



SERVICE AND SUPPORT DIRECTORY

for Greene County
Seniors & Caregivers



Greene County Council on Aging
1195 West Second Street
Xenia, Ohio 45385
937-376-5486 or 888-795-860
www.gccoa.org yourfriends@gccoa.org

My Personal Resources And Support

Family, Friends and Neighbors/Phone Numbers:

Name		Relationship	
Home #	Work #		Cell #

Name		Relationship	
Home #	Work #		Cell #

Name		Relationship	
Home #	Work #		Cell #

Name		Relationship	
Home #	Work #		Cell #

Name		Relationship	
Home #	Work #		Cell #

Important Numbers:

Physician	Phone #
Physician	Phone #
Physician	Phone #
Pharmacy	Phone #
Attorney	Phone #
Church/Synagogue	Phone #
Senior Center	Phone #
Social Worker/Nurse – Agency	Phone #
Transportation Provider	Phone #

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A Quick Look: Frequently Used Contacts

Greene County Council On Aging (GCCOA)

937-376-5486 / 1-888-795-8600www.gccoa.org / yourfriends@gccoa.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 937-376-4353

Yellow Springs 937-767-5751

Board Of Developmental Disabilities (Greene Cty) 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 / 937-376-2995

Greene Memorial Hospital 937-352-2000

Greene CATS Public Transit 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 / 1-800-772-1213

Soin Medical Center 937-702-4000

Medicare www.medicare.gov / 1-800-633-4227

TCN Behavioral Health Services 937-376-8700

Veterans Services (Greene County) 937-562-6020



Introduction

We are pleased to offer this *Directory of Resources and Services* to the Greene County community. It is available in print and on our website (www.gccoa.org). We update the online version more often, so it has the most current information.

While we have tried to include most agencies serving Greene County seniors, the options are constantly changing. Please call or email the Council with any questions.

We hope you will find this Directory useful and will suggest it to others. When you need information, this Directory and the Council are here for you.

Karen Puterbaugh, Executive Director, GCCOA

Covid-19 Pandemic

COVID-19 is a continuing situation that affects many aspects of life. Get the latest public health information from:

- CDC: cdc.gov/coronavirus/2019-ncov
- Ohio Department of Public Health: coronavirus.ohio.gov
- Greene Country Public Health: gcph.info

Please call ahead or check their website to confirm the times a business or agency is open, as this may change.



About The Greene County Council On Aging

We thank the Greene County community for their continued support of the Council, the senior centers, and most importantly, older adults and their caregivers. Most of the Council's revenue comes from the senior services levy. We take this responsibility seriously.

The Council continues to adapt to the changing needs and challenges of seniors and caregivers. We are seeing increased interest in several areas including retirement and Medicare, memory loss and dementia concerns, and fall prevention.

Our Mission and Objectives

Our mission is to promote independence and quality of life for Greene County senior citizens and caregivers through a comprehensive and coordinated system of contact, care, and support.

To achieve this, we:

- Promote care options for senior adults and their caregivers.
- Share information about senior and caregiving issues.
- Offer information, education, and support programs for caregivers.
- Publicize senior adult education and wellness programs offered by area senior centers and the Council.
- Use federal, state, local and charitable funds wisely.
- Embrace diversity in our programs and services.
- Present educational programs about critical health issues.

Our History

The Greene County Council on Aging began in 1979 and became a nonprofit organization in 1981. Original members came together to learn about the services and programs available for seniors, and to find ways to fill the gaps.

1996-1999: The Greene County Commission gave \$150,000 to support senior services and the Council. This funding allowed for grants for home-delivered meals, adult day services, transportation, in-home care, and senior centers. The Council's membership continued to address gaps in services.



In 1999, Greene County citizens passed the first Senior Services levy at 0.8 mil. The current 1.4 mil levy, renewed in 2018, generates \$5.5 million per year through 2024.

These funds, combined with other income, allow the Council to do its work. We serve more than 1,100 seniors each month, give grant funding to the ten senior centers, and offer education and support programs to seniors, caregivers, and the community.

Our Organization

The nine members of the GCCOA Board of Directors oversee the organization. The Council has thirty-one team members and more than 160 volunteers. If you are interested in Council activities, call us at 937-376-5486, 1-888-795-8600, or email YourFriends@gccoa.org.

Overview of GCCOA Programs and Services

- Information by phone, mail, email, or in person
- Connections to area senior centers, professionals, and resources
- Aid with transitions to residential care
- County-wide Senior Events such as the Artisan Show and SeniorPalooza
- Caregiver Support: Printed materials, support groups, education, and meetings with Council staff
- Grief Support: Newsletter and support group
- Community education on aging and caregiving issues, including memory loss and dementia, diabetes and other chronic illnesses, fall prevention, and Medicare
- Support to Kinship caregivers (e.g. grandparents raising grandchildren)
- Help reviewing Medicare and other insurance options
- Service and special grants to senior centers
- Publication of the Directory of Services and Support
- Help to seniors, age 60 and older, to remain at home through the Partners in Care program (PIC).



How To Use This Directory

GCCOA compiled this directory for seniors, their families, and those who help them. Available services often change; this directory is current as of the publication date. The version on our website has the most up-to-date information.

The focus of this directory is Greene County. Resources in our county appear first in each section. Ohio-wide services follow. National organizations are included for those who wish to do more research.

Use the Index to find specific information.

Remember: You can always contact the GCCOA for help. Our phone numbers are at the bottom of every page. Our website contains helpful information.



Just For Seniors

Normal Aging: Lots of things change as we get older – vision, hearing, taste, strength and stamina, memory -- and sometimes we wonder: is this normal or should I worry?

Changes that are NOT normal include regular or frequent short-term memory loss, depression, and acute medical problems. It is important to discuss such change with your primary health care provider, as these changes are rarely caused by age alone. Always advocate for the health care we deserve.

Interdependence: As we age, we often hear talk about the loss of independence. We rely on others for many things. This is fine! While there are tasks we can do on our own, we also need other people and can appreciate being needed by others.

When you find something hard to do or are worried about safety, ask for help. Say “yes” when someone offers to help. Not only will it affect your quality of life — it will be valuable for the helper. Before you “poo-poo” this 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 have purpose in our lives. We don’t need to be busy every minute of the day, but we need activities to look forward to. It is important to focus on how to use our time and energy. Options include volunteering, part-time work, reading, music, and hobbies.

Having purpose is critical to successful aging, so think about it! The Council can help.



Just For Caregivers

Putting A Plan Together: Many of us will become a caregiver for someone other than our own children. However, very few of us think about it until it happens. You may find yourself caring for your spouse, a parent, a grandchild, or even a close friend or neighbor. The first step is to create a plan. This plan may need to change as the situation changes, but having a starting point is helpful.

- **Working with Doctors:** If your loved one has health challenges, you will want to build a strong relationship with their medical providers. Find doctors you both are comfortable with. They should be respectful of your loved one and listen to concerns you share.

One tip is to write things down. Record daily patterns related to sleep, eating, and medications or illnesses. Keep a list of prescriptions and over-the-counter medications used. This helps healthcare providers give better care.

- **Ensuring Financial and Legal Matters are in Order:** Financial and legal matters can be challenging, especially with parents. These topics can be difficult to bring up. However, it is important to talk in advance about insurance (life, health, and long-term care), financial accounts, health care wishes, and advance directives.
- **What Your Loved One Can Accept and Really Needs from You:** While we want to help, sometimes we may do too much. Unless it is about safety, we need to respect what our 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, but your loved one sees a person they care about and want to spend time with. 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 of dust, or weeds in the yard.

Pick your battles. If the issue is safety, choose ruffling feathers and dealing with the anger. Otherwise, sit and listen and provide some companionship. Afterward, you can tell him/her that you want to do at least one thing from a “to do” list the two of you have put together. There may be other creative ways to tackle tasks.

- **Available Resources and Asking for Help:** You may think you are the best, or only one, able to take care of your loved one. However, you will be a much better caregiver if you let family, friends, and professionals from the community help. What if you can’t take your wife to the doctor? What if you have surgery and can’t help your father do his



laundry and clean his house? If you are fortunate, family members and friends can help. If not, consider contacting a local organization for help.

Most people are more comfortable giving help than asking for it. As caregivers, we need to allow others to assist. If someone makes an offer, say yes. Even if you do not need anything now, you may need something later. It is human nature to stop offering to 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. It is critical for caregivers to pay attention to their own needs. It is not healthy to be around the same person 24-hours a day. We need time away from our loved ones. Use the time to do things you enjoy 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 yourself and your loved one!

Information and Someone to Talk With

One of the most important services the Council provides to caregivers is compassionate and knowledgeable professionals who can listen, share information, and problem-solve. Calls and e-mails to the Council are confidential. Team members are available to meet with you at a place that works for you. Being able to vent concerns and frustrations and ask questions can make a tremendous difference for caregivers.

The Council 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. A newsletter for caregivers, *In Care of You*, is published monthly. To receive this, contact the Council or sign up on our website.

Educational programs cover issues such as normal aging, legal and financial planning, residential care, Medicare/Medicaid, and more.

The Council has resource materials available on many subjects. In addition, the Council offers respite care for caregivers, either through adult day services or in the home, to give you some deserved time away.



Kinship Caregivers

Kinship is a situation in which someone steps in to raise a child when the parents cannot. The Council supports Kinship caregivers, such as grandparents raising grandchildren. Our Kinship Liaison is dedicated to helping kinship caregivers. Information can be provided about available medical and financial assistance, and where to find answers to legal/custody questions and where to find counseling help.

Kinship services include:

- Supportive contact via home visits, phone calls and/or email
- Referrals to agencies or programs
- A monthly support group, Relatives As Parents (“RAP”)
- A Kinship newsletter
- Educational programs

The program is free, confidential, and there is no age or income limit.

National Resources for Caregiver Support

The Council can point you to specific organizations and resources related to your situation. We encourage you to contact us to see how we might help.

Family Caregiver Alliance

1-800-445-8106

101 Montgomery St, Suite 2150, San Francisco, CA 94104

www.caregiver.org

National Alliance for Caregiving

202-918-1013

1730 Rhode Island Ave. NW, Suite #812, Washington, D.C., 20036

www.caregiving.org

National Caregiving Foundation

1-800-930-1357

801 N Pitt St, #116, Washington, D.C. 20036

www.caregivingfoundation.org



National Family Caregivers Association

1-855-227-3640

1150 Connecticut Ave, Suite 501, Kensington, MD 20895

www.caregiveraction.org

Today's Caregiver

www.caregiver.com

Caregiving.com

www.caregiving.com

Websites for Grandparents Raising Grandchildren and Other Kinship Caregivers

Generations United www.gu.org

Grandparents Raising Grandchildren

www.raisingyourgrandchildren.com/Index.htm

Grandfamilies www.grandfamilies.org/

Ohio Family Care Association www.ofcaonline.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. This is often possible with the right services and support. However, activities we 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

Several 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. Also, securing sufficient in-home care can be difficult due to staffing challenges.



