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Feel like you or a senior you know has a great and inspiring story to share? Submit your candidate to be featured on SeniorCitizensGuide.com! This is a great chance to recognize a senior volunteer, resident or someone in your family or community!

Interested in learning more? Email us at story@seniorcitizensguide.com.
Senior Citizen’s Guide
local resource for active older adults

In addition to providing local resources in your neighborhood, Senior Citizen’s Guide can help you find resources in ten other metropolitan areas.

So whether you’re planning to move or doing some research for a friend or family member, you’ll find that the Senior Citizen’s Guide is the ultimate resource to help you find the information that you’re seeking.

Access resources online at . . .
www.SeniorCitizensGuide.com

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SeniorCitizensGuide.com/southwestohio
Avoiding Heat Related Illnesses

Summer is upon us and in Ohio that usually means record-high temperatures. The extreme heat can be especially dangerous to older adults causing sunburn, dehydration and even heat stroke. According to the U.S. Department for Health and Human Services, more than 6,000 Americans are hospitalized for heat exposure every summer. Severe heat exposure occurs when body temperatures rise to 106 degrees Fahrenheit or more.

**To keep you and your family safe from heat related illnesses, follow these simple steps:**

- Drink 8 ounces of fluid every half hour when in the sun. Avoid caffeine and alcohol.
- If possible, avoid going out during the hottest part of the day, typically between 10:00 – 2:00.
- Replace lost minerals such as sodium, chloride and potassium with food and drinks like bananas and quality sports drinks. These minerals are lost when people perspire.
- When feeling hot, head to the sink and run cool water over both your wrists to avoid heat stroke. Major veins are located in the wrists and the cool water can lower your temperature by three degrees.

Taking these simple steps will help to reduce your risk for heat related illnesses, making your summer a more enjoyable one! However, if you are ever in doubt and think you may be experiencing heat exhaustion or heat stroke, call 9-1-1 immediately.

**Symptoms of heat exhaustion range from:**
- Nausea and vomiting
- Weakness
- Headache
- Muscle cramps

**More extreme heat stroke may cause:**
- Rapid pulse
- Difficulty breathing
- Mental confusion
- Seizures
- Coma
The VA’s Best Kept Secret
Aid and Attendance Pension

With much attention and looming dark clouds directed at health care and social security over the years, there now seems to be a ray of light coming from another direction. The VA NSC Improved Pension with Aid and Attendance is that ray of light. But what is it?

Over 50 years ago, the Department of Veterans Affairs instituted a pension that would help wartime veterans and their surviving spouses in the event of medical need. This benefit is just now starting to get the public’s attention even though it has been around for quite some time. Some news stations are beginning to air stories that are detailing some of the features of this benefit. NBC Nightly News aired a 2 minute segment on the VA NSC Improved Pension with Aid and Attendance. They featured the relieved and grateful families who applied for the benefit and received it at a time when they needed to find a way to pay the mounting costs of monthly care their parents were receiving. Because of news stories like this, there is increased interest and more people are trying to learn about this benefit and how it can help. With a great deal of our senior population being wartime veterans or surviving spouses of wartime veterans, this benefit can have a huge impact on their lives.

Here is how it works—in the event a wartime veteran or a surviving spouse of a wartime veteran needs the assistance of others on a daily basis to perform the activities of daily living, they could qualify for help from the VA. For example, Ed is a WWII veteran and has a wife, Lois. If Ed had to go into an assisted living environment because of his declining health or he needs in-home care, he and Lois could receive $1,949 per month from the VA. The same would hold true in this example: June is the surviving spouse of a Korean War veteran. June has to move into an assisted living facility due to back and hip problems. She could receive $1,055 per month from the VA. The range of this benefit can be from $1,055 to $2,527 per month depending on the circumstances.

But, unfortunately, it is not always that cut and dry. The VA does have asset and income criteria. The veteran has to be honorably discharged. It can, in some cases, take up to 12 months to get an answer from VA. But don’t lose hope. There are many ways to qualify even if you have too much money or income. We are even starting to see some applications get approved in two months. Another point to keep in mind is that this pension is retroactive to the date of your informal application claim and is not taxed in any way by the government.

