memory loss should never hear “well, you are 75 years old, what do you expect?” Age alone is rarely the cause of physical and mental changes and as consumers of health care and other services, we should expect more.

INDEPENDENCE

As we grow older, we experience a variety of losses. These losses are often associated with the loss of independence. The key to independence is changing how one defines the word. The focus should be on the opportunity and ability to make or be a part of making decisions for oneself, rather than what you can or cannot do for yourself.

It is inevitable that we may have to give some things up as we grow older. The best we can do is to plan for the changes that may or may not occur. We should talk with loved ones about how we would like to deal with these changes. What occurs all too often, is that we are forced into making changes because of a health condition or other situation. Thinking ahead to the “what-ifs” may save frustration and pain in the future.

HAVING PURPOSE

Regardless of age, physical function and mental status, it is important that we maintain some purpose in our lives. It is not necessary to be busy every minute of the day, but we need to have some activities to look forward to. There is so much focus on planning for one’s financial future, but very little focus on planning how we will use our time and mental energy. It may be volunteer work or part-time employment; reading or enjoying music; cooking or even cleaning; organizing our pictures into a memory book or writing in a journal.

Having purpose is critical to successful aging – give it thought and give it energy!

JUST FOR CAREGIVERS

PUTTING A PLAN TOGETHER

The demographics and statistics tell us that each of us has a great chance of being a caregiver of someone other than our own children. Very few of us, however, give it much thought until it is thrust upon us. Whether it be for a spouse of 40-something years, a mother and/or father, a grandchild or a close friend or neighbor ~ caregiving is a role we will be taking on. The first and most important step to take is to sit down with your loved one and other family members and put a plan together. This plan may never be needed or may be altered as time goes on and situations change.

♦Working With The Physician

In many situations, the reason for becoming a caregiver is a health challenge. Because of this, you will want to build a strong relationship with your loved one's physician or, if there is not one, find a physician both you and your loved one are comfortable with. The physician should be respectful of your loved one even if he/she has some type of dementia and should listen to you and any concerns you may have. You also want a physician who will not assume that all complaints and symptoms are due to age.

One successful tip for working with a physician is to make use of notes. Have your loved one or yourself keep a journal, describing daily patterns related to sleep, diet and other functions. Always maintain a list of prescriptions and over-the-counter medications your loved one is taking, as well as items such as caffeine, alcohol, and sugar. The more information the physician has, the better service he/she can provide.

♦Ensuring Financial and Legal Matters are in Order

The area of financial and legal matters is important and often times quite challenging. This is especially true when dealing with parents. We seldom, if ever, talked about our parents' finances as we were growing up and it may be just as taboo now that we are adults. Even in some spouse situations, talking about finances can be difficult. Knowledge of life, health and long-term care insurance, multiple financial accounts, advanced directives and wishes related to health care and end-of-life issues are key.

♦What Your Loved One Can Accept and What They Really Need From You

We want to help and have the best intentions, but sometimes we over step our bounds. Unless it is a question of life and death or safety, we need to respect what our spouse, parent or other loved one can accept from us.

You may see a messy house, a pile of dirty laundry or a flower bed overrun with weeds. Your loved one sees a person they care about and would love to spend time with as opposed to time around. Be cautious about how much you point out and do for your loved one. Keep in mind, that when you come in and "do" you may also be coming in and pointing out what they can no longer do for themselves. This can

potentially cause many more problems than a layer or two of dust or a collection of weeds could ever cause.

Pick and choose your issues. Again, when it is a case of life or death or safety, you need to choose ruffling some feathers and dealing with some anger. Otherwise, maybe you can choose to sit and listen to a story repeated from years gone by and provide some much needed companionship. Afterwards, you can tell him/her that you want to do at least one thing from the "to do list" the two of you have put together. There may be other creative ways to get some of the needed tasks accomplished.

♦Available Resources and Asking for Help

No one can take better care of our loved one than us. Isn't that what you are thinking? Well, that may be true, but you will be a much better caregiver if you "share the care" and let family, friends and professionals from the community help you. What if you can't take your wife to the doctor or if you have had minor surgery and can't help your father with his laundry and cleaning his house? Who can you turn to? If you are fortunate, family members and friends can help. In some cases, however, these resources are limited and you should consider contacting a local organization for help. Fortunately, you need only call the Greene County Council on Aging and staff will work with you to develop your plan. If your loved one is out of the area, Council staff will gladly research available resources in your loved one's community.

Very few of us are comfortable asking others for help, but we are quick to offer help to others. As caregivers, we need to allow others to do what they can for us and the person we are caring for. If someone makes the offer, say yes. Even if you don't need anything, you may very well need something down the road. It is human nature to stop asking after being turned down many times and this could happen just at the time you are ready for help. Also, keep in mind that the person making the offer benefits from sharing their time with you and your loved one.

TAKING CARE OF YOURSELF

Asking for help is one way we can take care of ourselves. There are many other ways and it is critical that all caregivers pay attention to and address their own needs. It isn't healthy to be around the same person 24 hours a day; not for you and not for them. This does not change when we become caregivers. In fact, it is even more important to spend some time away from our loved ones. Don't underestimate the benefits of a few days of adult daycare or someone to help bathe your spouse.

Taking care of your own physical and mental health is as important as taking care of your loved one. Typically, caregivers are so busy taking care of others, they neglect themselves. Take time to read, write in a journal, talk to a friend, garden, work on a craft or sit quietly in your room. It may seem selfish, but it is the best thing you can do for yourself and your loved one. Also, don't neglect your own health. Get the rest you need, eat balanced meals, exercise and keep appointments with your physician.

A QUICK LOOK ~ FREQUENTLY USED PHONE NUMBERS



GREENE COUNTY COUNCIL ON AGING	937-376-5486 OR 1-888-795-8600 www.gccoa.org
AREA SENIOR CENTERS	
Beavercreek	937-426-6166 www.ci.beavercreek.oh.us/services/parks-rec/SeniorCenter
Bellcreek (Bellbrook/Sugarcreek)	937-848-2539
Cedarville	937-766-5744
Fairborn	937-878-4141 www.fairbornseniors.org
Golden Age (Xenia)	937-376-4353
Spring Valley	937-862-4475 www.springvalleyoh.com
Yellow Springs	937-767-5751
JOB AND FAMILY SERVICES (formerly Dept of Human Services)	937-562-6000 or 937-426-2883
CHILDREN SERVICES BOARD	937-562-6600
BOARD OF MRDD	937-562-6500 or 937-426-7022
GREENE MEMORIAL HOSPITAL	937-372-8011 www.greene-memorial.org
GREENE CATS	937-562-6523
GREENE METROPOLITAN HOUSING	937-376-2908
HEALTH DISTRICT	937-374-5600 or 1-866-858-3588 www.gcchd.org
SCOPE	937-376-7747 or 937-427-3377
SOCIAL SECURITY	937-372-9813 (Xenia Office) 937-225-7900 (Dayton Office) 1-800-772-1213 www.ssa.gov
TODAY CENTER FOR ADULTS	937-562-7590 www.co.greene.oh.us/adultcare.htm
TCN BEHAVIORAL HEALTH SERVICES	937-376-8700 www.tcn-bhs.org

CAREGIVER SUPPORT

Greene County Council on Aging
140-A Rogers Street
Xenia 45385
937-376-5486 or 1-888-795-8600
www.gcco.org

The Greene County Council on Aging is committed to providing resources and support to Greene County caregivers. In most situations, spouses, adult children, grandchildren and other family members and friends are providing some type of care to their older loved ones. While the majority of caregivers are caring for someone in Greene County, some Greene County residents have an older loved one in another Ohio county or state. The Council is a resource for these long-distance caregivers as well. The Council has also begun providing support to grandparents raising grandchildren and other kinship caregivers.

The Council can provide respite care for caregivers, whether through adult day services or having someone come into the home so you can take care of errands or have much deserved time away. The Council also has a Caregiver Resource Center where individuals can review and/or borrow materials such as books, videos, pamphlets and information sheets. Caregivers can also access the Internet to research information on diseases, therapies, treatments and caregiving tips.

The Council also sponsors a variety of caregiver support groups throughout the County. While not for everyone, attending a support group can provide a caregiver with some beneficial information and connection to others in similar situations. Interested caregivers receive a monthly reminder postcard about upcoming support group meetings and mailings for educational and other caregiver-specific programs. Educational programs are offered to caregivers covering issues such as normal aging, disease processes, legal and financial planning, accessing available resources and services, residential care, and Medicare and Medicaid.

Finally, the Council promotes the importance and benefits of caregivers taking care of themselves. In addition to making printed materials available, a *Caregiver Tune-Up* is offered twice a year at no charge to Greene County caregivers. These day-long "retreats" are held in the Spring and Fall and provide an opportunity for caregivers to come together and focus on their own well-being. These themed events are held at Bergamo Center for Lifelong Learning and include massage, reflexology, speakers, stress-relieving activities, lunch and special treats.

The Council also provides support to grandparents raising grandchildren and other "kinship" caregivers. A professional kinship navigator is on staff to assist with "navigating" the various systems such as medical, educational, legal and Job and Family Services. A monthly kinship caregiver support group is held at the Council office and educational programs are offered, as well.

All caregivers, whether caring locally or long-distance for an older loved one or raising grandchildren, are encouraged to call the Greene County Council on Aging for support.

CAREGIVER SUPPORT (cont'd)

Alzheimer's Disease and Related Disorders
Alzheimer's Association, Miami Valley Chapter
3797 Summit Glen Drive, Suite G100
Dayton 45449
937-291-3332 or 1-800-441-3322
www.miamivalleycare.org/alzheimer

The Alzheimer's Association is the local organization providing information and services to Miami Valley individual and families affected by Alzheimer's disease or a related disorder. A toll-free HelpLine is available for individuals to ask questions, to be linked with qualified medical professionals and to benefit from the programs and services of the Chapter. The Miami Valley Chapter sponsors a number of caregiver support groups, presents educational programs, enrolls individuals in the Safe Return Program, makes available licensed social workers to work individually with families, and provides for respite services.

National Resources

Most of the national organizations provide information via their websites or by sending written materials in the mail. Some have newsletters, magazines and products for purchase.

Family Caregiver Alliance
690 Market Street, Suite 600
San Francisco, CA 94104
1-800-445-8106
www.caregiver.org

National Alliance for Caregiving
4720 Montgomery Lane, Suite 642
Bethesda, MD 20814-3425
301-718-8444
www.caregiving.org

National Caregiving Foundation
801 North Pitt Street, #116
Alexandria, VA 22314
1-800-930-1357
www.caregivingfoundation.org

National Family Caregivers Association
10400 Connecticut Avenue, Suite 500
Kensington, MD 20895
1-800-896-3650
www.nfcacares.org

Additional Websites:

www.caregiving.com
www.caregiver.com

Kinship Caregiver Websites:

www.aarp.org/confacts/programs/gic.html
www.ewol.com/brookdale/rapp1.html
www.cwla.org/programs/kinship/default.htm
www.grandparenting.org
www.gu.org/projg&o.htm
www.grandparentagain.com
www.nnfr.org/igen/Grg.htm
www.ag.ohio-state.edu/~seniors/gparent.htm

COMMUNITY-BASED SERVICES

Most all of us, regardless of our age, would prefer to stay in our own home. Whether it be an apartment, mobile home, condominium or house ~ “there’s no place like home!” In many situations and with the right services and support, it may not be necessary to move.

Community-based services afford our parents or ourselves the continuation of the all-important independence we take for granted. The following is a listing of the most common services, a description of each service and the local organizations/agencies providing each service. Additionally, an explanation of how services are “paid for” is included.

ASSESSMENT AND CARE MANAGEMENT

Assessment and care management services are provided by a number of local organizations. The benefits of an assessment include having a professional provide you and your family with an objective evaluation of you or your loved one’s situation, identify needs and discuss available options. Sometimes we are too close to see changes in loved ones or ourselves. In some cases, we actually perceive that the situation is worse than it really is.

Care management, also known as case management, is especially helpful when family members live away from the senior. Care management provides an ongoing linkage between the senior, the family, and the formal and informal services in the home. In the case where a problem arises, the care manager is there to trouble shoot and assist with resolution.

Greene County Council on Aging
140-A Rogers Street

Xenia

45385

937-376-5486 or 1-888-795-8600

www.gcco.org

The Council has care managers available through the *Partners in Care* (PIC) program. A social worker or nurse will meet the senior (60 years of age or older) in his or her home, along with involved family members, to assess the senior’s situation, function and possible need for services. Additionally, the Council employs a Care Coordinator for the Beavercreek and Bellbrook communities. The role of the Care Coordinator is to be a support person, in most cases, in lieu of family. If the senior’s situation warrants in-home care, the Care Coordinator works with a PIC care manager, the senior and family to develop a plan of care.

With funds generated from the senior services levy, appropriate and agreed upon services can be purchased to assist the senior in remaining in their own or family member’s home. Typically, these services supplement what the senior and family can provide. A one-page financial screen disclosing the senior’s (and spouse, if appropriate) income and assets, is completed and a co-pay may be charged for certain services. The care manager monitors the services and maintains contact with the senior.

In many cases, care managers work with a supportive services staff person from the Fairborn Senior Center, Golden Age Senior Center (Xenia) or the Yellow Springs Home Assistance Program, as they identify seniors who are in need of in-home care.

