

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

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

■ **SANDUSKY COUNTY**
Fremont Soup Kitchen
(419) 332-3970
705 W. STATE ST., FREMONT 43420

WSOS

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

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

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

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

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

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

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

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

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

Stryker Senior Center
(419) 682-2083
PO BOX 545, STRYKER 43557

West Unity Senior Center
(419) 924-5447
PO BOX 241, WEST UNITY 43570

Williams County Dept. on Aging
(419) 633-4317
201 E. HIGH ST., STE. 2, BRYAN 43506
www.cityofbryan.net

■ **WOOD COUNTY**
North Baltimore Senior Site
(419) 257-3306
514 W. WATER ST., N. BALTIMORE 45872
www.wccoa.net

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

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

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

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

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

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

MEALS DELIVERED TO THE HOME

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

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

Choices Program/PASSPORT Program (419) 382-0624 or 1-800-472-7277

AREA OFFICE ON AGING OF NORTHWEST OHIO, INC.
2155 ARLINGTON AVE., TOLEDO 43609
www.areaofficeonaging.com

Medicaid-funded program providing home health care.

Mom's Meals 1-866-204-6111
718 E. SHURFINE DR., ANKEY, IA 50021
www.momsmeals.com

Maintain a healthy, independent lifestyle.

Mobile Meals of Toledo offers a choice of 1 or 3 meals a day, 5 days per week to Toledo area residents with optional weekend service available.

We foster independent living while helping individuals maintain or restore health.

Our service is for individuals of all ages and economic levels who are confined to their homes for any reason. We also serve individuals recovering from surgery or illness, and those that are unable to cook, shop or maintain a diet. Short and long term service is available. Fees are based on a sliding scale, depending on one's income. We are Passport and Waiver providers.

Referrals are taken over the phone. For more information or to sign-up, call 419-255-7806.



Meals and Elderly Nutrition Programs

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



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

www.areaofficeonaging.com

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

■ DEFIANCE COUNTY

Defiance County

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

Hicksville Senior Ctr. (419) 542-5004 or 1-888-330-5004
PO Box 172, HICKSVILLE 43526

■ ERIE COUNTY

Erie County

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

Global Meals (614) 231-0088
108 N. CASSINGHAM RD., COLUMBUS 43209

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

■ FULTON COUNTY

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

■ HENRY COUNTY

Henry County Senior Center (419) 599-5515
130 EAST CLINTON ST., NAPOLEON 43545
www.henrycountyseniorcenter.com

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

■ LUCAS COUNTY

Lucas Co. Senior Nutrition Program (419) 385-2532
AREA OFFICE ON AGING OF NORTHWEST OHIO, INC.
2155 ARLINGTON AVE., TOLEDO 43609

Mobile Meals of Toledo, Inc. (419) 255-7806
2200 JEFFERSON AVE., TOLEDO 43604
www.mobilemeals.org

Global Meals (614) 231-0088
108 N. CASSINGHAM RD., COLUMBUS 43209

■ OTTAWA COUNTY

Ottawa County Commissioners (419) 734-6720
315 MADISON ST., PORT CLINTON 43452

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

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



6412 Fairfield, Suite F
Northwood, Ohio 43619
(866) 618-3963

Fresh & Healthy Meals Delivered Weekly

- *Deliveries to over 40 Ohio Counties*
- *Rotating Breakfast & Lunch/Dinner Menus*
- *Low Sugar/Low-Sodium*
- *Sensitive to Dietary Restrictions*
- *Menus created by Professional Restaurateurs & Dietician*

Deliveries to Regions 3 & 4 in Northwest Ohio



Transient Crimes and Elder Fraud What You Need to Know

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

Older adults are especially vulnerable to be victims of transient crimes because they:

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

BE AWARE

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

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

Call Your Local Police Department

Source: Cincinnati Police Department

■ PAULDING COUNTY

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

■ SANDUSKY COUNTY

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

WSOS

Clyde Nutrition Site (419) 547-8052

900 N. WOODLAND AVE., CLYDE 43410

Community Action

Commission (419) 334-8911 or 1-800-775-9767

PO BOX 590, FREMONT 43420

Gibsonburg Nutrition Site (419) 637-7947

100 MEADOW LN., GIBSONBURG 43431

Sandusky Co. Senior Center (419) 334-8383

600 W. STATE ST., FREMONT 43420

Woodville Nutrition Site (419) 849-3636

321 E. MAIN ST., WOODVILLE 43469

www.wsos.org

■ WILLIAMS COUNTY

Community Hospitals and Wellness Centers – Montpelier (419) 485-3154

909 SNYDER AVE., MONTPELIER 43543

www.chwchospitals.com

Community Hospitals and Wellness Centers - Bryan (419) 636-1131

433 W. HIGH ST., BRYAN 43506

www.chwchospitals.com

SENIOR HELPLINE

Over 60 and confused about the court system? In need of resources to help yourself, a friend or caregiver? Are you, or someone you know, being abused, neglected or victimized? This anonymous helpline provided by the Lucas County Prosecutor's Office Senior Protection Unit.

