



SERVICES AND SUPPORT DIRECTORY  
FOR GREENE COUNTY SENIORS & CAREGIVERS



Greene County Council on Aging  
1195 West Second Street  
Xenia, Ohio 45385  
937-376-5486 or 888-795-8600  
[www.gccoa.org](http://www.gccoa.org)      [info@gccoa.org](mailto:info@gccoa.org)

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myclassiccountr.com



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# MY PERSONAL RESOURCES AND SUPPORT

Family, Friends and Neighbors/Phone Numbers:

1) Name \_\_\_\_\_ Relationship \_\_\_\_\_  
(home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

2) Name \_\_\_\_\_ Relationship \_\_\_\_\_  
(home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

3) Name \_\_\_\_\_ Relationship \_\_\_\_\_  
(home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

4) Name \_\_\_\_\_ Relationship \_\_\_\_\_  
(home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

5) Name \_\_\_\_\_ Relationship \_\_\_\_\_  
(home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Pharmacy \_\_\_\_\_ Phone \_\_\_\_\_

Attorney \_\_\_\_\_ Phone \_\_\_\_\_

Church/Synagogue \_\_\_\_\_ Phone \_\_\_\_\_

Senior Center \_\_\_\_\_ Phone \_\_\_\_\_

Social Worker/Nurse \_\_\_\_\_ Agency \_\_\_\_\_  
Phone \_\_\_\_\_

Transportation Provider \_\_\_\_\_ Phone \_\_\_\_\_

## A QUICK LOOK: FREQUENTLY USED CONTACTS

GREENE COUNTY COUNCIL ON AGING (GCCOA) 937-376-5486 / 1-888-795-8600

[www.gcco.org](http://www.gcco.org) / [info@gcco.org](mailto:info@gcco.org)

### AREA SENIOR CENTERS

Beavercreek – The Lofino Center 937-426-6166

Bellbrook contact the Council @ 937-376-5486

Bowersville contact the Council @ 937-376-5486

Cedarville 937-766-5744

Clifton contact the Council @ 937-376-5486

Fairborn 937-878-4141

Jamestown contact the Council @ 937-376-5486

Spring Valley 937-862-4475

Xenia Adult Recreation and Services Center 937-376-4353

Yellow Springs 937-767-5751

BOARD OF DEVELOPMENTAL DISABILITIES (Greene County) 937-562-6500 / 937-426-7022

CHILDREN SERVICES BOARD (Greene County) 937-562-6600

COMMUNITY ACTION PARTNERSHIP (Greene County) 937-376-7747 / 937-427-3377

FIVE RIVERS HEALTH CENTER, GREENE COUNTY 937-708-3400 / 1-866-858-3588

GREENE COUNTY PUBLIC HEALTH 937-374-5675

GREENE COUNTY PUBLIC LIBRARY [greenelibrary.info](http://greenelibrary.info) / 937-376-2995

GREENE MEMORIAL HOSPITAL 937-352-2000

GREENE CATS 937-708-8322

GREENE METROPOLITAN HOUSING 937-376-2908 / 937-429-7736

JOB AND FAMILY SERVICES (Greene County) 937-562-6000 / 937-426-1779

OHIO STATE UNIVERSITY EXTENSION 937-372-9971

SOCIAL SECURITY [www.ssa.gov](http://www.ssa.gov) / 1-800-772-1213

SOIN MEDICAL CENTER 937-702-4000

MEDICARE [www.medicare.gov](http://www.medicare.gov) / 1-800-633-4227 / 1-877-486-2048 (TTY/TDD)

TCN BEHAVIORAL HEALTH SERVICES 937-376-8700

VETERANS SERVICES (Greene County) 937-562-6020

## INTRODUCTION

The Greene County Council on Aging is pleased to present this updated Directory of Resources and Services available to the Greene County community. This directory is available both on our website ([www.gccoa.org](http://www.gccoa.org)) and in print. While the print version is current as of its printing, we continually update the online version. If possible, check online for the most accurate and current information.

While we have attempted to include most agencies serving Greene County seniors, the landscape is constantly changing and providers are as well. Call the Council for the most current information or with any questions about services not listed in this directory.

We hope you will find this Directory useful and will suggest it to others who may also be in need of information. When you need information, this Directory and the Council are here for you.

- Karen Puterbaugh, Executive Director, GCCOA

## ABOUT THE GREENE COUNTY COUNCIL ON AGING

We want to express our gratitude to the Greene County community for their continued support of the Council, the senior centers, and most importantly their older friends, neighbors, family members and caregivers. As many of you know, the majority of the Council's revenues come from the senior services levy. We never take for granted the faith and dollars with which we have been entrusted.

The Council has been fortunate to have the flexibility to evolve as an organization to better address the changing needs and challenges of seniors, caregivers, and our many partners. Our Medicare and Benefits Counseling is the area that has experienced the most growth. With the addition of the Medicare Part D benefit for prescriptions, the loss of health care benefits for GM and OPERS retirees, and ever-changing coverage, premiums, long-term care and other benefit options, it made sense to find a way to be the best resource possible for our community. The Council is able to provide objective and personalized information to help ensure that individuals and their families understand the choices available and the impact of any given decision.

### OUR MISSION AND OBJECTIVES

The mission of the Greene County Council on Aging is to promote independence and quality of life for Greene County senior citizens and caregivers by facilitating and supporting the implementation and continual improvement of a comprehensive and coordinated system of contact, care, and support.

To achieve this mission, we:

- Promote the availability of care options for senior adults and their caregivers.
- Facilitate the accessibility of information and resources related to senior and care-giving issues.
- Develop and implement a comprehensive information, education and support program for caregivers.
- Promote the availability of senior adult education through area senior centers.
- Maximize federal, state, local and charitable funds available to Greene County senior centers and senior service providers.
- Promote and embrace diversity in providing senior and caregiver education and services in the nine Greene County communities.
- Promote and participate in the development of aging and dementia knowledge, compassionate quality staff for home care, hospital care and residential care organizations.



## **OUR HISTORY**

The Greene County Council on Aging was established in 1979 and incorporated in 1981 as a nonprofit organization. Founding members of the Council were professionals and seniors who came together in an effort to better understand available services and programs available for seniors, ways to fill the many gaps that were identified, and to plan ways to address these gaps.

1996-1999: The Greene County Commission allocated \$150,000 to support senior services and the Council. This funding allowed for grants 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 developed the current consumer-focused service system.

1999-2015: In 1999, the County Commission asked Greene County citizens to vote on a Senior Services Levy. This five-year 0.8 mil passed and in March 2004 was replaced. In November 2009, another 5-year levy was passed with an increase in funding. This funding resulted in annual income of \$3.6 million.

2015-2019: The latest countywide Senior Services Levy passed in November 2014, and generates \$5.4 million per year.

These funds, along with service co-pays, charitable donations, grant funding, and investment income generated during the year, allow the Council to continue providing care management and purchased services to more than 1,100 seniors each month, provide grant funding to the ten senior centers, and offer a number of educational and supportive programs to seniors, caregivers and the general community.

## **OUR ORGANIZATION**

The Council has a membership component, which meets every other month, is free and open to any professional, volunteer, or individual interested in supporting our mission. The membership also elects eight of the nine members of the GCCOA Board of Directors. The Board of Directors, with their diverse expertise and experience, provides oversight of the organization. The Council has a staff of twenty-three individuals. If you are interested in participating in Council activities, call us at 937-376-5486, 1-888-795-8600, or email [info@gccoa.org](mailto:info@gccoa.org).

## **OVERVIEW OF GCCOA PROGRAMS AND SERVICES**

- Information by phone, mail/email, or in person. Contact us at: 937-376-5486 / 1-888-795-8600 / [www.gccoa.org](http://www.gccoa.org) / [info@gccoa.org](mailto:info@gccoa.org)
- Connection to area senior centers, needed professionals and resources
- Assistance with transitions to residential care
- County-wide Senior Events: Artisan Show, SeniorPalooza
- Caregiver Support: Resource materials, support groups, education, and consultation with Council staff
- Community education on aging and caregiving issues, including memory loss and dementia and Medicare
- Support to kinship caregivers (e.g. grandparents raising grandchildren)
- Counseling and guidance with review and decision-making regarding Medicare and other insurance coverage options and benefits
- Service and special grants to senior centers
- Publication of the Directory of Services and Support
- Assistance to seniors, age 60 and older, in remaining in their own or family member's home through the Partners in Care Program (PIC), including in-home and supportive care and durable medical equipment (e.g. grab bars, shower benches, walkers). PIC also provides support to family members who are providing the majority of the care to our older residents.

## HOW TO USE THIS DIRECTORY

The Greene County Council on Aging has compiled this Directory for you – seniors, their families, and those who work with them. The available services are continually changing, so while the print version is accurate as of its printing, we encourage you, if possible, to check our website where we update information as it changes.

The focus of this directory is Greene County. As such, you will find resources in our county listed first within each section, with more detail of the programs available. Information on Ohio services follows. And national organizations are listed at the end of each section and generally provide less specific information. But these national organizations are here so you can do further research and gather information on your own.

We have included an **Index** at the end of the Directory to help you find the specific information you are looking for. Since a specific agency may provide many services, check all the different pages referred to about that organization to locate what you are looking for.

**REMEMBER:** You can always contact the GCCOA for help. Our phone numbers are at the bottom of every page.

## JUST FOR SENIORS

**NORMAL AGING:** While we may be quick to label changes we experience as “normal aging,” they may be the result of disease processes, societal stereotypes, and the lack of understanding by healthcare and other professionals. What **IS** normal as we age are changes in hearing, vision, taste, stamina, and for the oldest old, perhaps some memory loss. How we cope with these changes is what’s important.

Changes that are **NOT** normal include regular or frequent short-term memory loss, depression, and acute medical problems. Sharing these changes with your primary health care provider is critical. Age alone is rarely the cause of these changes and it is important to advocate for the health care we deserve. It is not helpful to hear “you are 80 years old, so what do you expect?”

We all experience memory loss no matter our age. Most of us, however, recognize that we cannot remember everything and usually recall later what we have forgotten. Typically, this type of memory loss is attributed to stress, lack of sleep and/or exercise, poor nutrition, and just plain doing too much.

**INTERDEPENDENCE:** As we age, we often hear talk about the loss of independence. In reality, we are “interdependent,” relying on others for many things. And this is just fine! While there are tasks we hope to do on our own, we also need other people and can appreciate being needed by others.

When you find something is difficult to do or wonder about the safety of doing it, consider asking for help. Say “yes” when someone offers assistance. Not only will it help you — possibly even help you maintain or improve your quality of life — but it will also be a valuable experience for those who are providing the help. Before you “poo-poo” that idea, think how great you feel when you help someone else!

**HAVING PURPOSE:** Regardless of age, physical abilities, and mental status, it is important to maintain purpose in our lives. It is not necessary to be busy every minute of the day, but we do need to have some activities to look forward to. In addition to planning for one’s own future, it is also important to focus on how to use our time and energy. That may be volunteer work or part-time employment, reading or enjoying music, cooking or even cleaning, or writing in a journal.

The Council can help as you re-define your purpose. Having purpose is critical to successful aging, so give it your consideration, thought, and energy!

## JUST FOR CAREGIVERS

**PUTTING A PLAN TOGETHER:** Demographics and statistics tell us that we are likely to be a caregiver of someone other than our own young children. Very few of us, however, give it much thought until we face the situation ourselves. Whether the caregiving be for a spouse of 40-something years, a mother and/or father, a grandchild, or a close friend or neighbor, it is probably a role we will assume. The first step in doing so is to put a plan together with your loved one and other family members. This plan may not be necessary, or it may be revised as the situation changes, but having a starting point is helpful.

- **Working with Your Physician:** Often 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 no matter their situation and should listen to the concerns you share.

One tip for working with a physician is to write things down. Either you or your loved one might keep a journal, describing daily patterns related to sleep, diet, and other functions. Maintain a list of prescriptions and over-the-counter medications used, as well as information on caffeine, alcohol, diet, and sugar intake. The more information the physician has the better care he/she can provide.

- **Ensuring Financial and Legal Matters are in Order:** Financial and legal matters are important and can often be challenging, especially with parents. As children, we seldom, if ever, talked about our parents' finances. Now it may be just as taboo. Even in some spousal situations, financial discussions can be difficult. Knowing about life, health, and long-term care insurance, financial accounts, advanced directives and wishes related to health care, and other end-of-life issues are important to discuss in advance.
- **What Your Loved One Can Accept and Really Needs from You:** While we want to help and have the best intentions, sometimes we may overstep 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.

When visiting your older loved one, you may see a messy house, a pile of dirty laundry, or a flowerbed overrun with weeds; your loved one sees a person they care about and want to spend time with. Be cautious about what you point out and do for them. Keep in mind that when you come in and "do," they may see it as

something they can no longer do for themselves. This can potentially cause more problems than a layer or two of dust or weeds in the yard.

Pick and choose your issues. Again, in a case of life or death or safety, you need to choose ruffling feathers and dealing with some anger. Otherwise, perhaps it is best to sit and listen to a story repeated many times and provide some companionship. Afterward, 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 tackle the tasks that need to be done.

- **Available Resources and Asking for Help:** You may be thinking that you are the best, if not the only, one able to take care of your loved one. While that may be true, you will be a much better caregiver if you “share the care” and let family, friends, and professionals from the community help. What if you can’t take your wife to the doctor or if you have had minor surgery and can’t help your father do his laundry and clean his house? Who can you turn to? If you are fortunate, family members and friends can help. In some cases, these resources are limited and you should consider contacting a local organization for help. The Council is here to help you research available resources.

Few of us are as comfortable asking others for help, as we are offering it. As caregivers, we need to allow others to do what they can for the person we are caring for. If someone makes the offer, say yes. Even if you do not need anything right now, you may very well need something down the road. It is human nature to stop asking for help after being turned down many times, and this could happen just at the time you are ready for help.

- **Taking Care of Yourself:** Asking for help is one way we can take care of ourselves. There are others and it is critical that all caregivers pay attention to and address their own needs. It is not 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 more important to have time away from our loved ones. Don’t underestimate the benefits of that time. Take time to read, write, talk with friends, garden, work on a craft, sit quietly and tend to your own health. Get the rest you need, eat balanced meals, exercise and see your doctor. It may seem selfish, but it is the best thing you can do for you and your loved one!

### **Information and Someone to Talk With**

One of the most important services the Council provides to caregivers is making available compassionate, caring, and knowledgeable professionals who can listen, share information, and problem-solve. Calls and e-mails to the Council are confidential.

Staff is available to meet with you in your home, your loved one's home, the Council Xenia or Beavercreek offices, or a neutral community spot. Having the opportunity to share your story, vent concerns and frustrations, and ask some challenging questions, can make a tremendous difference for caregivers.

The Council also sponsors a variety of caregiver support groups. While not for everyone, attending a support group can provide a caregiver with useful information, and a connection to others in similar situations. Caregivers receive a monthly reminder about these meetings and other programs. Educational programs cover issues such as normal aging, disease processes, legal and financial planning, residential care, Medicare/Medicaid, and other resources and services.

The Council has numerous resource materials available to review and/or borrow such as books, videos and DVDs, pamphlets and information sheets. In addition, the Council can provide respite care for caregivers through adult day services or having someone come into the home to give you some deserved time away.

### **Kinship Caregivers**

The Council also provides support to kinship caregivers, including grandparents raising grandchildren. Our kinship liaison can assist in navigating the various systems: medical, educational, legal, and Job and Family Services. A monthly support group and educational programs are also offered.

### **Other Resources for Caregivers**

The Council can refer you to specific organizations and resources most relevant to your situation. Whether it is to a disease-specific organization, respite care provider, counseling, or other resources, we encourage you to contact the Council to see how we might help.

### **National Resources for Caregiver Support**

Many national organizations offer information on their websites or by mail. Some have newsletters, magazines, and products for purchase.