COMMUNITY-BASED SERVICES (cont'd)

Fairborn Senior Center

325 North Third Street

Fairborn, OH 45324

937-878-4141 www.fairbornseniors.org

Care Coordination program for seniors residing in Fairborn and Bath Township. A social worker or other professionals provide assistance to seniors with little or no family support. Assistance includes such things as arranging for transportation to medical and other appointments, applying for benefits, obtaining safe and affordable housing, arranging for services, referral to PIC, and regular contact with senior.

Golden Age Senior Center

130 East Church Street

Xenia, OH 45385

937-376-4353

Supportive Services program for seniors residing in Xenia and Xenia Bath Township. Professionals provide assistance to seniors with little or no family support. Assistance includes such things as arranging for transportation to medical and other appointments, applying for benefits, obtaining safe and affordable housing, arranging for services, referral to PIC, and regular contact with senior.

Yellow Springs Home Assistance Program

227 Xenia Avenue

Yellow Springs, OH 45387

937-767-2751

Supportive Services program for seniors residing in Yellow Springs, Clifton and Miami Township. A social worker provides assistance to seniors with little or no family support. Assistance includes such things as arranging for transportation to medical and other appointments, applying for benefits, obtaining safe and affordable housing, arranging for services, referral to PIC, and regular contact with senior.

ADULT DAY SERVICES

Adult day services continue to be one of the best-kept secrets of the aging network. Adult day services are provided in a safe, comfortable and supervised setting, providing seniors with a place to go and be with others as well as participate in meaningful and somewhat structured activities. Benefits to the senior include reduced isolation and depression, a sense of purpose, mental stimulation and supervision. Benefits to caregivers include providing an opportunity to continue employment, take care of business matters, spend time with friends and family, and step away from the caregiving responsibilities for a short time.

Staff of adult day centers are trained and have understanding of the unique needs of seniors, including those with physical disabilities and dementia. Families are encouraged to utilize adult day services at least two days a week in order to create a routine, promote continuity in care, and provide the caregiver with enough time to get done what he/she needs and wants to do.

COMMUNITY-BASED SERVICES (cont'd)

Area adult day centers are quite different and families should visit them to find the best fit for their loved one and themselves. Also, families should ask enough questions to have a solid understanding of the operation of the center, including hours, transportation, meals, medication distribution, activities, therapies, personal assistance with eating, walking and toileting, quiet or rest time and staffing.

Today Center for Adults

711 Dayton-Xenia Road

Xenia 45385

937-562-7590

www.co.greene.oh.us/adultcare.htm

The Today Center for Adults is the only adult day center located in Greene County. It is adjacent to Greenwood Manor Nursing Home and is operated by the County.

Adult Day Centers in Surrounding Counties:

Senior Resource Connection

5601 Kentshire Drive

Kettering 45440

937-432-1332

www.seniorresourceconnection.com

Dayaway

Franciscan at St. Leonard's

8100 Clyo Road

Centerville 45458

937-436-6315

SeniorCare of Miami Valley Hospital

3797 Summit Glen Drive, Suite G300

Dayton 45449

937-291-2273

Petticrew Center for Adult Services

100 West McCreight Avenue

Springfield 45504

937-399-4750

EMERGENCY RESPONSE SYSTEMS (ERS)

Emergency response systems (ERS) provide a safety net for individuals who live alone and/or are at-risk for falls or having medical emergencies. An ERS is not typically a practical service for individuals with dementia. The ERS, also known as a lifeline system, is installed in an individual's home. The unit includes a base that is attached to the phone and either a necklace or bracelet with a call button. If the button is pushed, the individual will receive a call to make sure everything is fine. The units are set-up where you do not have to pick up the phone, one only needs to call out. If there is no response or if the individual calls out for assistance, contact will be made with emergency personnel and the individual's family or listed "responders."

Greene Memorial Hospital

Volunteer Services

1141 North Monroe Drive

Xenia, OH 45385

937-376-6984

www.greene-memorial.org

Greene Memorial Hospital is the only Greene County-based organization providing ERS units. Other hospital-based programs are available in Greene County, as well as national programs.

COMMUNITY-BASED SERVICES (cont'd)

HOME-DELIVERED MEALS

Home-delivered meals, also known as mobile meals and meals on wheels, provide a nutritious meal to an individual's home during the week. Weekend meals are also available and are typically delivered with the meal on Friday. Home-delivered meals also provide an extra safety measure by having the driver check daily on the individual receiving the meals. If no one answers or if something is out of the ordinary, the driver notifies the meal organization who then makes contact with family members and/or other agencies involved with the individual. Home-delivered meals are not the answer for every situation. If the senior is not eating the meal, it may be an indication of a problem or that they are not willing to eat the meals.

SCOPE – Greene County

275 South Allison Avenue
Xenia, OH 45385
937-376-7747 or 937-427-3377

SCOPE provides home-delivered meals to seniors living in all parts of Greene County. They are able to provide limited special diets. They deliver meals Monday through Friday and can provide up to 2 meals a day per person.

Golden Age Senior Citizens Center

130 East Church Street
Xenia, OH 45385
937-376-4353

Golden Age provides home-delivered meals to seniors living in Xenia and Xenia Township. They are able to provide limited special diets. They deliver meals Monday through Friday and can provide 1 meal per person for each of the five days.

Greene Memorial Hospital

1141 North Monroe Drive
Xenia, OH 45385
937-372-8011, extension 5072
www.greene-memorial.org

Greene Memorial Hospital provides home-delivered meals to seniors living in Xenia. They are able to provide special diets, as prescribed by a physician. They deliver meals Monday through Friday and can provide up to 2 meals a day per person.

Senior Resource Connection

105 South Wilkinson Street
Dayton, OH 45402
937-228-3663 www.seniorresourceconnection.com

Senior Resource Connection provides home-delivered meals to seniors living in Greene County. They are able to provide special diets, as prescribed by a physician. They deliver meals Monday through Friday and can provide up to 2 meals a day per person.

COMMUNITY-BASED SERVICES (cont'd)

HOME CARE/IN-HOME CARE

Home care and in-home care include a variety of specific services, including homemaker, housekeeping, personal care, skilled therapies (e.g. occupational, physical, speech) and respite care. The latter are self-explanatory and, for insurance coverage, must be ordered by a physician for a very specific need.

- ♦Homemaking includes light housekeeping, shopping, meal preparation and laundry.
- ♦Housekeeping is typically provided by house cleaning agencies and is limited to cleaning.
- ♦Personal care includes assistance with dressing, bathing, grooming, toileting and eating. Individuals providing personal care also provide limited homemaking services.
- ♦Respite care can be any of the above services, as well as adult day care and short-term residential care. The purpose of respite is to provide caregivers with relief for such things as vacations, out-of-town commitments, taking care of business and spending time with others or even alone.

Greene Memorial Hospital Home Care

1141 North Monroe Drive/ mailing address

Xenia, OH 45385

937-376-6739 www.greene-memorial.org

GMH Home Care is the only Greene County-based home health agency. It is Medicare certified and provides homemaking, personal care, nursing and therapy services.

There are many home care agencies and organizations providing the various home-care services, listed above, to Greene County residents. Several have been provided. For names and phone numbers, please contact the Council.

Blackstone Healthcare

100 West Main Street, Second Floor

Xenia 45385

937-374-0734

Comfort Keepers

4453 Cross Bow Drive

Beavercreek 45432

937-429-0200

www.comfortkeepers.com

Caring Hands Home Care

765 North Detroit

Xenia 45385

937-372-7511

Fidelity Health Care

3832 Kettering Boulevard

Dayton 45439

937-208-6400

PAYING FOR SERVICES

The two challenging issues with community-based services are finding the service and paying for the service. In regards to paying for services, there are several options available.

- ♦In some cases, Medicare will cover the costs of very limited home care. It does not, however, pay for the other services listed above. Although coverage is limited, always inquire about the possibility of Medicare paying for services, especially after a hospital or nursing home stay.

COMMUNITY-BASED SERVICES (cont'd)

PAYING FOR SERVICES (cont'd)

- ♦ Long term care insurance is also a possible payer. Some policies include home care benefits, including adult day care.
- ♦ Taking out a reverse mortgage is a relatively new and creative way to pay for long-term care. Home owners are able to access the equity in their home to pay for needed services, without worry of having to move from their home. The lender is not paid back until the senior moves out or dies, regardless if they live beyond receipt of their last payment.
- ♦ Individuals and families can always pay privately for services. For some services, including home-delivered meals, emergency response systems and adult daycare, paying privately is within reach for some families. Home care, especially homemaking, housekeeping and personal care, may be a possibility – depending on the amount of service that is needed. These services are billed by the hour and can become very costly. When paying privately, you are responsible for paying the employer portion of Medicare and Social Security taxes.
- ♦ Some of the local organizations providing the above services receive local, state and federal dollars to assist in providing their services. There is a possibility that services can be provided without charge or by making a donation. These funds are very limited and are used quickly and for those determined most in need.
- ♦ The Area Agency on Aging administers several programs, using state and federal funds, that provide services to individuals 60 years of age and older. The ComCare Program and Caregiver Program provides limited services, based on need. The PASSPORT program utilizes Medicaid funds to pay for services to keep seniors in their own homes versus nursing home care. Modified Medicaid eligibility is used to determine if an individual or couple can receive PASSPORT services and a specific “level of care” (LOC) is required. This level of care is the same for those entering a nursing home.
- ♦ The Alzheimer’s Association receives state funds to provide respite services (adult day care, homemaker, personal care) for caregivers of loved ones with Alzheimer’s disease or a related dementia. Typically, caregivers benefit from 4 hours of in-home care each week or one day of adult day care.
- ♦ The Southwest Region of the Ohio Parkinson Foundation has limited funds to assist with providing respite care for individuals dealing with Parkinson’s disease.
- ♦ The Greene County Council on Aging receives property tax revenues to pay for services to assist seniors, 60 years of age and older, with remaining in their own or family member’s home. These funds are used after the payment sources listed above have been pursued. Depending on the senior’s situation, a co-pay for some services may be required.

COMMUNITY-BASED SERVICES (cont'd)

PAYING FOR SERVICES (cont'd)

To pursue any of above resources, contact:

Area Agency on Aging, PSA-2
6 South Patterson Boulevard
Dayton 45402
937-341-3000 or 1-800-258-7277
www.info4seniors.org

Alzheimer's Disease and Related Disorders
Alzheimer's Association, Miami Valley Chapter
3797 Summit Glen Drive, Suite G100
Dayton 45449
937-291-3332 or 1-800-441-3322
www.miamivalleycare.org/alzheimer

The Southwest Region of the Ohio Parkinson Foundation
325 North Street
Fairborn 45324-4959
937-878-8608 or 1-800-877-4577

Greene County Council on Aging
140-A Rogers Street
Xenia 45385
937-376-5486 or 1-888-795-8600
www.gccoa.org

CONSUMER ISSUES

Better Business Bureau
40 West Fourth Street, Suite 1250 Dayton 45402
937-222-5825

Office of the Attorney General
Consumer Protection Section
30 East Broad Street, 25th Floor
Columbus 43215-3428
1-800-282-0515 or 1-888-567-6881 TTY www.ag.state.oh.us

Answers consumer questions and takes complaints regarding consumer purchases and transactions. Provides a wide variety of educational materials and makes speakers available on consumer-related topics.

CONSUMER ISSUES (cont'd)

CHAMBERS OF COMMERCE

Beavercreek Chamber of Commerce

937-426-2202

www.beavercreek.hcst.net

Bellbrook - Sugarcreek Area Chamber of Commerce

937-848-4930

www.bellbrooksugarcreekchamber.com

Fairborn Area Chamber of Commerce

937-878-3191

www.fairborn.com

Xenia Area Chamber of Commerce

937-372-3591

www.xacc.com

Yellow Springs Chamber of Commerce

937-767-2686

CONSUMER COMPLAINTS/MATERIALS

Federal Communications Commission (FCC)

Consumer Information Bureau

1-888-225-5322 or 1-888-835-5322

www.fcc.gov

Inquiries and informal complaints for cable, radio, satellite, telephone, television & wireless.

Federal Consumer Information Center (FCIC)

General Services Administration (GSA)

Pueblo, Colorado

81009

1-888-878-3256

www.pueblo.gsa.gov

Publishes the free Consumer Information Catalog listing free and low-cost federal booklets on a variety of topics. Maintains a consumer information website. Also publishes and makes available *The Consumer Action Handbook*, which includes 1) Before You Buy, 2) After You Buy and 3) Consumer Assistance Directory, related to anything from cars to insurance to travel to utilities. To order a Handbook write to the above address or call the toll-free number.

Direct Marketing Association

Trade association of companies marketing goods and services directly to the public.

♦For problems with a mail order company, write to:

Direct Marketing Association

Mail Order Action Line

1111 19th Street, NW, Suite 1100

Washington, D.C. 20036

♦To remove your name from their direct mail list, write to:

Direct Marketing Association

Mail Preference Service

P.O. Box 9008

Farmingdale, NY

11735-9008

CONSUMER ISSUES (cont'd)

♦To remove your name from their telephone solicitation list, write to:

Direct Marketing Association
Telephone Preference Service
P.O. Box 9014
Farmingdale, NY 11735-9014

♦To have your e-mail removed from their e-mail solicitation list, write to:

Direct Marketing Association
Suppression File
DM Group
P.O. Box 153
Aurora, OH 44202

Or e-mail your request to www.e-mps.org

DISCOUNTS

Golden Buckeye Card - Ohio Department of Aging

50 West Broad Street, 9th Floor
Columbus 43215-3316
1-800-422-1976

Discount for Ohio residents 60 years of age and older or who is certified totally and permanently disabled. Benefits include discounts on various goods and services from participating businesses in Ohio. Application can be made at area senior centers or the Greene County Council on Aging.