419.626.7040

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

Williams County Dept. on Aging (419) 633-4317
201 E. HIGH ST., STE. 2, BRYAN 43506
www.co.williams.oh.us/wcsc

■ WOOD COUNTY

Fostoria Community Hospital (419) 436-6634
501 VAN BUREN ST., FOSTORIA 44830

Mobile Meals of Toledo, Inc. (419) 255-7806
2200 JEFFERSON AVE., TOLEDO 43624
www.mobilemeals.org

North Baltimore Nutrition Site (419) 257-3306
514 W. WATER ST., WALBRIDGE 43465
www.wccoa.net

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

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

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

Global Meals (614) 231-0088
108 N. CASSINGHAM RD., COLUMBUS 43209

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

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

WSOS Community Action Commission, Inc. (419) 334-8911 or 1-800-775-9767
PO BOX 590, FREMONT 43420
www.wsos.org

Grocery Shopping Assistance and Farmers' Market

GROCERS THAT DELIVER

Bassett's Market (419) 734-6506
3994 E. HARBOR RD., PORT CLINTON 43452

Bayshore Country Market (419) 798-5574
9268 BAYSHORE RD., MARBLEHEAD 43440

Community Market (419) 898-4891
279 W. WATER ST., OAK HARBOR, 43449

FlyingGrocery.com (419) 419-9415
2433 MAPLEWOOD AVE., APT. 4, TOLEDO 43620
Toledo area on-line grocery store and delivery service.

House of Meats (419) 382-6328

Stanley's 5-Star Market (419) 726-4347
3302 STICKNEY AVE., 43608

GROCERY SHOPPING ASSISTANCE

Home health care or non-medical in home care agencies also provide assistance with grocery shopping for a fee.

■ DEFIANCE COUNTY

Hicksville Senior Ctr. (419) 542-5004 or 1-888-330-5004
PO BOX 172, HICKSVILLE 43526

Defiance County Senior Services (419) 782-3233
700 JEFFERSON AVE., DEFIANCE 43512

■ FULTON COUNTY

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

■ HENRY COUNTY

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

■ LUCAS COUNTY

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

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

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

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

FlyingGrocery.com (419) 419-9415
2433 MAPLEWOOD AVE., APT. 4, TOLEDO 43620
Toledo area on-line grocery store and delivery service.

James "Wes" Hancock Senior Citizens' Center (419) 698-7078
5760 BAYSHORE RD., OREGON 43616

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

Lyman W. Liggins Senior Center (419) 243-7313
1171 OAKWOOD AVE., TOLEDO 43607

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

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

MacQueen Orchards

FARM MARKET & GIFT SHOPS

Garden & Gunn Roads • Holland, Ohio

419-865-2916

FAMILY OWNED BUSINESS FOR OVER 50 YEARS

Senior Nutrition and WIC Coupons Accepted

**HOME GROWN: APPLES - PEACHES - SWEET CORN
TOMATOES - SQUASH - MELONS - PUMPKINS**

OPEN ALL YEAR AROUND

May - June - July.....9am - 7pm

Aug - Sept - Oct.....9am - 8pm

Nov - April.....9am - 6pm

Full Bakery and Fresh Pressed Cider

APPLE BUTTER FESTIVAL: October 1st & 2nd - 2011



HOME GROWN PRODUCE **FRESH!**

• Senior Coupons Accepted

- Sweet Corn • Tomatoes • Green Beans • Watermelon
- Sweet Juicy Peaches • Raspberries • Cantaloupe
- Blueberries • Other Home Grown Produce

MOSER'S FARM MARKET
Route 20 • Perrysburg • 874-4897
Hours: Daily 9 - 8 • Sunday 11 - 6

Senior Centers Inc. (419) 242-9511

2308 JEFFERSON AVE., TOLEDO 43604

www.seniorcentersinc.org

Sylvania Senior Center (419) 885-3913

7140 SYLVANIA AVE., SYLVANIA 43560

■ PAULDING COUNTY

Paulding County Senior Center (419) 399-3650

401 E. JACKSON ST., PAULDING 45879

■ SANDUSKY COUNTY

WSOS Sandusky Co. Senior Center (419) 334-8383

600 W. STATE ST., FREMONT 43420

www.wsos.org

■ WILLIAMS COUNTY

Bryan Senior Center (419) 636-4047

PO BOX 7077, BRYAN 43506

Edgerton Senior Services (419) 298-3564

PO BOX 877, EDGERTON 43517

Montpelier Senior Center (419) 485-3218

325 N. JONESVILLE ST., MONTPELIER 43543

Pioneer Senior Center (419) 737-3095

100 N. ELM ST., PIONEER 43554

Stryker Senior Center (419) 682-2083

PO BOX 545, STRYKER 43557

West Unity Senior Center (419) 924-5447

PO BOX 241, WEST UNITY 43570

■ WOOD COUNTY

North Baltimore Nutrition Site (419) 257-3306

514 W. WATER ST., NORTH BALTIMORE 45872

www.wccoa.net

Northeast Senior Center (419) 260-3228

705 N. MAIN ST., WALBRIDGE 43465

Perrysburg Senior Center (419) 874-0847

140 W. INDIANA, PERRYSBURG 43551

Rossford Senior Center (419) 666-8494

400 DIXIE HWY., ROSSFORD 43460

www.wccoa.net

Wood County Committee

on Aging (419) 353-5661 or (800) 367-4935

305 N. MAIN ST., BOWLING GREEN 43402

www.wccoa.net

RESTAURANT DELIVERY

Order on the Way (419) 843-2889

www.orderontheway.com

Home and office restaurant delivery service. Lucas Co.

FARMERS' MARKET NUTRITION PROGRAM

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

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

Coupons may be used to purchase locally grown fresh fruits, vegetables and herbs. Coupons may be redeemed by participating farmers, who sell produce at farmers' markets or roadside stands, as indicated by the SFMNP participating farmer poster. Note: coupons may not be used at grocery stores. A list of participating farmers is available when coupons are distributed. In 2010, 145 farmers participated in the program. Over 21,000 low income older adults received Senior Farmers' Market Nutrition Program coupons. Over the years, participants in this highly successful program have claimed their participation resulted in the following:

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

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