#### **Family Caregiver Alliance**

1-800-445-8106

180 Montgomery St, Ste 1100

San Francisco, CA 94104

[www.caregiver.org](http://www.caregiver.org)

**National Alliance for Caregiving**

301-718-8444  
4720 Montgomery Lane, 5<sup>th</sup> Floor  
Bethesda, MD 20814-3425  
[www.caregiving.org](http://www.caregiving.org)

**National Caregiving Foundation**

1-800-930-1357  
801 N Pitt St, #116  
Alexandria, VA 22314-1765  
[www.caregivingfoundation.org](http://www.caregivingfoundation.org)

**National Family Caregivers Association**

1-800-896-3650  
10400 Connecticut Ave, Ste 500  
Kensington, MD 20895-3944  
[www.caregiveraction.org](http://www.caregiveraction.org)

**Additional Websites**

[www.caregiving.com](http://www.caregiving.com)  
[www.caregiver.com](http://www.caregiver.com)

**Websites for Grandparents Raising Grandchildren and Other Kinship Caregivers**

[www.gu.org](http://www.gu.org)  
[www.aarp.org/grandparents](http://www.aarp.org/grandparents)  
[www.grandparentsforchildren.com](http://www.grandparentsforchildren.com)  
[www.grandparenting.org](http://www.grandparenting.org)



## COMMUNITY-BASED SERVICES TO HELP SENIORS CONTINUE TO LIVE AT HOME

Most of us, regardless of age, prefer to stay in our own home as we age. In many situations, and with the right services and support, this may be possible. However, activities many of us take for granted — basic housecleaning, meal preparation, bathing, driving — may become a challenge over time. Or there may be safety concerns or memory problems that can be addressed with some assistance, equipment or minor home modification.

The following is a list of services available in the community to help seniors continue to live in their own homes.

### **ASSESSMENT AND CARE MANAGEMENT**

A number of local organizations can provide an assessment of your situation. This allows a professional to provide you and your family with an objective evaluation of the situation, identify needs, and discuss available options. It is helpful to have an outside view, as we may be too close to see changes in loved ones or ourselves.

Care management, also called case management, which follows an assessment, is particularly helpful when family members live at a distance. Care management provides an ongoing link between the senior, the family, and the formal and informal services in the home. If a problem arises, the care manager is there to troubleshoot and assist with a resolution.

In Greene County appropriate 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 of income and assets is completed and there may be a co-payment for some services.

Care managers monitor the services provided and maintain contact with the senior. However, remember that the care manager is not able to provide 24-hour care.

### **CARE COORDINATION PROGRAMS**

#### **Partners in Care (PIC) / Greene County Council on Aging**

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

1195 W Second St

Xenia, OH 45385

[www.gccoa.org](http://www.gccoa.org) / [info@gccoa.org](mailto:info@gccoa.org)

Partners in Care (PIC) provides care managers to coordinate care. A social worker or nurse meets the senior and involved family members to discuss the situation and possible need for services. The Care Coordinator acts as a support person. Services may include:

- Home-Delivered Meals
- Homemaking/Housekeeping
- Personal Care
- Respite Care
- Adult Day Care
- Emergency Response System
- Medical Transportation
- Grab bar installation

The Care Coordinator works with a PIC care manager, the senior and family to develop a plan of care. In the Fairborn, Xenia and Yellow Springs communities, this care coordination role is provided by a professional from the senior center, who refers to PIC as in-home care is needed. In Beavercreek, there is a care coordinator employed through the Council.

At local Senior Centers, social workers or other professionals assist seniors with services such as arranging transportation for medical and other appointments, applying for benefits, obtaining safe/affordable housing, arranging for services, PIC referrals, and regular contact.

### **Fairborn Senior Center**

937-878-4141  
325 N Third St  
Fairborn, OH 45324  
[www.fairbornseniors.org](http://www.fairbornseniors.org)

### **Xenia Adult Recreation and Services Center**

937-376-4353  
130 E Church St  
Xenia, OH 45385  
[www.xarsc-seniorcenter.org](http://www.xarsc-seniorcenter.org)

### **Yellow Springs Senior Center**

937-767-5751  
227 Xenia Ave  
Yellow Springs, OH 45387  
[www.seniorcitizenscenter.org](http://www.seniorcitizenscenter.org)

## **ADULT DAY SERVICES**

Adult day services are provided in a safe, comfortable, and supervised setting, providing seniors a place to go and be with others, as well as to participate in meaningful and structured activities. Benefits include reducing isolation and depression, increasing a sense of purpose, and providing mental stimulation and supervision. Benefits to caregivers include allowing for continued employment, having time to take care of business matters, spending time with friends and family, and stepping away from the caregiving responsibilities for a short time.

Staff members of adult day centers have an 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 caregivers with enough time to take care of other needs and of themselves.

Area adult day centers differ. In order to find the best fit, families should visit several, 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.

### **Goodwill/Easter Seals Adult Day Services**

937-912-0320

2309 N Fairfield Rd, Ste B

Beavercreek, OH 45431

[gesmv.org/community-programs/senior-services/](http://gesmv.org/community-programs/senior-services/)

### **Today Center for Adults**

937-562-7590

711 Dayton-Xenia Rd

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=95](http://www.co.greene.oh.us/index.aspx?nid=95)

## **SAFETY ISSUES**

Safety issues are paramount for seniors and their caregivers. When determining a senior's safety, their home environment, physical ability, and mental status need to be considered. 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 looking at various safety risks, consider the following: driving ability and reflexes, weapons in the home, smoking, tools, appliances, medication, household cleaners, the 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. Also, consider the safety issues not just for the senior, but also for family members, neighbors, and the general community.

### **Emergency Response Systems**

Emergency response systems (ERS) provide a 24/7 safety net for individuals who live alone and/or are at-risk of falls or medical emergencies. Emergency response systems (ERS) are electronic devices used to notify emergency personnel when emergency assistance is needed. The ERS is installed in an individual's home. The most common product is a base unit attached to the phone; an individual wears either a necklace or bracelet with a call button. If the button is pushed, the individual will receive a call back to make sure everything is okay. If there is no response to the call back or if the individual needs assistance, emergency personnel and the individual's family or listed "responders" are contacted. An ERS is not typically a practical service for individuals with dementia.

A number of organizations offer emergency response systems. Prices for installation and monitoring services vary, as are the services that are included with the system. When considering different systems, be sure you understand what you are buying. Providers include:

**Greene Memorial Hospital**  
937-352-2193

**Guardian Medical Monitoring, Inc.**  
1-888-349-2400

**Senior Resource Connection**  
937-223-8246 ext. 213  
[www.seniorresourceconnection.com](http://www.seniorresourceconnection.com)

**VRI**  
1-800-860-4230  
[www.vricares.com](http://www.vricares.com)

## **Smoke Detectors and Fire Safety**

One-third of the adult fire fatalities in Ohio are among those age 60 or older. The Ohio Department of Commerce's Division of State Fire Marshall has several pamphlets outlining specific safety concerns related to fire and the use of smoke detectors. For a copy, call:

### **Division of State Fire Marshall**

1-888-243-0305

There are also resources available for the installation of smoke detectors in a seniors' home. Contact the Council for more information:

### **Greene County Council on Aging**

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

## **MedicAlert Safe Return Program**

Safe Return is an identification program for individuals with dementia, who may be more likely to wander. Applications ask for the name, address and other specific information about the affected person and family members to be contacted if necessary. Completed applications are sent to the Alzheimer's Association for inclusion in a national database. A current picture of the loved one should be included with the one-time start-up fee. After receiving the application, the family will be sent a variety of identification materials (bracelet or necklace, wallet card, clothing tags). There is an annual renewal fee. To learn more contact:

### **Alzheimer's Association**

1-888-572-8566

[www.medicalalert.org/safereturn](http://www.medicalalert.org/safereturn)

## **Durable Medical Equipment**

Durable Medical Equipment (DME) includes canes, commode chairs, crutches, walkers, and wheelchairs that make it possible for seniors to remain safely in their home. In order for Medicare to cover the cost, the providers must be an approved contractor. There are many DME providers throughout the region and online. Before contacting any of these, please call your local senior center or the Council to see if they have what you need.

## **Home Repairs and Modifications**

People Working Cooperatively (PWC) Ohio

425 N Findlay St

Dayton, OH 45404

937-281-0685 / 1-513-351-7921

[www.pwchomerepairs.org/ohio.aspx](http://www.pwchomerepairs.org/ohio.aspx)

Trained staff and volunteers help with critical home repairs, energy conservation and weatherization, mobility modifications, and maintenance services.

## **Protective Services**

### **Adult Protective Services, Greene County Department of Job and Family Services**

937-562-6000 / 937-426-1779

541 Ledbetter Rd

Xenia, OH 45385

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.

### **Greene County Children Services Board (CSB)**

937-562-6600 / 937-372-4357 (Weekends, Holidays, or after 5pm)

601 Ledbetter Rd

Xenia, OH 45385

Greene County CSB is the county agency designated by law to provide for the care, protection, and placement of abused, neglected, and dependent children. Services 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**

937-376-8526 / 937-426-6535 (Administrative Office)

937-372-4552 / 937-426-2334 (24-hour crisis line)

380 W Bellbrook Ave

Xenia, OH 45385

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

## **MEALS ON WHEELS / HOME-DELIVERED MEALS / NUTRITION RESOURCES** **Home-Delivered Meals (Meals-on-Wheels, Mobile Meals)**

Home-delivered meals, also called mobile meals or meals-on-wheels, provide a nutritious meal to an individual's home. Typical reasons include inability to prepare one's own meals, need for a specialized diet, a daily check-in and forgetting to eat. Usually one meal a day is provided; in some cases, two meals a day and/or weekend meals may be possible.

Home-delivered meals also provide an extra safety measure, since the driver checks on the individual receiving the meals. When the meal is delivered, if no one answers or something seems out of the ordinary, the driver notifies the meal organization, which then contacts family members and/or other agencies involved with the individual. Home-delivered meals may not be the answer for every situation. For example, if the senior is not eating the meal, it may indicate a problem that needs to be addressed.

### **Senior Resource Connection**

937-228-3663

105 S Wilkinson St

Dayton, OH 45402

[www.seniorresourceconnection.com](http://www.seniorresourceconnection.com)

Senior Resource Connection provides home-delivered meals to seniors living in an eleven-county region, including Greene County. They provide special diets prescribed by a physician. Meals are delivered Monday through Friday and up to two meals a day per person can be provided.

### **Simply EZ**

1-877-396-3251

3593 Interchange Rd

Columbus, OH 43204

[www.simplyez.net](http://www.simplyez.net)

Simply EZ Meals delivers a week's worth of pre-cooked refrigerated meal items that the senior or caregiver later heats and serves in whatever combination they wish.

### **Xenia Adult Recreation and Services Center**

937-376-4353

130 E Church St

Xenia, OH 45385

[www.xarsc-seniorcenter.org](http://www.xarsc-seniorcenter.org)

The Xenia Center provides home-delivered meals to seniors living in Xenia and Xenia Township. They can provide limited special diets. Meals are delivered Monday through Friday and one meal per person for each of the weekdays can be provided.

### **Group Meals / Congregate Meal Programs**

937-228-3663

Provides lunch for individuals age 60 and older at various sites in Greene County. Depending on the site, meals are served two to five days a week, Monday through Friday. A \$2.00 donation is requested, but no one will be turned away for lack of funds. Reservations are required and must be made by noon the previous weekday.

- Beaver Creek Senior Center 937-426-6166
- Cedarville Senior Center 937-766-5744
- Hawthorne Apartments (Fairborn)
- John Sale Manor (Xenia)
- Wright Place (Xenia)
- Yellow Springs Senior Center 937-767-5751

### **Food Pantries**

- Beaver Creek FISH  
937-222-5444
- Bellbrook/Sugarcreek Food Pantry  
937-848-3810
- Cedarville / United Presbyterian Church  
937-766-1291
- Fairborn FISH  
937-879-1313
- Jamestown Food Pantry  
937-675-2697 / 937-675-7981
- Spring Valley / United Methodist Church  
937-862-7691
- Xenia FISH  
937-372-8441
- Yellow Springs / United Methodist Church  
937-767-7560



**Ohio State University Extension**

937-372-9971

Greene County Office

100 Fairground Rd

Xenia, OH 45385

[www.greene.osu.edu](http://www.greene.osu.edu)

Provides written information and educational programs on nutrition issues.

## **OTHER IN-HOME CARE SERVICES**

In-home care services help seniors remain in their own homes, both by providing additional services and allowing for respite care. These services may include homemaker, housekeeping, personal care, and skilled therapies, such as occupational, physical, and speech. In order for insurance to cover these skilled therapies, a physician must order them for a very specific need.

- **Homemaking** includes housekeeping, shopping, meal preparation and laundry.
- **Housekeeping** is limited to cleaning and typically provided by cleaning agencies.
- **Personal care** includes assistance with dressing, bathing, grooming, toileting, and eating. Personal care aides can also provide limited homemaking services.

The agencies and organizations listed below are contract providers with the Council, but they also have private pay customers. Some of the homemaking/personal care providers also work with insurance companies. There are many other homecare agencies providing services in Greene County.

### **Homemaking / Housekeeping Only**

#### **Added Touch Cleaning**

937-990-0029  
126 Office Park Drive  
Xenia, OH 45385  
[www.cleaningservicesgreenecountyoh.com](http://www.cleaningservicesgreenecountyoh.com)

#### **Fairborn Senior Center**

937-878-4141  
Homemaker Program  
325 N Third St  
Fairborn, OH 45324  
[www.fairbornseniors.org](http://www.fairbornseniors.org)

#### **Xenia Adult Recreation and Services Center**

937-376-4353  
Homemaker Program  
130 E Church St  
Xenia, OH 45385  
[www.xarsc-seniorcenter.org](http://www.xarsc-seniorcenter.org)

#### **Yellow Springs Senior Center**

937-767-5751

Homemaker Program  
227 Xenia Ave  
Yellow Springs, OH 45387  
[www.seniorcitizenscenter.org](http://www.seniorcitizenscenter.org)

### **Homemaking / Personal Care**

#### **Align Home Health**

937-490-9200  
1616 Mardon Dr  
Beavercreek, OH 45432  
[www.alignhomehealth.com](http://www.alignhomehealth.com)

#### **Arcadia Health Services, Inc.**

937-912-5800  
2440 Dayton-Xenia Rd, Suite C  
Beavercreek, OH 45434  
[www.arcadiahomecareandstaffing.com/dayton/](http://www.arcadiahomecareandstaffing.com/dayton/)

#### **Assisted Care by Black Stone**

937-643-2422  
3044 Kettering Blvd  
Dayton, OH 45439  
[www.blackstonehc.com](http://www.blackstonehc.com)

#### **Comfort Keepers**

937-322-6288  
101 N Fountain Ave  
Springfield, OH 45502  
[www.dayton-101.comfortkeepers.com](http://www.dayton-101.comfortkeepers.com)

#### **Comfort Keepers South**

937-312-9900  
64 Marco Lane  
Centerville, OH 45458  
[www.dayton-178.comfortkeepers.com](http://www.dayton-178.comfortkeepers.com)

#### **ComForCare Senior Services**

937-432-6475  
7086 Corporate Way, Suite 102  
Dayton, OH 45459  
[www.comforcare.com](http://www.comforcare.com)

**Custom Care Cleaning and Elderly Services**

937-430-0953  
492 W Second St, Suite 207  
Xenia, OH 45385

**Dynamic Senior Solutions**

937-429-4220  
3044 Dayton-Xenia Rd  
Beavercreek, OH 45434  
[www.dynamicseniorsolutions.com](http://www.dynamicseniorsolutions.com)

**Ellie Home Caring**

937-306-8136  
157 W Franklin St  
Centerville, OH 45459  
[www.elliehomecaring.com](http://www.elliehomecaring.com)

**1<sup>st</sup> Choice Homecare**

937-528-2866  
735 Woodspring Court  
Beavercreek, OH 45430

**First Light Home Care**

937-550-1299  
5600 Kentshire Dr, Suite 5A  
Dayton, OH 45440  
[www.firstlighthomecare.com/home-healthcare-dayton-south/](http://www.firstlighthomecare.com/home-healthcare-dayton-south/)

**Lavender Home Care Solutions**

937-660-6901  
7333 Paragon Rd, Suite 220  
Dayton, OH 45459  
[www.lavenderhomecare.com](http://www.lavenderhomecare.com)

**Right At Home**

937-429-9465  
3183 BeaverVu Dr, Suite B  
Beavercreek, OH 45434  
[www.rightathome.net](http://www.rightathome.net)

### **Senior Helpers**

937-424-2280

7045 Corporate Way, Suite 1

Dayton, OH 45459

[www.seniorhelpers.com/dayton/](http://www.seniorhelpers.com/dayton/)

### **Senior Pathways**

937-434-7284

7700 Paragon Rd, Suite A

Dayton, OH 45459

[www.seiorpathwayconsultants.com](http://www.seiorpathwayconsultants.com)

### **Senior Resource Connection - Visiting Home Care**

937-224-0170 / 937-223-8246, ext. 4

222 Salem Ave

Dayton, OH 45406

[www.seniorresourceconnection.com](http://www.seniorresourceconnection.com)

### **Visiting Angels**

937-886-6880

7966 Clyo Rd

Centerville, OH 45459

[www.visitingangels.com](http://www.visitingangels.com)

### **Wellcare**

937-254-4453

1020 Woodman Dr, Suite 210

Dayton, OH 45432

## **PAYING FOR IN-HOME SERVICES**

There are two challenges to receiving community-based services: first is finding the service, second is paying for it. There are several payment options available and agencies may be helpful in working through these.