Ameritech Universal Service Assistance Program (USA) 1-800-335-8721

Provides qualified residential customers a discount local service, new installation or service transfer. Customers must be requesting the discount for their primary residence and service must be in their own name. Customers receiving benefits, such as Home Energy Assistance Program (HEAP), Emergency HEAP, public housing, Food Stamps, Medicaid or Supplemental Security Income (SSI) are eligible. If approved, the discount is reflected on the monthly phone bill. Free call blocking is available for 900 and 976 numbers. Contact Ameritech or the Greene County Council on Aging for an application.

IDENTITY THEFT (True Name Fraud)

Personal information (e.g. Credit card numbers, bank account numbers, insurance information and Social Security numbers) is used by criminals to purchase goods or services fraudulently. This is illegal based on both Ohio and federal law. In the case of theft of a wallet, financial and personal information, immediately contact the national credit reporting organizations and the Social Security Administration, in addition to your bank and credit card companies.

Equifax:	1-800-525-6285
Experian (formerly TRW):	1-888-397-3742
Credit Data Southwest, Inc.:	1-602-528-7785
Trans Union:	1-800-680-7289
Social Security – Fraud Line:	1-800-269-0271

CONSUMER ISSUES (cont'd)

LONG TERM CARE

Long Term Care Ombudsman Program

15 East 4th Street, Suite 208 Dayton 45402
937-223-4613 or 1-800-395-8267

Provides complaint investigation, placement information and advocacy for consumers of long term care, including nursing home care, assisted living, group homes and home health care. The purpose of the program is to support and protect the rights, needs, and choices of those receiving long term care services.

Long-Term Care Consumer Guide

On-line guide developed and maintained by the Ohio Department on Aging.
www.ltcoho.org

National Association of Insurance Commissioners

120 West 12th Street, Suite 100
Kansas City, Missouri 64105-1925
816-842-3600 www.naic.org

Publishes a *Shopper's Guide to Long Term Care Insurance* defining long term care, outlining options in policies, who needs long term care insurance, how various policies work, and a variety of other pertinent issues.

MEDICARE (see also Insurance)

A federally administered health insurance program for most all individuals 65 years of age and older (more than 39 million beneficiaries). Three parts, including Part A – hospitalization, home health and skilled nursing home benefits, Part B – physician expenses, diagnostic testing, medical equipment, and Part C - Medicare+Choice managed care.

Websites: www.Medicare.gov
 www.State.oh/ins
 www.Medicarerights.org

Qualified Medicare Beneficiary (QMB) – see Financial Assistance

Specified Low Income Medicare Beneficiary (SLMB) – see Financial Assistance

MEDICAID – see Financial Assistance

Centers for Medicare and Medicaid Services (CMS)

Formerly the Health Care and Financing Administration
1-800-MEDICARE or 1-877-486-2648 TDD
www.medicare.gov

Toll-free hotline providing information regarding Medicare (e.g. enrollment, replacement cards, change of address, publications, general questions, areas-specific information).

CONSUMER ISSUES (cont'd)

PREDATORY LENDING

Predatory lending is when unfair credit practices such as excessive fees, high interest rates, high front-end insurance premiums, hidden costs, balloon payments, prepayment penalties and coercive hard-sell, high-pressure sales tactics are forced on individuals attempting to borrow money to buy a home or to acquire an equity home loan. Predatory lending targets are typically lower-income and minority individuals. Before you or your parents sign up to a mortgage or home equity loan, contact the Greene County Council on Aging, your local senior center, the Greene & Clark County Fair Housing office, or the Attorney General's office.

TAXES

Volunteer Income Tax Assistance (VITA)

Volunteers from the American Association of Retired Persons (AARP) assist individuals 60 years of age and older with filing of federal, state, and local income tax forms. The program operates mid-February to tax filing time. VITA sites include the Beavercreek Senior Center, Fairborn Senior Center and Golden Age Senior Citizens Center.

Internal Revenue Service (IRS) – Department of Treasury

1-800-829-1040 for information and problem resolution

1-800-829-4059 TDD www.irs.gov

State of Ohio	1-800-282-1780
Greene County Auditor	937-562-5055 (Estate Tax) 937-562-5074 (Personal Property Tax)
Greene County Treasurer	937-562-5017 (Real Estate Tax)
Fairborn Income Tax	937-754-3006
Xenia Income Tax	937-376-7248

TELEMARKETING FRAUD/SCAMS

The Ohio Attorney General's office has published a number of informational resources related to telemarketing fraud/scams. According to these materials, we should say NO to telemarketers if the caller doesn't share the name and address of the charity for whom they are soliciting, if they are paid callers, how much of the raised money does the charity keep and/or how the charity will spend the money. Also, say NO if they want to come to the home and if they insist that a donation be given immediately. These materials can be obtained by contacting the Ohio Attorney General's Office or the Greene County Council on Aging.

UTILITIES

Greene County Department of Sanitary Engineering

667 Dayton-Xenia Road Xenia 45385
937-562-7420

Bellbrook Water Department 937-848-4638/937-848-8484
Fairborn Water Department 937-754-3097
Dayton Power and Light 937-331-3400 or 3900/937-376-7022

CONSUMER ISSUES (cont'd)

UTILITIES (cont'd)

Ohio Edison	937-327-1211
Vectren	937-440-1910/1-800-909-7668 (Service)
SBC/Ameritech	1-800-660-1000/1-800-303-7260

Ohio Consumers' Counsel - Residential Utility Advocate

10 West Broad Street, Suite 1800
Columbus 43215-3485
614-466-8574 or 1-877-742-5622

www.pickocc.org

Residential utility advocate, serving as a resource for consumers who have questions and concerns or would like more information about the services provided by their electric, natural gas, telephone, and water companies. Publishes a bi-monthly newsletter, Consumers' Corner, distributes free educational fact sheets and makes presentations at senior centers and other community organizations throughout Ohio.

Public Utilities Commission of Ohio (PUCO)

1-800-686-7826

OTHER

Clark Howard

www.clarkhoward.com

Nationally recognized consumer advocate, providing information and guidance on a wide variety of consumer issues including finance, housing, insurance, purchases, etc.

DRIVING

Driving is seen, by most, as the key to independence. It is the means to get to work, to the store, to appointments and to most anywhere we want to go. Driving is also a very difficult issue for many families. There are many individuals who continue to drive when they probably or definitely should not. This has little to do with age and more to do with physical and mental limitations.

While it is true that most of us "know how to drive", we may not be able to handle the act of driving. The mechanics of driving are not much different than when we learned to drive the family tractor or car. What is different is the environment. There are more vehicles, more lights, more lanes, more landmarks and more activity. If there is any question about a person's reaction time and/or judgment, driving may be something it is time to give up. Will you be able to stop in time to miss the little girl who runs out into the street to retrieve her ball? Will your husband or dad with dementia be able to find his way back home from the store?

This is a tough one, but it is one we need to give a great deal of thought!

DRIVING (cont'd)

Bureau of Motor Vehicles

601 Ledbetter Road

Xenia 45385

937-372-4282

Beavercreek Office 937-429-0500

Fairborn Office 937-879-0252

License Examination 937-372-6850

Columbus Bureau of Motor Vehicles

Medical Division

614-752-7600

Provides answers to driving questions for seniors in Ohio. Also the organization to contact to report a medical condition that compromises a person's ability to drive.

Handicapped Placards

Benefits: Pumping of gas by attendants at self-serve stations. Self-service price must be honored and no surcharges can be charged. Some conditions apply: service stations with only one person on duty or with security issues are not required to provide the service; attendants are not required to provide "full service" such as checking oil, tires or washing windshields; additionally, if a passenger in the car is capable of operating the pump, the pumping service does not have to be provided.

Applications are available at the Bureau of Motor Vehicles offices listed above. Additionally, the Greene County Council on Aging (937-376-5486 or 1-888-795-8600) can mail an application or they can be picked up at the Council's office.

AARP 55 ALIVE

Driver Safety Program

For Local Courses, contact your area senior center or AARP at 1-800-227-7669.

Miami Valley Hospital
Comprehensive Driving Program
Rehabilitation Institute of Ohio
1 Wyoming Street
Dayton 45409
937-208-4181

Kettering Medical Center
Rehab Services Driving School
3490 Far Hills Avenue
Kettering 45429
937-395-3910

Licensed driving schools with handicapped endorsement from the Ohio Department of Highway Safety. The pre-driving evaluation includes a review of the individual's medical history, medications and driving history. Visual, perceptual and cognitive skills, safety judgement, sign recognition and reaction time will be evaluated as well. Strength, range of motion, sensation, coordination, and endurance are also assessed. There is also an on-the-road evaluation. Both programs require a physician's prescription for in-car driving evaluation and/or training.

EDUCATION

Educational programs are available from area universities, colleges and local school districts. Many opportunities are available at no charge. For more information, contact the institution you are interested in.

Greene County Council on Aging
140-A Rogers Street
Xenia 45385
937-376-5486 or 1-888-795-8600
www.gccoa.org

The Greene County Council on Aging provides a variety of educational programs on aging and caregiving topics. Contact the Council to receive flyers or brochures on upcoming programs or to request an educational program.

Greene County Career Center
2960 West Enon Road
Xenia 45385
937-372-6941 or 937-426-6636 www.greeneccc.com

Greene County Public Library

•Xenia Community Library	76 East Market Street	Xenia	45385
937-376-2995 or 937-429-7839	www.gcpl.lib.oh.us		
•Beavercreek Community Library	3618 Dayton-Xenia Road	Beavercreek	45432
937-426-4442			
•Cedarville Community Library	74 East Main Street	Cedarville	45314
937-766-4511			
•Fairborn Community Library	1 East Main Street	Fairborn	45324
937-878-9383			
•Jamestown Community Library	86 Seaman Drive	Jamestown	45335
937-675-4411			
•Winters-Bellbrook Library	57 Franklin Street	Bellbrook	45305
937-848-2751			
•Yellow Springs Library	415 Xenia Avenue	Yellow Springs	45387
937-767-7661			

♦**Library Delivery for the Homebound ~ Outreach Services**
P.O. Box 520 Xenia 45385
937-376-2996, ext. 241

Ohio State University Extension - Greene County Office
100 Fairground Road
Xenia 45385
937-376-9971 www.ag.ohio-state.edu

Online information, news and education on a wide variety of topics, such as yard & garden, food, community, home, and family.
<http://ohioline.ag.ohio-state.edu>

EDUCATION (cont'd)

Ohio High School General Equivalency Diploma (GED)

Programs are open to persons over 18 who have not completed high school or who have not achieved an equivalent level of education.

Greene County Career Center – Adult Education

2960 West Enon Road

Xenia 45385

937-372-6941 or 937-426-6636 www.greeneccc.com

Antioch College

795 Livermore Street

Yellow Springs 45387

937-754-5000 www.antioch-college.edu

Cedarville University

251 North Main Street

Cedarville 45314

937-766-2211 www.cedarville.edu

Central State University

1400 Brush Row

Wilberforce 45384

937-376-6011 www.centralstate.edu

Clark State Community College

Institute for Learning in Retirement

570 East Leffel Lane

Springfield 45501-0570

937-328-6047 www.clarkstate.edu

Sinclair Community College

444 West Third Street

Dayton 45402

937-512-2500 or 1-800-315-5000

www.sinclair.edu

The University of Dayton

Special Programs and Continuing Education

937-229-2347

Wilberforce University

1055 North Bickett Road

Wilberforce 45384

937-376-2911 www.wilberforce.edu

EDUCATION (cont'd)

Wright State University - Institute for Learning in Retirement

Kettering Center for Continuing Education

140 East Monument Avenue

Dayton 45402-1267

937-775-1100

Affordable, noncredit courses provide members (50 years of age and older, retirees of any age or spouses of members) an opportunity to explore ideas in an open, informal setting. Affiliate of the national Elderhostel Network.

Wright State University Senior Citizens' Program

Admissions Office

937-775-5700

Credit and noncredit courses for individuals 60 years of age and older. No tuition, however seniors must pay for books, parking, supplies, and any lab fees.

EMERGENCY ASSISTANCE

For Medical, Fire and Other Emergencies, Call 9-1-1

Poison Control Center 9-1-1 or 937-222-2227

Suicide Prevention Center 937-297-4717

Greene County Sheriff 937-562-5011

Ohio State Highway Patrol 937-372-7671

Greene Memorial Hospital Urgent Care

Beavercreek HealthPark

3371 Kemp Road

Beavercreek 45431

937-320-3500 Open 7 days a week, 12:00noon to 11:00pm

SCOPE – Greene County

275 South Allison

Xenia 45385

937-376-7747 or 937-427-3377

Emergency Home Energy Assistance Program (E-HEAP) – utility assistance program sponsored by the Ohio Department of Development. Individuals being threatened with disconnection or limited supply of bulk fuel and meeting income and program guidelines may be eligible for one-time assistance.

EMPLOYMENT

Greene Works

581 Ledbetter Road
Xenia 45385
937-562-6565 or 937-426-8334

Senior Resource Connection

Senior Aide/Senior Employment Program
581 Ledbetter Road
Xenia 45385
937-376-4301, ext. 338

The Ohio Rehabilitation Services Commission (RSC)

Bureau of Vocational Rehabilitation (BVR)

Bureau of Services for the Visually Impaired (BSVI)

1147 Bellbrook Avenue
Xenia 45385
937-372-4416 or 1-800-589-4416

www.state.oh.us/rsc

The mission of the RSC is to work in partnership with people with disabilities to assist them in achieving greater community participation through opportunities for employment and independence.