Care Coordination Programs

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

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

Main office: 1195 West Second Street, Xenia, OH 45385

Beavercreek office: 1221 Meadow Bridge Drive Suite C

www.gccoa.org / yourfriends@gccoa.org

Partners in Care (PIC) provides care managers to coordinate care. A social worker or nurse meets the senior and involved family members in the senior's home to discuss the situation and possible need for services. If services are purchased through PIC for a senior or couple, there may be a co-pay, which is determined by the financial screen. Services may include:

- Home-Delivered Meals
- Homemaking/Light housekeeping & laundry
- Personal Care
- Respite Care
- Adult Day Care
- Emergency Response System
- Medical Transportation
- Grab bar installation

Supportive services are provided through the Council to 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 providing regular contact with the senior. There are also supportive services workers available through the Fairborn, Xenia and Yellow Springs Senior Centers:

Fairborn Senior Center

937-878-4141

325 North Third Street, Fairborn, OH 45324

www.fairbornseniors.org



Xenia Senior Center (Adult Recreation and Services)

937-376-4353

338 South Progress Drive, Xenia, OH 45385

www.xarsc-seniorcenter.org

Yellow Springs Senior Center

937-767-5751

227 Xenia Avenue, Yellow Springs, OH 45387

www.ysseniors.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 understand 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.

Acclaim Senior Activities

937-912-9061

3878 Indian Ripple Rd, Beavercreek, OH 45440

acclaim4seniors.com/

Goodwill/Easter Seals Adult Day Services

937-912-0320

2309 North Fairfield Road, Suite B, Beavercreek, OH 45431

gesmv.org/community-programs/senior-services/



Greene Inc.

937-562-4200

121 Fairgrounds Road, Xenia, OH 45385

For adults with developmental disabilities

www.greeneinc.org

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 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. Some ERS units have GPS capability benefitting those traveling and driving around town. An ERS is not typically a practical service for individuals with dementia.

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



Guardian Medical Monitoring, Inc.

1-888-349-2400

Lifeline

1-855-681-5351

www.lifeline.philips.com/

Senior Resource Connection

937-223-8246 ext. 213

www.seniorresourceconnection.com

VRI

1-800-860-4230

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 resources available for the installation of smoke detectors in a senior's home. Contact the Council for more information:

Greene County Council on Aging

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

Following is information about programs for free smoke alarms:

American Red Cross Dayton Area Chapter

The Red Cross can test existing smoke alarms and install up to three free smoke detector installation during a Home Fire Safety Visit.

937-222-6711

370 West 1st Street, Dayton, OH 45402

www.redcross.org/local/ohio/greater-cincinnati-dayton/about-us/our-work/home-fire-campaign/home-fire-safety-visit.html



Fairborn Fire Department

The Fairborn Fire Department has a program to give away free smoke detectors and carbon monoxide detectors. Fairborn residents only.

937-754-3085

www.fairbornoh.gov/government/fire_department/smoke___carbon_monoxide_detector_program.php

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:

MedicalAlert.org

www.medicalalert.org

Durable Medical Equipment

Durable Medical Equipment (DME) includes shower chairs, raised toilet seats, walkers, and wheelchairs that make it possible for seniors to remain safely in their home. For Medicare to cover the cost, the providers must be an approved contractor. There are many DME providers throughout the region and online.

If you or a loved one need such equipment, before purchasing, check with the Council or your local senior center. Often, unneeded medical equipment is donated to us or senior centers, and we may have what you need.

Ramps & Grab Bars

Contact the Council for Grab Bar installation.



Key Mobility

937-374-3226

1944 Route 68 North, Xenia, OH 45385

keymobility.com/

Med Mart Home Access

1-888-260-4430

2237 S Smithville Rd, Kettering, OH 45420

medmartonline.com/

Home Repairs and Modifications

Assistance in home maintenance and repairs may be available.

Community Housing Impact & Preservation (CHIP)

Greene County Development

Assists income-eligible homeowners with basic housing repairs. For Greene County homeowners (excluding Fairborn; Fairborn residents see next)

937-562-5007

61 Greene Street, Xenia, OH 45385

greenecountyohio.gov/1911/Community-Housing-Impact-and-Preservation

Fairborn Home Rehabilitation

Financial assistance for income-eligible Fairborn homeowners to correct lead-based paint hazards as well as much needed home repairs and improvements

937-754-3060

44 West Hebble Avenue, Fairborn, OH 45324

www.fairbornoh.gov/government/development_services/neighborhood_betterment_division/home_rehabilitation.php

Community Action Partnership (CAP) - Greene County

The CAP Home Weatherization Assistance Program (HWAP) helps renters and homeowners improve the home's energy efficiency, which in turn reduces utility bills.

1-800-917-2673

469 Dayton Avenue, Xenia, OH 45385

miamivalleycap.org/



Habitat for Humanity, Critical Home Repairs

937-586-0860

daytonhabitat.org/apply/critical-repairs.html

US Department of Housing and Urban Development, Home Improvements

hud.gov/topics/home_improvements

Information on loans and grants for home rehabilitation and improvement

US Department of Agriculture, Rural Development

rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants

The Section 504 Home Repair program provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.



Protective Services

Government Protective Services provide help and assistance for adults, children and families.

Adult Protective Services

Greene County Department of Job and Family Services

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.

937-562-6000 / 937-426-1779

541 Ledbetter Road, Xenia, OH 45385

greenecountyohio.gov/284/Adult-Protective-Services

Greene County Children Services Board (CSB)

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.

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

601 Ledbetter Rd

Xenia, OH 45385

greenecountyohio.gov/1042/Children-Services

Family Violence Prevention Center

24-hour crisis line for individuals dealing with domestic violence. Residential case management and education groups.

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

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

380 Bellbrook Avenue, Xenia, OH 45385

www.violencefreefutures.org/



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.

Clossman Catering

Clossman Catering is a long time provider of home delivered meals for the elderly, people with disabilities and disadvantaged populations.

513-942-7744

clossmancatering.net/

Mom's Meals

Mom's Meals provides refrigerated meals ready to heat delivered to your home.

1-877-508-6667

momsmeals.com

Senior Resource Connection

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.

937-228-3663

105 S Wilkinson Street, Dayton, OH 45402

seniorresourceconnection.com



Simply EZ

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.

1-877-396-3251

3593 Interchange Road, Columbus, OH 43204

www.simplyez.com

Xenia Senior Center (Adult Recreation and Services)

The Xenia Senior 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.

937-376-4353

338 South Progress Drive (in YMCA building), Xenia, OH 45385

www.xarsc-seniorcenter.org

Group Meals / Congregate Meal Programs

Provides lunch for individuals age 60 and older at various sites in Greene County on some days; some sites closed due to pandemic. Please call for information:

- Beavercreek Senior Center – 937-426-6166
- Cedarville Senior Center – 937-766-5744
- Fairborn Senior Housing - 937-878-2956
- John Sale Manor (Xenia) - 855-682-4026
- Wright Place (Xenia) - 937-372-1800
- Yellow Springs Senior Center – 937-767-5751

5 Points Café

Breakfast and lunch with voucher. Register for voucher with Senior Resources Connection representative at the café on Wednesdays from 9 to noon

937-376-5711

131 Cincinnati Avenue, Xenia, OH 45385



One Bistro

Menu prices are suggestions. Pay what you can afford. If unable to pay, give your time in service as payment. The Wednesday Community Meal is complimentary to all.

Wednesday–Friday: 11am–2 pm. Saturday: 8am–2pm.

Wednesday Community Meal: 5pm–7pm

937-736-2358

87 East Main Street, Xenia, Ohio 45385

onebistro.org

Food Pantries

Area food pantries have a variety of areas served, days and hours of operation, and requirements. Contact them for information.

The Foodbank

937-238-5132

thefoodbankdayton.org/

The Foodbank Mobile Farmer's Market

Locations and dates available online at

thefoodbankdayton.org/needfood/greene-county-mobile/

Beavercreek

Peace Lutheran Church

3530 Dayton Xenia Rd, Beavercreek

peacebeavercreek.org/cs-foodpantry

The Vineyard Church

937-427-1912

4051 Indian Ripple Rd., Beavercreek

daytonvineyard.com/get-involved/outreach



Bellbrook

Bellbrook/Sugarcreek Community Support Center Food Pantry

937-848-3810

51 S. East St., Bellbrook

bsfrc.org

Cedarville

Cedarville Community Food Pantry/ United Presbyterian Church

937-766-1291

30 W. Chillicothe St, Cedarville, OH

cedarvilleunited.org/food-pantry

Fairborn

Fairborn FISH

937-902-5393

480 W. Funderberg Rd, Fairborn 45324

fishfairborn.com

St. Vincent de Paul Mary Help of Christians Church

937-424-0951

954 N. Maple St., Fairborn

Wright State University Raider Food Pantry 055 Student Union

937-775-2617

3640 Colonel Glenn Highway, Fairborn

wright.edu/student-affairs/resources-and-support/raider-food-pantry

Jamestown

Jamestown United Methodist Church Food Pantry

937-675-3581

22 E. Washington St, Jamestown

jumcoh.com/ministries.html



Spring Valley

Spring Valley Library

937-862-4538

1 E Walnut St., Spring Valley

springvalleyoh.com

Spring Valley United Methodist Church

937-862-7691

1 W Walnut St. Spring Valley

Xenia

Ahop & Bogg Ministries

282 Stelton Rd, Xenia

thebogg.org

Greene County FISH Pantry

937-372-8441

774 Cincinnati Ave, Xenia, Ohio 45385-5369

xeniafishfoodpantry.org/

Glory Ministries Food Pantry

937-372-3573

880 Hoop Rd, Xenia

Ledbetter Road Church of God

937-372-5583

325 Ledbetter Rd. Xenia, OH

ledbetterchurch.org

United AME Church Pantry

937-376-3769

286 E. Church St., Xenia



Yellow Springs

Yellow Springs / Central Chapel AME Church

411 S. High Street, Yellow Springs, OH

937-510-6030

yscf.org/food-relief

Ohio State University Extension

Provides written information and educational programs on nutrition issues.

937-372-9971

Greene County Office

100 Fairground Road, Xenia, OH 45385

www.greene.osu.edu

Clothing

Clothes Closet

Xenia Community Center, Room 401, 1265 W. Second St, Xenia

xenianaz.org/clothes-closet

Suggested donations: \$2 and under per item. Cash only

Share One To One Clothes Closet

937-372-1594

Christ Episcopal Church Xenia, 63 East Church Street, Xenia OH

christ-episcopal-xenia.org/one-to-one-clothing-closet.html

United Voluntary Services

937-372-1101

145 Bellbrook Ave, Xenia, OH

In Xenia for 75 years, helping with clothing and food. Call for appointment



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, personal care, and skilled therapies, such as occupational, physical, and speech. For insurance to cover these skilled therapies, a physician must order them for a very specific need. This does not mean, however, that your insurance will approve coverage.