### **Payment Considerations**

- Medicare covers the costs of very **limited medical** home care. Covered services must be related to a skilled need. Although coverage is limited, always ask about the possibility of Medicare paying for services.
- Long-term care insurance may also be a possible payer. Some policies include home care benefits, including adult day care and respite stays in care facilities.

- Individuals and families may be able to pay privately for services. Depending on the extent of services and the cost, some home care may also be possible.
- Some of the local organizations providing these services receive funds to assist in providing their services; it may be possible that these services can be provided without charge. These funds are limited and are used quickly by those most in need.
- A reverse mortgage is another way to pay for in-home or longer-term care. With this option, homeowners access the equity in their home to pay for needed services, while remaining in their home. The lender is paid back when the senior moves out or dies, regardless if they live beyond receipt of their last payment. **A reverse mortgage is something that should be very carefully considered.**
- The Alzheimer's Association receives state funds to purchase short-term respite services — adult day care, homemaker, personal care — for caregivers of loved ones with Alzheimer's or a related dementia. Typically, caregivers benefit from limited in-home care each week or a day of adult day care.
- Veterans Services may be able to assist.
- The Greene County Council on Aging receives funds to pay for services enabling seniors to remain in their own or family member's home. Through the Council's Partners in Care (PIC) program, these funds are available only after the above payment sources have been pursued. Depending on the senior's situation, a co-payment for some services may be required.

### **Helpful Agencies Regarding Payment for Home Services**

#### **Partners in Care (PIC) / Greene County Council on Aging**

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

1195 W Second St

Xenia, OH 45385

[www.gcco.org](http://www.gcco.org)

#### **Area Agency on Aging, PSA-2**

#### **PASSPORT PROGRAM**

937-341-3000 / 1-800-258-7277

40 W Second St, Suite 400

Dayton, OH 45402

[www.info4seniors.org](http://www.info4seniors.org)

The PASSPORT program is a statewide program funded by Medicaid for seniors age 60 and older who need the level of care provided in a nursing home, but want to stay in their home. Those who qualify for PASSPORT work with a nurse or social worker to develop a plan of care that customizes services to help them remain at home. Once enrolled, a case manager works with the senior to be sure needs are met, and that the plan of care is adjusted as needs change.

**Alzheimer's Disease and Related Disorders Miami Valley Chapter**

937-291-3332 / 1-800-272-3900

31 W Whipp Rd

Dayton, OH 45459

[www.alz.org/dayton](http://www.alz.org/dayton)

**Veterans Services, Greene County**

937-562-6020

571 Ledbetter Rd

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=340](http://www.co.greene.oh.us/index.aspx?nid=340)

## CONSUMER INFORMATION

In addition to your local senior center, the following organizations can provide further information on a wide range of consumer issues.

### **Greene County Council on Aging**

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

1195 W Second St

Xenia, OH 45385

[www.gccoa.org](http://www.gccoa.org)

### **Elder Care Locator**

1-800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

Provides links to resources across the US. Callers can get information on resources for the specific communities. For example, a son calling from Arizona looking for resources in Greene County, Ohio will receive the number for the Greene County Council on Aging. The website lists area agencies serving specific areas.

### **Area Agency on Aging, PSA-2**

937-341-3000 / 1-800-258-7277

40 W Second St, Suite 400

Dayton, OH 45402

[www.info4seniors.org](http://www.info4seniors.org)

Provides information on a variety of topics, including contact information for Area Agencies on Aging in other parts of Ohio and across the country.

### **United Way Greene County — HELPLINK**

937-376-5555 / 937-426-4008, ext 1

2380 Bellbrook Ave, Suite F

Xenia, OH 45385

[www.dayton-unitedway.org](http://www.dayton-unitedway.org)

### **Federal Citizen Information Center**

1-888-878-3256

[www.publications.usa.gov](http://www.publications.usa.gov)

Publishes a free *Consumer Information Catalog* listing booklets on a variety of topics. Maintains a consumer information website. Publishes *The Consumer Action Handbook*, which includes information about such issues as cars, insurance, travel, and utilities.



## **DISCOUNTS FOR OLDER CONSUMERS**

### **Golden Buckeye Card - Ohio Department of Aging**

1-800-422-1976

50 W Broad St, 9<sup>th</sup> Floor

Columbus, OH 43215-3316

[www.aging.ohio.gov](http://www.aging.ohio.gov)

Discount for Ohio residents age 60 and older or someone 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.

### **LifeLine Program**

The Lifeline Program is a federal program that provides a monthly benefit on home or wireless phone and broadband service to eligible households. The Lifeline benefit can lower or eliminate the cost of your monthly phone or internet bill. Only one benefit is available per household; either phone service (home or wireless) or internet (home or mobile), but not both.

<http://www.lifelinesupport.org/lis/>

### **[www.SeniorDiscounts.com](http://www.SeniorDiscounts.com)**

Web resource of discounts for people ages 55 and older. Elders can locate discounts geographically at more than 125,000 businesses.

## **CONSUMER MARKETING / CONSUMER ISSUES AND COMPLAINTS**

Older consumers are often the targets of telemarketing. Many of these solicitations may be scams or frauds. The best advice to seniors is to say **NO** if the telemarketers:

- do not share the name and address of the charity for which they are soliciting
- are paid to solicit
- will not tell you how the charity will spend the money it receives
- want to come to your home
- insist that a donation be given immediately

### **Direct Marketing Association**

A trade association of companies that market goods and services to the public. To remove your name from their direct mail list, write:

Direct Marketing Association

ATTN: Dept. 27333164

PO Box 282

Carmel, NY 10512

Or register online at: [www.dmachoice.org](http://www.dmachoice.org)

**To stop credit card mailings**

1-888-567-8688

**To stop other marketing calls**

**National Do Not Call Registry**

1-888-382-1222

[www.donotcall.gov](http://www.donotcall.gov)

Registers your home and mobile phone numbers for five years as numbers telemarketers cannot contact. To remove your name from their telephone solicitation list call **from** the phone number you wish to remove or register online.

**State of Ohio, Attorney General - Consumer Protection Section**

1-800-282-0515 / 614-466-4986

30 E Broad St, 17<sup>th</sup> Floor

Columbus, OH 43215-3428

<http://www.ohioattorneygeneral.gov/About-AG/Service-Divisions/Consumer-Protection>

Answers questions and takes complaints regarding consumer purchases and transactions. Provides educational materials and has speakers available.

**Better Business Bureau**

1-800-776-5301

15 W Fourth St, Suite 300

Dayton, OH 45402

[www.bbb.org/dayton](http://www.bbb.org/dayton)

**Federal Communications Commission (FCC)**

1-888-225-5322 / 1-888-835-5322 (TTY/TDD)

Consumer Information and Governmental Affairs Bureau

[www.fcc.gov](http://www.fcc.gov)

Public inquiries and informal complaints regarding cable, radio, satellite, telephone, television and wireless communications.

**FINANCIAL EXPLOITATION PREVENTION**

**Consumer Financial Protection Bureau**

1-855 411-CFPB / 1-855 411-2372

1-855 729-CFPB / 1-855 729-2372 (TTY/TDD)

Monday – Friday, 8 am - 8 pm

[www.consumerfinance.gov](http://www.consumerfinance.gov)

The Consumer Tools section of the website has a section on financial protection for older Americans.

The **Ohio Department of Commerce** has divisions that may be helpful.  
[www.com.ohio.gov/secu](http://www.com.ohio.gov/secu)

The **Ohio Attorney General's** Office has an Elder Abuse Initiative  
1-800-282-0515

## **HOME EMERGENCY SUPPLIES**

It is a good idea to keep the following supplies on hand for an emergency:

- 3-day supply of bottled water – 1 gallon per person per day
- 3-day supply of nonperishable food – canned goods, cereal, peanut butter, crackers
- Non-electric utensils
- Cell phone, battery-powered radio, flashlight with extra batteries
- First-aid kit
- Sleeping bag and clothes
- Toiletries such as medications, toilet paper, soap, toothbrush
- Cash and important financial and legal documents
- Pet supplies, including extra water

## **IDENTITY THEFT**

Your personal information — credit card numbers, bank account numbers, insurance information, Medicare and Social Security numbers — can be used by criminals to purchase goods or services fraudulently. This is illegal based on both Ohio and Federal law. To avoid this situation, keep your information private.

The “best” way to secure your identity and prevent identity theft is to put a “freeze” on your credit reports with the three credit reporting agencies. Contact all three agencies to place a freeze on your reports.

In the case of theft or loss of a wallet with 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.

### **Credit reporting agencies**

Equifax: 1-800-685-1111

To freeze credit reports:

[www.freeze.equifax.com/Freeze/jsp/SFF\\_PersonalIDInfo.jsp](http://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp)

Experian: 1-888-397-3742

To freeze credit reports:  
[www.experian.com/freeze/center.html](http://www.experian.com/freeze/center.html)  
Trans Union: 1-877-322-8228  
To freeze credit reports:  
[www.transunion.com/credit-freeze/place-credit-freeze](http://www.transunion.com/credit-freeze/place-credit-freeze)  
For a free copy of your credit report: [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com)

**Social Security Fraud Line**  
1-800-269-0271

## **UTILITIES / RECYCLING**

**Bellbrook Water Department**  
937-848-4638

**Fairborn Water Department**  
937-754-3097 / maintenance  
937-754-3007 / billing

**Dayton Power and Light**  
937-331-3900 / 1-800-433-8500  
Outage: 1-877-468-8243

**Ohio Edison**  
1-800-633-4766

**Vectren**  
1-800-227-1376

**Xenia Utilities**  
937-376-7242

**Yellow Springs Utilities**  
937-767-7202, ext 221

**Ohio Consumers' Counsel Residential Utility Advocate**  
614-466-8574 / 1-877-742-5622  
10 W Broad St, Ste 1800  
Columbus, OH 43215-3485  
[www.occ.ohio.gov](http://www.occ.ohio.gov)

Residential utility advocate for consumers with questions or need information about the services provided by their electric, natural gas, telephone, and water companies. Publishes a bi-monthly newsletter, 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 / 614-466-3292

[www.puco.ohio.gov](http://www.puco.ohio.gov)

**Clark Howard**

[www.clark.com](http://www.clark.com)

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

**Greene County Department of Sanitary Engineering**

937-562-7450

667 Dayton-Xenia Rd

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=317](http://www.co.greene.oh.us/index.aspx?nid=317)

Water and sewer services in Greene County

**Environmental Services Division**

**Greene County Department of Sanitary Engineering**

937-562-5925

2145 Greene Way Blvd

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=199](http://www.co.greene.oh.us/index.aspx?nid=199)

Recycling for Greene County residents

Monday – Thursday, 7:30 am – 8 pm, Friday, 7:30 am – 4 pm, Saturday, 9 am – 4 pm

**Greene Inc., Recycling**

**Greene County Board of Developmental Disabilities**

937-562-4200

121 Fairground Rd

Xenia, OH 45385

Free shredding available to Greene County residents

Drop off hours: Monday – Friday, 9 am – 1230 pm, 1 pm -2 pm.

Go to the back of the building and ring the buzzer.

## **CHAMBERS OF COMMERCE**

These are networks of business groups within a local community.

### **Beavercreek**

937-426-2202  
3210 Beaver Vu Dr  
Beavercreek, OH 45334  
[www.beavercreekchamber.org](http://www.beavercreekchamber.org)

### **Bellbrook - Sugarcreek Area**

937-848-4930  
64 W Franklin St  
Bellbrook, OH 45305  
[www.bellbrooksugarcreekchamber.com](http://www.bellbrooksugarcreekchamber.com)

### **Cedarville**

937-766-5418  
50 N Main St  
Cedarville, OH 45314  
[www.cedarvillechamber.com](http://www.cedarvillechamber.com)

### **Fairborn Area**

937-878-3191  
12 N Central Ave  
Fairborn, OH 45324  
[www.fairborn.com](http://www.fairborn.com)

### **Spring Valley**

937-862-4110  
PO Box 396  
Spring Valley, OH 45370  
[www.springvalleyoh.com](http://www.springvalleyoh.com)

### **Xenia Area**

937-372-3591  
334 W Market St  
Xenia, OH 45385  
[www.xacc.com](http://www.xacc.com)

## **Yellow Springs**

937-767-2686

101 Dayton St

Yellow Springs, OH 45387

[www.yellowspringsohio.org/chamber-home](http://www.yellowspringsohio.org/chamber-home)

## **LONG-TERM CARE**

If you or a family member may need long-term care, remember that Medicare does not cover this. This type of care is very expensive. Some people purchase long-term care insurance to help pay the cost. The information below can help you make a more informed decision about this option.

### **Long-Term Care Consumer Guide**

Online guide from the Ohio Department on Aging, for researching long-term care options, including Ohio nursing homes.

[www.ltc.ohio.gov/NursingHomes.aspx](http://www.ltc.ohio.gov/NursingHomes.aspx)

Also see the section on Long-Term Residential Care for more information about the Long-Term Care Ombudsman Program.

### **National Association of Insurance Commissioners**

2301 McGee St, Ste 800

Kansas City, MS 64108-2662

[www.naic.org](http://www.naic.org)

Publishes information about long-term care insurance such as defining long-term care, outlining policy options, who needs long-term care insurance, how various policies work, and other pertinent issues.

**Medicaid** can be used to pay for nursing home care. Typically, families begin paying privately for nursing home care and if resources are exhausted, they can apply for Medicaid. If there is a spouse living in the community, traditional income and asset eligibility guidelines are not used, so that adequate resources for the spouse are available to remain in the community.

## DRIVING AND TRANSPORTATION

Driving is a key to independence. It gets us to work, to the store, to appointments, and to most any place we want to go. While most of us know **how** to drive, we may not be able to handle the act of driving, as the mechanics are much different from when we first learned. There are more vehicles, more lights, more lanes, more landmarks, and more distractions.

Many individuals continue to drive but probably or definitely should not. This has little to do with age and more to do with physical and mental limitations. Discussing this within a family can be very difficult. If there is any question about a person's reflexes and reaction time and/or judgment, it may be time to give up driving.

When driving your own car is no longer an option, either for a short time or permanently, some transportation services are available, though they can be tricky to coordinate.

Medical appointments receive priority for most transportation programs. The earlier you contact a provider to arrange for services, the better your chance of receiving it. Since only a few providers can arrange for an escort, if you or your loved one requires more than pick-up and drop-off, transportation services may be even more challenging to coordinate.

In order to accommodate as many as people as possible, pick-up times may be earlier than any individual would prefer and short waits are common after an appointment. Patience and flexibility are important.

Many in-home care providers offer transportation for appointments and errands. The cost may include an hourly rate charged by the organization and fees for the staff person, as well as mileage expenses.

Paying for transportation services varies, 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 voluntary donation is appreciated but not required. 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 does not cover the cost.



## **Handicapped Placards**

These placards are issued to any person with a disability that limits or impairs the ability to walk. Disability placards may also be issued to a vehicle that is altered to accommodate a disabled individual or to a bus that transports disabled individuals. These placards permit the vehicles to park in spaces marked with the symbol for people with disabilities. In order to get a placard, a physician, chiropractor, or advanced practice nurse must certify the disability. Applications are available at the Greene County Council on Aging or the Bureau of Motor Vehicles offices listed below or at their website: [www.bmv.ohio.gov/pdf\\_forms/4826](http://www.bmv.ohio.gov/pdf_forms/4826).