Veteran Employment Services – Ohio Department of Job and Family Services

581 Ledbetter Road
Xenia 45385
937-376-4301

www.state.oh.us/odjfs/veterans

Addresses the employment and training needs of all veterans, with special programs for disabled veterans, Vietnam-era veterans, female veterans and other eligible persons

Goodwill Industries of the Miami Valley

1511 Kuntz Road
Dayton 45404
111 West First Street, Suite 200
Dayton 45402
937-461-4800

www.dayton.net/goodwill

Provides specialized services for people with disabilities and other special needs. Goodwill provides vocational evaluation, job coaching, occupational skill training, job placement, and other services to help individuals become vocationally and academically competitive and marketable.

FINANCIAL ASSISTANCE

BENEFITS ELIGIBILITY SCREENING SERVICE (BESS)

Free screening offered by the Ohio Department of Aging to provide individuals with information on eligibility for public programs such as Medicare and Medicaid.

Ohio Department of Aging

50 West Broad Street, 9th Floor

Columbus

43215-3363

1-800-282-1206

www.ohio.gov/age/

National Council on Aging – Benefits Check Up

Helps thousands of people every day to find programs for seniors that may pay for some of their costs of prescription drugs, health care, utility, and other essential items or services. Please fill out our simple questionnaire to find programs that can assist you or your loved ones.

www.benefitscheckup.org

FOOD STAMPS

Assistance with grocery expenses for individuals and families with specific asset and income levels as set by the federal government. Eligibility is based on income and asset levels. Application to be made with the Department of Job and Family Services.

MEDICAID

Medicaid is an assistance program offered through the Department of Job and Family Services, in conjunction with the Center for Medicare and Medicaid in Washington, D.C. For eligible individuals, it pays for medical expenses such as dental care, physician, hospital expenses, and eyeglasses.

Eligibility for Medicaid is based on income and asset levels. For individuals over the income levels, a spend-down may be possible. Each month the individual would pay for medical expenses out of his/her pocket and then once the spend-down is reached, Medicaid will cover the medical expenses for the remainder of the month. Medicaid is also used to pay for nursing home care. Typically, families begin paying privately for nursing home care and, after resources are exhausted, apply for Medicaid. When there is a spouse living in the community, traditional income and asset guidelines are not used, in order to provide “adequate” resources for the spouse to remain in the community.

QUALIFIED MEDICARE BENEFICIARY (QMB)

The QMB program pays the Medicare Part B monthly premium and deductibles for eligible Medicare beneficiaries. Eligibility is based on income and asset levels and is higher than the levels for Medicaid.

FINANCIAL ASSISTANCE (cont'd)

SPECIFIED LOW INCOME MEDICARE BENEFICIARY (SLMB)

The SLMB program pays the Medicare Part B monthly premium for eligible Medicare beneficiaries. Eligibility is based on income and asset levels and is higher than the levels for both Medicaid and QMB.

To request an application for Medicaid, QMB and SLMB, contact the Greene County Department of Job and Family Services. Completed applications must be returned by mail or in person. You will be contacted with a date and time of your interview. You may choose to have a family member or support person accompany you to the interview and you cannot be denied benefits because you are unable to go to the interview. In fact, those applying for QMB and SLMB should be completing a shorter application and not have an interview.

Greene County Department of Job and Family Services

541 Ledbetter Road

Xenia

45385

937-562-6000

www.ohio.gov/odjfs/

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The Ohio Department of Development offers several programs to help low-income residents pay their utility bills. The HEAP Program provides a one time credit or voucher for heat, including gas, electric, and fuel/oil. The HEAP Summer Cooling Program provides electric assistance as well as fans to low-income households.

SCOPE – Greene County

275 South Allison Avenue

Xenia, OH

45385

937-376-7747 or 937-427-3377

HOMESTEAD EXEMPTION

Reduces property tax liabilities (must be the senior's principal place of residence) for individuals 65 and older or those who are permanently and totally disabled. Income limits apply, changing annually (includes adjusted gross income plus Social Security for both applicant and spouse). The applications are filed with the Greene County Auditor and must be filed between the first Monday in January and the first Monday in June.

Ohio Energy Credit Program (OEC)

The Ohio Department of Taxation

1-800-282-0880 or 1-800-686-1557 (TDD)

GOVERNMENTAL OFFICES

COMMUNITIES:

▪Bath Township 937-878-0611	1006 Yellow Springs-Fairfield Road	Fairborn	45324
▪Beavercreek 937-426-5100	1368 Research Park Drive www.ci.beavercreek.oh.us	Beavercreek	45432
▪Beavercreek Township 937-429-4472	1981 Dayton-Xenia Road	Beavercreek	45434
▪Bellbrook 937-848-4666	15 East Franklin Street www.bellbrook.com	Bellbrook	45305
▪Bowersville 937-453-2266	3192 Maysville Street, P.O. Box 306	Bowersville	45307
▪Caesarscreek Township 937-372-8711	2034 E. Spring Valley-Paintersville Rd	Xenia	45385
▪Cedarville 937-766-2061	11 East Xenia Avenue, P.O. Box 51	Cedarville	45314
▪Cedarville Township 937-766-1851	78 North Main Street	Cedarville	45314
▪Clifton 937-767-7400	P.O.Box 27	Clifton	45316
▪Fairborn 937-754-3016	44 West Hebble Avenue	Fairborn	45324
▪Jamestown 937-675-5311	84 Seaman Drive	Jamestown	45335
▪Jefferson Township 937-453-2441	3188 Maysville Street, P.O. Box 116	Bowersville	45307
▪Miami Township 937-767-2460	225 Corry Street	Yellow Springs	45387
▪New Jasper Township 937-675-6131	c/o Clerk, 2300 Hoop Road	Xenia	45385
▪Ross Township 937-675-5231	c/o Clerk, 6272 Grape Grove Road	Jamestown	45335

GOVERNMENTAL OFFICES (cont'd)

•Silvercreek Township 937-675-2877	3 North Sycamore Street	Jamestown	45335
•Spring Valley 937-862-4317	7 West Main Street, P.O. Box 153 www.springvalleyoh.com	Spring Valley	45370
•Spring Valley Township 937-862-4532	2547 US Rte 42 South, P.O. Box 147	Spring Valley	45370
•Sugarcreek Township 937-848-8426	26 East Franklin Street www.sugarcreektownship.com	Bellbrook	45305
•Xenia 937-376-7231	101 North Detroit Street www.ci.xenia.oh.us	Xenia	45385
•Xenia Township 937-372-0859	8 Brush Row Road	Xenia	45385
•Yellow Springs 937-767-7202	100 Dayton Street www.yellowsprings.com	Yellow Springs	45387
•City of Kettering 937-296-3356	3600 Shroyer Road www.ketteringoh.org	Kettering	45429

GREENE COUNTY:

Switchboard: 937-427-2883

Administration
35 Greene Street
Xenia 45385
937-562-5002
www.co.greene.oh.us

Commissioners
35 Greene Street
Xenia 45385
937-562-5006

Greene County Auditor
69 Greene Street
Xenia 45385
937-562-5065 www.co.greene.oh.us/auditor

Greene County Treasurer
15 Greene Street
Xenia 45385
937-562-5017
www.co.greene.oh.us/treasurer.htm

Greene County Board of Elections
651 Dayton-Xenia Road
937-562-7470

Xenia 45385
www.co.greene.oh.us/elections.htm

Any registered voter 62 years of age or over is eligible to vote by absentee ballot. Absentee ballots must be requested at least 30 days prior to an election. Call the Board of Elections to request a Voter Registration Application or an Absentee Ballot Application.

GOVERNMENTAL OFFICES (cont'd)

STATE AND FEDERAL ELECTED OFFICIALS:

State of Ohio

Governor Bob Taft
30th Floor
77 South High Street
Columbus, OH 43215-6117
614-466-3555
Governor.Taft@das.state.oh.us

Senator – The Honorable Steve Austria
2537 Obetz Drive
Beavercreek 45434
937-429-5230
Ohio Senate, Statehouse
Columbus, OH 43215
614-466-3780
Email: sd10@mailr.sen.state.oh.us

Ohio House of Representatives

The Honorable Kevin DeWine
506 Crisp Wind Court
Fairborn 45324
937-873-9113
Riffe Center
77 South High Street
Columbus 43215-6111
1-800-282-0253
Email: rep76@ohr.state.oh.us

The Honorable Merle Kearns
2664 Brookdale Drive
Springfield 45502
937-323-1581
77 South High Street
Columbus 43266
614-466-2038

United States Senate

The Honorable Mike DeWine
265 South Allison Avenue
Xenia 45385
937-376-3080

The Honorable George Voinovich
200 North High Street, Room 600
Columbus 43215
614-469-6697

United States House of Representatives

The Honorable David Hobson
150 North Limestone Street, Room 220
P.O. Box 2691
Springfield 45501
937-325-0474

HEALTH-RELATED ISSUES/ORGANIZATIONS

ALZHEIMER'S DISEASE (see Dementia)

AMYOTROPHIC LATERAL SCLEROSIS ~ ALS

The ALS Association

1-800-782-4747

www.alsa.org

ARTHRITIS/OSTEOARTHRITIS

Arthritis, also known as rheumatic diseases, is an umbrella term referring to over 100 different diseases (e.g. Fibromyalgia, Lupus, Osteoporosis). It can cause pain and loss of function, affecting movements one depends upon for everyday activities. Arthritis means joint inflammation and impacts areas around joints and other parts of the body. Most types of arthritis are "chronic", meaning they can last for a lifetime. Osteoarthritis, common in older adults, occurs when cartilage covering the ends of bones in the joint is damaged and eventually wears away. Osteoarthritis is most often found in stressed joints, such as hips.

Arthritis Foundation

Ohio River Valley Chapter - Dayton Office

Kettering Sports Medicine

3490 Far Hills Avenue

Kettering

45429

937-293-5211

National Office

1650 Bluegrass Lakes Parkway

Alpharetta, GA 30004

1-800-283-7800

www.arthritis.org

Promotes and shares information on research. Coordinates programs and services, including aquatic programs, support groups, self-help courses, telephone support, advocacy, and special programming for children.

Aquatic Programs:

(warm water exercise classes taught by Arthritis Foundation-trained instructors)

Beavercreek YMCA

560 Grange Hall Road

Beavercreek

45430

937-426-9622

Xenia YMCA

135 East Church Street

Xenia

45385

937-376-9622

Fairborn YMCA

300 South Central

Fairborn

45324

937-754-9622

South Community Family YMCA

4545 Marshall Road

Kettering

45429

937-434-1964

BLOOD PRESSURE ~ HYPERTENSION

Those with hypertension most likely have blood pressure at 140/90 or higher. The average blood pressure of a healthy adult is 120/80. The first number is the systolic pressure and represents the pressure in the arteries when blood is pumped into the arteries with each heartbeat. The second number is the diastolic pressure, the amount of pressure in the arteries when the heart rests between beats. Uncontrolled hypertension can lead to heart disease. It can also lead to a stroke or kidney failure.

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

Although blood pressure concerns should be addressed by you or your loved one's physician, blood pressure can be checked at local grocery stores with self-serve machines, some pharmacies, and area senior centers. For the latter, nurses from the Greene County Combined Health District hold monthly blood pressure screenings at area senior centers. For specific days and times, contact the Health District at 937-374-5600/937-426-6351, the Greene County Council on Aging at 937-376-5486/1-888-795-8600, or your local senior center:

Beavercreek Senior Adult Center	937-426-6166
Bellcreek Seniors	937-848-2539
Fairborn Senior Center	937-878-4141
Golden Age Senior Citizens Center	937-376-4353
Yellow Springs Senior Citizens Center	937-767-5751

(See Heart Disease for health organizations)

CANCER

American Cancer Society

40 South Perry Street, Suite 120
Dayton 45402
937-223-8521
1-800-ACS-2345/1-800-227-2345

www.cancer.org

The local office provides special services for cancer patients and their families, including information, resources and support groups. Additionally, information is available on prevention and early detection. By calling the 800 number or logging on to the website, individuals can have their cancer questions answered 24 hours a day, 7 days a week

American Institute for Cancer Research

1759 R Street, NW
P.O. Box 97167
Washington, D.C. 20090-7167
202-797-2444

Non-profit organization providing funding support for research into the relationship between diet, nutrition, and cancer, and to expand consumer knowledge about results of such research as it relates to cancer prevention and treatment.

National Cancer Institute (NCI)

Department of Health and Human Services
1-800-422-6237 www.cancer.gov

The Samaritan Cancer Care Center

9000 North Main Street
Dayton 45415-1180
937-279-5800 or 1-800-616-6784

DEMENTIA

Dementia is a broad category that includes over 100 different diseases. Dementia is actually a collection of symptoms associated with the loss of intellectual capacity and interfering with an individual's daily functioning. Areas that are impaired include memory, abstract thinking, and judgement. Of the many types, Alzheimer's disease is the most prevalent. Other types of dementia include Lewy Body disease, vascular or multi-infarct dementia (stroke), Pick's disease, Huntington's disease, alcohol-related dementia, and depression.

The various types of dementia, including Alzheimer's disease, are not a normal part of aging and a medical assessment should be pursued. An assessment to determine the type of dementia and subsequent treatments and care should include an overall medical examination, blood work, a thorough recording of medical, social, and psychological history and a neurological examination. Once the type of dementia is determined, a plan of care can then be developed.