- **Homemaking** includes housekeeping, shopping, meal preparation and laundry.
- **Personal care** includes assistance with dressing, bathing, grooming, toileting, and eating. Personal care aides can also provide limited homemaking services.

There are many homecare agencies providing services in Greene County. Contact your local Senior Center or the Council for information.

Paying For In-Home Services

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.*
- 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 Street, Xenia, OH 45385

www.gccoa.org

Area Agency on Aging, PSA-2

PASSPORT Program

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

40 W Second Street, Suite 400, Dayton, OH 45402

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.

Ohio Home Care Waiver, Ohio Department of Medicaid

844-644-6582

medicaid.ohio.gov/families-and-individuals/citizen-programs-and-initiatives/hcbs/ohio-home-care-waiver

The Ohio Home Care Waiver allows individuals with physical disabilities and unstable medical conditions to receive care in their homes

Veterans Services, Greene County

937-562-6020

571 Ledbetter Road, Xenia, OH 45385

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 West Second Street, Xenia, OH 45385

www.gccoa.org

Elder Care Locator

1-800-677-1116

www.eldercare.acl.gov

Provides links to resources across the US. Callers can get information on resources for specific communities.

Area Agency on Aging, PSA-2

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

40 West Second Street, Suite 400, Dayton, OH 45402

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

937-225-3001 / 1-800-917-3224

2380 Bellbrook Avenue, Suite F, Xenia, OH 45385

greenecountyunitedway.org/2-1-1.html

Dial *211 on cell phone for information on assistance from local United Way.

USAGov

1-844-USA-GOV1

www.usa.gov

An online guide to government information and services. Publishes a free *Consumer Information Catalog* listing booklets on a variety of topics, and *The Consumer Action Handbook*, which includes information on cars, insurance, travel, & utilities.



Discounts For Older Consumers

Golden Buckeye Card - Ohio Department of Aging

1-800-422-1976

50 W Broad Street, 9th Floor, Columbus, OH 43215-3316

www.aging.ohio.gov/GoldenBuckeye

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.

Affordable Connectivity Program

Replaces the Emergency Broadband Benefit Program. Provides assistance for eligible households.

fcc.gov/acp

Lifeline Program

The Lifeline Program is a federal program that lowers the monthly cost of phone or internet 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.

www.lifelinesupport.org

SeniorDiscounts.com

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

www.SeniorDiscounts.com

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 to:

Direct Marketing Association

ATTN: Dept. 27333164

PO Box 282, Carmel, NY 10512

Or register online at: www.dmachoice.org

To stop credit card mailings

This is the official Consumer Credit Reporting Industry website to accept and process requests from consumers to Opt-In or Opt-Out of firm offers of credit or insurance.

1-888-567-8688

optoutprescreen.com/

To stop other marketing calls

National Do Not Call Registry

1-888-382-1222

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.

To block Robo Calls

Scammers pay no attention to the Do Not Call Registry. The best defense is call blocking. See this FTC article:

www.consumer.ftc.gov/articles/how-block-unwanted-calls

Certain mobile phone providers have specific ways to block calls, including paid options. Contact your provider for information.

AT&T www.att.com/support/article/wireless/KM1009412

Verizon www.verizonwireless.com/solutions-and-services/call-filter/

T-Mobile www.t-mobile.com/customers/mobile-security

Sprint sprint.com/en/support/solutions/services/block-restrict-or-allow-voice-calls-using-my-sprint.html



State of Ohio, Attorney General - Consumer Protection Section

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

30 S Broad Street, 14th Floor, Columbus, OH 43215-3428

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 Street, Suite 300, Dayton, OH 45402

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

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

The Consumer Tools section of the website includes information on fraud and scams.

The Ohio Department of Commerce has divisions that may be helpful.

www.com.ohio.gov/secu

The Ohio Attorney General's Office has an Elder Abuse Initiative.

1-800-282-0515

Greene County Prosecutor's Office

www.greenecountyohio.gov/461/Prosecutor

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.equifax.com/personal/credit-report-services/

Experian: 1-888-397-3742

To freeze credit reports:

www.experian.com/freeze/center.html

Trans Union: 1-877-322-8228

To freeze credit reports:

www.transunion.com/credit-freeze/

For a free copy of your credit report:

www.AnnualCreditReport.com

Social Security Fraud Line

1-800-269-0271

Social Security Scams

Learn more, report scams.

oig.ssa.gov/scam/



Utilities / Recycling

Bellbrook Water Department

937-848-4638

www.cityofbellbrook.org/page/utilities_water

Fairborn Water Department

937-754-3097 / maintenance

937-754-3007 / billing

www.fairbornoh.gov/government/finance/utilities_division/index.php

AES (formerly Dayton Power and Light)

1-800-433-8500

Outage: 1-877-468-8243

www.aes-ohio.com/outages/

Center Point Energy (formerly Vectren)

1-800-227-1376

www.centerpointenergy.com/en-us/residential?sa=oh

Xenia Utilities

937-376-7242

www.ci.xenia.oh.us/206/Utility-Billing-Division

Yellow Springs Utilities

937-767-7202, ext 2

www.yso.com/departments/index.php?structureid=20

Ohio Consumers' Counsel Residential Utility Advocate

614-466-8574 / 1-877-742-5622

65 East State Street, 7th Floor, Columbus, OH 43215-3485

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

puco.ohio.gov

Clark Howard

clark.com

Nationally recognized consumer advocate website, 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 Road, Xenia, OH 45385

co.greene.oh.us/317/Sanitary-Engineering

Water and sewer services in Greene County

Environmental Services Division

Greene County Department of Sanitary Engineering

937-562-5925

2145 Greene Way Boulevard, Xenia, OH 45385

co.greene.oh.us/199/Environmental-Services

Recycling for Greene County residents: Monday – Thursday, 7:30 am – 6 pm, Friday, 7:30 am – 4:30 pm, Saturday, 9 am – 4 pm, Sunday Closed

Special dates for hazardous waste, scrap metal and large appliances held monthly. Call or check online for dates.

Guardian Water & Power

800-444-9283

Provides a full-suite of utility cost recovery services including submeter system-design, submeter installation services, submeter data acquisition, utility billing, collections and utility management.

guardianwp.com/daytonsubmetering



Chambers Of Commerce

These are networks of business groups within a local community.

Beavercreek

937-426-2202

3210 Beaver Vu Drive, Beavercreek, OH 45334

www.beavercreekchamber.org

Bellbrook - Sugarcreek Area

937-848-4930

51 South East Street, Bellbrook, OH 45305

www.bellbrook-sugarcreekchamber.com

Cedarville

937-766-5418

50 North Main Street, Cedarville, OH 45314

www.cedarvillechamber.com

Fairborn Area

937-878-3191

12 North Central Avenue, Fairborn, OH 45324

fairbornchamber.com/

Jamestown

PO Box 66, 1 West Washington Street, Jamestown, OH 45305

www.jtchamber.com

Spring Valley

937-862-4110

PO Box 396, Spring Valley, OH 45370

www.springvalleyoh.com

Xenia

937-372-3591

334 West Market Street, Xenia, OH 45385

www.xacc.com



Yellow Springs

937-767-2686

101 Dayton Street, Yellow Springs, OH 45387

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. See also *Residential Care Long-Term* on page 99

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/

For more information about the Long-Term Care Ombudsman Program:

aging.ohio.gov/Ombudsman

National Association of Insurance Commissioners

1100 Walnut Street, Suite 1500

Kansas City, MS 64106

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.

Some 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:

publicsafety.ohio.gov/links/bmv4826.pdf

Bureau of Motor Vehicles Locations

publicsafety.ohio.gov/wps/portal/gov/odps/local-office

Beavercreek Office

License: 937-426-8205

1221 Meadow Bridge Drive, Suite B, Beavercreek, OH 45434

Fairborn Office

License: 937-878-4040

1274 North Broad Street, Fairborn, OH 45324

Xenia Office

License: 937-372-4282 / Title: 937-562-6055 / License Exam: 937-372-6850

601 Ledbetter Road, Xenia, OH 45385

Driver Safety Program

For information about courses available locally:

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

aarp.org/families/driver_safety

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

Resources from Ohio

Older Drivers Safety

transportation.ohio.gov/olderdrivers

Resources and tools in to promote the Stay Fit To Drive campaign for older drivers.



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 8:30 am to 4:30 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 ext 216

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 out of county. Requests must be made one or two working days 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 Avenue, Xenia, OH 45385

www.co.greene.oh.us/greenecats

Greene CATS provides two types of Demand Responsive service. Call for fare information.

- *Scheduled Rides* pick up and drop off riders at any location within Greene County with limited service to Montgomery County. Operating Monday – Friday from 6:00am to 10:00pm (No weekend service)
- *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. 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. Operating:
Monday – Friday from 7:00am to 5:00pm (Blue, Green, Orange and Yellow lines).
Monday – Friday from 6:00am to 10:00am and 2:00pm to 6:00pm for Red line.
No weekend service

Med Trans, Inc.

1-800-854-2137

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 West Second Street, Xenia, OH 45385

www.gccoa.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. Visit our YouTube channel for our videos: <https://tinyurl.com/GCCOA-YouTube>

Greene County Career Center

937-372-6941 / 937-426-6636

2960 West Enon Road, Xenia, OH 45385

www.greeneccc.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.

AARP Online Learning

learn.aarp.org/

AARP's no-cost, online educational programs include job search skills, family caregiving, new technology and more.

Road Scholar

1-800-454-5768

11 Avenue de Lafayette, Boston, MA 02111

www.roadscholar.org

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



Greene County Public Library

The Greene County Public Library has a wealth of resources: Books, of course, music CDs and movies on DVD and Blu-Ray. Digital resources include magazines as well as books, music and movies. There are events for young and old, such as Book Clubs, Storytime, craft classes (such as flannel hand warmers, macrame keychain, and more). Check the Events page online:

www.greenelibrary.info

Beavercreek Community Library

937-352-4001

3618 Dayton-Xenia Road, Beavercreek, OH 45432

greenelibrary.info/locations/b/

Cedarville Community Library

937-352-4006

20 S Miller Street, Cedarville, OH 45314

greenelibrary.info/locations/c/

Fairborn Community Library

937-878-9383

1 East Main Street, Fairborn, OH 45324

greenelibrary.info/locations/f/

Jamestown Community Library

937-352-4005

86 Seaman Drive, Jamestown, OH 45335

greenelibrary.info/locations/j/

Winters-Bellbrook Library

937-352-4004

57 West Franklin Street, Bellbrook, OH 45305

greenelibrary.info/locations/w/



Xenia Community Library

937-352-4000

76 East Market Street, Xenia, OH 45385

greenelibrary.info/locations/x/

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 Avenue, Yellow Springs, OH 45387

greenelibrary.info/locations/y/

Universities

Cedarville University

937-766-7700

251 North Main Street, Cedarville, OH 45314

www.cedarville.edu

Central State University

937-376-6011

1400 Brush Row Road, Wilberforce, OH 45384

www.centralstate.edu

Clark State Community College

937-328-6047

570 East Leffel Lane, Springfield, OH 45501-0570

www.clarkstate.edu

Sinclair Community College / College for Lifelong Learning

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

444 West Third Street, Dayton, OH 45402

www.sinclair.edu/services/enrollment/lifelong/



The University of Dayton / Continuing Education

937-229-1000

300 College Park, Dayton, OH 45469

www.udayton.edu

udayton.edu/continuing_education/senior_programs/index.php

Wilberforce University

937-376-2911

1055 North Bickett Road, Wilberforce. OH 45384

www.wilberforce.edu

Wright State University – Senior Citizens Program

937-775-1000

Registrar's Office, 3640 Colonel Glenn Highway, Dayton, OH 45435-0001

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.