### **Bureau of Motor Vehicles**

#### **Beavercreek Office**

License: 937-426-8205  
1221 Meadow Bridge, Ste B & C  
Beavercreek, OH 45434

#### **Fairborn Office**

License: 937-878-4040 / Title: 937-879-0252  
1274 & 1280 N Broad St  
Fairborn, OH 45324

#### **Xenia Office**

License: 937-372-4282 / Title: 937-562-6055  
License Examination: 937-372-6850  
601 Ledbetter Rd  
Xenia, OH 45385

## **Hartford Financial Services Group**

Family Conversations with Older Drivers

“We Need to Talk” is a free guide for older drivers and their families making the decision to continue driving. It is at: [www.thehartford.com/talkwitholderdrivers](http://www.thehartford.com/talkwitholderdrivers)

## **Driver Safety Program**

For information about courses available locally:

Call AARP Ohio State Office: 1-866-389-5653 or

Check online at: [www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety)

Check with your local senior center about these courses.

## **Transportation Services through Senior Centers**

### **Beavercreek**

937-426-6166

Transportation services for Beavercreek and Beavercreek Township residents age 55 and older unable to drive. Service is on a space available basis, Monday – Friday from 9:00 am to 4:00 pm for appointments in the Beavercreek area, to Greene Memorial Hospital, Miami Valley Hospital, Wright-Patterson Medical Center and area dialysis treatment centers. Medical appointments receive priority. Requests must be made at least two working days in advance.

### **Fairborn**

937-878-4141

Transportation services for Fairborn and Bath Township residents age 60 and older unable to drive. Service is on a space available basis, Monday – Friday, 8:30 am to 4:30 pm to locations in the Fairborn area, throughout Greene County, and parts of Montgomery County. Medical appointments receive priority. Requests must be made in advance by 12:30 pm the previous working day but no more than thirty calendar days prior to an appointment. Fares are based on monthly income and destinations.

### **Xenia**

937-376-4353

Transportation services for Xenia and Xenia Township residents age 50 and older unable to drive. Service is on a space available basis, Monday – Friday 8:00 am to 4:00 pm to locations in the Xenia area. Also provides medical transportation for Greene County residents 60 and older throughout Greene County and parts of Montgomery County. Requests must be made one working day in advance for in-town service, and two working days in advance for out-of-town trips. Requests are not accepted more than 30 calendar days prior to an appointment. Service is on a donation basis.

### **Yellow Springs**

937-767-5751

Transportation services for Yellow Springs and Miami Township senior residents unable to drive. Service is on a space available basis, Monday – Friday, 10:00 am to 4:00 pm to locations in Greene, Clark, and Montgomery Counties for medical appointments. Transportation for shopping is limited to Yellow Springs, Fairborn, and Xenia. Requests must be made at least two working days in advance for trips within Yellow Springs, three days in advance for trips outside of the Village. Service is on a donation basis.

## **Other Transportation Services**

### **Greene CATS Public Transit**

937-708-8322 / 1-877-227-2287

2380 Bellbrook Ave

Xenia, OH 45385

[www.co.greene.oh.us/greenecats](http://www.co.greene.oh.us/greenecats)

Greene CATS provides two types of accessible Demand Responsive service:

Call for fare information.

1. Scheduled Rides pick up and drop off riders at any location within Greene County with limited service to Montgomery County. Operating Monday – Sunday from 6:00am to 9:00pm. The Flex Route Service is available Monday - Friday from 6:00 am to 6:00 pm.
2. Flex Routes have defined routes with scheduled time points that circulate and link Greene County communities of Beavercreek, Fairborn, Xenia and Yellow Springs. A flex route express route that connects Xenia to downtown Dayton is also available. Operating Monday – Friday from 5:30am to 7:30pm. Deviations on Flex Routes up to ½ of a mile are available upon request a minimum of two business days in advance and up to one month in advance.

### **Med Trans, Inc.**

1-800-854-2137

[www.med-trans.com](http://www.med-trans.com)

Private ambulance and ambulette wheelchair service transportation provider. Service provided throughout the Miami Valley area. Fares based on mileage traveled.

## EDUCATION

Educational programs are available from area universities, colleges and local school districts, many at no charge. For more information, contact the institution.

### **Greene County Council on Aging**

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

1195 W Second St

Xenia, OH 45385

[www.gcco.org](http://www.gcco.org)

The Greene County Council on Aging provides a variety of educational programs on aging, kinship and caregiving topics. Contact the Council to receive information on upcoming programs or to request an educational program for your church, organization, or business.

### **Adult Education**

AARP Internet Resources on Aging has an online directory of more than 700 websites on aging issues including organizations, death and dying, health and well-being, and law and legal issues.

[www.aarp.org/internetresources](http://www.aarp.org/internetresources)

### **Road Scholar**

1-800-454-5768

11 Ave de Lafayette

Boston, MA 02111

[www.road scholar.org](http://www.road scholar.org)

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

### **Greene County Career Center**

937-372-6941 / 937-426-6636

2960 W Enon Rd

Xenia, OH 45385

[www.greenecc.com](http://www.greenecc.com)

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. The Greene County Career Center has additional information.

## **Greene County Public Library**

www.greenelibrary.info

### **Beavercreek Community Library**

937-352-4001

3618 Dayton-Xenia Rd

Beavercreek, OH 45432

### **Cedarville Community Library**

937-352-4006

20 S Miller St, PO Box 26

Cedarville, OH 45314

### **Fairborn Community Library**

937-878-9383

1 E Main St

Fairborn, OH 45324

### **Jamestown Community Library**

937-352-4005

86 Seaman Dr

Jamestown, OH 45335

### **Winters-Bellbrook Library**

937-352-4004

57 W Franklin St

Bellbrook, OH 45305

### **Xenia Community Library**

937-376-2995

76 E Market St

Xenia, OH 45385

Outreach Services: Delivery for the Homebound Talking Books Program

937-736-7073

WORDS Radio Reading Service

### **Yellow Springs Community Library**

937-352-4003

415 Xenia Ave

Yellow Springs, OH 45387

## **Universities**

### **Cedarville University**

937-766-2211  
251 N Main St  
Cedarville, OH 45314  
[www.cedarville.edu](http://www.cedarville.edu)

### **Central State University**

937-376-6011  
1400 Brush Row Rd  
Wilberforce, OH 45384  
[www.centralstate.edu](http://www.centralstate.edu)

### **Clark State Community College Institute for Learning in Retirement**

937-328-6047  
570 E Leffel Lane  
Springfield, OH 45501-0570  
[www.clarkstate.edu](http://www.clarkstate.edu)

### **Sinclair Community College**

937-512-2500 / 1-800-315-5000  
444 W Third St  
Dayton, OH 45402  
[www.sinclair.edu](http://www.sinclair.edu)

### **The Ohio State University Extension - Greene County Office**

937-372-9971  
100 Fairground Rd  
Xenia, OH 45385  
[www.greene.osu.edu](http://www.greene.osu.edu)  
Online information on a wide variety of topics, such as yard and garden, food, community, home, and family. Additional resources on the web at: [ohioline.ag.ohio-state.edu](http://ohioline.ag.ohio-state.edu)

### **The University of Dayton Special Programs and Continuing Education**

937-229-2347  
300 College Park  
Dayton, OH 45469-1350  
[www.udayton.edu](http://www.udayton.edu)

**Wilberforce University**

937-376-2911

1055 N Bickett Rd

Wilberforce, OH 45384

[www.wilberforce.edu](http://www.wilberforce.edu)

**Wright State University Senior Citizens Program**

937-775-5588

Registrar's Office

3640 Colonel Glenn Hwy

Dayton, OH 45435-0001

[www.wright.edu](http://www.wright.edu)

Credit and noncredit courses for individuals age 60 and older. Although there is no tuition, seniors must pay for books, parking, supplies, and any lab fees. Seniors register and pay fees the first day of class.

## **EMERGENCY ASSISTANCE / URGENT MEDICAL CARE**

Medical and Fire Emergencies: 9-1-1

Poison Control Center: 1-800-222-1222

Suicide Prevention Center: 937-229-7777 / 1-800-320-4357

24-hour mental health crisis line: 937-376-8700 / 937-426-2302

Greene County Sheriff: 937-562-4800

Ohio State Highway Patrol: 937-372-7671

### **URGENT MEDICAL CARE**

The resources below are for urgent medical care. If possible, contact your primary care physician first. Otherwise, payment for care may become an issue.

#### **Kettering Urgent Care, Beavercreek**

937-458-4200

Open 7 days a week, 8:00 am-10:00 pm

3371 Kemp Rd

Beavercreek, OH 45431

[www.ketteringhealth.org/locations/urgentcare.cfm](http://www.ketteringhealth.org/locations/urgentcare.cfm)

#### **GMH Urgent Care, Xenia**

937-352-2850

Open 7 days a week, 9:00 am-8:00 pm

50 Progress Dr

Xenia, OH 45385

[www.ketteringhealth.org/locations/urgentcare.cfm](http://www.ketteringhealth.org/locations/urgentcare.cfm)

#### **Doctors' Urgent Care**

937-873-9500

2131 Gateway Dr

Fairborn, OH 45324

[www.urgentcarelocations.com/oh/fairborn/2043-doctors-urgent-care-office](http://www.urgentcarelocations.com/oh/fairborn/2043-doctors-urgent-care-office)



## **Hometown Urgent Care**

937-372-6012

101 S Orange St

Xenia, OH 45385

[www.hometownurgentcare.com/xenia](http://www.hometownurgentcare.com/xenia)

## **PHYSICIANS**

If you are looking for a physician, you want to be sure your selection works with your insurance. In the Greene County area, there are two large provider networks, each with affiliated doctors, facilities, and hospitals. They are the Kettering Health Network and Premier Health Network. Physician information within each network is available:

### **Kettering Health Network**

[www.ketteringhealth.org/findaphysican/](http://www.ketteringhealth.org/findaphysican/)

### **Premier Health Network**

[www.premierhealth.com/findadoc/](http://www.premierhealth.com/findadoc/)

## **HOSPITALS**

**Be sure your insurance coverage will be accepted at the hospital to which you go. In an emergency you have to be treated at any hospital.**

### **Greene Memorial Hospital**

937-352-2000

1141 N Monroe Dr

Xenia, OH 45385

[www.ketteringhealth.org/greene](http://www.ketteringhealth.org/greene)

### **Wright-Patterson Air Force Base Medical Center**

937-257-0837

Wright-Patterson AFB, OH, 45433

[www.wpafb.af.mil/units/wpmc](http://www.wpafb.af.mil/units/wpmc)

Provides a full spectrum of medical services to active duty and retired military personnel.

### **Children's Medical Center**

937-641-3000

One Children's Plaza

Dayton, OH 45404

[www.childrensdayton.org](http://www.childrensdayton.org)

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

**Grandview Hospital & Medical Center**

937-226-3200  
405 Grand Ave  
Dayton, OH 45405-4796  
[www.ketteringhealth.org/grandview](http://www.ketteringhealth.org/grandview)

**Kettering Medical Center**

937-298-4331  
3535 Southern Blvd  
Kettering, OH 45429  
[www.ketteringhealth.org/kettering](http://www.ketteringhealth.org/kettering)

**Miami Valley Hospital**

937-208-8000  
One Wyoming St  
Dayton, OH 45409  
[www.miamivalleyhospital.org](http://www.miamivalleyhospital.org)

**Miami Valley Hospital South**

937-438-2400  
2400 Miami Valley Drive  
Centerville, OH 45459  
[www.miamivalleyhospital.org](http://www.miamivalleyhospital.org)

**Soin Medical Center**

937-702-4000  
535 Pentagon Blvd  
Beavercreek, OH 45431  
[www.ketteringhealth.org/soin](http://www.ketteringhealth.org/soin)

**Springfield Regional Medical Center**

937-523-1000  
100 Medical Center Dr  
Springfield, OH 45504  
[www.community-mercy.org/springfield\\_regional\\_medical\\_center.asp](http://www.community-mercy.org/springfield_regional_medical_center.asp)

**Sycamore Medical Center**

937-866-0551

4000 Miamisburg-Centerville Rd

Miamisburg, OH 45342

[www.ketteringhealth.org/sycamore](http://www.ketteringhealth.org/sycamore)

**Southview Medical Center**

937-439-6000

1997 Miamisburg-Centerville Rd

Centerville, OH 45459

[www.ketteringhealth.org/southview](http://www.ketteringhealth.org/southview)

**Veterans Affairs Medical Center**

937-268-6511

4100 W Third St

Dayton, OH 45406

[www.dayton.va.gov](http://www.dayton.va.gov)

## END OF LIFE ISSUES

While thinking about and planning for the end of life is difficult, putting your wishes on paper can ease the situation for your loved ones when the time comes. There are important legal documents which spell out what you want done or who will make decisions for you in the event that you become incapacitated. These documents, known as advanced directives, include:

- **General Durable Power of Attorney:** Authorizes an individual to make legal decisions on behalf of another person. It is used only when the individuals cannot make their own 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 indicating 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, typically for a competent individual with severe physical limitations.
- **Living Trust:** A trust is typically created to avoid probate and is funded with assets from the individual. It can be amended and revoked by the person creating the trust.
- **Living Will:** A document outlining an individual's wishes related to the use of artificial life support.
- **Do Not Resuscitate Order (DNR):** An order prepared by an individual's physician outlining that the patient does not wish to have cardiopulmonary resuscitation (CPR) performed.
- **Will:** A document providing for the way in which a person's property is distributed upon their death.

### LEGAL RESOURCES

#### **Greene County Bar Association**

937-562-5040 / 1-888-534-1432

[www.barassociationdirectory.com/oh/greene-county-bar-association.php](http://www.barassociationdirectory.com/oh/greene-county-bar-association.php)

#### **Greene County Probate Court**

937-562-5280

937-427-2883, ext. 5280  
45 N Detroit St  
Xenia, OH 45385  
[www.co.greene.oh.us/index.aspx?nid=447](http://www.co.greene.oh.us/index.aspx?nid=447)

**Legal Aid Line of Western Ohio**

937-228-8088 / 1-800-867-9431  
[www.lawolaw.org](http://www.lawolaw.org)

**Ohio Department Of Aging, Elder Rights Division**

1-800-266-4346  
50 W Broad St, 9<sup>th</sup> Floor  
Columbus, OH 43215-3363  
[www.aging.ohio.gov/home/](http://www.aging.ohio.gov/home/)  
Skilled professionals knowledgeable about aging issues help older adults with personal legal problems.

**The Ohio Legal Assistance Foundation**

1-866-529-6446  
[www.olaf.org](http://www.olaf.org)  
Volunteers from the Ohio Attorney General's Office assist eligible senior citizens with advanced directives.

**Ohio Legal Rights Services**

1-800-282-9181  
[www.olrs.ohio.gov](http://www.olrs.ohio.gov)  
[www.ohiolegalservices.org/public/legal\\_problem/public-benefits/disability/ohio-legal-rights-services-olrs-1](http://www.ohiolegalservices.org/public/legal_problem/public-benefits/disability/ohio-legal-rights-services-olrs-1)

**ProSeniors**

1-800-488-6070  
[www.proseniors.org](http://www.proseniors.org)  
Help seniors resolve legal and long-term care problems. Legal hotline to speak with an attorney for free.

**FUNERAL PLANNING**

Just like preparing for any other situation, families need to talk about funeral planning. Doing this in advance can make a painful time easier to bear.

There are as many ways to honor the dead, as there are cultures, religions and budgets. Personal philosophy or faith should guide your choices. Some families choose

simple arrangements, such as a cremation without a ceremony, others want more elaborate arrangements, with a wake before a funeral. Some use no coffin at all, others choose a handcrafted hardwood casket. Some choose to keep the body at home for visitation, others decide to hold a viewing at a funeral home. Whatever your choice, base it on what is meaningful to you, not on what you think other people expect.