Alzheimer's Disease and Related Disorders Alzheimer's Association, Miami Valley Chapter

3797 Summit Glen Drive, Suite G100

Dayton 45449

937-291-3332 or 1-800-441-3322

www.miamivalleycare.org/alzheimer

See chapter information listed under Caregiver Support

National Alzheimer's Association

919 North Michigan Avenue, Suite 1000

Chicago, Illinois 60611

1-800-272-3900 www.alz.org

Alzheimer's Disease Education & Referral Center

P.O. Box 8250

Silver Spring, Maryland 20907-8250

1-800-438-4380 www.adear@alzheimers.org

DENTAL CARE

Greene County Health District

360 Wilson Drive

Xenia 45385

937-374-5600 or 1-866-858-3588

www.gcchd.org

Appointments: 8am-4pm

Provides comprehensive dental services, including exams, x-rays, cleanings, fluoride treatments, fillings, extractions, and root canals.

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

DEPRESSION

A commonly misdiagnosed condition in the older population. Depression is frequently seen in the older adult after multiple losses (retirement, death of spouse/child/friend, physical changes due to illness), and in many cases is treatable. If undetected, the depressed person may exhibit symptoms of dementia.

National Depression and Manic Depressive Association www.ndmda.org
Depression Screenings www.depression-screening.org

DIABETES

Diabetes occurs when insulin is not produced or not produced properly. Type 1 Diabetes is relatively rare, affecting 5%-10% of those with diabetes. It appears suddenly in children and young adults, progressing rapidly. Type 2 Diabetes is the more common diabetes, occurring most often in overweight and inactive adults. It develops over several years and is frequently not detected for quite some time.

The American Diabetes Association

1701 N. Beauregard Street
Alexandria, Virginia 22311
1-800-DIABETES/1-800-342-2383
www.diabetes.org

Non-profit organization working to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Nearby Diabetes Education Programs:

Associated Specialists of Internal Medicine
7707 Paragon Road, Suite 101
Centerville 45459
937-208-6920

Good Samaritan Hospital
Samaritan Health Center
9000 North Main Street, Suite 221
Dayton 45415
937-567-6180

Kettering Hospital
3535 Southern Boulevard
Kettering 45429
937-298-3399, ext. 46565

Miami Valley Hospital
One Wyoming Street
Dayton 45409-2793
937-208-6265

John Goodwin & Associates, Inc
5335 Far Hills Avenue, Suite 110
Dayton 45429
937-291-5646

Sycamore Hospital
2150 Leiter Road
Miamisburg 45342
937-866-0551

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

HEARING LOSS

Hearing loss is one of the most common medical conditions in the older adult. In many situations, hearing losses are such that it impacts an individual's ability to communicate and function at the level they were used to. According to the National Institute on Deafness and Other Communication Disorders, one in three people older than 60 and half of those older than 85 have hearing loss. Hearing loss can be linked to heredity, disease, trauma, long-term exposure to damaging noise, or medications. For some, hearing aids can be used to improve hearing.

Family Service Association
Community Services for the Deaf
211 South Main Street, Suite 500
Dayton 45402
937-640-8032 or 937-222-7921 TTY

Provides general information about deafness and hearing loss, locating community resources, and Americans with Disabilities Act compliance information related to the deaf and hard-of-hearing community. Also provides interpreting services.

National Health Information Center
Department of Health and Human Services

1-800-336-4797 www.health.gov/nhic or www.healthfinder.gov

Health information and referral service which links consumers and health professionals who have health-related questions with organizations best able to provide needed answers. Also provides a variety of materials and resources related to hearing loss.

HEART DISEASE

American Heart Association
24 North Jefferson Street
Dayton 45402
937-224-3571

National Center 1-800-242-8721 www.americanheart.org

Dayton Area Heart and Cancer Association

120 Ziegler Street
Dayton 45402
937-223-4117 or 1-888-221-4004
www.makingdifferences.org

KIDNEY DISEASE/DIALYSIS

According to the National Kidney Foundation, more than 20 million Americans suffer from kidney and urinary tract diseases, with 200,000 suffering from chronic kidney failure and needing an artificial kidney machine to stay alive. Diabetes is the leading cause of chronic kidney failure and uncontrolled or poorly controlled high blood pressure being the second leading cause. Urinary incontinence is said to affect 10 million Americans.

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

National Kidney Foundation

30 East 33rd Street

New York, New York 10016

1-800-622-9010 www.kidney.org

DIALYSIS CENTERS:

Southwest Ohio Renal Care, Inc.

215 South Allison Avenue

Xenia 45385

937-376-1453

Community/Physicians Dialysis Center

1266 North Broad Street

Fairborn 45324

937-879-0433 www.cpdialysis.com

Community/Physicians Dialysis Center

Affiliated Facilities:

2200 North Limestone Street, Suite 104

Springfield 45503

937-390-3125

247 South Burnett Road, Suite 110

Springfield 45405

937-328-8921

Dayton Regional Dialysis Center

South Facility

1989 Miamisburg-Centerville Road, Suite 101

Centerville 45459

937-438-9595

North Facility

8701 Old Troy Pike, Suite 10

Huber Heights 45424

937-237-2000

MENTAL RETARDATION AND DEVELOPMENTAL DISABILITIES

Mental retardation is a disorder affecting a person's intellect. These individuals have an intelligence quotient (IQ) of 70 or less. The impact to an individual's function includes the inability to cope with the life situations most of us take for granted. Areas of function commonly impaired include learning, self-care, communication, independent living, and social interactions.

Greene County Board of Mental Retardation & Developmental Disabilities (MRDD)

245 Valley Road

Beavercreek, OH 45385

937-562-6500 or 937-426-7022

Provides services to individuals of all ages and diagnosed as being mentally retarded or developmentally disabled. Services include behavior early intervention programs, behavior support services, employment training, transportation, family support services, supportive living, recreation, and Special Olympics.

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

OSTEOPOROSIS

Osteoporosis is a rheumatological disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, & wrist.

Center for Osteoporosis and Research Education

9 Geisen Avenue

Lakeside Park, KY

859-341-1953

41017

www.osteoporosis.org

PARKINSON'S DISEASE

Parkinson's disease is a slow and progressive disease, generally associated with tremors or trembling of the hands, arms or legs, as well as stiffness and rigidity of the muscles and slowness of movement.

The Southwest Region of the Ohio Parkinson Foundation

325 North Street

Fairborn

45324-4959

937-878-8608 or 1-800-877-4577

Provides information, publishes a newsletter, offers support groups, and has respite funds.

The American Parkinson's Disease Association

1250 Hylan Boulevard Suite 4B

Staten Island, New York 10305-1946

1-800-223-2732

www.apdaparkinson.org

STROKE

A stroke occurs when a blood vessel in or around the brain is plugged or ruptures. When this happens, the area of the brain supplied by the plugged/ruptured blood vessel does not work as it should. When this happens, stroke symptoms (e.g. weakness, numbness, sudden confusion, or difficulties in speaking and walking) are produced.

Greene Memorial Hospital

1141 North Monroe Drive

Xenia

45385

937-372-8011, ext.5250 www.greene-memorial.org

Stroke Club meets every third Saturday of the month. It is open to stroke survivors, families, friends, caregivers, or anyone touched by the effects of a stroke. Meetings are held from 10:30 a.m. to noon, in the Herman N. Menapace Center for Health Education on the GMH campus in Xenia.

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

National Stroke Association

9707 E. Easter Lane

Englewood, Co. 80112

303-649-9299 or 1-800-STROKES (787-6537) www.stroke.org

National Institute of Neurological Disorders and Stroke

National Institute of Health Neurological Institute

P.O. Box 5801

Bethesda, Maryland 20824

1-800-352-9424 www.ninds.nih.gov/health_and_medical/disorders/stroke.htm

(See Heart Disease for health organizations)

VISION

Seniors have special eye care needs which increase past 65 and multiply every decade of life through age 100. Since aging is not a disease, seniors must receive special and continual care to meet their visual needs. It is recommended that individuals receive a complete eye health and vision examination every year or more often if at risk for specific eye disorders.

Committee To Aid The Blind

C/o Technology Resource Center

1133 Edwin C. Moses Blvd., 370

Dayton 45408-2094

937-461-3305 www.trcd.org

Provides assistance to individuals residing in Greene, Montgomery, Miami, Darke or Preble Counties, who have been diagnosed as legally blind (correctable vision of 20/200 or less). As funds are available, small grants are made to applicants to assist in paying for items to assist with the visual impairment. A completed application, an order form and Verification of Blindness form must be submitted for consideration. Individuals can contact the Committee to Aid the Blind or the Greene County Council on Aging for an application packet.

WORDS Radio Reading Service

Talbott Tower

131 North Ludlow Street, Suite 340

Dayton 45402

937-341-5210

Non-profit organization providing radio-reading services to individuals who are visually impaired, physically limited, or otherwise unable to read a newspaper, magazine or book. Volunteers broadcast the reading of the Dayton Daily News and other publications over special radio receivers tuned into WORDS frequency.

HEALTH-RELATED ISSUES/ORGANIZATIONS (cont'd)

Talking Book Program - The State Library of Ohio

274 East First Avenue

Columbus 43201-3673

Talking Book Machines are provided for eligible individuals (e.g. legally blind, visually handicapped, physically handicapped, reading disability, deaf/blindness) who have made application to the State Library of Ohio. Fiction and non-fiction materials are available for loan from the regional library service. For an application, contact the Greene County Council on Aging at 937-376-5486 or 1-888-795-8600.

Prevent Blindness Ohio

1500 West Third Avenue

Columbus 43212

614-464-2020/614-481-9670 (fax)

Provides comprehensive vision screening for businesses and community organizations statewide. Provides public and professional education on eye disease and eye safety through speakers, films, literature, forums, seminars, and workshops.

Ohio Optometric Association

www.ooa.org

Glaucoma Research Foundation

1-800-826-6693 www.glaucoma.org

National Eye Care Project

P.O. Box 429098

San Francisco, California 94142-9098

1-800-222-3937/415-561-8567 (fax)

Provides assistance with referral to volunteer ophthalmologists. Physicians agree to provide services at no out-of-pocket cost to patients, including eye exam and care for any conditions diagnosed at the initial visit. Other professional fees and eyeglasses are not covered. To be eligible, individuals must be 65 years of age or older, in financial need, U.S. citizen or legal resident, and not currently under the care of an ophthalmologist. Although Medicare will be billed if appropriate, the co-pay and deductible are waived if the individual confirms that these expenses would be difficult to manage on their income.

The National Eye Institute

www.nei.nih.gov

Prevent Blindness America

1-800-221-3004 www.preventblindness.org

HOME REPAIR/MODIFICATION

Home repair is one of the greatest needs of the older homeowner. In many situations, home owners have not kept up with general and needed maintenance and costly repairs are then needed when a senior may not have resources to pay for the repair. Unfortunately, there are few programs and resources to assist with home repairs. There are several options where the older home owner can obtain a no-interest loan to pay for the repairs. The loan does not have to be paid back, typically, until after the home is sold.

Home Weatherization Assistance Program

SCOPE – Greene County

275 South Allison Avenue

Xenia 45385

937-376-7747 or 937-427-3377

Weatherization services such as furnace and water heater safety inspections, attic and sidewall insulation, reduction of air leaks, and energy conservation, for income eligible applicants.

Greene County Department of Development

937-427-2883, ext. 5007

www.co.greene.oh.us/dod

Home buyer and rehabilitation assistance and education. Loan programs are based on income and availability of funds.

City of Beavercreek Seniors “Plus” Home Rehabilitation Program

1368 Research Drive

Beavercreek 45432

937-426-5100

No-interest loans for needed repairs to owner-occupied property within the city limits of Beavercreek. Applicants must be 65 years of age and older or disabled.

Fairborn Housing Rehabilitation Program

44 West Hebble Avenue

Fairborn 45324

937-754-3060

Greene County Council on Aging

140-A Rogers Street

Xenia 45385

937-376-5486 or 1-888-795-8600

www.gcco.org

HOUSING OPTIONS

Greene/Clark County Fair Housing Office

61 Greene Street

Xenia 45385

937-562-5350 or 937-427-2883, ext. 5350

www.co.greene.oh.us/dod/ddfairhous.htm

Provides information on fair housing rights, landlord-tenant rights and responsibilities, and predatory lending. Investigates complaints of fair housing abuses.

The Housing Options listed below are apartments and other congregate housing complexes that are strictly or primarily rented by senior citizens. Each is different and seniors and their families are encouraged to contact as many as possible and find the best option for your own or loved one's situation. In addition to the expense (rent, utilities), consideration should be given to medical and social service needs, grocery and other consumer-related needs, and access to social, recreational and cultural activities of interest. Although rental costs vary depending on location and owner, monthly rent for subsidized housing typically equates to 30% of an individual or couple's income. It is important to make sure what the rent includes and if there are additional one-time or monthly charges.

Independent Senior Housing ~ Subsidized:

AHEPA 113 Apartments

2300 County Line Road

Beavercreek 45430

937-431-0808

Bayberry Cove

4363 Bayberry Cove Drive

Bellbrook 45305

937-848-7283

Independent Senior Housing ~ Subsidized (cont'd):

Fairborn Central

221 North Central Avenue

Fairborn 45324

937-873-9980 or 1-888-738-4776

Jamestown Common Apartments

78 West Washington Street

Jamestown 45335

937-675-3861

John Sale Manor

119 West Second Street

Xenia 45385

937-372-4143

Lyndon Court Apartments

Lyndon Court

Cedarville 45314

937-426-6804

Stone Manor

30 Woodcroft Trail

Beavercreek 45430

937-429-2313

Walter G. Sellars, Sr. Apts

270 Mt. Vernon Drive

Xenia 45385

937-376-7888

Washington South Apartments

4 Clemens Avenue

Jamestown 45335

937-675-2934

Xenia Towers

282 Xenia Towne Square

Xenia 45385

937-376-2709

HOUSING OPTIONS (cont'd)

Greene Metropolitan Housing Authority (GMHA) ~ Four (4) Properties
538 North Detroit Street Xenia 45385
937-376-2908 or 937-429-7737

Provides affordable housing and resident support services for low and moderate-income families, seniors, and disabled persons in Greene County. Housing includes congregate housing complexes owned and managed by GMHA and the provision of Section 8 vouchers for use with conventional landlords.