Ohio Department of Higher Education / Lifelong Learning

All state colleges and universities offer the over-60 learner the opportunity to attend classes at no cost, but many institutions and organizations support efforts to provide an enhanced continuing education experience for older learners.

www.ohiohighered.org/students/lifelong-learning

The Ohio State University Extension - Greene County Office

937-372-9971

100 Fairground Road, Xenia, OH 45385

www.greene.osu.edu

Ohioline - Ohio State University Extension

Online information on a wide variety of topics, such as yard and garden, food, community, home, and family.

ohioline.osu.edu/



Medical Providers

Emergency Assistance

Medical and Fire Emergencies	9-1-1
Poison Control Center	www.poison.org/ 1-800-222-1222
Suicide Prevention Center (local)	24/7 Hotline: 937-229-7777 / 1-800-320-4357
Suicide Prevention Lifeline	suicidepreventionlifeline.org/ 1-800-273-8255
New three-digit dialing code available nationally starting on July 16, 2022	9-8-8
Crisis Text Hotline	Text HOME to 741741
24-hour mental health crisis line	937-376-8701 / 937-426-2302
Veterans Crisis Line	1-800-273-8255, press 1
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.

Beavercreek

Kettering Urgent Care

937-458-4200

Hours: Mon-Fri 8:00am-7:45pm, Sat & Sun 8:00am-3:45pm

3371 Kemp Road, Beavercreek, OH 45431

ketteringhealth.org/locations/kettering-health-urgent-care-uc002/



Premier Health Urgent Care

937-208-8170

Hours: 9:00am – 9:00pm

2484 North Fairfield Road, Beavercreek, OH

www.premierhealth.com/locations/urgent-care/schedule-urgent-care

Fairborn

Doctors' Urgent Care

937-873-9500

Hours: 8:30am-8:00pm, seven days a week (closed Thanksgiving and Christmas)

2131 Gateway Drive, Fairborn, OH 45324

www.amcareinc.com/page/fairborn

Mercy Health – Dayton Springfield Emergency Center

937-523-8780

Open 24 hours

1840 Springfield Road, Fairborn, OH 45324

mercy.com/locations/emergency-room-urgent-care/springfield/mercy-health-dayton-springfield-emergency-center

Xenia

Kettering Urgent Care

937-352-2850

Hours: Mon-Fri 8:00am-7:45pm, Sat & Sun 8am-3:45pm

50 Progress Drive, Xenia, OH 45385

ketteringhealth.org/locations/kettering-health-urgent-care-uc001/

Wellnow Urgent Care (formerly Hometown Urgent Care)

937-372-6012

Hours: 8:00am-8:00pm

101 South Orange Street, Xenia, OH 45385

wellnow.com/locations/xenia/



In-Store Clinics

Several area supermarkets and pharmacies have clinics in the building which provide non-emergency services including physicals and vaccinations.

The Little Clinic

Inside Kroger supermarkets in Beavercreek and Fairborn

www.thelittleclinic.com/

Minute Clinic

Inside CVS pharmacy in Beavercreek

www.cvs.com/minuteclinic

Low-Income Health Clinic / Primary Care

Five Rivers Health Center / Greene County Health Center

937-708-3400

360 Wilson Drive, Xenia OH 45385

www.fiverivershealthcenters.org/family-health-center

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

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 several large provider networks, each with affiliated doctors, facilities, and hospitals: Kettering Health Network, Premier Health Network and PriMed Physicians. Physician information within each network is available:

Kettering Health Network

www.ketteringhealth.org/findaphysician/

Premier Health Network

www.premierhealth.com/find-a-doctor/home/

PriMed Physicians

www.primedphysicians.com/provider-listing/



Hospitals

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

Beavercreek

Soin Medical Center

937-702-4000

535 Pentagon Boulevard, Beavercreek, OH 45431

www.ketteringhealth.org/soin

Fairborn

Wright-Patterson Air Force Base Medical Center

937-257-0837

Wright-Patterson AFB, OH, 45433

wrightpatterson.tricare.mil/

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

Centerville-Miamisburg

Miami Valley Hospital South

937-438-2400

2400 Miami Valley Drive, Centerville, OH 45459

premierhealth.com/locations/hospitals/miami-valley-hospital-south

Kettering Health Washington Township (formerly Southview Medical Center)

937-401-6000

1997 Miamisburg-Centerville Road, Centerville, OH 45459

ketteringhealth.org/locations/kettering-health-washington-twp-mc006/

Kettering Health Miamisburg (formerly Sycamore Medical Center)

937-866-0551

4000 Miamisburg-Centerville Road, Miamisburg, OH 45342

ketteringhealth.org/locations/kettering-health-miamisburg-mc007/



Dayton

Dayton Children's

937-641-3000

One Children's Plaza, Dayton, OH 45404

www.childrensdayton.org

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

Grandview Hospital & Medical Center

937-723-3200

405 Grand Avenue, Dayton, OH 45405-4796

ketteringhealth.org/locations/kettering-health-dayton-mc002/

Kindred Hospital of Dayton

937-331-9265

707 South Edwin C. Moses Blvd., Dayton, OH 45417

kindredhealthcare.com/locations/ltac/kindred-hospital-dayton

Provides long-term acute care, offering the same in-depth care you would receive in a traditional hospital, but for an extended recovery period.

Miami Valley Hospital

937-208-8000

One Wyoming Street, Dayton, OH 45409

premierhealth.com/locations/hospitals/miami-valley-hospital

Veterans Affairs Medical Center

937-268-6511

4100 West Third Street, Dayton, OH 45406

va.gov/dayton-health-care/

Kettering

Kettering Medical Center

937-298-4331

3535 Southern Boulevard, Kettering, OH 45429

ketteringhealth.org/locations/kettering-health-main-campus-mc004/



Springfield

Mercy Health – Springfield Regional Medical Center

937-523-1000

100 Medical Center Drive, Springfield, OH 45504

mercy.com/locations/hospitals/springfield/springfield-medical-center

Xenia

Kettering Health Greene Memorial (formerly Greene Memorial Hospital)

937-352-2000

1141 North Monroe Drive, Xenia, OH 45385

ketteringhealth.org/locations/kettering-health-greene-memorial-mc003/

Emergency Dental

MVH Dental Clinic / Five Rivers Health Centers

937-208-2704

30 East Apple Street, Dayton OH 45409

fiverivershealthcenters.org/locations/dental-center

Greene County Public Health

The website lists resources and information on public health.

937-374-5600 (office) / 937-910-6056 (after-hours emergency)

360 Wilson Drive, Xenia, OH 45385

www.gcph.info/

Ohio Department of Public Health

The website provides information, tools and resources for public health.

odh.ohio.gov/wps/portal/gov/odh/home

Information on getting the Coronavirus vaccination:

gettheshot.coronavirus.ohio.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 if you become incapacitated. These documents, known as ***advance 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.

Advance Directives

lawhelpinteractive.org/Interview/GenerateInterview/7171/engine

The LawHelp website can help you create a Health Care Power of Attorney and a Living Will for use in Ohio.



Legal Resources

Greene County Bar Association

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

www.barassociationdirectory.com/oh/greene-county-bar-association.php

Greene County Probate Court

937-562-5280

937-427-2883, ext. 5280

45 North Detroit Street, Xenia, OH 45385

www.co.greene.oh.us/447/Probate-Court

Leading Age Ohio

614-444-2882

2233 North Bank Drive, Columbus, OH 43220

leadingageohio.org/aws/LAO/pt/sp/advance_directives

Legal Aid Line of Western Ohio

937-228-8088 / 1-800-867-9431

legalaidline.lawolaw.org/

Provides help with civil legal problems.

Ohio Access to Justice Foundation

1-614-715-8560

88 East Broad Street, Suite 720, Columbus, OH 43215

www.ohiojusticefoundation.org/

A statewide, nonprofit organization committed to ensuring that civil legal aid is available to all low-income Ohioans.

Ohio Legal Help

88 East Broad Street, Suite 720, Columbus, OH 43215

www.ohiolegalhelp.org/

Provides plain language legal help information, interactive self-help tools and connections to local legal and community resources that can help people resolve their legal issues.



ProSeniors

1-800-488-6070

7162 Reading Road, Suite 1150, Cincinnati, OH 45237

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 can 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 issues to consider 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

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.



Funeral Homes Information

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

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/

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.

Beavercreek

Newcomer Funeral Home & Crematory

937-429-4700

3380 Dayton-Xenia Road, Beavercreek, OH 45432

www.newcomerdayton.com

Tobias Funeral Home

937-427-1361

3970 Dayton-Xenia Road, Beavercreek, OH 45432

Bellbrook

Conner & Koch Funeral Home

937-848-6651

92 West Franklin Street, Bellbrook, OH 45305

www.connerandkoch.com

Fairborn

Belton-Stroup Funeral Home, Inc.

937-879-0800

422 East Dayton-Yellow Springs Road, Fairborn, OH 45324

www.beltonstroup.com



Burcham Tobias Funeral Home

937-878-0711

119 East Main Street, Fairborn, OH 45324

Morris Sons Funeral Home

937-878-4751

104 West Main Street, Fairborn, OH 45324

www.morris-sons.com/

Kettering

Morris Sons Funeral Home

937-298-6560

1771 East Dorothy Lane, Kettering, OH 45429

www.morris-sons.com

Routsong Funeral Home

937-293-4137

2100 East Stroop Road, Kettering, OH 45429

www.routsong.com

Jamestown

Powers-Kell Funeral Home

937-675-4541

12 North Limestone Street, Jamestown, OH 45335

www.powerskell.com

Springfield

Jackson Lytle & Lewis Funeral Home

937-399-2811

2425 North Limestone Street, Springfield, OH 45503

www.jacksonlytle.com



Xenia

McColaugh Funeral Home, Inc.

937-372-1102

826 North Detroit Street, Xenia, OH 45385

www.mccolaughfuneralhome.com

Neeld Funeral Home, Inc.