### **Explore your options**

Most people are confused about what they can and cannot do for burial. Many assume a “traditional” funeral — embalming, fancy casket, open-casket wake, funeral ceremony, procession, and graveside service — is “normal.” In fact, this type of funeral has no roots in Christianity, Judaism, Islam, or any other religion and is rarely practiced outside the US and Canada.

You have the right to a funeral and burial in almost any way that is meaningful to you. Think about the type of arrangement you want. Your options may include:

- Donating your body to a science for research
- Cremation or burial
- Green or traditional earth burial
- Embalming or refrigeration
- Viewing? Public or private? Where?
- Funeral or memorial service? Where? When?

Whatever you decide, write down your wishes in detail. Your choice is the biggest factor in helping you determine the best, and most reasonably priced funeral home for your needs.

### **Determine a Budget. Shop Around.**

Picking the funeral home closest to where you live or one you have used in the past, may not be the best way to ensure good service. Prices can vary enormously between funeral homes, even just blocks apart.

Once you have determined what you want and a budget, contact funeral homes. By federal law, they are required to give you price quotes over the phone and a printed, itemized “General Price List” in person. You have the right to purchase only the services you want. For example, you are not required to choose embalming; you can use an alternative container instead of a casket for cremation, or provide the funeral home with a casket or urn bought elsewhere without incurring additional fees. You should receive a written statement after you decide what you want, but before you pay for it.

### **How to Pay? Should You Prepay?**

Now that you have decided what you want, determined a reasonable budget, and explored funeral homes, what will it cost and what are your options for payment?

**Pay by cash or credit.** Most families will use cash, check or credit card to pay for all or part of the funeral expenses. Most funeral homes today expect payment in full up-front. Sometimes you can pay a portion using an installment plan negotiated with the funeral home.

**Savings.** Some families are able to set aside money for funeral costs ahead of time. Upon death, however, the funds can be held up for months while a Will is probated. To avoid such delay, you could set up a joint account with a trusted family member with "rights of survivorship." That person can withdraw the money after your death to pay for your arrangements.

**Payable on death account.** This special type of bank account ensures that the funds you set aside for your funeral will be released immediately after your death to the beneficiary you name, without the delay of probate. Unlike a joint account, the beneficiary cannot touch the money while you are alive. These accounts are FDIC-insured, and you can withdraw money any time.

**Life insurance policy.** These policies are to cover the general financial needs of the survivors. They may also provide a lump-sum amount to your designated beneficiaries after your death. Insurance money will be disbursed soon after death, avoiding probate.

Other insurance policies are available specifically to cover funeral costs. Be sure to consider whether these policies will cost more in premiums than they will pay out.

- Burial insurance is a life insurance policy intended to cover death-related expenses. In some states, it can be sold by funeral homes.
- Pre-need insurance is a whole-life policy covering the pre-determined cost of a funeral and is sold by the funeral provider. In some states, you must name the funeral home as the beneficiary; other states forbid that practice.

**Prepaying at Funeral Home with a Trust.** When you prepay the cost of your funeral, the funeral director places the money into an interest-bearing trust account, and serves as the trustee. After your death, the funds are paid directly to the funeral provider. An irrevocable trust cannot be changed without the permission of the trustee; this is something to think about should you change your mind or move. A revocable trust can be cashed out or cancelled at any time.

## **Considerations about Prepaying**

If you may be Medicaid-eligible in the future, you may want to consider prepaying for a funeral through a Funeral Home Trust, which may be the only alternative to shelter the funds from Medicaid. In other circumstances, there are other considerations to take into account before prepaying.

You want to be thoughtful about prepaying expenses through a funeral home for several reasons. What if you move or change plans? What if costs increase? What if you have other expenses now? What if your death occurs out of town, can you get a refund? Do your loved ones know of these arrangements?

### **Veterans Funeral and Burial Benefits**

All veterans, their spouses and dependents are entitled to burial in a national cemetery, a headstone and a flag. Families are responsible for costs other than opening and closing the grave, vault or liner, and setting the marker. For more details, contact the local Veterans office or see [www.cem.va.gov](http://www.cem.va.gov)

### **Put it all together**

Once you have decided what you want, talk to your family about your wishes and what you've learned. If plans go awry, or death occurs away from home, they will need the skills and knowledge you've developed to negotiate the funeral for themselves. Put your plans in writing, but do not put them in a will or a safe deposit box, as they likely will not be seen until long after other arrangements have been made.

The **parting.com** website can be a useful resource to help you compare pricing information of funeral homes in your area.

### **Funeral Homes In or Near Greene County**

Following is a list of funeral homes in Greene County or nearby. There are others in neighboring areas you may want to explore. In addition, the Funeral Consumers Alliance has a directory and information about low-cost options for members.

#### **Funeral Consumers Alliance of Central Ohio**

1-614-263-4632

P.O. Box 14835

Columbus, OH 43214-4835

[www.funeralsohio.org/](http://www.funeralsohio.org/)

#### **Belton-Stroup Funeral Home, Inc.**

937-879-0800

422 E Dayton Yellow Springs Rd

Fairborn, OH 45324



[www.beltonstroup.com](http://www.beltonstroup.com)

**Burcham Funeral Home**

937-878-0711  
119 E Main St  
Fairborn, OH 45324  
[www.burchamjennings.com](http://www.burchamjennings.com)

**Conner & Koch Funeral Home**

937-848-6651  
92 W Franklin St  
Bellbrook, OH 45305  
[www.connerandkoch.com](http://www.connerandkoch.com)

**Jackson Lytle & Lewis Funeral Home**

937-399-2811  
322 Xenia Ave  
Yellow Springs, OH 45387  
[www.jacksonlytle.com](http://www.jacksonlytle.com)

**McColaugh Funeral Home, Inc.**

937-372-1102  
826 N Detroit St  
Xenia, OH 45385  
[www.mccolaughfuneralhome.com](http://www.mccolaughfuneralhome.com)

**Morris Sons Funeral Home**

937-298-6560  
104 W Main St  
Fairborn, OH 45324

1771 E Dorothy Lane  
Kettering, OH 45429  
[www.morris-sons.com](http://www.morris-sons.com)

**Neeld Funeral Home, Inc.**

937-372-3564  
1276 N Detroit St  
Xenia, OH 45385  
[www.neeldfuneralhome.com](http://www.neeldfuneralhome.com)

**Newcomer Funeral Home & Crematory**

937-429-4700  
3380 Dayton-Xenia Rd  
Beavercreek, OH 45432  
www.newcomerdayton.com

**Powers-Kell Funeral Home**

937-675-4541  
12 N Limestone St  
Jamestown, OH 45335  
www.powerskell.com

**Routsong Funeral Home**

937-293-4137  
2100 E Stroop Rd  
Kettering, OH 45429  
www.routsong.com

**Tobias Funeral Home**

937-252-3122  
3970 Dayton-Xenia Rd  
Beavercreek, OH 45432  
www.tobiasfuneralhome.com

**Westbrock Funeral Home**

937-434-6161  
5980 Bigger Rd  
Kettering, OH 45440  
www.westbrockfuneralhome.com

**Death Certificates**

In addition to the Death Certificates you may receive from the funeral home, additional copies are available through the:

**Greene County Public Health  
Vital Statistics Office**

937-374-5675  
360 Wilson Dr  
Xenia, OH 45385

Email: [vitalstats@gcchd.org](mailto:vitalstats@gcchd.org).

They may be ordered online at: [www.vitalchek.com/death-certificates/ohio/greene-county-department-of-health](http://www.vitalchek.com/death-certificates/ohio/greene-county-department-of-health)

Fee: \$24 payable by cash or credit/debit card (with an additional fee) No personal checks accepted.

## **HOSPICE**

Talking about the end of life is difficult for most of us, but the best time is before a terminal diagnosis or a serious illness. In addition to funeral and / or memorial services pre-planning, the following topics should be in your discussions and planning:

- Hospice Care
- Wishes for Treatment
- Bereavement Support

No matter how prepared we think we are it is never easy to lose a loved one. Allow yourself the time and room to grieve. Especially for those who shared their life with someone for decades, no one else can ever totally understand your loss and what you need to get through the days that follow.

Do not allow the grief to consume you. Recognize what you are feeling and seek out support from others if you have difficulty moving forward with your loved one in your heart and memory.

Hospice is a philosophy of providing "comfort-centered care" at the end of life. It is for the family and the person facing a terminal illness that cannot respond to curative treatments. A number of hospice organizations provide services and care to Greene County families. As you explore them, look for one that you are most comfortable with, that works with your insurance and other financial constraints, and can provide the types of services and support that fit your situation.

### **Hospice Organizations with Offices in Greene County**

#### **Hospice of the Miami Valley**

937-458-6028

46 N Detroit St

Xenia, OH 45385

[www.hospiceofthemiamivalley.org](http://www.hospiceofthemiamivalley.org)

#### **Ohio's Hospice of Dayton**

937-256-4490 / 1-800-653-4490

32 W Main St

Xenia, OH 45385

[www.hospicedayton.org](http://www.hospicedayton.org)

## **Hospice Organizations with Offices elsewhere in the Miami Valley**

### **Community Mercy Hospice**

937-390-9665

100 W McCreight Ave, Ste 400

Springfield, OH 45504

[www.community-mercy.org/home\\_health\\_hospice\\_main.asp](http://www.community-mercy.org/home_health_hospice_main.asp)

### **Crossroads Hospice**

937-312-3170

8087 Washington Village Dr, Bldg. A, Ste 120

Dayton, OH 45458

[www.crossroadshospice.com](http://www.crossroadshospice.com)

### **Grace Hospice**

937-293-1381

3077 Kettering Blvd

Dayton, OH 45439

[www.ghospice.com](http://www.ghospice.com)

### **Heartland Home Care & Hospice**

937-299-6980 / 1-866-498-6456

580 Lincoln Park Blvd, Ste 320

Kettering, OH 45429

[www.heartlandhospice.com](http://www.heartlandhospice.com)

### **Kindred Hospice**

937-298-2800

7887 Washington Village Dr, Ste 135

Dayton, OH 45459

[www.kindredathome.com](http://www.kindredathome.com)

### **Senior Independence**

937-415-5666

6520 Poe Ave, Ste 100

Dayton, OH 45414

[www.seniorindependence.org](http://www.seniorindependence.org)

**VITAS**

937-299-5379

3055 Kettering Blvd, Ste 218

Moraine, OH 45439

[www.vitas.com](http://www.vitas.com)

**Other Related Organizations****Hospice Foundation of America**

[www.hospicefoundation.org](http://www.hospicefoundation.org)

**Organ and Tissue Donation**

937-223-8223

Life Connection of Ohio

1-800-535-9206

40 Wyoming St

Dayton, OH 45409

[www.lifeconnectionofohio.org](http://www.lifeconnectionofohio.org)

**Americans for Better Care of the Dying**

[caringcommunity.org](http://caringcommunity.org)

Nonprofit organization dedicated to improve the patient care system for those with serious illness and their families.

**Griefnet**

[www.griefnet.org](http://www.griefnet.org)

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

**AARP**

[www.aarp.org/relationships/grief-loss/](http://www.aarp.org/relationships/grief-loss/)

Information covering issues such as financial planning, funerals and memorial arrangements, legal help, grief and loss, and remembering loved ones.

## FINANCIAL ISSUES AND ASSISTANCE

### FOOD STAMPS

Food stamps provide assistance with grocery expenses for individuals and families. Eligibility is based on specific income and asset levels set by the federal government. Applications are available at:

#### **Greene County Department of Job and Family Services**

937-562-6000 / 937-426-1779

541 Ledbetter Rd

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=279](http://www.co.greene.oh.us/index.aspx?nid=279)

### 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 assists residents age 60 and above. HEAP applications are also available at the senior centers and the Greene County Council on Aging, September through March.

#### **Community Action Partnership (CAP) - Greene County**

937-376-7747 / 937-427-3377

469 Dayton Ave

Xenia, OH 45385

[www.cap-dayton.org/programsinyourcommunity/programs.html](http://www.cap-dayton.org/programsinyourcommunity/programs.html)

### INSURANCE

#### **Life Insurance**

People purchase life insurance for many different reasons, some to cover or help with funeral and burial expenses, while others purchase it as a long-term investment. There are two basic types of life insurance: term and cash-value. When talking about life insurance with a broker or agent, be sure you know what type is being discussed. If you later apply for Medicaid, the cash value of life insurance will be taken into account.

#### **Long-Term Care Insurance**

Long-term care insurance can help pay expenses both at home and in a long-term facility where Medicare will not cover many of these charges. There are many different plans available. If you are interested in this type of insurance, be sure to contact a reputable agent that can explain all of the options and expenses involved.

## **National Association of Insurance Commissioners**

2301 McGee St, Ste 800  
Kansas City, MS 64108-2662  
www.naic.org

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

## **LOANS / PREDATORY LENDING**

Predatory lending involves the practice of charging excessive fees, high interest rates, high front-end insurance premiums, hidden costs, balloon payments, prepayment penalties and coercive hard-sell, high-pressure sales tactics to individuals attempting to borrow money to buy a home or acquire an equity home loan. Typically, predatory lending targets seniors, low-income, and minority individuals. Before signing up for a loan, check with a reputable organization to review your situation. The Greene County Council on Aging, your local senior center, the Greene and Clark County Fair Housing office, or the Attorney General's office, may be helpful resources.

## **MEDICARE FINANCIAL ASSISTANCE PROGRAMS**

There are several programs available to assist eligible lower income seniors paying for Medicare.

### **Extra Help with Medicare Part D**

This program helps seniors with limited income pay for prescription drugs. The Council can discuss eligibility and the application process, which is through the Social Security Office.

### **Medicare Savings Programs**

These programs help pay some of the Medicare costs for beneficiaries with limited income. The Council can discuss eligibility and the application process, which is through the Greene County Office of Job and Family Services.

### **Qualified Medicare Beneficiary (QMB)**

The QMB program pays the Medicare Part B monthly premium and deductibles. It also acts like a free Medicare supplemental plan for eligible Medicare beneficiaries. Eligibility is based on income and asset levels, which are higher than for Medicaid eligibility.

### **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, which are higher than for QMB eligibility.

### **Qualified Individual (QI)**

The QI program pays some of the Medicare Part B monthly premium for eligible Medicare beneficiaries. Eligibility is based on income and asset levels, which are higher than for both Medicaid and QMB eligibility.

### **TAXES**

**IMPORTANT: Government agencies such as the IRS, Social Security, or Medicare, will NOT contact you by phone!!! Hang Up on any phone calls claiming to be from these agencies. They are SCAMS.**

Legitimate contact from these agencies will most likely be by mail or by a personal contact from an agent with proper identification. Should someone come to your home, **ask to see and carefully review any identification presented.**

### **Volunteer Income Tax Assistance (VITA)**

Volunteers from the American Association of Retired Persons (AARP) assist individuals age 60 and older in filing of federal, state, and local income tax forms. The program operates mid-February to tax filing time. Sites include the Beavercreek Senior Center, Fairborn Senior Center, Xenia Adult Recreation and Services Center, and the Xenia Library.

### **Internal Revenue Service (IRS) — Department of Treasury**

1-800-829-1040 for information and problem resolution  
1-800-829-4059 (TTY/TDD) or [www.irs.gov](http://www.irs.gov)

### **State of Ohio — Department of Taxation**

1-800-282-1780

### **Greene County Auditor**

937-562-5065

69 Greene St

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=366](http://www.co.greene.oh.us/index.aspx?nid=366)

The Auditor's Office handles estate taxes, real estate taxes, and other licensing and financial issues in the county. They administer the Ohio Homestead Exemption.

### **Ohio Homestead Exemption**

937-562-5039

69 Greene St

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=388](http://www.co.greene.oh.us/index.aspx?nid=388)



This program reduces the property tax for certain individuals who live in their own homes. Individuals must be 65 and older or permanently and totally disabled. Applications are filed with the Greene County Auditor between the first Monday in January and the first Monday in June.

**Greene County Treasurer**

937-562-5017

15 Greene St

Xenia, OH 45385

937-562-5017

[www.co.greene.oh.us/index.aspx?NID=505](http://www.co.greene.oh.us/index.aspx?NID=505)

This office is responsible for county tax collection.

**Regional Income Tax Authority (RITA)**

1-800-860-7482

This office handles the income tax collection for several Greene County municipalities, Cedarville, Fairborn, and Yellow Springs.