Hawthorne Apartments	Lawson Place
201 Dayton-Yellow Springs Road	1 Lawson Place
Fairborn 45324	Yellow Springs 45387

Maggie McKnight	Maple Terrace
147 North Detroit Street	1832 South Maple Avenue
Xenia 45385	Fairborn 45324

Independent Senior Housing ~ Non-Subsidized:

Fairwood Village	Hillside Retirement Home
1956 North Fairfield Road	130 Rogers Street
Beavercreek 45432	Xenia 45385
937-426-7333	937-376-2691 www.hillsideretirementhome.com

EMERGENCY HOUSING

American Red Cross
130 West Second Street
Xenia 45385
937-372-9983, ext. 11

Single Room Occupancy Transitional Housing Program - Harding Place

SCOPE – Greene County
275 South Allison Avenue
Xenia 45385
937-376-7747 or 937-427-3377

Housing program for single homeless adults. Provides single rooms with shared kitchens and baths, development of self-sufficiency service plans, support services, information and referral, and peer group sessions.

Interfaith Hospitality Network of Greene County

137 North Detroit Street
Xenia 45385
937-372-0705

In collaboration with area churches, overnight housing, nutritious meals, and linkage to case management services are provided for homeless families.

ASSISTED LIVING and NURSING FACILITIES (see Residential Care)

INFORMATION

Greene County Council on Aging

140-A Rogers Street

Xenia 45385

937-376-5486 or 1-888-795-8600

www.gccoa.org

8:30am-5:00pm/Monday through Friday

Elder Care Locator

1-800-999-4454 www.eldercare.gov

Provides linkage to resources across the United States. In calling the 800 number, individuals will be provided with information on resources for the community they are interested. For example, a son calling from Arizona looking for resources in Greene County, Ohio will be given the number for the Greene County Council on Aging. If accessing the website, a listing of the state unit in aging and the area agency on aging serving the area will be shown.

Area Senior Centers:

Beavercreek Senior Center

3696 Highmont Street

Beavercreek, OH 45432

937-426-6166

9:00am-4:00pm/Mon - Fri

Golden Age Senior Center

130 East Church Street

Xenia, OH 45385

937-376-4353

8:00am – 4:00pm/Mon - Fri

Cedarville Senior Citizens

48 North Main Street

Cedarville, OH 45314

937-766-5744

8:30am – 12:15pm/Mon - Fri

Fairborn Senior Center

325 North Third Street

Fairborn, OH 45324

937-878-4141

8:00am – 4:30pm/Mon - Fri

Spring Valley Senior Center

1498 W. Spring Valley-Paintersville Rd

Spring Valley, OH 45370

937-862-4475

9:00am – 2:00pm/M,T,Th,F

Yellow Springs Senior Center

227 Xenia Avenue

Yellow Springs, OH 45387

937-767-5751

10:00am – 4:00pm/Mon - Fri

Family and Children First

158 East Main Street

Xenia 45385

937-562-5600

www.co.greene.oh.us/fcf/fcfd.htm

The Greene County Family and Children First Department, established in November 1996 by the Greene County Board of County Commissioners, serves as the local administrative agent for the Greene County Family and Children First Council. As such, the Department assists service providers, community groups, and residents to effectively address the health, human, and social service needs of Greene County residents.

INFORMATION (cont'd)

United Way Greene County ~ HELPLINK

100 West Main Street, Lower Level

Xenia 45385

937-376-5555 or 937-426-4008

www.dayton-UnitedWay.org

Long Term Care Ombudsman

15 East Fourth Street, Suite 208

Dayton 45402

937-223-4613 or 1-800-395-8267

www.dayton-ombudsman.org

Bellbrook/Sugarcreek

Family Resource Center

22 South Main Street

Bellbrook 45305

937-848-3810

Fairborn CARES

1149 North Broad Street

Fairborn 45324

937-878-3114

www.Fairborncares.homestead.com

Jamestown Area Family Resource Center

16 West Washington Street

Jamestown 45335

937-675-2697

City of Kettering

Senior Services Coordinator

3600 Shroyer Road

Kettering 45429-2799

937-296-3356 www.ketteringoh.org

INSURANCE

Ohio Department of Insurance

2100 Stella Court

614-644-2692 or 1-800-686-1578

Columbus

43215-1067

www.ohioinsurance.gov

Life Insurance

Life insurance is purchased for many reasons, depending on individual needs. Some purchase it strictly to cover or help with funeral and burial expenses. Others purchase life insurance as a long-term investment. There are two basic types of life insurance: term and cash-value. It is important to know what type is being discussed when talking with a broker or agent. If Medicaid application is ever made, the cash value of life insurance will be taken into account.

INSURANCE (cont'd)

Ohio Department of Insurance

Ohio Senior Health Insurance Information Program (OSHIIP)

Volunteer-based program providing free information assistance to seniors insurance decisions, dealing with Medicare and dealing with supplemental insurance prov

1-800-686-1578 www.ohioinsurance.gov

A toll-free phone number; volunteers and information sites near you; a speakers bureau; objective easy-to-read literature. Will answer your questions on the following:

- Medicare health coverage for seniors and for people under age 65 with disabilities
- Medicare+Choice HMO plans
- Medicare+Choice private fee-for-service plans
- Medicare supplemental insurance

Ohio Department of Insurance

Ohio Senior Health Insurance Information Program/OSHIIP (cont'd)

- Medicaid
- Long-term care insurance
- Home health care coverage
- Retiree health plan coverage

Free publications (also found on the Internet)

Ohio Shopper's Guides:

- Medicare Supplements and HMOs
- Long-Term Care insurance
- Auto, Home, and Life insurance

Balance Billing

The charging or collecting from Medicare beneficiaries an amount over the approved amount for Medicare covered services and supplies. The "Balance Billing" law established by the State Legislature and amended in 1995 prohibits the billing of Medicare beneficiaries for amounts above the approved amounts for services and supplies. The Ohio Department of Health implemented the Medicare Balance Billing Program to enforce the law. For more information on the program or to file a complaint, calls should be made to the Ohio Department of Health at 1-800-899-7127.

MEDICARE

Individuals 65 years of age and older and who qualify for Social Security benefits are eligible for Medicare Parts A and B. Part A provides coverage for hospitalization. Part B is medical insurance and individuals must pay a monthly premium which is deducted from their Social Security check. Part B covers 80% of the costs allowed by Medicare, for most physician services, laboratory, radiology, outpatient hospital services, and other health services. Medicare does not pay for full-time nursing care, medications or home-delivered meals.

INSURANCE (cont'd)

Individuals should contact the local Social Security office three months before their 65th birthday to apply. The monthly premium for Medicare Part B increases if application is made after age 65.

Medicare Part A
Medicare Beneficiary Inquiry Line
1-877-602-2430
AdminaStar Federal
513-852-4314 or 1-800-270-2313
www.astar-federal.com

Medicare Part B
Nationwide Insurance Company
1-800-282-0530
www.nationwide-medicare.com

Medicare Peer Review Organization

Each state has a Peer Review Organization (PRO). The purpose of the PRO is to ensure that Medicare beneficiaries receive the health care they are entitled to and that the care meets appropriate quality standards. The PRO for the more than 1.8 million Ohio Medicare beneficiaries is Ohio KePRO.

Ohio KePRO
Rock Run Center, Suite 100
5700 Lombardo Center Drive
Seven Hills, OH 44131
1-800-589-7337 www.ohiokeproinc.com

LEGAL AND FINANCIAL PLANNING

The following is a listing of legal documents, also known as “advanced directives”

- ♦ **General Durable Power of Attorney** ~ Authorizes an individual to legally make decisions on behalf of another person. It is to be used only when the individual cannot make the decisions because of travel, hospitalization or incompetence.
- ♦ **General Durable Power of Attorney for Health Care** ~ Appoints an individual to make all decisions regarding health care, if the person is unable to make them for him/herself.
- ♦ **Guardianship** ~ A guardian is appointed by the Court, after a petition is made that the individual is mentally incompetent and not capable of making decisions for him or herself.
- ♦ **Conservatorship** ~ A conservator is appointed by the Court, at the request of the individual, to take over legal authority. This is typically done for a competent individual with severe physical limitations.
- ♦ **Living Trust** ~ A trust that is funded with assets, can be amended and revoked by the person creating the trust and typically created to avoid probate.
- ♦ **Living Will** ~ A document outlining an individual’s wishes related to the use of artificial life support.

MEDICAL CARE AND RESOURCES (cont'd)

Memory Disorders Center
The Wallace-Kettering Neuroscience Institute
3533 Southern Boulevard, Suite 5200
Kettering 45429
937-297-8043 www.wkni.org

Visiting Physician's Association
1126 South Main Street
Dayton 45409
937-220-9676

HOSPITALS

Greene Memorial Hospital
1141 North Monroe Drive
Xenia 45385
937-429-3200 or 937-372-8011
www.greene-memorial.org

Wright Patterson Air Force Base Medical Center
937-257-0839

Children's Medical Center
One Children's Plaza
Dayton 45404
937-226-8300 www.cmc-dayton.org

Provides assessment and management of childhood medical, developmental, and behavioral issues with multidisciplinary teams.

Community Hospital
2615 East High Street
Springfield 45505
937-325-0531
www.CommunityHospital.com

Dayton Heart Hospital
707 West Edwin C. Moses Boulevard
Dayton 45408
937-221-8000

Good Samaritan Hospital
2222 Philadelphia Drive
Dayton 45406-1891
937-278-2612/937-274-3367 TTY
www.goodsamdayton.org

Grandview Hospital & Medical Center
405 Grand Avenue
Dayton 45405-4796
937-226-3200
www.kmcnetwork.org/hospitals/grandview.cfm

Kettering Medical Center
3535 Southern Boulevard
Kettering 45429
937-298-4331
www.kmcnetwork.org

Mercy Medical Center
1343 Fountain Boulevard
Springfield 45505
937-390-5000

Miami Valley Hospital
One Wyoming Street
Dayton 45409
937-208-8000
www.miamivalleyhospital.com

Southview Hospital
1997 Miamisburg-Centerville Road
Centerville 45459
937-439-6000
www.kmcnetwork.org/hospitals/sthvwhos.cfm

MEDICAL CARE AND RESOURCES (cont'd)

Sycamore Hospital
2150 Leiter Road
Miamisburg 45342
937-866-0551
www.kmcnetwork.org/sycamore

Veterans Affairs Medical Center
4100 West Third Street
Dayton 45406
937-268-6511
www.dayton.medva.gov/index.html

PHARMACIES

The Medicine Shoppe
3197 Rodenbeck Drive
Beavercreek 45432
937-426-6431
www.medshoppe.com

The Medicine Shoppe
631 West Second Street
Xenia 45385
937-376-5558
www.medshoppe.com

Supertown Drugs
263 Xenia Avenue Yellow Springs 45387

937-767-1070

Town Drug
13 West Washington Street
Jamestown 45335
937-675-2211

Wells Professional Pharmacy
3851 West Franklin Street
Bellbrook 45305
937-848-6401
e-mail: wellspharmacy@aol.com

CVS:

1331 North Fairfield Road	Beavercreek	45432	937-426-4478
155 North Allison Avenue	Xenia	45385	937-372-8047

Cub Pharmacy:

6134 Wilmington Pike	Bellbrook	45305	937-848-6691
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Drug Mart:

4441 State Route 725	Bellbrook	45305	937-848-3700
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KMART:

200 West Main Street	Xenia	45385	937-376-4329
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Kroger:

3195 Dayton-Xenia Road	Beavercreek	45434	937-431-8230
6480 Wilmington Pike	Bellbrook	45305	937-848-5985
1700 West Park Square	Xenia	45385	937-376-5534

Meijer:

3822 Colonel Glenn Highway	Fairborn	45324	937-426-3600
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Rite Aid:

138 Xenia Towne Square	Xenia	45385	937-372-1677
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Walgreen Drug Stores:

6485 Wilmington Pike	Centerville	45459	937-433-4058
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MEDICAL CARE AND RESOURCES (cont'd)

PHYSICIANS

Having a physician who you and your loved one are comfortable with is very important. It is a personal decision and one not to make lightly. There are physicians who are called geriatricians or geriatric specialists. It is not necessary to have a geriatrician, unless that is what you are most comfortable with. The key is to find someone you can work with and has the same philosophy of care.

American Geriatrics Society

212-308-1414

www.americangeriatrics.org/

PRESCRIPTION ASSISTANCE

American Cancer Society

40 South Perry Street, Suite 120

Dayton 45420

937-223-8521

Dayton Area Heart & Cancer Association

120 Ziegler Street

Dayton 45402

937-223-4117 or 1-888-221-4004

www.makingdifferences.org

United Health Services

184 Salem Avenue

Dayton 45406

937-220-6600

Greene County Department of Job and Family Services

541 Ledbetter Road

Xenia 45385

937-562-6000 or 937-426-8334

Greene County Council on Aging

140-A Rogers Street

Xenia 45385

937-376-5486 or 1-888-795-8600

www.gcco.org

MENTAL HEALTH/MENTAL ILLNESS

Alcoholics Anonymous 937-228-3004

Eastern Miami Valley Alcohol, Drug and Mental Health Board

1055 East High Street

Springfield 45505

937-322-0648 or 1-800-435-7968

Funds, monitors and plans for mental health and alcohol and drug services for Clark, Greene and Madison Counties.