937-372-3564

1276 North Detroit Street, Xenia, OH 45385

www.neeldfuneralhome.com

Yellow Springs

Jackson Lytle & Lewis Funeral Home

937-399-2811

322 Xenia Avenue, Yellow Springs, OH 45387

www.jacksonlytle.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

937-374-5639

360 Wilson Drive, Xenia, OH 45385

<https://www.gcph.info/about/birth-and-death-certificates>

They may be ordered online at:

www.vitalchek.com/death-certificates/ohio/greene-county-department-of-health

Fee: \$29 to \$42 payable by 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. Several 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.

Medicare only covers your hospice care if the hospice provider is Medicare-approved. If you're in a Medicare Advantage Plan (like an HMO or PPO) and want to start hospice care, ask your plan to help find a hospice provider in your area.

www.medicare.gov/what-medicare-covers/what-part-a-covers/how-hospice-works

Hospice Organizations with Offices in Greene County

Mercy Health Hospice and Palliative Care

937-523-4147

100 Medical Center Drive, Springfield, OH 45504

www.mercy.com/health-care-services/hospice-palliative-care

Hospice Organizations with Offices elsewhere in the Miami Valley

All Caring Hospice

513-755-0232 / 855-405-2844

8857 Cincinnati Dayton Rd, West Chester, OH 45069

allcaringhospice.com/cincinnati-oh/service-areas/hospice-greene-county-oh-palliative-care/



Crossroads Hospice

937-312-3170 / 855-327-4677

8069 Washington Village Drive, Dayton, OH 45458

www.crossroadshospice.com

DayCity Hospice

937-404-5490

8039 Washington Village Dr, Washington Township, OH 45458

www.daycityhospice.com/

Grace Hospice

937-293-1381

3033 Kettering Boulevard Suite 220, Moraine, OH 45439

www.ghospice.com

Promedica Hospice (formerly Heartland Hospice Services of Dayton)

1-866-498-6456

580 Lincoln Park Boulevard, Suite 320, Kettering, OH 45429

www.heartlandhospice.com

Ohio's Hospice of Dayton

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

324 Wilmington Avenue, Dayton, OH 45420

www.hospiceofdayton.org

Ohio Living Hospice

937-415-5666

3003 West Cisco Road, Sidney, OH 45365

www.ohioliving.org/home-health-hospice

Ohio Valley Hospice

937-521-1444

1948 N. Limestone St, Springfield, Ohio 45503

ohiovalleyhospice.com/



VITAS

937-299-5379 / 855-757-3013

3055 Kettering Boulevard, Suite 400, Moraine, OH 45439

www.vitas.com

Other Related Organizations

Organ and Tissue Donation

Life Connection of Ohio

937-223-8223 / 1-800-535-9206

40 Wyoming Street, Dayton, OH 45409

www.lifeconnectionofohio.org

Hospice Foundation of America

www.hospicefoundation.org

Americans for Better Care of the Dying

caringcommunity.org

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

Grief Center (formerly GriefNet)

icwb.com/grief-center

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

AARP Grief, Loss and End of Life

www.aarp.org/home-family/caregiving/grief-and-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 Assistance

Food assistance (SNAP Supplemental Nutrition Assistance Program, previously known as food stamps) may help 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 Road, Xenia, OH 45385

www.co.greene.oh.us/279/Job-Family-Services

Energy Assistance

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 Winter Crisis Program and the Winter Reconnect Order helps eligible Ohioans facing disconnection of electric or natural gas utilities. The HEAP Summer Crisis Program provides a one-time benefit for cooling assistance. The Home Weatherization Assistance Program (HWAP) helps improve the energy efficiency of the residence. The Percentage of Payment Plan (PIPP Plus) helps eligible Ohioans manage their energy bills year-round.

Visit the below website for information and applications. HEAP applications are available at the senior centers and the Greene County Council on Aging, September through March.

Ohio Department of Development

800-292-0800

development.ohio.gov/wps/portal/gov/development/individual/energy-assistance/energy-assistance

Utilities Assistance

CAP offers Utility Assistance (Winter Crisis Program and the Percentage of Income Payment Plan (PIPP) to assist with gas and/or electric bills for eligible low-income households), weatherization and home repair.



Community Action Partnership (CAP) - Greene County

937-376-7747 / 937-514-4777

469 Dayton Avenue, Xenia, OH 45385

miamivalleycap.org/

St. Vincent de Paul Society, an organization of volunteers who work with needy individuals and families in the Xenia area, may be able to help with housing, utilities and sometimes other needs. Leave a message at the St. Brigid Church office, 937-372-3192, ext 12.

AES, formerly Dayton Power & Light, is partnering with Salvation Army to provide the Gift of Power, emergency relief funding to customers facing disconnection and unable to pay their winter heating bills. To apply, contact the Salvation Army at 937-528-5120.

For information on utilities assistance from the Salvation Army, call the Salvation Army at 937-528-5145 or visit the website:

centralusa.salvationarmy.org/usc/utility_assistance/

Internet/Cell Phone Assistance

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households. To receive the connected device discount, consumers need to enroll in the ACP with a participating provider that offers connected devices (Note: not all internet company offer device discounts.) The internet company will provide the discount to the consumer.

For more information, to enroll in the ACP, or to find a participating provider:

fcc.gov/acp

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 considered.



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 options and expenses involved.

Ohio Department of Insurance

This government agency provides education on insurance issues including Medicare and long-term insurance.

614-644-2658

50 West Town Street Suite 300, Columbus Ohio 43215

insurance.ohio.gov/home

National Association of Insurance Commissioners

2301 McGee Street, Suite 800

Kansas City, MS 64108-2662

content.naic.org/consumer/long-term-care-insurance.htm

Website provides information 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, or pay-day loans. 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.

greencountyohio.gov/1641/Fair-Housing

ohioattorneygeneral.gov/About-AG/Service-Divisions/Consumer-Protection



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.

VITA website: benefits.gov/benefit/1543

Internal Revenue Service (IRS) — Department of Treasury

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

1-800-829-4059 (TTY/TDD)

www.irs.gov

State of Ohio – Department of Taxation

1-800-282-1780

www.tax.ohio.gov/

Greene County Auditor

937-562-5065

69 Greene Street, Xenia, OH 45385

greenecountyohio.gov/366/Auditor

The Auditor's Office handles estate taxes, real estate taxes, and other licensing and financial issues in the county.

Ohio Homestead Exemption

937-562-5039

69 Greene Street, Xenia, OH 45385

greenecountyohio.gov/388/Homestead-Exemption

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 Street, Xenia, OH 45385

greenecountyohio.gov/505/Treasurer

This office is responsible for county tax collection.

Regional Income Tax Authority (RITA)

1-800-860-7482

ritaohio.com

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

Fairborn Income Tax

937-754-3006

fairbornoh.gov/government/finance/income_tax_division.php

Xenia Income Tax

937-376-7248

ci.xenia.oh.us/266/Tax-Division



Government Offices In Local Communities

Bath Township

937-878-0611

1006 Yellow Springs-Fairfield Road, Fairborn, OH 45324

www.bathtownshipgreenecountyohio.us/

Beavercreek

937-427-5500

1368 Research Park Drive, Beavercreek, OH 45432

www.beavercreekohio.gov

Beavercreek Township

937-429-4472

851 North Orchard Lane, Suite C, Beavercreek, OH 45434

www.beavercreektownship.org

Bellbrook

937-848-4666

15 East Franklin Street, 2nd floor, Bellbrook, OH 45305

www.cityofbellbrook.org

Bowersville

937-453-2266

3192 Maysville Street, PO Box 306, Bowersville, OH 45307

Caesars Creek Township

937-372-8711

2034 East Spring Valley-Paintersville Road, Xenia, OH 45385

caesarscreektwp.com

Cedarville

937-974-5946

152 West Cedar Street, Cedarville, OH 45314

Email: cedarvillevillage@sbcglobal.net

www.cedarville.us



Cedarville Township

937-766-1851

78 North Main Street, Cedarville, OH 45314

Clifton

937-342-2175

PO Box 27, Clifton, OH 45316

www.villageofclifton.com

Fairborn

937-754-3030

44 West Hebble Avenue, Fairborn, OH 45324

www.fairbornoh.gov

Jamestown

937-675-5311

84 Seaman Drive, Jamestown, OH 45335

jamestownohio.us

Jefferson Township

937-453-2571

3188 Maysville Street, PO Box 116, Bowersville, OH 45307

Miami Township

937-767-2460

225 Corry Street, Yellow Springs, OH 45387

www.miamitownship.net

New Jasper Township

937-372-7440

3121 Jasper Road, Xenia, OH 45385

newjaspertownship.com

Ross Township Trustees

937-675-5931

1740 South Charleston Road, Jamestown, OH 45335



Silvercreek Township

937-675-2877

3 North Sycamore Street, Jamestown, OH 45335

Spring Valley

937-862-4485

7 West Main Street, Spring Valley, OH 45370

Spring Valley Township

937-862-4532

2547 US Route 42 South, PO Box 147, Spring Valley, OH 45370

svtwp.org/

Sugarcreek Township

937-848-8426

2090 Ferry Road, Sugarcreek Township, OH 45305

www.sugarcreektownship.com

Xenia

937-376-7232

107 East Main Street, Xenia, OH 45385

www.ci.xenia.oh.us

Xenia Township

937-372-0859

8 Brush Row Road, Xenia, OH 45385

www.xeniatownship.org

Yellow Springs

937-767-7202

100 Dayton Street, Yellow Springs, OH 45387

www.ysc.org



Greene County Government

Switchboard

937-562-5000

greenecountyohio.gov/

Administration

937-562-5002

35 Greene Street, Xenia, OH 45385

Board of Elections

937-562-6170

551 Ledbetter Road, Xenia, OH 45385

boe.ohio.gov/greene

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 Street, Xenia, OH 45385

greenecountyohio.gov/393/Board-of-County-Commissioners

Greene County Auditor

937-562-5065

69 Greene Street, Xenia, OH 45385

greenecountyohio.gov/366/Auditor

Greene County Treasurer

937-562-5017

15 Greene Street, Xenia, OH 45385

greenecountyohio.gov/505/Treasurer

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, or visit this website:

usa.gov/elected-officials



State and Federal Government Departments / Agencies

Administration on Aging (AOA)

The Administration on Aging (AOA) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the Older Americans Act.

acl.gov/about-acl/administration-aging

Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities.

acl.gov/

U.S. Department of Aging

Provides Caregiver Resources, Elder Justice, Healthy Aging and other resources.

hhs.gov/aging/index.html

National Institute on Aging

Provides health information and news

nia.nih.gov/

Ohio Department of Aging

Offers resources for older Ohioans, caregivers, and professionals in the aging network

30 E Broad St, 22nd Floor, Columbus, OH 43215

aging.ohio.gov/

USAGov

1-844-USA-GOV1

usa.gov

An online guide to government information and services.