**Fairborn Income Tax**

937-754-3006

**Xenia Income Tax**

937-376-7248

## GOVERNMENT OFFICES IN LOCAL COMMUNITIES

### **Bath Township**

937-878-0611  
1006 Yellow Springs-Fairfield Rd  
Fairborn, OH 45324  
Email: [bathtwpgreeneco@sbcglobal.net](mailto:bathtwpgreeneco@sbcglobal.net)

### **Beavercreek**

937-426-5100  
851 N Orchard Lane, Ste C  
Beavercreek, OH 45432  
[www.ci.beavercreek.oh.us](http://www.ci.beavercreek.oh.us)

### **Beavercreek Township**

937-429-4472  
1981 Dayton-Xenia Rd  
Beavercreek, OH 45434  
[www.beavercreektownship.org](http://www.beavercreektownship.org)

### **Bellbrook**

937-848-4666  
15 E Franklin St, 2<sup>nd</sup> floor  
Bellbrook, OH 45305  
[www.cityofbellbrook.org](http://www.cityofbellbrook.org)

### **Bowersville**

937-453-2266  
3192 Maysville St, PO Box 306  
Bowersville, OH 45307

### **Caesarscreek Township**

937-372-8711  
2034 E Spring Valley-Paintersville Rd  
Xenia, OH 45385

### **Cedarville**

937-766-2061  
152 W Cedar St  
Cedarville, OH 45314  
Email: [cedarvillevillage@sbcglobal.net](mailto:cedarvillevillage@sbcglobal.net)

**Cedarville Township**

937-766-1851  
78 N Main St  
Cedarville, OH 45314

**Clifton**

937-342-2175  
PO Box 27  
Clifton, OH 45316

**Fairborn**

937-754-3016  
44 W Hebble Ave  
Fairborn, OH 45324  
[www.ci.fairborn.oh.us](http://www.ci.fairborn.oh.us)

**Jamestown**

937-675-5311  
84 Seaman Dr  
Jamestown, OH 45335

**Jefferson Township**

937-453-2571  
3188 Maysville St, PO Box 116  
Bowersville, OH 45307

**Miami Township**

937-767-2460  
225 Corry St  
Yellow Springs, OH 45387  
[www.miamitownship.net](http://www.miamitownship.net)

**New Jasper Township**

937-372-7440  
3121 Jasper Rd  
Xenia, OH 45385

**Ross Township Fiscal Officer**

937-675-5931  
6272 Grape Grove Rd  
Jamestown, OH 45335

**Silvercreek Township**

937-675-2877  
3 N Sycamore St  
Jamestown, OH 45335

**Spring Valley**

937-862-4485  
7 W Main St, PO Box 153  
Spring Valley, OH 45370  
www.springvalleyoh.com

**Spring Valley Township**

937-862-4532  
2547 US Route 42 South, PO Box 147  
Spring Valley, OH 45370

**Sugarcreek Township**

937-848-8426  
2090 Ferry Rd  
Bellbrook, OH 45305  
www.sugarcreektownship.com

**Xenia**

937-376-7232  
107 E Main St  
Xenia, OH 45385  
www.ci.xenia.oh.us

**Xenia Township**

937-372-0859  
8 Brush Row Rd  
Xenia, OH 45385  
www.xeniatownship.org

**Yellow Springs**

937-767-7202  
100 Dayton St  
Yellow Springs, OH 45387  
www.yso.com

## **GREENE COUNTY**

### **Switchboard**

937-562-5000

[www.co.greene.oh.us](http://www.co.greene.oh.us)

### **Administration**

937-562-5002

35 Greene St

Xenia, OH 45385

### **Board of Elections**

937-562-6181

551 Ledbetter Rd

Xenia, OH 45385

[www.co.greene.oh.us/boe](http://www.co.greene.oh.us/boe)

Any qualified Ohio voter whose registration information is up to date may request and vote an absentee ballot without stating a reason. Absentee voters may choose to request and vote an absentee ballot in person or by mail prior to Election Day.

### **Greene County Commissioners**

937-562-5006

35 Greene St

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=393](http://www.co.greene.oh.us/index.aspx?nid=393)

### **Greene County Auditor**

69 Greene St

Xenia, OH 45385

937-562-5065

[www.co.greene.oh.us/index.aspx?nid=393](http://www.co.greene.oh.us/index.aspx?nid=393)

### **Greene County Treasurer**

15 Greene St

Xenia, OH 45385

937-562-5017

[www.co.greene.oh.us/index.aspx?NID=505](http://www.co.greene.oh.us/index.aspx?NID=505)

## **STATE AND FEDERAL ELECTED OFFICIALS**

Call the Council at 937-376-5486 / 1-888-795-8600 for current information regarding State and Federal elected officials.

## HEALTH INSURANCE / MEDICARE / MEDICAID

### MEDICARE

Medicare is a federal health insurance program for individuals age 65 and older, and those with disabilities. The ins and outs of the program are confusing. Council has staff trained to help seniors understand their options and select the Medicare plans best suited to their individual situation. Information is available about all parts of Medicare.

- **Medicare Part A:** hospitalization, home health, and skilled nursing home benefits
- **Medicare Part B:** physician expenses, diagnostic testing, outpatient care, medical equipment
- **Medicare Part D:** drug plans
- **Medicare Advantage Plan:** sometimes called Part C
- **Medicare Supplemental Insurance:** sometimes called Medigap or MedSup

### Medicare Eligibility and Application

Individuals age 65 and older and who qualify for Social Security benefits are eligible for Medicare Parts A and B. For most individuals, part A is free. Part B provides coverage for 80% of the cost for medical expenses. There is a monthly premium for Part B, which is usually deducted from a beneficiary's Social Security payment. Part D helps cover prescription drugs. An individual must sign up for a Part D plan. The cost of plans varies. Some lower income seniors may qualify for Extra Help to pay their Part D.

Application for Medicare is made through Social Security. If you are already receiving Social Security benefits, your Medicare enrollment should be automatic. If not, you should contact the local Social Security office. A penalty may be added to your Part B premium if you do not sign up within your open enrollment period, the 7-month period beginning three months before you turn 65 and ending three months after your birthday.

### Greene County Council on Aging

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

1195 W Second St

Xenia, OH 45385

[www.gcco.org](http://www.gcco.org)

Representatives from the Council are trained by Ohio Senior Health Insurance Information Program to help seniors understand and choose Medicare plans. We help with claims from Medicare, Part D plans, Medicare Advantage plans, and more.

## **Ohio Senior Health Insurance Information Program (OSHIIP)**

800-686-1578 (OSHIIP Hotline)

A volunteer-based program provides free assistance to seniors making health insurance decisions about Medicare and related programs.

## **Ohio Department of Insurance**

614-644-2692

800-686-1526 (Consumer Hotline)

800-686-1527 (Fraud Hotline)

50 W Town St, 3<sup>rd</sup> Floor, Ste 300

Columbus, OH 43215-1067

[www.ohioinsurance.gov](http://www.ohioinsurance.gov)

[www.insurance.ohio.gov](http://www.insurance.ohio.gov)

## **For general information about Medicare**

[www.medicare.gov](http://www.medicare.gov)

800-Medicare (1- 800-633-4227) / 1-877-486-2648 (TTY/TDD)

## **For personal information about Medicare coverage**

Create an account at [www.mymedicare.gov](http://www.mymedicare.gov)

## **Centers for Medicare and Medicaid Services (CMS)**

800-MEDICARE (1-800-633-4227) / 1-877-486-2048 (TTY/TDD)

[www.medicare.gov](http://www.medicare.gov)

Toll-free hotline providing information regarding Medicare eligibility, enrollment, replacement cards, change of address, publications, general questions.

## **Medicare Peer Review Organization**

Every state has organizations to ensure quality healthcare for Medicare beneficiaries. These groups provide both case review and quality improvement to Medicare beneficiaries; they also work with providers to make quality innovations in health care delivery. In Ohio, Medicare beneficiaries who are concerned about the medical care they received can contact KEPRO to obtain a free case review.

### **Ohio KEPRO**

1-800-408-8557

[www.keproqio.com/bene/statelisting.aspx?state=Ohio](http://www.keproqio.com/bene/statelisting.aspx?state=Ohio)

## **ProSeniors/Ohio SMP (Seniors Medicare Patrol)**

1-800-488-6070

[www.proseniors.org](http://www.proseniors.org)

ProSeniors educates older adults and their caregivers about the wide variety of legal and long-term care issues, by offering community education to groups throughout southwestern Ohio. OhioSMP educates consumers on the issues of fraud for the senior population, including Medicare, other healthcare issues, and sales fraud.

## **Medicare Rights Center**

[www.medicarerights.org](http://www.medicarerights.org)

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives. Their National Helpline answers questions Monday – Friday: 1-800-333-4114.

## **MEDICAID**

Medicaid is a joint federal and state program that pays for certain medical, hospital, dental, and eyeglasses bills for low-income seniors. In Greene County, the program is administered through the Ohio Department of Job and Family Services.

541 Ledbetter Rd

Xenia, OH 45385

937-562-6000 / 937-429-1779

[www.co.greene.oh.us/index.aspx?nid=279](http://www.co.greene.oh.us/index.aspx?nid=279)

Medicaid can also be used to pay for nursing home care. See the information about Long-Term care. Also see "Financial Assistance."



## HEALTH-RELATED ISSUES / ORGANIZATIONS

### **ALZHEIMER'S DISEASE AND DEMENTIA**

Dementia includes many different diseases, of which Alzheimer's is the most prevalent. Dementia is a collection of symptoms associated with the loss of intellectual capacity. The symptoms can interfere with an individual's daily functioning. Areas that are impaired include memory, abstract thinking, and judgment. 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 GCCOA offers a Memory Loss workshop. Call us for details.

Dementia, including Alzheimer's, is not a normal part of aging. A medical assessment can determine if dementia is present, the type, and potential treatments and care available. This assessment should include an overall medical examination, blood work, a thorough review of medical, social, and psychological history, and a neurological examination. After such an assessment a plan of care can be developed.

#### **Alzheimer's Association, Miami Valley Chapter**

937-291-3332 / 1-800-272-3900

31 W Whipp Rd

Dayton, OH 45459

[www.alz.org/dayton](http://www.alz.org/dayton)

The Alzheimer's Association provides information and services to Miami Valley individuals and families affected by Alzheimer's disease or a related disorder. A toll-free Helpline is available for questions, and for referrals to qualified medical professionals and local programs and services. The Miami Valley Chapter coordinates support groups for family members and other caregivers, presents educational programs, enrolls individuals in the Safe Return Program, makes available licensed social workers to work individually with families, and provides for short-term respite services.

#### **National Institute on Aging**

#### **Alzheimer's Disease Education & Referral Center**

1-800-438-4380

ADREA Center

PO Box 8250

Silver Spring, MD 20907-8250

[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

## **AMYOTROPHIC LATERAL SCLEROSIS — ALS (Lou Gehrig’s Disease)**

### **The ALS Association Central & Southern Ohio Chapter**

1170 Old Henderson Rd, Ste 221

Columbus, OH 43220

1-866-273-2572

[www.alsohio.org](http://www.alsohio.org)

Provides information and support services for individuals with ALS and their families.

## **ARTHRITIS / OSTEOARTHRITIS / OSTEOPOROSIS**

Arthritis is an umbrella term referring to over 100 different rheumatic diseases, including Fibromyalgia, Lupus, and Osteoporosis. Arthritis is an inflammation of the joints, which can cause pain and loss of function, affecting movements vital for everyday activities. 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 wearing away. Osteoarthritis is most often found in hips, knees, and hands.

With Osteoporosis bones become fragile and more likely to break. Osteoporosis can progress painlessly until a bone breaks. These fractures, most commonly occur in the hip, spine, and wrist.

### **National Office**

1-800-283-7800

1355 Peachtree St, NE

Atlanta, GA 30309

[www.arthritis.org](http://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.

### **Aquatic Programs:**

Warm water exercise classes taught by Arthritis Foundation-trained instructors may help ease symptoms of arthritis.

Fairborn YMCA

937-754-9622

300 S Central Ave

Fairborn, OH 45324

Xenia YMCA  
937-376-9622  
135 E Church St  
Xenia, OH 45385  
[www.ymcaonline.org](http://www.ymcaonline.org)

### **NIH Osteoporosis and Related Bone Diseases**

National Resource Center  
1-800-624-2663  
2 AMS Circle  
Bethesda, MD 20892-3975  
[www.osteoporosis.org](http://www.osteoporosis.org)

### **Osteoporosis Clinical Center and Research Program**

608-263-5010  
451 Junction Rd  
Madison, WI 53717  
[www.uwosteoporosis.org/index.php](http://www.uwosteoporosis.org/index.php)

## **BLOOD PRESSURE — HYPERTENSION**

Hypertension is the term for individuals whose blood pressure is 140/90 or higher. By comparison, a healthy adult's blood pressure is around 120/80. The first number is the systolic pressure or the pressure in the arteries when blood is being pumped. The second number is the diastolic pressure, the pressure in the arteries when the heart rests between beats. Uncontrolled hypertension can lead to heart disease, stroke, or kidney failure.

Your physician should address concerns about blood pressure. Blood pressure can often be checked at local grocery stores, some pharmacies, and area senior centers that have self-serve machines. Regular blood pressure screenings are held at area senior centers. For specific days and times, contact your local senior center.

## **CANCER**

### **American Cancer Society**

888-227-6446 / 1-800-ACS-2345 / 1-800-227-2345  
Southwest Regional Office  
2808 Reading Rd  
Cincinnati, OH 45206  
[www.cancer.org](http://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 accessing the website, individuals can have their cancer questions answered 24 hours a day, 7 days a week.

**American Institute for Cancer Research**

202-328-7744 / 1-800-843-8114

1759 R St, NW

Washington, DC 20090

Non-profit organization providing funding support for research into the relationship between diet, nutrition, and cancer. They also work to inform consumers about the results of such research for cancer prevention and treatment.

**National Cancer Institute (NCI)**

1-800-422-6237

Department of Health and Human Services

[www.cancer.gov](http://www.cancer.gov)

**Kettering Cancer Care**

1-855-500-CURE (2873)

[www.ketteringhealth.org/cancercare/](http://www.ketteringhealth.org/cancercare/)

**Miami Valley Hospital South**

Comprehensive Cancer Center

2400 Miami Valley Dr

Centerville, OH 45459

[www.miamivalleyhospital.org/Cancer-Care](http://www.miamivalleyhospital.org/Cancer-Care)

**DEPRESSION / MENTAL HEALTH / SUBSTANCE ABUSE**

Depression is a commonly misdiagnosed condition in the older population. It is seen in older adults who experience multiple losses, including retirement, death of spouse/child/friend, and physical changes due to illness. In many cases the depression is treatable, so it is a good idea to talk with your doctor if you are feeling low. If depression is undetected, the person may exhibit symptoms of dementia. Aging may exacerbate mental health issues in an individual. Alcohol or drug abuse may also compound the situation.

**Alcoholics Anonymous**

937-222-2211

120 W Second St, Ste 211

Dayton, OH 45402

Serves the Greater Dayton area by providing information and coordinating support group meetings. Provides referrals to local meetings and 24-hour answering service.

**Al-Anon/Al-Ateen**

937-427-5439

24-hour answering and information service for friends and families of persons with alcohol and/or drug problems.

**Mental Health and Recovery Board of Clark, Greene and Madison Counties**

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

1055 E High St

Springfield, OH 45505

[www.mhrb.org](http://www.mhrb.org)

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

**TCN Behavioral Health Services**

937-376-8700

452 W Market St

Xenia, Ohio 45385

937-879-3400

600 Dayton-Yellow Springs Rd

Fairborn, OH 45324

**TCN 24-hour crisis line:** 937-376-8701

[www.tcn-bhs.org](http://www.tcn-bhs.org)

Offers a wide variety of accessible and affordable mental health behavioral health, substance abuse and prevention services to citizens of all ages in Greene County.

**Women's Recovery Center**

937-562-2400

515 Martin Dr

Xenia, OH 45385

[www.recoverycentersinc.org/](http://www.recoverycentersinc.org/)

A thirty-two-bed center providing and managing behavioral healthcare treatment services to women, focusing on alcohol and drug addiction treatments. Pregnant women, women who are HIV-positive and IV drug users receive priority. The Center also has a Family Housing Program with intensive case management.