MENTAL HEALTH/MENTAL ILLNESS (cont'd)

TCN Behavioral Health Services

452 West Market Street

Xenia 45385

937-376-8760

www.tcn-bhs.org

Offers a wide variety of behavioral health and prevention services to citizens of all ages in Greene County. TCN Behavioral Health Services vows to provide accessible and affordable mental health and substance abuse services through clinical excellence.

Women's Recovery Center

515 Martin Drive

Xenia 45385

937-372-4777

A thirty-two bed center providing and managing behavioral healthcare treatment services to women, focusing on alcohol and other drug addiction treatments. Priority is given to pregnant women, women on the HIV spectrum and IV drug users. In addition, the Center has a Family Housing Program which follows an intensive case management model.

National Mental Health Association

www.nmha.org

National Institute of Mental Health

Department of Health and Human Services)

1-301-443-4513 or 1-301-443-8431

www.nimh.nih.gov

Conducts and supports research to understand, treat and prevent mental illness. Provides information on symptoms, diagnosis, treatment of mental disorders, clinical trials & research.

National Depression and Manic Depressive Association

www.ndmda.org

National Alliance for the Mentally Ill (NAMI)

Helpline ~ 1-800-950-6264

www.nami.org

Provides support to persons with serious brain disorders and to their families. NAMI activities include advocacy for nondiscriminatory and equitable federal, state, and private-sector policies; research into causes, symptoms, and treatments for brain disorders; and education to eliminate the persuasive stigma surrounding severe mental illness.

Anxiety Disorder Screenings

www.freedomfromfear.org

Anxiety Disorders Association of America

www.adaa.org

Depression Screenings

www.depression-screening.org

Screening for Mental Health, Inc.

www.nmisp.org

NUTRITION

Congregate Meal Program

Lunch meals provided at various sites throughout Greene County for individuals 60 years of age and older. Depending on site, meals are served Monday through Friday. A donation of \$1.50 is requested, however no one will be turned away for lack of funds. Reservations are required and can be made before noon the day before. The program is funded by Title III dollars from the Older Americans Act, administered by the Area Agency on Aging. Congregate meal sites are operated by SCOPE and include:

- Beavercreek Senior Center
- Hawthorne
- Spring Valley Senior Center
- Yellow Springs Senior Center
- Cedarville Senior Center
- Lawson Place
- Xenia Towers

Home-delivered Meals (Meals-on-Wheels, Mobile Meals)

Home-delivered meals are provided to seniors who, for various reasons, can benefit from a lunchtime meal delivered to their home. In some cases, two meals a day and/or weekend meals are provided. Typical reasons for home-delivered meals include inability to prepare own meals, need for a specialized diet, a daily check-in and forgetting to eat.

SCOPE – Greene County

275 South Allison
Xenia 45385
937-376-7747

Golden Age Senior Center

130 East Church Street
Xenia 45385
937-376-4353

Greene Memorial Hospital

1141 North Monroe Drive
Xenia 45385
937-376-8011, ext. 5072

Senior Resource Connection

105 South Wilkinson Street
Dayton 45402
937-228-3663

Food Pantries

Beavercreek FISH	937-222-5444
Bellbrook/Sugarcreek Food Pantry	937-848-3108
Fairborn FISH	937-879-1313
Jamestown Food Pantry	937-675-2697 or 937-675-7981
Xenia FISH	937-372-8441

Ohio Hunger Task Force

181 East Livingston Avenue
Columbus 43215-5744
614-341-7700 www.ohhf.org

Provides education on hunger-related issues. Also advocates for hunger-related issues and legislation.

NUTRITION (cont'd)

Nutrition Education

American Cancer Society
40 South Perry Street, Suite 120
Dayton 45402
937-223-8521
1-800-ACS-2345/1-800-227-2345

www.cancer.org

Provides a variety of informational pamphlets and materials outlining guidelines and suggestions related to healthy eating and reducing the risks of cancer.

Ohio State University Extension

Greene County Office
100 Fairground Road
Xenia 45385
937-376-9971 www.ag.ohio-state.edu

Provides written information and educational programs on nutrition issues.

PROTECTIVE SERVICES

Adult Protective Services

Greene County Department of Job and Family Services
541 Ledbetter Road
Xenia 45385
937-562-6000

Responsible for investigating reports of alleged abuse, neglect, and exploitation of adults living in their own or family member's home. They do not have responsibility for individuals residing in residential care facilities.

Long Term Care Ombudsman

15 East 4th Street, Suite 208
Dayton 45402
937-223-4613 or 1-800-395-8267

Provides complaint investigation, placement information, and advocacy for consumers of long term care, including nursing home care, assisted living, group homes, and home health care. The purpose of the program is to support and protect the rights, needs, and choices of those receiving long term care services.

Greene County Children Services Board (CSB)

601 Ledbetter Road
Xenia 45385
937-562-6600

PROTECTIVE SERVICES (cont'd)

Greene County Children Services Board/CSB (cont'd)

Greene County CSB is the county agency designated by law to provide for the care, protection, and placement of abused, neglected, and dependent children in Greene County. Services provided include intake and investigation, assistance to families in their own homes to reduce the risk of abuse or neglect, placement services, group home services, and adoption services. Anyone who knows or suspects that a child has suffered or faces a threat of suffering any form of child abuse or neglect may make a report to CSB 24 hours a day, seven days a week.

Family Violence Prevention Center

380 West Bellbrook Avenue

Xenia 45385

937-372-6655

www.fvpcgc.org

24-hour crisis line for individuals dealing with domestic violence. Residential treatment and support groups.

RESIDENTIAL CARE

Long-Term Care Consumer Guide www.ltcoho.org

On-line resource when researching long-term care options, including Ohio nursing homes. Developed and maintained by the Ohio Department of Aging. This guide includes data from the Ohio Department of Health (ODH), the Centers for Medicare and Medicaid Services (CMS), satisfaction surveys from residents and their family members, and information provided by individual facilities.

The Centers for Medicare and Medicaid (CMS)

Nursing Home Compare

www.medicare.gov/nhcompare/home.asp

Long Term Care Ombudsman Program (LTCOP)

15 East Fourth Street, Suite 208

Dayton 45402

937-223-4613 or 1-800-395-8267 www.dayton-ombudsman.org

Local resource when researching long-term care options. To have an information packet sent on choosing a long-term care facility, contact the Ombudsman office. The LTCOP is also responsible for investigating nursing home complaints.

Before You Look:

When exploring options for residential care, it is important to know what you are looking at and what you may be getting for your money. Assisted living is an option that is growing in popularity. It affords individuals the option to live independently while having services available as needed. Two important issues to keep in mind are having a clear understanding of what is included in the monthly cost and whether or not a move to a nursing home will be

RESIDENTIAL CARE (cont'd)

needed. The latter is extra critical when looking at a stand-alone assisted living facility and if financial resources are a concern.

In choosing any residential care facility, gather as much information as you can. Talk to staff, family members of residents, and professionals from the Long Term Care Ombudsman Program. Also, put less weight on the wallpaper and carpet and more weight on how the staff members "interact" with the residents, family members, and each other. Additionally, pay attention to how staff members "react" to the residents. Keep in mind you are buying care, not just a bed and a room.

Assisted Living Federation of America (ALFA)

11200 Waples Mill Road, Suite 150

Fairfax, VA 22030

703-698-8100 www.alfa.org

Provides a free 15-page guide to assisted living.

American Association of Homes and Services for the Aging (AAHSA)

2519 Connecticut Avenue, N.W.

Washington, D.C. 20008-1520

800-508-9442 www.aahsa.org

Provides a free consumer brochure sharing information on nonprofit organizations offering nursing and services to seniors.

Assisted Living ~ Stand Alone:

Alterra Sterling House of Beavercreek

3839 Indian Ripple Road

Beavercreek 45440

937-431-0455

www.assisted.com

The Grand Court

280 Walden Way

Dayton 45440

937-427-0060

Inn at Fox Run

7800 Dayton-Springfield Road

Fairborn 45324

937-864-1500

Outlook Pointe

60 Paceline Circle

Xenia 45385

937-372-1530 www.outlookpointe.com

The Summit at Park Hills

2270 Park Hills Drive

Fairborn 45324

937-754-9820

Assisted Living in Continuing Care Communities:

Patriot Ridge Community

789 Stoneybrook Trail

Fairborn 45324

937-878-0262 www.patriotridgecommunity.com

Friends Care Center

150 Herman Street

Yellow Springs 45387

937-767-7364

RESIDENTIAL CARE (cont'd)

Assisted Living in Continuing Care Communities:

Greene Oaks Health Center
164 Office Park Drive
Xenia 45385
937-376-8217

Trinity Community of Beavercreek
3218 Indian Ripple Road
Beavercreek 45440
937-426-8481 www.trinitycommunity.com

Nursing Facilities:

Carriage-by-the-Lake
1957 North Lakeman Drive
Bellbrook 45305
937-848-8421

Crestview Manor
4381 Tonawanda Trail
Beavercreek 45430
937-426-5033

Dayspring of Miami Valley*
8001 Dayton-Springfield Road
Fairborn 45324
937-864-5800 *In Clark County

Friends Care Center
150 East Herman Street
Yellow Springs 45387
937-767-7364

Greenwood Manor
711 Dayton-Xenia Road
Xenia 45385
937-562-7550 or 937-426-8498
www.co.greene.oh.us/greenwood.htm

Greene Oaks Health Center
164 Office Park Drive
Xenia 45385
937-376-8217

Heartland of Beavercreek
1974 North Fairfield Road
Beavercreek 45432
937-429-1106

Hospitality Home East
1301 Monroe Drive
Xenia 45385
937-372-4495

Hospitality Home West
1384 Monroe Drive
Xenia 45385
937-372-8081

Liberty Nursing Center of Xenia
126 Wilson Drive
Xenia 45385
937-376-2121

Liberty Nursing Center of Jamestown
4960 U.S. Route 35 East
Jamestown 45335
937-675-3311

Patriot Ridge Community
789 Stoneybrook Trail
Fairborn 45324
937-878-0262

Trinity Community of Beavercreek
3218 Indian Ripple Road
Beavercreek 45440
937-426-8481

Wright Nursing & Rehab Center
829 Yellow Springs-Fairfield Road
Fairborn 45324
937-878-7046

RETIREMENT

Social Security

Local Office:

469 Dayton Avenue

Xenia

937-372-9813

45385

Dayton Office:

937-225-7900

1-800-772-1214

www.ssa.gov

Public Employees Retirement System of Ohio ~ PERS

277 East Town Street

Columbus, OH

43215-4642

614-466-2085 or 1-800-222-7377

www.opers.org

School Employees Retirement System of Ohio ~ SERS

300 East Broad Street, Suite 100

Columbus, OH

43215-3746

614-222-5853 or 1-800-878-5853

www.ohsers.org

State Teacher's Retirement System of Ohio ~ STRS

275 East Broad Street

Columbus, OH

43215-3771

1-888-227-7877

www.strsoh.org

Pension and Welfare Benefits Administration

Office of Program Services – Department of Labor

200 Constitution Avenue, NW, Room N-5619

Washington, D.C.

20210

1-800-998-7542

www.dol.gov/dol/pwba

Provides information and answers questions on private sector, employer-sponsored pension benefit, and health benefit plans.

American Association of Retired Persons ~ AARP

Ohio Office: 1 South High Street

Columbus, OH

43215-3404

614-224-9800 or 614-224-9802 (tdd)

www.aarp.org

National Association of Retired Federal Employees (NARFE)

Membership Services

606 North Washington Street

Alexandria, VA

22314-1914

1-800-627-3394

www.narfe.org

SAFETY

Safety issues are paramount for seniors and their caregivers. A senior's home environment, physical ability, and mental status need to be considered when determining a senior's safety status. Sometimes, a well-intentioned change to a senior's environment or the purchase or acquisition of a piece of furniture or equipment can actually be a hazard or safety risk to a senior.

When assessing safety risks, the following should be considered: driving ability (including reflexes), weapons in the home, smoking, tools, appliances, medication, household cleaners, potential for falls (including physical ability, use of walker or other equipment and environmental factors such as carpet, railings, grab bars, and stairs), wandering potential, and possible abuse or exploitation due to dementia. For assistance in identifying possible safety concerns, contact the Council on Aging at 937-376-5486 or 1-888-795-8600.

Smoke Detectors and Fire Safety

The Ohio Department of Commerce's Division of State Fire Marshall has developed several pamphlets outlining specific safety concerns related to fire and the use of smoke detectors. One-third of the adult fire fatalities in Ohio are 60 years of age or older, so the older population is at great risk of injury and death due to fire. For a copy of the brochures, call the Division of State Fire Marshall at 1-888-243-0305 or the Greene County Council on Aging at 937-376-5486 or 1-888-795-8600.

Emergency Response Systems

Emergency response systems (ERS), also known as Lifeline, are electronic devices used to notify emergency personnel when emergency assistance is needed. Although a variety of products are available, the more common product is an emergency button on a necklace or bracelet that is connected to an individual's phone. If pushed, the unit automatically contacts the organization providing the unit. Unless it is determined that there is not a concern (the unit was mistakenly activated), emergency personnel and listed family members or neighbors will be called. Most ERS units are not appropriate for individuals with dementia.