Consumer Financial Protection Bureau

consumerfinance.gov



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 or have other drug coverage to avoid a penalty. 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.

We encourage future beneficiaries and their caregivers to learn about the Medicare program and enrollment process well before it is time to enroll.



Greene County Council on Aging

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

1195 West Second Street, Xenia, OH 45385

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.

insurance.ohio.gov/about-us/divisions/oshiip

Ohio Department of Insurance

614-644-2658

800-686-1526 (Consumer Hotline)

800-686-1527 (Fraud Hotline)

50 West Town Street, Suite 300, Columbus, OH 43215-1067

insurance.ohio.gov

For general information about Medicare

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

medicare.gov

For personal information about Medicare coverage

Create an account at www.mymedicare.gov

Centers for Medicare and Medicaid Services (CMS)

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

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 Livanta to obtain a free case review.

Livanta

1-888-524-9900

livantaqio.com/

ProSeniors

1-800-488-6070

7162 Reading Rd, Suite 1150, Cincinnati, OH 45237

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.

Ohio SMP (Seniors Medicare Patrol)

smpresource.org/Locator/OH.aspx

Ohio SMP educates consumers on the issues of fraud for the senior population, including Medicare, other healthcare issues, and sales fraud.

Medicare Rights Center

1-800-333-4114 (National Help Line)

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.



Medicaid

Medicaid is a joint federal and state program that pays for certain medical, hospital, dental, and eyeglasses bills for low-income seniors.

Ohio Department of Health / Benefits

1-844-640-6446

Apply for Medicaid here:

benefits.ohio.gov/

Ohio Department of Medicaid

Hotline: 800-324-8680

50W Town St, Suite 400, Columbus, OH 43215

medicaid.ohio.gov/

Medicaid can also be used to pay for nursing home care. See the information about Long-Term care (page 37). Also see Financial Assistance (page 66).

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

Helpline (24/7):1-800-272-3900

6077 Far Hills Ave. #117, Dayton, OH 45459

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, and makes available licensed social workers to work individually with families.

National Institute on Aging

Alzheimer's Disease Education & Referral Center

1-800-438-4380

ADEAR Center, PO Box 8250, Silver Spring, MD 20907-8250

nia.nih.gov/alzheimers

Huntington's Disease Society of America, Ohio Chapter

Helpline: 800-345-4372

9370 Fields Ertel Road #498097, Cincinnati, OH 45249

ohiovalley.hdsa.org/

Amyotrophic Lateral Sclerosis — ALS (Lou Gehrig's Disease)

The ALS Association Central & Southern Ohio Chapter

1-866-273-2572

1170 Old Henderson Road, Suite 221, Columbus, OH 43220

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.

Arthritis Foundation National Office

1-800-283-7800

1355 Peachtree Street, NE, Atlanta, GA 30309

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 South Central Avenue, Fairborn, OH 45324

daytonymca.org/locations/fairborn-ymca

Xenia YMCA

937-376-9622

336 Progress Drive, Xenia, OH 45385

daytonymca.org/locations/xenia-ymca

NIH Osteoporosis and Related Bone Diseases

National Resource Center

1-800-624-2663

2 AMS Circle, Bethesda, MD 20892

bones.nih.gov/health-info/bone/osteoporosis



Osteoporosis Clinical Research Program

University of Wisconsin – Madison

608-263-5010

451 Junction Road, Madison, WI 53717

uwosteoporosis.org

Blood Pressure — Hypertension

Hypertension is the term for individuals whose blood pressure is 130/80 or higher. By comparison, a healthy adult's blood pressure is less than 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.

Centers for Disease Control and Prevention, Hypertension

cdc.gov/bloodpressure/facts.htm

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

Kettering Cancer Center

1-855-500-2873

3700 Southern Blvd, Kettering, OH 454329

ketteringhealth.org/services/cancer-care/

Miami Valley Hospital South

Comprehensive Cancer Center

2400 Miami Valley Drive, Centerville, OH 45459

premierhealth.com/services/cancer-care



Jamestown Family Cancer Care

937-605-5301

PO Box 35, Jamestown, OH 45335

Provides financial assistance for basic necessities for residents of the Greenvew School district. Applications also available at IHS Pharmacy in Jamestown

Pink Ribbon Girls

PinkRibbonGirls.org

Provides Healthy Meals, Housecleaning, Rides to Treatment, and Peer Support to individuals with breast and gynecological cancers free of charge.

Circle of Victory

937-352-2250

Greene Medical Foundation

1141 North Monroe Drive, Xenia OH 45385

circleofvictory.org/

The Circle of Victory Fund underwrites financial assistance and support for patients facing cancer and receiving treatment at a Greene County Kettering Health Network facility.

American Cancer Society

888-227-6446 / 1-800-227-2345

Southwest Regional Office

4540 Cooper Road, Blue Ash, OH 45242

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

1-800-843-8114

1560 Wilson Boulevard, Suite 1000, Arlington, VA 22209

www.aicr.org/

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

cancer.gov

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.

Depression / Mental Health

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

937-322-0648 / 800-435-7968

1055 East High Street, Springfield, OH 45505

mhrb.org

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

US MentalHealth.gov

Website with multiple resources

mentalhealth.gov

National Suicide Prevention Lifeline

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

Text Line: 741741

suicidepreventionlifeline.org/

Will connect callers to local crisis hotlines.

988 Suicide Prevention Dial Code

988 has been designated as the three-digit dialing code that will connect to the National Suicide Prevention Lifeline. This code will be available nationwide starting on July 16, 2022.



Anxiety & Depression Association of America

adaa.org

Depression and Bipolar Support Alliance

1-800-826-3632

dbsalliance.org

Provides literature and makes referrals to local support groups.

Mental Health America

1-800-969-6642

mhanational.org

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

National Alliance for the Mentally Ill (NAMI)

Helpline: 1-800-950-6264

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 of Mental Health

Department of Health and Human Services

1-866-615-6464

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.

MentalHealth.org

mentalhealth.org

HelpGuide

HelpGuide is an independent nonprofit that provides free mental health education and support.

helpguide.org



Substance Abuse / Addiction / Recovery

DeCoach Rehabilitation Center

937-610-4673

36 North Detroit Road Suite 105, Xenia, OH 45385

937-281-4673

302 West Main Street, Fairborn, OH 45324

decoachrehabctr.com

Specializes in providing Medication-Assisted Treatment (MAT) for alcohol and opiate addiction including dependence on heroin or pain pills.

FOA Families of Addicts

937-329-2865

foafamilies.org/

FOA rebuilds families and transforms lives through the 3 E's: educate, empower and embrace; through weekly meetings, one-on-one phone support and outreach opportunities.

Her Story House

937-708-8348

herstoryhouse.com/

To give hope to homeless women battling drug and alcohol addiction by providing stable housing and promoting treatment options.

The Hope Spot of Greene County

937-352-6367

335B East Market Street, Xenia, OH 45385

thehopespot.org/

Resources to help you and your family recover from the affects of addiction.



TCN Behavioral Health Services

937-376-8700 / 937-976-8701 (24-hour Crisis Hotline)

452 West Market Street, Xenia, Ohio 45385

937-376-8700

1825 Commerce Center Drive, Fairborn, OH 45324

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 Drive, Xenia, OH 45385

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.

Alcoholics Anonymous

937-222-2211

120 West Second Street, Suite 211, Dayton, OH 45402

aadaytononline.org

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

937-640-2008 (Dayton) / 937-342-2218 (Springfield)

al-anondaytonoh.org

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

Narcotics Anonymous, Dayton area

937-833-6262

dascna.org



National Institute on Alcohol Abuse and Alcoholism

niaaa.nih.gov

National Institute on Drug Abuse

drugabuse.gov

Substance Abuse and Mental Health Services Administration

Department of Health and Human Services

National Helpline: 1-800-662-4357

samhsa.gov

Developmental Disabilities

Greene County Board of Developmental Disabilities

937-562-6500

245 N. Valley Road, Xenia, OH 45385

www.greenedd.org

Provides services to individuals of all ages. Services include behavior early intervention programs, behavior support services, employment training, transportation, family support services, supportive living, recreation, and Special Olympics.

Greene, Inc.

937-562-4200

121 Fairground Road, Xenia, OH 45385

greeneinc.org

Provides meaningful lifelong supports to enrich the lives of individuals with developmental disabilities.

Goodwill/Easter Seals Miami Valley

937-461-4800 / 877-363-3303

660 South Main Street, Dayton, OH 45402

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 Opportunities for Ohioans with Disabilities

1-800-282-4536 / 937-331-5000

Centennial Plaza III 895 Central Ave, 7th Floor, Cincinnati, OH, 45202

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.

Diabetes Dayton

937-220-6611

2555 South Dixie Drive, Suite 112, Dayton, OH 45409

diabetesdayton.org

Local non-profit agency serving the Dayton area with classes and emergency supply assistance.

The American Diabetes Association

800-342-2383

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 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

2211 Arbor Boulevard, Moraine, OH 45439

fsadayton.org/products-services

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

health.gov/nhic

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.

CapTel Captioned Telephone

800-233-9130

captel.com

A phone that displays captions of everything the caller says. Available free; may need referral from audiologist or ENT, call for information.



Heart Disease

Kettering Health Heart and Vascular Care

ketteringhealth.org/services/heart-vascular-care/

Premier Health Heart Failure Clinic

premierhealth.com/services/cardiology-and-vascular-services/heart-failure-clinic

American Heart Association, Miami Valley Division

americanheart.org

937-401-4860 / 800-242-8721

1313 West Dorothy Lane, Kettering, OH 45409

heart.org/en/affiliates/ohio/dayton

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.

Davita Southwest Ohio Dialysis

1-800-424-6589

wdavita.com

Davita Fairborn Dialysis (Beavercreek)

937-426-2436

3070 Presidential Drive, Suite A, Beavercreek, OH 45324

Davita Midwest Fairborn Dialysis (Fairborn)

937-879-0433

1266 North Broad Street, Fairborn, OH 45324

Davita Southwest Ohio Dialysis (Xenia)

937-374-2930

215 South Allison Avenue, Xenia, OH 45385



Fresenius Kidney Care

1-888-373-1470

freseniuskidneycare.com

Fresenius Dayton Regional Dialysis North

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

7211 Shull Road, Huber Heights, OH 45424

Fresenius Dayton Regional Dialysis South

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

7700 Washington Village Drive, Suite 100, Dayton, OH 45459

National Kidney Foundation

855-653-2273

30 East 33rd Street, New York, NY 10016

kidney.org

614-882-6184 / 800-242-2133

1491 Polaris Pkwy, #268, Columbus, OH 43240

kidney.org/offices/nkf-serving-central-ohio

Dialysis Centers / Dialysis Facility Compare

medicare.gov/dialysisfacilitycompare/#search

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.