**Mental Health America**

1-800-969-6642 / 1-800-422-5959 (TTY/TDD)

[www.nmha.org](http://www.nmha.org)

Mental Health America, formerly the National Mental Health Association, works to improve the mental health of all Americans, especially those with mental disorders, through advocacy, education, research and service.

**National Institute of Mental Health**

Department of Health and Human Services

1-866-615-6464

[www.nimh.nih.gov](http://www.nimh.nih.gov)

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

**Depression and Bipolar Support Alliance**

1-800-826-3632

[www.dbsalliance.org](http://www.dbsalliance.org)

Provides literature and makes referrals to local support groups.

**National Alliance for the Mentally Ill (NAMI)**

Helpline: 1-800-950-6264

[www.nami.org](http://www.nami.org)

Provides support to persons with serious brain disorders and 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 stigma around severe mental illness.

**National Institute on Alcohol Abuse and Alcoholism**

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

**National Institute on Drug Abuse**

[www.drugabuse.gov](http://www.drugabuse.gov)

**National Mental Health Information Center for Mental Health Services**

[www.mentalhealth.org](http://www.mentalhealth.org)

**Substance Abuse and Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

**Anxiety Disorders Association of America**

[www.adaa.org](http://www.adaa.org)

**Prescription Drug Addiction**

[www.prescriptiondrugaddiction.com](http://www.prescriptiondrugaddiction.com)

**National Crisis Line (Suicide Prevention Hotline)**

1-800-273-8255 / 1-800-799-4889 (TTY/TDD)

Will connect callers to local crisis hotlines.

**DEVELOPMENTAL DISABILITIES**

**Greene County Board of Developmental Disabilities**

937-562-6500

245 Valley Rd

Xenia, OH 45385

[www.greenedd.org](http://www.greenedd.org)

Provides services to individuals of all ages diagnosed as 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.

**Goodwill/Easter Seals Miami Valley**

937-461-4800 / 877-363-3303

660 South Main St

Dayton, OH 45402

[www.gesmv.org](http://www.gesmv.org)

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.

**Ohio Bureau of Vocational Rehabilitation**

937-331-5000 / 1-800-582-1589 / 937-331-5054 (TTY/TDD)

1435 Cincinnati St, Ste. 200

Dayton, OH 45417

[www.ood.ohio.gov](http://www.ood.ohio.gov)

The Bureau of Vocational Rehabilitation (BVR) and Bureau of Services for the Visually Impaired (BSVI) help people with disabilities get or keep a job. For those unable to work, the Bureau of Disability Determination (BDD) determines eligibility for Social Security disability benefits or Supplemental Security Income.

## **DIABETES**

Diabetes occurs when the body does not produce insulin properly. There are two types:

- Type 1 is relatively rare, affecting 5%-10% of those with diabetes. It usually appears suddenly in children and young adults, and progresses rapidly.
- Type 2 diabetes is the more common condition, occurring most often in overweight and inactive adults, and develops over several years. Your primary care physician can monitor the warning signs and symptoms of Type 2 diabetes. There may be less chance of diabetes developing if these are addressed.

### **The American Diabetes Association**

513-759-9330 / 1-888-342-2383

4555 Lake Forest Dr, Ste 396

Cincinnati, OH 45242

[www.diabetes.org](http://www.diabetes.org)

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

## **HEARING LOSS**

Hearing loss is one of the most common medical conditions in the older adult.

According to the National Institute on Deafness and Other Communication Disorders, hearing loss occurs in one in three people older than 60 and half of those older than 85. Hearing loss, which is linked to heredity, disease, trauma, long-term exposure to damaging noise, or medications, may influence an individual's ability to communicate and function in the same way they previously did.

For some people, hearing aids may improve hearing. The cost of hearing aids is high and Medicare does not cover that cost. Check with your insurance to see what is available.

### **Family Service Association-Community Services for the Deaf**

937-222-9481 / 937- 641-8186 (Video Phone)

2211 Arbor Blvd

Moraine, OH 45439

[www.fsadayton.org/services-for-the-deaf](http://www.fsadayton.org/services-for-the-deaf)

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



## **National Health Information Center**

1-800-241-1044

Department of Health and Human Services

[www.health.gov/nhic](http://www.health.gov/nhic)

[www.healthfinder.gov](http://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, Miami Valley Division**

937-853-3101 / 1-800-242-8721

1313 W Dorothy Lane

Kettering, OH 45409

[www.americanheart.org](http://www.americanheart.org)

## **KIDNEY DISEASE / DIALYSIS**

Kidney and urinary tract diseases are common, with more than 20 million Americans suffering from them. Of these, some 200,000 suffer from chronic kidney failure and need dialysis to stay alive. The leading cause of chronic kidney failure is diabetes. Uncontrolled or poorly controlled high blood pressure is the second leading cause.

### **National Kidney Foundation**

1-800-622-9010

30 E 33<sup>rd</sup> St

New York, NY 10016

[www.kidney.org](http://www.kidney.org)

### **DIALYSIS CENTERS / Dialysis Facility Compare**

[www.medicare.gov](http://www.medicare.gov)

Click on "Compare Dialysis Facilities in your Area"

Provides information and resources for patients and family members about chronic kidney disease and dialysis. You can search for Medicare certified dialysis facilities; compare the services offered and quality of dialysis facilities; and find more information and links on kidney disease and dialysis treatments.

## **Davita Southwest Ohio Dialysis**

www.davita.com

### **Xenia Facility**

937-376-1453 / 1-800-424-6589

215 S Allison Ave

Xenia, OH 45385

### **Beavercreek Facility**

1-800-424-6589

3070 Presidential Dr, Ste A

Fairborn, OH 45324

### **Fairborn**

937-879-0433 / 1-800-424-6589

1266 N Broad St

Fairborn, OH 45324

**Call 1-800-424-6589** for information about other locations

## **Fresenius Kidney Care Dayton**

www.freseniuskidneycare.com

### **Fresenius Dialysis Center North**

937-237-2000 / 1-800-881-5101

7211 Shull Rd

Huber Heights, OH 45424

### **Fresenius South Facility**

937-438-9595 / 1-800-881-5101

7700 Washington Village Dr, Ste 100

Dayton, OH 45459

## **MULTIPLE SCLEROSIS (MS)**

Symptoms of MS vary from one individual to the next, but commonly include weakness, fatigue, balance challenges, spasticity, bladder and bowel problems, numbness, tremors, vision loss, and depression. Most individuals with MS have periods when symptoms increase and when they are in remission. Treatment depends on the symptoms and range from modifying activities, exercise, diet changes, physical or occupational therapy and medication.

**Multiple Sclerosis Society, Ohio Valley**

1-800-344-4867

[www.nationalmssociety.org/Chapters/OHG](http://www.nationalmssociety.org/Chapters/OHG)

**Multiple Sclerosis Foundation**

1-888-MSFOCUS (673-6287)

6350 N Andrews Ave

Fort Lauderdale, FL 33309

[www.msfocus.org](http://www.msfocus.org)

**MultipleSclerosis.com**

[www.multiplesclerosis.com](http://www.multiplesclerosis.com)

An online resource that provides information and support to individuals, their families, and health care professionals dealing with MS.

**PARKINSON’S DISEASE**

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

The Council has resources available for individuals with Parkinson’s and their caregivers. These include weekly movement classes and a monthly support group. Call the Council at 937-376-5486 for details.

**Parkinson Support & Wellness**

513-558-0113

260 Stetson St, Ste 2300

Cincinnati, OH 45219

[www.parkinsoncincinnati.org](http://www.parkinsoncincinnati.org)

**The American Parkinson Disease Association**

1-800-223-2732

135 Parkinson Ave

Staten Island, NY 10305-1946

[www.apdaparkinson.org](http://www.apdaparkinson.org)

**PRIMARY CARE**

**The Five Rivers Health Centers / Greene County**

937-376-3400

360 Wilson Drive

Xenia, OH 45385

[www.fiverrivershealthcenters.org](http://www.fiverrivershealthcenters.org)

Provides primary care, dental and behavioral health care for the entire family from the newborn to the elderly.

## **STROKE**

A stroke occurs when a blood vessel in or around the brain is blocked or ruptures. As a result, the area of the brain supplied by the damaged blood vessel does not work properly and stroke symptoms such as weakness, numbness, confusion, or difficulties in speaking and walking result.

### **Greene Memorial Hospital**

37-352-2000, ext.2132

1141 N Monroe Dr

Xenia, OH 45385

[www.ketteringhealth.org/greene](http://www.ketteringhealth.org/greene)

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.

### **National Stroke Association**

1-800-787-6537

9707 E Easter Lane, Ste B

Centennial, CO 80112

[www.stroke.org](http://www.stroke.org)

### **National Institute of Neurological Disorders and Stroke**

#### **National Institute of Health, Neurological Institute**

1-800-352-9424

PO Box 5801

Bethesda, MD 20824

[www.ninds.nih.gov](http://www.ninds.nih.gov)

## **VISION**

Seniors have special eye care needs that increase past age 65 and multiply every decade thereafter. Seniors should receive a complete eye health and vision examination every year, or more often if they are at risk for specific eye disorders.

### **American Foundation for the Blind**

212-502-7600

2 Penn Plaza, Ste 1102

New York, NY 10121

[www.afb.org](http://www.afb.org)

This organization, to which Helen Keller devoted her life, promotes wide-ranging, systemic change by addressing critical issues facing the growing blind and visually impaired population: employment, independent living, literacy and technology.

**American Printing House for the Blind**

502-895-2405 / 1-800-223-1839

1839 Frankfort Ave

PO Box 6085

Louisville, KY 40206-0085

[www.aph.org](http://www.aph.org)

Source for adapted educational and daily living products for the blind and visually impaired.

**Goodwill/Easter Seals Miami Valley**

**Assistive Technology Services**

937-528-6441

660 S Main St

Dayton, OH 45402

[gesmv.org/community-programs/specialty-programs/](http://gesmv.org/community-programs/specialty-programs/)

**WORDS Radio Reading Service**

937-528-6564 / 937-461-4800

660 S Main St

Dayton, OH 45402

[gesmv.org/community-programs/specialty-programs/](http://gesmv.org/community-programs/specialty-programs/)

Provides radio-reading services for those 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.

**National Library Service for the Blind and Physically Handicapped  
Library of Congress**

[www.nlstalkingbooks.org](http://www.nlstalkingbooks.org)

**Talking Book Program**

937-352-4000, ext. 1240

The Talking Book Program is an outreach program of the Greene County Public Library, providing Talking Book Machines to eligible individuals – those who are legally blind, visually or physically disabled.

**Prevent Blindness Ohio**

614-464-2020 / 1-800-301-2020

1500 W Third Ave, Ste 200

Columbus, OH 43212-2874

[www.ohio.preventblindness.org](http://www.ohio.preventblindness.org)

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

**Prevent Blindness America**

1-800-331-2020

[www.preventblindness.org](http://www.preventblindness.org)

**Ohio Optometric Association**

614-781-0708 / 1-800-874-9111

[www.ooa.org](http://www.ooa.org)

**Glaucoma Research Foundation**

415-986-3162 / 1-800-826-6693

[www.glaucoma.org](http://www.glaucoma.org)

**The National Eye Institute**

[www.nei.nih.gov](http://www.nei.nih.gov)

**National Eye Care Project / EyeCare America**

1-877-887-6327

PO Box 429098

San Francisco, CA 94142-9098

[www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)

Provides referrals to volunteer ophthalmologists, who 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, US 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.

## HOUSING

The Housing Options listed below are apartments and other congregate housing complexes that are rented exclusively or primarily by senior citizens. Each unit is different and seniors and their families are encouraged to contact as many as possible and find the best option for their situation. In addition to rent and 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 is 30% of an individual or couple's income. Make sure what the rent includes and if there are additional one-time or monthly charges.

### **Greene County Fair Housing Office Greene County Development**

937-562-5007

61 Greene St

Xenia, OH 45385

[www.greenecountydod.org/community-development](http://www.greenecountydod.org/community-development)

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

### **INDEPENDENT SENIOR HOUSING — SUBSIDIZED**

#### **AHEPA 113 Apartments**

937-431-0808

2300 County Line Rd

Beavercreek, OH 45430

#### **Jamestown Common Apartments**

937-675-3861

78 W Washington St

Jamestown, OH 45335

#### **John Sale Manor**

937-372-4143

119 W Second St

Xenia, OH 45385

#### **Stone Manor**

937-429-2313

30 Woodcroft Trail

Beavercreek, OH 45430

**Walter G. Sellars Senior Apartments**

937-376-7888  
270 Mt. Vernon Dr  
Xenia, OH 45385

**Xenia Towers**

937-376-2709  
282 Xenia Towne Square  
Xenia, OH 45385

**Greene Metropolitan Housing Authority (GMHA)**

937-376-2908 / 937-429-7736  
538 N Detroit St  
Xenia, OH 45385  
www.gmha.net

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. Units are:

**Hawthorne Apartments**

201 Dayton-Yellow Springs Rd  
Fairborn, OH 45324

**Lawson Place**

1 Lawson Place  
Yellow Springs, OH 45387

**Maggie McKnight**

147 N Detroit St  
Xenia, OH 45385

**Maple Terrace**

1832 S Maple Ave  
Fairborn, OH 45324

**INDEPENDENT SENIOR HOUSING — NON-SUBSIDIZED**

**Bayberry Cove (not strictly for seniors)**

937-848-7283  
4363 Bayberry Cove Dr



Bellbrook, OH 45305

**Fairborn Senior Housing**

937-878-2956

221 N Central Ave

Fairborn, OH 45324

**Fairwood Village**

937-426-7333

1956 N Fairfield Rd

Beavercreek, OH 45432

**Legacy Village Retirement Community**

937-372-8992

1201 Livingston Lane

Xenia, OH 45385

[www.legacyvillagehomes.org](http://www.legacyvillagehomes.org)

**Oak Tree Village**

937-878-6113

2060 Dayton-Yellow Springs Rd

Fairborn, OH 45324

**Washington South Apartments**

4 Clemens Ave

Jamestown, OH 45335

**Wright Place**

937-372-1800

2224 High Wheel Dr

Xenia, OH 45385

[www.stmarydevelopment.org](http://www.stmarydevelopment.org)

**EMERGENCY HOUSING**

**Greene County Housing Program, Inc.**

937-376-3111

1080 E Main St

Xenia, OH 45385

**Harding Place**

937-376-7747 / 937-427-3377

Single Room Occupancy Transitional Housing Program

**Community Action Partnership – Greene County**

937-376-7747

469 Dayton Ave

Xenia, OH 45385

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**

937-372-0705

124 S Detroit St

Xenia, OH 45385

[www.ihnofgreeneco.org](http://www.ihnofgreeneco.org)

In collaboration with area churches, provides overnight housing, nutritious meals, and links to case management services for homeless families.

## **RESIDENTIAL CARE LONG-TERM**

When exploring options for residential care, it is important to understand the range of services and cost. Assisted living allows individuals to live independently while having services available as needed. Be sure you understand what is included in the cost. Be realistic about your needs. Ask yourself whether a move to a nursing home might be necessary at some point.

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. The style of the wallpaper and carpet are less important than how staff members interact with the residents, family members, and each other. Keep in mind you are buying care, not just a room.

### **Centers for Medicare and Medicaid (CMS)**

[www.medicare.gov/nhcompare/home.asp](http://www.medicare.gov/nhcompare/home.asp)  
Nursing Home Compare

### **Long-Term Care Ombudsman**

The program works to support and protect the rights, needs, and choices of those receiving long-term care services. They investigate complaints, assist with placement information and advocate for consumers of long-term care, including nursing home care, assisted living, group homes and home health care.