Durable Medical Equipment

There are a variety of equipment items and devices that may be of great assistance to you or your loved one. In some cases, however, the equipment may actually be a hazard. The selection of equipment should be as personalized as any other service choice.

SAFE RETURN Program

Although not all individuals with dementia wander, it is a possibility. Safe Return is an identification program for individuals with dementia. Completed applications, including name, address and other specific information about the person with dementia and family members to be contacted, are sent to the Alzheimer's Association for inclusion in a national database. In addition to the application and a one-time fee, a current picture of the loved one should be sent. Once the application is received the family will receive a variety of identification materials (bracelet or necklace, wallet card, clothing tags). To receive a Safe Return brochure, contact the Alzheimer's Association at 937-291-3332 or 1-800-441-3322.

SENIOR CENTERS/GROUPS

Greene County senior centers and groups play a critical role in the lives of older adults. They provide individuals, typically 55 and older, with regular activity of all types such as fitness, recreation, education, and socialization. Many senior centers also offer services, such as Golden Buckeye Card applications, transportation, outreach, friendly visiting, congregate meals, & home-delivered meals. Centers also provide the main link to information & services.

Beavercreek Senior Adult Center

3696 Highmont Street Beavercreek 45432
937-426-6166/937-427-5544 (fax) www.ci.beavercreek.oh.us/services/parks-rec/SeniorCenter
Full service center, open daily from 9:00am to 4:00pm.

Bellcreek Seniors (Bellbrook and Sugarcreek Township)

26 East Franklin Street Bellbrook 45305
937-848-2539
Meetings are held every Wednesday in the Sugarcreek Township meeting room.

Cedarville Senior Center

48 North Main Street, P.O. Box 177 Cedarville 45314
937-766-5744
Open daily from 9:00am to 12:15pm.

Clifton Seniors

141 Clinton Street - Fire House Clifton 45316
937-767-1448
Tuesday morning Bible study and monthly dinner meetings.

Fairborn Senior Center

325 North Third Street Fairborn 45324
937-878-4141 www.fairbornseniors.org
Full service center, open daily from 8:00am to 4:30pm.

Golden Age Senior Citizens Center

130 East Church Street Xenia 45385
937-376-4353
Full service center, open daily from 8:00am to 4:00pm.

Spring Valley Senior Center

1498 W. Spring Valley-Paintersville Rd Spring Valley 45370
937-862-4475 www.springvalley
Open Mon, Tues, Thurs and Fri from 9:00am to 2:00pm.

Yellow Springs Senior Center

227 Xenia Avenue Yellow Springs 45387
937-767-5751
Full service center, open daily from 9:00am to 4:00pm.

SUPPORT GROUPS

Greene County Council on Aging

140-A Rogers Street

Xenia 45385

937-376-5486 or 1-888-795-8600

www.gcco.org

Sponsors and co-sponsors a number of support groups for caregivers, caregivers of loved ones with Alzheimer's and other related dementias, kinship caregivers, and seniors. Meetings are held throughout the county, at different locations and at different times.

The Council also maintains a listing of senior and caregiving-related groups sponsored by the Council and other organizations. Other issues/topics covered include diabetes, grief, Parkinson's disease, stroke, and widows/widowers.

For a current listing, please call the Greene County Council on Aging at 937-376-5476 or 1-888-795-8600.

Alzheimer's Association, Miami Valley Chapter

3797 Summit Glen Drive, Suite G100

Dayton 45449

937-291-3332 or 1-800-441-3322

Coordinates support groups for family members and others caring for a person with Alzheimer's disease or a related dementia.

Self-Help Clearinghouse

184 Salem Avenue

Dayton 45406

937-225-3004/937-222-7921 (fax)

Provides referrals to self-help groups throughout the Miami Valley area. Publishes and distributes the Self-Help Directory, listing over 400 support groups on a wide variety of issues.

Cancer Support Groups

The Samaritan Cancer Care Center

9000 North Main Street

Dayton 45415-1180

937-279-5800 or 1-800-616-6784

Domestic Violence Groups

Family Violence Prevention Center

380 West Bellbrook Avenue

Xenia 45385

937-376-8526

TRANSPORTATION

Transportation is an activity we take for granted. There may come a time when you or your loved will not be able to drive, whether short-term or permanently. Transportation services are available, however, there are some important points worth noting. Transportation is a very expensive service to provide and not always the easiest to coordinate. The demand, without a doubt, far exceeds available resources.

Medical appointments receive priority for most transportation programs and the earlier you contact a provider to arrange for services, the better chance you have to be transported. Only a few providers are able to arrange for an escort, so if you or your loved one requires more than a pick-up and drop-off, transportation services may be challenging to coordinate.

Providers attempt to provide as much transportation service as possible, so pick-ups for appointments may be scheduled earlier than necessary for individual appointments and short waits are common when the appointment is over. Patience, flexibility and a sense of humor come in handy!

Paying for transportation services vary, depending on provider, location of appointment and type of transportation needed. Area senior centers with transportation programs receive limited grants to operate their programs. A request for a donation may be made. In some cases, the full cost of the transportation is required. This may be especially high if an ambulette or ambulance is required and insurance will not pay.

Beavercreek Senior Adult Center ~ 937-426-6166

Transportation services for Beavercreek and Beavercreek Township residents unable to drive. Requests must be made at least 48 hours in advance, falling within the Center's hours of 9am and 4pm, Monday through Friday. Service is provided on a first-come first-serve basis to the Center and for appointments in the Beavercreek area, Miami Valley Hospital, Greene Memorial Hospital and Wright Patt. Medical appointments are given priority.

Fairborn Senior Center ~ 937-878-4141

Transportation services for Fairborn and Bath Township residents unable to drive. Requests must be made at least 48 hours in advance, falling within the Center's hours of 9am and 4pm, Monday through Friday.

Golden Age Senior Citizens Center ~ 937-376-4353

Transportation services for Xenia and Xenia Township residents unable to drive. Requests must be made at least 48 hours in advance, falling within the Center's hours of 9am and 4pm, Monday through Friday.

Yellow Springs Senior Center ~ 937-767-5751

Transportation services for Yellow Springs and Miami Township residents unable to drive. Requests must be made at least 48 hours in advance, falling within the Center's hours of 9am and 4pm, Monday through Friday.

TRANSPORTATION (cont'd)

Greene CATS ~ 937-562-6523/1-877-227-2287
245 Valley Road Beaver creek 45385
Transportation services for Greene County residents unable to drive.

Greene County Council on Aging ~ 937-376-5486/1-888-795-8600
140A Rogers Street Xenia 45385
Will work with seniors to coordinate and pay for transportation services if the above organizations are not able to transport.

VETERANS

Veteran's Administration

Dayton	937-268-6511	www.dayton.med.va.gov
Springfield Veterans Services	937-328-2482	
Springfield Clinic	937-328-3385	

Veteran's Services ~ Greene County

541 Ledbetter Road Xenia 45385
937-562-6020

WPAFB – Family Support Center

200 Allbrook Drive Building 2
937-257-3592

Vietnam Veterans of America - Department of Ohio

35 East Chestnut, 8th Floor Columbus 43215
614-228-0188

Provides veterans of any era, prioritizing homeless veterans, with employment and housing assistance. Information and referral services are provided to veterans and their families on veterans issues, (e.g. Agent Orange, PTSD), and operates several programs assisting with training and employment related matters.

National Cemetery Administration - Department of Veteran Affairs

1-202-273-5221

Provides information on burials, headstones and markers, cemetery grants programs, and presidential memorial certificates.

VOLUNTEER OPPORTUNITIES

Many Greene County organizations and programs rely on qualified and committed volunteers to achieve their organizational and program missions. In addition, there are organizations and programs in the bordering counties with volunteer opportunities that may be of interest to Greene County seniors. Area senior centers, hospitals, LTCOP, Family Violence Prevention Center, SCOPE and local schools are continually seeking volunteers.

Retired Senior Volunteer Program (R.S.V.P.)

Senior Resource Connection

105 South Wilkinson Street

Dayton 45402

937-223-8246

R.S.V.P. facilitates numerous volunteer opportunities for men and women age 55 and older in the Miami Valley, including Greene County. Seniors serve the organization of their choice. Benefits include insurance and travel reimbursement.

WELLNESS

FITNESS & RECREATION

Area Senior Centers:

Beavercreek Senior Adult Center

3696 Highmont Street

Beavercreek

45432

937-426-6166

www.ci.beavercreek.oh.us/services/parks-rec/SeniorCenter

Fairborn Senior Center

325 North Third Street

Fairborn

45324

937-878-4141

www.fairbornseniors.org

Golden Age Senior Citizens Center

130 East Church Street

Xenia

45385

937-376-4353

Spring Valley Senior Center

1498 W. Spring Valley-Paintersville Road

Spring Valley

45370

937-862-4475

www.springvalleyoh.com

Yellow Springs Senior Center

227 Xenia Avenue

Yellow Springs

45387

937-767-5751

Greene County Department of Parks and Recreation

651 Dayton-Xenia Road

Xenia

45385

937-562-7440

www.co.greene.oh.us/parks

WELLNESS (cont'd)

Beavercreek Department of Parks, Recreation and Culture

1368 Research Park Drive Beavercreek 45432
937-427-5514 www.ci.beavercreek.oh.us/services/parks-rec

Bellbrook-Sugarcreek Park District

2751 Washington Mill Road Bellbrook 45305
937-848-3535

Five River MetroParks – Sugarcreek MetroPark

7636 Wilmington-Dayton Road Bellbrook 45305
937-434-0004 www.metroparks.org

YMCA of Greene County

560 Grange Hall Road	Beavercreek	45430	937-426-9622
300 South Central Avenue	Fairborn	45324	937-754-9622
135 East Church Street	Xenia	45385	937-376-9622

Golden Age Passport

Program through the United States Department of the Interior

Caesars Creek Corp – closest National Park

513-897-1050

Citizens or permanent residents who are 62 years of age or older can obtain a lifetime entrance pass to most national parks, monuments, historic sites, recreation areas, and wildlife refuges that charge a fee. A one-time \$10 charge is required and can be purchased at any national park that charges a fee. Additional benefits are available, including a 50% discount on federal fees charged for facilities and services (e.g. camping, boat launching, parking). When traveling with a tour group, the Golden Age Passport cannot be used.

National Park Services

937-225-7705

EDUCATION & ALTERNATIVE THERAPIES

Ohio Academy of Holistic Health, Inc.

2380 Bellbrook Avenue

Xenia 45385

937-708-3232

www.oahh.com

Provides a variety of classes, seminars, and workshops on topics such as herbs, Tai Chi, aromatherapy, reflexology, hypnotherapy, yoga, and more. Health and information fairs and a variety of free clinics are also offered.

WELLNESS (cont'd)

Ohio Wellness Center

2380 Bellbrook Avenue

Xenia 45385

937-708-3230

Provides holistic health care services including physician consultation, clinical hypnotherapy, reflexology, massage, Reiki, Iridology, aromatherapy, specialized kinesiology.

Senior Focus of Greene Memorial Hospital

Marketing Department

1141 North Monroe Drive

Xenia 45385

937-372-8011 or 937-429-3200, extension 5411 or 5155

Providing a focus for senior physical, social, recreational activities, and events for area residents 55 years of age and better.

Elderhostel

Educational and travel organization for individuals 55 years of age and older.

1-877-426-8056

www.elderhostel.org

END OF LIFE ISSUES

Discussing and planning for end-of-life issues are difficult for most. The best time to talk and make arrangements is before a terminal diagnosis or a serious illness. Consider including the following in your discussions and planning:

- Hospice Care
- Wishes for Treatment
- Funeral and/or Memorial Services
- Cost and Payment of Services and Final Arrangements
- Bereavement Support

Resources:

Hospice of Dayton

324 Wilmington Avenue

Dayton 45420-1885

937-256-4490 or 1-800-653-4490

www.hospicedayton.org

Heartland Home Care & Hospice

3131 South Dixie Drive, Suite 221

Dayton 45439

937-299-6980 or 1-877-299-6980

END OF LIFE ISSUES (cont'd)

Hospice Foundation of America

www.hospicefoundation.org

Organ and Tissue Donation

Life Connection of Ohio

40 Wyoming Street

Dayton 45409-2721

937-223-8223 or 1-800-535-8206

www.lcodro.org

Americans for Better Care of the Dying

www.abcdcaring.com

Nonprofit organization dedicated to social, professional and policy reform aimed at improving the care system for patients with a serious illness, and their families.

Choice in Dying

www.choices.org

Nonprofit organization dedicated to fostering communication about complex end-of-life decisions.

Griefnet

www.griefnet.org

Internet community of persons dealing with grief, death and major loss.

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PERSONAL RESOURCES AND SUPPORT

Family and Friends:

1) Name _____ Relationship _____

Phone _____ Phone (work) _____

2) Name _____ Relationship _____

Phone _____ Phone (work) _____

3) Name _____ Relationship _____

Phone _____ Phone (work) _____

4) Name _____ Relationship _____

Phone _____ Phone (work) _____

Physician _____ Phone _____

Physician _____ Phone _____

Physician _____ Phone _____

Pharmacy _____ Phone _____

Attorney _____ Phone _____

Church/Synagogue _____ Phone _____

Senior Center _____ Phone _____

Social Worker/Nurse _____ Agency _____

Phone _____

Transportation Provider _____ Phone _____