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. Individuals with relapsing-remitting MS have periods when symptoms increase and when they are in remission. Treatment depends on the type of MS and range from modifying activities, exercise, diet changes, physical or occupational therapy and medication.



Multiple Sclerosis Society, Ohio Valley

1-800-344-4867

6155 Rockside Road, Suite 202, Independence, OH 44131

nationalmssociety.org/Chapters/OHG

Multiple Sclerosis Foundation

Helpline: 1-888-673-6287

6350 North Andrews Avenue, Fort Lauderdale, FL 33309

msfocus.org

Multiple Sclerosis Association of America

888-673-6287

mymsaa.org

Non-profit dedicated to improving lives through ongoing support and direct services to individuals with MS, their families, and their care partners

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 movement classes and a monthly support group. Call the Council for details.

Parkinson Support & Wellness

513-558-0113

260 Stetson Street, Suite 2300, Cincinnati, OH 45219

parkinsoncincinnati.org

The American Parkinson Disease Association

1-800-223-2732

apdaparkinson.org



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.

Stroke Survivor Support Club (Kettering)

937-395-8226

3535 Southern Blvd, Kettering, OH 45439

stroke.org/en/stroke-groups/stroke-survivor-support-club

Stroke Survivors Club meets every fourth Wednesday of the month at Kettering Hospital. It is open to stroke survivors, families, friends, caregivers, or anyone touched by the effects of a stroke.

Stroke Survivor Support Club (Dayton)

937-208-2062

One Wyoming St, Dayton, OH 45409

stroke.org/en/stroke-groups/montgomery-county-stroke-survivor--caregiver-grp

Stroke Survivors Club meets every third Wednesday of the month at Miami Valley Hospital. It is open to stroke survivors, families, friends, caregivers, or anyone touched by the effects of a stroke.

American Stroke Association, Div. of American Heart Association

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

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.

Independent Living Services for Older Blind (ILOB) Ohioans

ood.ohio.gov/individuals-with-disabilities/services/independent-living-services-for-older-blind-ilob-ohioans

Ohio's Opportunities for Ohioans with Disabilities ILOB team helps older Ohioans who are blind meet their specific needs by providing independent living (IL) services.

Goodwill/Easter Seals Miami Valley

Assistive Technology Services

937-528-6340

660 South Main Street, Dayton, OH 45402

gesmv.org/community-programs/specialty-programs/

WORDS Radio Reading Service

937-528-6564 / 937-461-4800

660 South Main Street, Dayton, OH 45402

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.

Ohio Library for the Blind & Physically Disabled (OLBPD)

1-800-362-1262

cpl.org/aboutthelibrary/ohio-library-for-the-blind-physically-disabled/

In partnership with the State Library of Ohio Talking book Program, OLBPD administers a free library program of braille and audio materials circulated to eligible borrowers in the State of Ohio by postage-free mail.



National Library Service for the Blind and Physically Handicapped

Library of Congress

nlstalkingbooks.org

American Foundation for the Blind

212-502-7600

1401 South Clark Street, Suite 730, Arlington, VA 22202

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 Avenue, Louisville, KY 40206

aph.org

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

Prevent Blindness Ohio - Miami Valley of Ohio Chapter

937-223-8766 / 1-800-301-2020

313 S. Jefferson St., Suite 200, Dayton, OH 45402

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.

Ohio Optometric Association

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

250 E. Wilson Bridge Rd. Ste. 240, Worthington, OH 43085

ooa.org

American Macular Degeneration Foundation

888-622-8527

macular.org

Provides information about Age-related Macular Degeneration.



EyeCare America

American Academy of Ophthalmology

877-887-6327

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.

Glaucoma Research Foundation

1-800-826-6693

glaucoma.org

Glaucoma is a complex disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Glaucoma is the second leading cause of blindness.

The National Eye Institute

nei.nih.gov

The mission of the National Eye Institute is to eliminate vision loss and improve quality of life through vision research.



Housing

The Housing Options listed in this section 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. Find out what the rent includes and if there are additional one-time or monthly charges.

Greene County Fair Housing Office

937-562-5007

61 Greene Street, Xenia, OH 45385

greencountyohio.gov/1641/Fair-Housing

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

Emergency Housing

Community Action Partnership – Greene County

937-376-7747 / 614-466-2285

1855 Bellbrook Road, Xenia, OH 45385

www.gmha.net/resources/action

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.

Harding Place

937-376-7747

Single Room Occupancy Transitional Housing Program



Family Promise of Greene County

937-372-0705

124 South Detroit Street, Xenia, OH 45385

familypromisegreeneco.org/

Aims to help families experiencing homelessness and low-income families achieve sustainable independence through a community-based response.

Bridges of Hope

937-708-8053

1087 West Second Street, Xenia, OH

www.skbridgesofhope.org

Emergency overnight shelter for adults

Types of Senior Housing

Senior housing has many levels of care, and each facility may offer different levels at the same or a different location. A continuing care or life care facility offers several levels of care in one location. Different facilities could have different definitions. A brief overview:

Independent Living -- Does not provide medical care or nursing support. The focus is instead on convenience and an active life.

Assisted Living -- Provides seniors with support when and where they need it. There is often help available 24/7 with the simple push of a button, and seniors can get help with basic life tasks.

Long-Term Living or Long-Term Care -- Involves a variety of services designed to meet a person's health or personal care needs, provided either at home or in a nursing home.

Memory Care / Dementia Care – Caters specifically to those with Alzheimer's and other types of dementia through dementia-friendly activities and staff trained in the psychological and physical effects of cognitive impairments.

Nursing Home or Skilled Nursing -- Provides a wide range of health and personal care services, focusing on medical care more than most assisted living facilities.

Rehabilitation -- Care for patients who have experienced a debilitating illness (e.g: stroke), injury or major surgery, generally temporary.



Respite Care -- Temporary institutional care of a sick, elderly, or disabled person, providing relief for their usual caregiver.

Hospice, Palliative Care -- Palliative care is specialized medical care for people living with a serious illness, such as cancer or heart failure. Hospice care focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life. Both types of care can be provided at home or in a facility such as nursing home.

Government Subsidized Senior Housing

Greene Metropolitan Housing Authority (GMHA)

937-376-2908 / 937-429-7736

538 North Detroit Street, Xenia, OH 45385

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:

Hamilton Manor

1 Lawson Place, Yellow Springs, OH

Hawthorne Apartments

201 West Dayton-Yellow Springs Road. Fairborn, OH 45324

Lawson Expansion

1 Lawson Place, Yellow Springs, OH 45387

Maggie McKnight

147 North Detroit Street, Xenia, OH 45385

Maple Terrace

1832 South Maple Avenue, Fairborn, OH 45324



Independent Senior Housing — Subsidized

AHEPA 113 Apartments

937-431-0808

2300 County Line Road, Beavercreek, OH 45430

ahepamgmt.com/ahepa-113-senior-apartments

Jamestown Common Apartments

937-675-3861

78 West Washington Street, Jamestown, OH 45335

John Sale Manor

937-372-4143

119 West Second Street, Xenia, OH 45385

johnsalemanor.com

Stone Manor

937-429-2313

30 Woodcroft Trail, Beavercreek, OH 45430

buckeyemanagement.com/stone-manor/

Walter G. Sellers Senior Apartments

937-376-7888

270 Mount Vernon Drive, Xenia, OH 45385

wallickcommunities.com/walter-g-sellers/default.aspx

Wright Place

937-372-1800

2224 High Wheel Drive, Xenia, OH 45385

wrightplaceapartments.org

Xenia Towers

937-376-2709

282 Xenia Towne Square, Xenia, OH 45385



Independent Senior Housing — Non-Subsidized

Bayberry Cove (not strictly for seniors)

937-848-7283

4363 Bayberry Cove Drive, Bellbrook, OH 45305

bayberrycove-trprop.com

Fairborn Senior Housing

937-878-2956

221 North Central Avenue, Fairborn, OH 45324

fairbornseniorhousing.com/

Trinity Community at Fairwood

937-426-7333

1956 North Fairfield Road, Beavercreek, OH 45432

unitedchurchhomes.org/trinity-at-fairwood/

Legacy Village

888-957-1644

695 Wycliffe Drive, Xenia OH 45385

nationalchurchresidences.org/communities/oh/xenia/national-church-residences-legacy-village

Legacy Village Independent Living Patio Homes

937-409-0061 - 1201 Livingston Lane, Xenia, OH 45385

Legacy Village Independent Living Apartments

937-409-0061 - 809 Luther Drive, Xenia, OH 45385

Legacy Village Retirement Community Assisted Living

937-372-0359 - 695 Wycliffe Drive, Xenia OH 45385

Oak Tree Village

937-878-6113

2060 East Dayton-Yellow Springs Road, Fairborn, OH 45324

Washington South Apartments

4 Clemens Ave

Jamestown, OH 45335



Wright Place

937-372-1800

2224 High Wheel Drive, Xenia, OH 45385

wrightplaceapartments.org

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)

medicare.gov/nhcompare/home.asp

Nursing Home Compare

Area Agency on Aging, PSA-2

937-223-4357 / 1-800-258-7277

40 West Second Street, Suite 400, Dayton, OH 45402

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: a little extra support with medications, laundry, errands, bathing or dressing. If at some point later residents need a higher level of care, they will need to move to another facility.



Brookdale Beaver Creek

937-431-0455

3839 Indian Ripple Road, Beaver Creek, OH 45440

brookdale.com/en/communities/brookdale-beaver-creek.html

Brookdale Kettering

937-427-0060

280 Walden Way, Dayton, OH 45440

www.brookdale.com/en/communities/brookdale-kettering.html

Hillside Assisted Living Community

937-376-2691

130 Rogers Street, Xenia, OH 45385

Legacy Village Retirement Community Assisted Living

937-372-0359

695 Wycliffe Drive, Xenia OH 45385

nationalchurchresidences.org/communities/oh/xenia/national-church-residences-legacy-village

Assisted Living In Continuing Care Communities

These facilities provide independent living, assisted living and higher-level care, such as Memory Care, Nursing Care, Rehabilitation, and so on. Residents in these facilities can move from one-level of living to another as needed.

Friends Care Community

937-767-7363

150 East Herman Street, Yellow Springs, OH 45387

www.friendshealthcare.org

Alpine Skilled Nursing and Rehabilitation Center

937-269-5062

164 Office Park Drive, Xenia, OH 45385

harmonysnf.com/



Legacy Village

937-372-0359

695 Wycliffe Drive, Xenia OH 45385

www.nationalchurchresidences.org/communities/oh/xenia/national-church-residences-legacy-village

Shawnee Estates Senior Living

937-372-1530

60 Paceline Court, Xenia, OH 45385

sinceriseniorliving.com/shawnee-estates/

Trinity Community at Fairborn

937-878-0262 / 877-821-0226

789 Stoneybrook Trail, Fairborn, OH 45324

www.unitedchurchhomes.org/trinity-at-fairborn/

Traditions of Beavercreek

937-427-6220

800 Grayson Lane, Beavercreek, OH 45430

Memory care offered

www.traditionsofbeavercreek.com

Trinity Community at Beavercreek

937-426-8481

3218 Indian Ripple Road, Beavercreek, OH 45440

www.unitedchurchhomes.org/trinity-at-beavercreek/

Wickshire Senior Living

937-343-5545

2270 Park Hills Drive, Fairborn, OH 45324

wickshireseniorliving.com/communities/fairborn/



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.