[www.ltombudsman.org](http://www.ltombudsman.org)

### **Long-Term Care Ombudsman- Ohio**

[www.agoing.ohio.gov/services/ombudsman](http://www.agoing.ohio.gov/services/ombudsman)

### **Long-Term Care Ombudsman-Dayton**

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

11 West Monument, Ste 606

Dayton, OH 45402

[www.dayton-ombudsman.org](http://www.dayton-ombudsman.org)

### **ProSeniors Long-Term Care Ombudsman**

1-800-488-6070 / 513-345-4160

[info@proseniors.org](mailto:info@proseniors.org)

[www.proseniors.org/long-term-care-ombudsman](http://www.proseniors.org/long-term-care-ombudsman)

## **Area Agency on Aging, PSA-2**

1-800-258-7277

40 W Second St., Suite 400

Dayton, OH 45402

[www.info4seniors.org](http://www.info4seniors.org)

If you need nursing home care and may be eligible to have Medicaid pay for your care or for your loved one, an assessment is required. This "level of care" assessment is done by the Area Agency on Aging. Contact them as early as possible.

## **ASSISTED LIVING — STAND ALONE**

These facilities provide only assisted living. If at some point later residents need a higher level of care, they will need to move to another facility.

### **Elmcroft of Fairborn**

937-343-5545

2270 Park Hills Dr

Fairborn, OH 45324

[www.elmcroftal.com](http://www.elmcroftal.com)

### **Elmcroft of Xenia**

937-372-1530

60 Paceline Circle

Xenia, OH 45385

[www.elmcroftal.com](http://www.elmcroftal.com)

### **Brookdale Beaver creek**

937-203-8442

3839 Indian Ripple Rd

Beavercreek, OH 45440

[www.brookdaleliving.com](http://www.brookdaleliving.com)

### **Brookdale Kettering**

937-203-8456

280 Walden Way

Dayton, OH 45440

[www.brookdaleliving.com](http://www.brookdaleliving.com)

### **Hillside Assisted Living Community**

937-376-2691

130 Rogers St

Xenia, OH 45385

[www.hillsideassisted.com](http://www.hillsideassisted.com)

### **Legacy Village Assisted Living**

937-372-8992

695 Wycliffe Dr

Xenia, OH 45385

[www.legacyvillagehomes.org](http://www.legacyvillagehomes.org)

### **Traditions of Beavercreek**

937-427-6220

800 Grayson Lane

Beavercreek, Oh 45430

[www.traditionsofbeavercreek.com](http://www.traditionsofbeavercreek.com)

## **ASSISTED LIVING IN CONTINUING CARE COMMUNITIES**

These facilities provide assisted living and higher-level care. Residents in these facilities can move from one-level of living to another automatically as needed.

### **Friends Care Center**

937-767-7363

150 Herman St

Yellow Springs, OH 45387

[www.friendshealthcare.org](http://www.friendshealthcare.org)

### **Harmony Center**

937-352-2800

164 Office Park Dr

Xenia, OH 45385

### **Patriot Ridge Community**

937-878-0262 / 877-821-0226

789 Stoneybrook Trail

Fairborn, OH 45324

[www.patriotridgecommunity.org](http://www.patriotridgecommunity.org)

### **Trinity Community of Beavercreek**

937-426-8481

3218 Indian Ripple Rd

Beavercreek, OH 45440

[www.unitedchurchhomes.org/trinity](http://www.unitedchurchhomes.org/trinity)

## **NURSING HOME FACILITIES**

These facilities provide the highest level of care for seniors.

**Friends Care Center**

937-767-7363  
150 Herman St  
Yellow Springs, OH 45387  
[www.friendshealthcare.org](http://www.friendshealthcare.org)

**Harmony Center**

937-352-2800  
164 Office Park Dr  
Xenia, OH 45385

**Greenwood Manor**

937-562-7550 / 937-426-8498  
711 Dayton-Xenia Rd  
Xenia, OH 45385  
[www.co.greene.oh.us/index.aspx?nid=267](http://www.co.greene.oh.us/index.aspx?nid=267)

**Heartland of Beavercreek**

937-429-1106  
1974 N Fairfield Rd  
Beavercreek, OH 45432  
[www.heartland-manorcare.com](http://www.heartland-manorcare.com)

**Hospitality Center for Rehabilitation & Healing**

937-372-4495  
1301 N Monroe Dr  
Xenia, OH 45385  
[www.hospitalityrehab.com/specialty-programs/long-term-care](http://www.hospitalityrehab.com/specialty-programs/long-term-care)

**Ohio Masonic Home**

937-525-3067 / 1-877-679-4869  
2655 W National Rd  
Springfield, OH 45504  
[www.ohiomasonichome.org](http://www.ohiomasonichome.org)

**Patriot Ridge Community**

937-878-0262  
789 Stoneybrook Trail  
Fairborn, OH 45324  
[www.patriotridgecommunity.org](http://www.patriotridgecommunity.org)

**Pristine Senior Living Beavercreek**

937-429-9655  
3854 Park Overlook Dr  
Beavercreek, OH 45431  
[www.pristinesrbeavercreek.com](http://www.pristinesrbeavercreek.com)

**Pristine Senior Living Bellbrook**

937-848-7800  
1957 N Lakeman Dr  
Bellbrook, OH 45305  
[www.pristinesrsugarcreek.com](http://www.pristinesrsugarcreek.com)

**Pristine Senior Living Jamestown**

937-675-3311  
4960 US Route 35 East  
Jamestown, OH 45335  
[www.pristinesrjamestowncom](http://www.pristinesrjamestowncom)

**Pristine Senior Living Xenia**

937-376-2121  
126 Wilson Dr  
Xenia, OH 45385  
[www.pristinesrxenia.com](http://www.pristinesrxenia.com)

**Trinity Community of Beavercreek**

937-426-8481  
3218 Indian Ripple Rd  
Beavercreek, Oh 45440  
[www.unitedchurchhomes.org/trinity](http://www.unitedchurchhomes.org/trinity)

**Village at The Greene**

937-426-5033  
4381 Tonawanda Trail  
Dayton, OH 45430  
[www.villageatgreene.com](http://www.villageatgreene.com)

**Wright Nursing & Rehab Center**

937-878-7046  
829 Yellow Springs Fairfield Rd  
Fairborn, OH 45324  
[www.covenantcare.com](http://www.covenantcare.com)

## RETIREMENT

### **Social Security**

1-800-772-1213 / 1-800-325-0778 (TTY/TDD)

Local Office: 937-372-4273

80 N Progress Dr

Xenia, OH 45385

[www.ssa.gov](http://www.ssa.gov)

### **Public Employees Retirement System of Ohio — OPERS**

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

277 E Town St

Columbus, OH 43215-4642

[www.opers.org](http://www.opers.org)

### **School Employees Retirement System of Ohio — SERS**

614-222-5853 / 1-800-878-5853

300 E Broad St, Ste 100

Columbus, OH 43215-3746

[www.ohsers.org](http://www.ohsers.org)

### **State Teacher's Retirement System of Ohio — STRS**

1-888-227-7877

275 E Broad St

Columbus, OH 43215-3771

[www.strsoh.org](http://www.strsoh.org)

### **Pension and Welfare Benefits Administration, Department of Labor**

200 Constitution Ave, NW, Room N-5619

Washington, DC 20210

[www.dol.gov](http://www.dol.gov)

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

### **American Association of Retired Persons — AARP**

1-866-389-5653

Ohio Office: 17 S High St, Ste 800

Columbus, OH 43215-3467

[www.aarp.org](http://www.aarp.org)



**National Association of Retired Federal Employees (NARFE)**

1-800-627-3394 Membership Services

606 N Washington St

Alexandria, VA 22314-1914

[www.narfe.org](http://www.narfe.org)

## SENIOR CENTERS / SUPPORT GROUPS

Greene County senior centers play a critical role in the lives of older adults. They provide individuals with information, as well as regular activity of all types — fitness, recreation, education, and socialization. Many centers also offer services, such as transportation, outreach, friendly visiting, congregate meals and home-delivered meals.

You can participate in as little or as much as you would like as a senior center member. If there is an activity or program you would like to see a center offer, let them know. The staff and volunteers are always looking for ideas!

### **Beavercreek - The Lofino Senior Center**

937-426-6166

3686 Dayton-Xenia Rd

Beavercreek, OH 45432

[www.ci.beavercreek.oh.us/214/senior-center](http://www.ci.beavercreek.oh.us/214/senior-center)

Recreational Activities and Social Services. Open Monday-Thursday from 9:00 am - 7:00 pm; Friday from 9:00 am - 4:00 pm; Saturday from 9:00 am - 12:00 pm. Ages 55 and older.

### **Bellbrook Senior Center**

937-376-5486

3757 Upper Bellbrook Rd

Sugarcreek Education Services Building

Bellbrook, OH 45305

Monday and Friday morning yoga class 10:00 am. Open hours Thursdays 1:00 pm – 4:00 pm. Various crafts, Chair Yoga, social and educational opportunities. Age 50 and older.

### **Bowersville Senior Center**

937-376-5486

3192 Maysville St

Bowersville, OH 45307

Cards and other activities, Euchre Wednesdays 1:30 pm – 4:00 pm. Monthly carry-in dinner. Age 55 and older. Call the Council for current contact information.

### **Cedarville Senior Center**

937-766-5744

48 N Main St

Cedarville, OH 45314

Recreational & Social Activities. Open Tuesday, Wednesday and Friday from 10:00 am - 3:00 pm. Can join at age 50, but not eligible for meals until age 60.

**Clifton Seniors**

937-376-5486

141 Clinton St - Fire House

Clifton, OH 45316

Carry-in lunch 3<sup>rd</sup> Monday at noon. Movie day 1<sup>st</sup> Monday at noon. Various outings and events. Call the Council for current information.

**Fairborn Senior Center**

937-878-4141

325 N Third St

Fairborn, OH 45324

[www.fairbornseniors.org](http://www.fairbornseniors.org)

Recreational Activities and Social Services. Open Monday – Friday from 8:30 am - 4:30 pm. Age 50 and older.

**Jamestown Senior Center**

937-376-5486

Rear Entrance of Jamestown Opera House

6 E Xenia St

Jamestown, OH 45335

Euchre every Tuesday 1:00 pm – 4:00 pm. Carry in lunch 4<sup>th</sup> Tuesday at noon. Crafts and projects first Thursday 1:00 pm – 4:00 pm. Bingo Night 2<sup>nd</sup> Friday 7:00 pm – 8:30 pm. Call the Council for current information.

**Spring Valley Senior Center**

937-862-4475

2551 US Highway 42 South

Spring Valley, OH 45370

[www.springvalleyseniorcenter.com](http://www.springvalleyseniorcenter.com)

Recreational and Social activities. Open Monday, Tuesday, Thursday and Friday from 9:00 am – 4:00 pm. No age requirement.

**Xenia Adult Recreation and Services Center**

937-376-4353

130 E Church St

Xenia, OH 45385

[www.xarsc-seniorcenter.org](http://www.xarsc-seniorcenter.org)

Recreational Activities and Social Services. Open Monday - Friday from 8:00 am – 4:00 pm, and evenings and weekends for special events. Age 50 and older.

**Yellow Springs Senior Center**

937-767-5751

227 Xenia Ave

Yellow Springs, OH 45387

[www.seniorcitizenscenter.org](http://www.seniorcitizenscenter.org)

Recreational Activities and Social Services. Open Monday – Friday from 9:30 am – 4:00 pm. No age requirement.

## **SUPPORT GROUPS**

### **Greene County Council on Aging**

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

1195 W Second St

Xenia, OH 45385

[www.gccoa.org](http://www.gccoa.org)

The Council sponsors or co-sponsors a number of support groups for caregivers caring for frail elderly, those with Alzheimer's and other related dementias, and those raising grandchildren or other related children. Meetings are held throughout the county, at different locations and at different times.

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

### **Self-Help Clearinghouse**

937-225-3004

184 Salem Ave

Dayton, OH 45406

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.

## VETERANS

Benefits and assistance available to veterans and their spouses are often underutilized. Contact Veterans Services or the Veterans Administration to explore how they may be of service.

### **Veterans Administration**

#### **Ohio Department of Veterans Services**

1-877-644-6838  
[www.dvs.ohio.gov](http://www.dvs.ohio.gov)

#### **Dayton**

937-268-6511  
4100 W Third St  
Dayton, OH 45428  
[www.dayton.va.gov](http://www.dayton.va.gov)

#### **Springfield Clinic**

937-328-3385  
512 S Burnett Rd  
Springfield, OH 45505

### **WPAFB – Family Support Center**

937-257-3592

### **Ohio Department of Job and Family Services**

Veteran Employment Services

937-562-6152

581 Ledbetter Rd

Xenia, OH 45385

[www.state.oh.us/odjfs/veterans](http://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.

### **Veterans Services — Greene County**

937-562-6020

571 Ledbetter Rd

Xenia, OH 45385

[www.co.greene.oh.us/index.aspx?nid=340](http://www.co.greene.oh.us/index.aspx?nid=340)

**Vietnam Veterans of America**

614-228-0188

35 E Chestnut St, 8<sup>th</sup> Floor

Columbus, OH 43215

Provides services to all veterans, prioritizing homeless veterans, with employment and housing assistance. Information and referral services are provided to veterans and their families on issues such as Agent Orange and PTSD. Programs to assist with training and employment.

**National Cemetery Administration**

1-202-273-5221

Department of Veteran Affairs

[www.cem.va.gov](http://www.cem.va.gov)

Provides information on burials, headstones and markers, cemetery grants programs, and Presidential Memorial Certificates.

## VOLUNTEER OPPORTUNITIES

Having a sense of purpose is important to successful aging. If your purpose includes sharing your time and talents, contact the Council. Our Community Liaison can help you identify the interests and talents you would like to share. Connections to volunteer opportunities can be made.

Many Greene County organizations and programs rely on qualified and committed volunteers to achieve their goals. Area churches and senior centers, hospitals, Long-Term Care Ombudsman Program, Family Violence Prevention Center, Community Action Partnership, and local schools are continually seeking volunteers. The opportunities are endless. Some individuals seek a regular daily or weekly commitment. For others, a one-time or periodic volunteer experience is more appropriate. Whatever your schedule and preferences, please consider sharing your time and talents and help make Greene County an even better place to grow older.

Whether you are a senior or an individual who would like to share your time to help a local organization, we encourage you to contact the Council (937-376-5486, 1-888-795-8600 or [info@gcco.org](mailto:info@gcco.org)) about ways we can help you find added purpose to your life.



## WELLNESS

We can have control over much of our own health and well-being, including taking good care of our physical bodies, having a positive attitude, maintaining a sense of humor, fostering existing and finding new social relationships, allowing for our own self-defined spirituality, and keeping our minds active. These are the keys to wellness and successful aging. See the list of local senior centers, which offer a variety of wellness activities. Also check out:

### Websites:

[www.livingto100.com](http://www.livingto100.com)

[www.elderwisdomcircle.org](http://www.elderwisdomcircle.org)

### Recreation & Fitness

From bike paths to yoga classes, recreational opportunities abound in Greene County. Check with your local senior center and parks and recreation department for a listing of activities and classes offered. Take advantage of the additional activities offered by the community organizations listed below.

### YMCA of Greater Dayton Greene County facilities

[www.ymcaonline.org](http://www.ymcaonline.org)

- Fairborn  
300 S Central Ave  
937-754-9622
- Xenia  
135 E Church St  
937-376-9622
- Kettering  
4545 Marshall Rd  
937-434-1964

### Greene County Department of Parks and Trails

937-562-6440

575 Ledbetter Rd

Xenia, OH 45385

[www.gcparkstrails.com](http://www.gcparkstrails.com)

**Five Rivers MetroParks**

937-275-PARK (7275)  
409 E. Monument Ave, 3<sup>rd</sup> floor  
Dayton, OH 45402  
[www.metroparks.org](http://www.metroparks.org)

**Ohio Department of Natural Resources Division of Parks and Recreation**

614-265-6565  
2045 Morse Rd  
Columbus, OH 43229-6693  
[www.dnr.state.oh.us](http://www.dnr.state.oh.us)

**National Park Service**

[www.nps.gov](http://www.nps.gov)

**Dayton Aviation Heritage National Historical Park**

937-225-7705  
16 S Williams St  
Dayton, OH 45402  
[www.nps.gov/daav](http://www.nps.gov/daav)

**The Huffman Prairie Flying Field Center**

937-425-0008  
2380 Memorial Rd  
Wright-Patterson Air Force Base  
Dayton, OH 45433

**Wright Cycle Company Complex**

937-225-7705  
22 S Williams St  
Dayton, OH 45402  
[www.nps.gov/daav](http://www.nps.gov/daav)

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