National Long Term Care Ombudsman

ltcombudsman.org

Long-Term Care Ombudsman, Ohio Department of Aging

30 E. Broad St, 22nd Floor, Columbus, OH 43215

aging.ohio.gov/Ombudsman

Long-Term Care Ombudsman—Dayton & Montgomery County

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

11 West Monument Avenue, Suite 606, Dayton, OH 45402

dayton-ombudsman.org

ProSeniors Long-Term Care Ombudsman

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

info@proseniors.org

proseniors.org/long-term-care-ombudsman

Nursing Home Quality Navigator

Presented by the Ohio Department of Aging, use the Nursing Home Quality Navigator to find a nursing home. For information on this tool go to:

aging.ohio.gov/care-and-living/nursing-home-navigator

Nursing Home Facilities

These facilities provide the highest level of care for seniors. Facilities with memory care units are noted.



Friends Care Center

937-767-7363

150 East Herman Street, Yellow Springs, OH 45387

www.friendshealthcare.org

Alpine Skilled Nursing and Rehabilitation Center

937-419-4500

164 Office Park Drive, Xenia, OH 45385

Heartland - Beavercreek

937-429-1106

1974 North Fairfield Road, Beavercreek, OH 45432

www.heartland-manorcare.com/locations/heartland-beavercreek/

Springfield Masonic Community

937-525-3067 / 1-877-881-1623

2655 West National Road, Springfield, OH 45504

Memory care offered

www.ohiomasonichome.org/smc/

Trinity Community at Fairborn

937-878-0262

789 Stoneybrook Trail, Fairborn, OH 45324

Memory care offered

www.unitedchurchhomes.org/trinity-at-fairborn/

Trinity Community at Beavercreek

937-426-8481

3218 Indian Ripple Road, Beavercreek, OH 45440

Memory care offered

www.unitedchurchhomes.org/trinity-at-beavercreek/



Village at The Greene

937-426-5033

4381 Tonawanda Trail, Beavercreek, OH 45430

Memory care offered

www.villageatgreene.com

Rehab

Hospitality Skilled Nursing & Rehabilitation Center

937-372-4495

1301 North Monroe Drive, Xenia, OH 45385

hospitalitysnf.com/

Beavercreek Health and Rehab

937-429-9655

3854 Park Overlook Drive, Beavercreek, OH 45431

beavercreekrehab.com

Bellbrook Health and Rehab

937-848-7800

1957 North Lakeman Drive, Bellbrook, OH 45305

bellbrookrehab.com

Jamestown Place Health and Rehab

937-675-3311

4960 Old US Route 35 East, Jamestown, OH 45335

jamestownplacerehab.com

Xenia Health and Rehab

937-376-2121

126 Wilson Drive, Xenia, OH 45385

xeniarehab.com



Wright Rehabilitation and Healthcare Center

937-878-7046

829 Yellow Springs Fairfield Road, Fairborn, OH 45324

Memory care offered

wrightrehabcenter.com

Retirement

Social Security

1-866-755-5372 / 1-800-325-0778 (TTY/TDD)

Local Office: 937-372-4273

80 North Progress Drive, Xenia, OH 45385

www.ssa.gov

Public Employees Retirement System of Ohio — OPERS

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

277 East Town Street, Columbus, OH 43215

www.opers.org

School Employees Retirement System of Ohio — SERS

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

300 East Broad Street, Suite 100, Columbus, OH 43215-3746

www.ohsers.org

State Teacher's Retirement System of Ohio — STRS

1-888-227-7877

275 East Broad Street, Columbus, OH 43215

www.strsoh.org

Employee Benefits Security Administration, Department of Labor

1-866-444-3272

200 Constitution Avenue, NW, Washington, DC 20210

www.dol.gov/agencies/ebsa

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 South High Street, Suite 800, Columbus, OH 43215

aarp.org

National Association of Retired Federal Employees (NARFE)

1-800-627-3394 Membership Services

606 North Washington Street, Alexandria, VA 22314-1914

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!

Please contact the senior center for hours they are open and activities offered.

Senior Centers

Beavercreek - The Lofino Senior Center

937-426-6166

3686 Dayton-Xenia Road, Beavercreek, OH 45432

www.beavercreekohio.gov/214/Senior-Center

Bellbrook Sugarcreek Senior Center

937-376-5486

Bellbrook Sugarcreek Park District Community Center

2751 Washington Mill Road, Bellbrook, OH 45305

Bowersville Senior Center

937-376-5486

3192 Maysville St, Bowersville, OH 45307

Cedarville Senior Center

937-766-5744

48 North Main Street, Cedarville, OH 45314

Clifton Seniors

937-376-5486

141 Clinton Street - Fire House, Clifton, OH 45316



Fairborn Senior Center

937-878-4141

325 North Third Street, Fairborn, OH 45324

www.fairbornseniors.org

Jamestown Senior Center

937-376-5486

Rear Entrance of Jamestown Opera House

6 East Xenia Street, Jamestown, OH 45335

Spring Valley Senior Center

937-862-4475

2551 US Highway 42 South, Spring Valley, OH 45370

Recreational and Social activities. No age requirement.

Xenia Adult Recreation and Services Center

937-376-4353

338 South Progress Drive (Same building as YMCA), Xenia, OH 45385

www.xarsc-seniorcenter.org

Recreational Activities and Social Services. Age 50 and older.

Yellow Springs Senior Center

937-767-5751

227 Xenia Avenue, Yellow Springs, OH 45387

www.ysseniors.org

Recreational Activities and Social Services. No age requirement.



Support Groups

Greene County Council on Aging

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

1195 West Second Street, Xenia, OH 45385

www.gccoa.org

The Council sponsors or co-sponsors a few 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, Parkinson's Disease, stroke, grief, and widows/widowers.

Self-Help Clearinghouse

937-225-3004

184 Salem Avenue, 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.

NAMI (National Alliance on Mental Illness)

Clark, Greene & Madison Counties

937-322-5600

namicgm.org/

Providing support, education and advocacy for people living with mental illness and those who love them.



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 Crisis Hotline

1-800-273-8255 Press 1 *or Text* 838255

veteranscrisisline.net/

From US Department of Veterans Affairs, 24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA health care or registered with VA to connect.

Veterans Administration

Ohio Department of Veterans Services

1-877-644-6838 / 614-644-0898

77 South High Street, 7th Floor, Columbus, OH 43215

dvs.ohio.gov/main/home.html

Dayton VA Medical Center

937-268-6511 / 1-800-368-8262

4100 West Third Street, Dayton, OH 45428

www.dayton.va.gov

Springfield VA Clinic

937-342-5480

1620 North Limestone Street, Springfield, OH 45503-2624

www.va.gov/find-locations/facility/vha_552GD

WPAFB – Family Support Center

937-257-3592



Ohio Department of Job and Family Services

Military Service Career Center

937-562-6152

581 Ledbetter Road, Xenia, OH 45385

ohiomeansjobs.ohio.gov/job-seekers/build-your-career/for-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 Road, Xenia, OH 45385

www.co.greene.oh.us/340/Veterans-Services

Vietnam Veterans of America

614-228-0188

35 East Chestnut Street, Suite 501, Columbus, OH 43215

vva.org/

VVA Chapter #930 (Xenia), PO Box 156, Xenia, Ohio, 45385, 937-374-7470

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

Department of Veteran Affairs

1-202-273-5221

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.

How to find a Volunteer Opportunity

Contact a nonprofit, charity, faith-based organization or community organization whose work appeals to you and ask about volunteer opportunities. Their website may have information or a form.

There are many websites with national as well as local opportunities. Here are just a few:

[AmeriCorps.gov](https://www.ameriacorps.gov)

[Volunteer.gov](https://www.volunteer.gov)

[VolunteerMatch.org](https://www.volunteermatch.org)

[fcsserves.org](https://www.fcsserves.org)

[JustServe.org](https://www.justserve.org)

serve.ohio.gov/Volunteering

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 yourfriends@gccoa.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. Check with the Council, or your local senior center, for information on wellness activities. Also check out:

Websites:

National Institute on Aging, Promoting Wellness In Older Patients

nia.nih.gov/health/promoting-wellness-older-patients

National Council on Aging

ncoa.org/age-well-planner/health-wellness

Elder Wisdom Circle

elderwisdomcircle.org/

Check-In Calls

A senior daily check-in service calls a senior every day at a certain time. If the senior does not answer after several tries, the service notifies the designated caregivers. The Ohio Department of Aging has such a service, which uses an automated system. For more information and to sign up:

aging.ohio.gov/care-and-living/get-help/staying-connected

The Council has a Care Call Program which can reduce isolation and feelings of loneliness among seniors. We call once a week, during our normal business hours, for a brief chat. Please contact the Council for more information or to sign up.

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

The Y offers SilverSneakers, Silver & Fit, and Renew Active programs. Each of these programs may allow you to have your membership fees waived as a benefit of your healthcare plan. Your local Y can help you determine your eligibility simply by checking your healthcare card. If your insurance does not include this benefit, the Y offers affordable membership options.

ymcaonline.org

Fairborn YMCA

937-754-9622

300 South Central Avenue

daytonymca.org/locations/fairborn-ymca

Xenia YMCA

937-376-9622

336 Progress Drive

daytonymca.org/locations/xenia-ymca

Kettering YMCA

937-434-1964

4545 Marshall Road

daytonymca.org/locations/south-ymca

Greene County Department of Parks and Trails

937-562-6440

635 Dayton-Xenia Road, Xenia, OH 45385

gcparkstrails.com

Five Rivers MetroParks

937-275-7275

409 East Monument Avenue, 3rd floor, Dayton, OH 45402

metroparks.org

Dayton Aviation Heritage National Historical Park

937-225-7705

16 South Williams Street, Dayton, OH 45402

nps.gov/daav



The Huffman Prairie Flying Field Center

937-425-0008

Wright-Patterson Air Force Base

2380 Memorial Road, Dayton, OH 45433

nps.gov/daav/learn/historyculture/huffman-prairie-flying-field.htm

Wright Cycle Company Complex

937-225-7705

22 South Williams Street, Dayton, OH 45402

nps.gov/daav/learn/historyculture/wright-cycle-company-complex.htm

Ohio Department of Natural Resources Division of Parks and Recreation

614-265-6565

2045 Morse Road, Columbus, OH 43229

ohiodnr.gov/wps/portal/gov/odnr-core/



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