In order to get started, you can call the local Department of Veterans Services office in your county. They can help you start a claim but unfortunately when you contact these offices, not everyone is familiar with the benefit, so you have to find the right person. It is also important that you use a veteran’s service organization to help represent you with the VA. Membership with a service organization is not required. The American Legion is an example of an excellent service organization. There are over 30 organizations to choose from that you can use to help you with your case.
Working with the VA through a service organization is a good fit for most folks who meet all of the qualifications for the benefits. If you have questions about eligibility they can help you determine if this benefit is for you.

Sometimes families looking for assistance will not meet every qualification put forth by the VA. You can also find out more information on how to qualify by contacting organizations in the area that specialize in assisting veterans with this process. They can help with the paperwork, recommend a service organization and guide you through the process at no cost to you.

If a veteran or surviving spouse thinks he or she may be eligible for the benefit, he or she can call 313-964-6640 and discuss it with an American Legion Service Officer. There are also several web sites that can offer information including Veterans Support Center at www.veteranssupportcenter.org and the VA website www.va.gov.

To receive this benefit, there is a lot of paperwork to do and a lot of documentation and records that need to be produced. This will take a lot of time, but in the end, you can get help and it will be well worth your time and effort.

Editorial provided by Joseph Vitale owner of American Retirement Solutions, with offices in Sterling Heights and Lapeer, MI.
Home Care and Hospice Care

What is Home Care?
Home care takes in a wide range of health and social services that can be delivered at home, which is preferred by most people. Home care can be provided to recovering, disabled or chronically ill children and adults needing medical, nursing, social or therapeutic treatment and/or assistance with the essentials of daily living. Home care is provided to individuals of all ages who face a variety of health and social problems, such as a short- or long-term illness, injury, physical handicaps, mental health disorders and chemical dependencies.

Who Provides Home Care?
Home care services are provided by home care agencies. These public and private non-profit and for-profit groups have historically centered around a core of providing nursing and home care aide services. But home care agencies now also provide physical, occupational and speech therapy as well as social and nutritional care. Home care may involve professional, paraprofessionals and volunteers. Before receiving home care, a person should have a specific plan of treatment designed by a physician, nurse and/or medical social worker in concert with the people providing the care.

Who Can Benefit from Home Care?
A person who:
- Is discharged from a hospital or nursing facility, but needs additional care and treatment,
- Requires short-term assistance at home because of outpatient surgery or maternity-related incapacity,
- Is a medically fragile child with special needs,
- Needs assistance to live independently due to illness, disability or aging, or has a condition such as congestive heart failure, diabetes and muscular, nervous or respiratory disorders.

Discover how we help you recover from surgery, illness, injuries and falls

We provide a high level of skilled, personalized care. Our goal is to help you remain independent with our family approach to health care in your home.

Ministering to your recovery is our calling.
What is Hospice?
Hospice is a specialized service that provides care and support for persons in the last phases of a terminal illness. Hospice recognizes dying as part of the normal process of living and focuses on maintaining the quality of remaining life.

Who Pays for Home Care or Hospice Services?
Services are reimbursed by both private and public sources. Public payors include Medicaid, Medicare and PASSPORT. A growing number of private insurance plans also provide reimbursement. Care also may be paid directly by the patient or the patient’s family.

How Do I Select the Right Agency?
Finding the home care or hospice agency best suited for your needs requires research but it is time well spent. Important factors include the quality of care, availability of needed services, personnel training and expertise, and coverage provided by the payor. Fortunately most communities have a variety of agencies to choose from.

To locate an agency in your area, please visit the Ohio Council for Home Care website www.homecareohio.org, and you will be able to find agencies listed by county. You also may contact the Ohio Departments of Health and Aging. If your community has information and referral services, such as the United Way, check with them. Your place of religious worship or other trusted professionals, such as physicians, also may have information about local home care and hospice agencies.

Editorial provided by the Ohio Council for Home Care.

Transportation Options For Older Adults
Have you ever thought about what would happen if the transportation you use is no longer an option? How would you continue to maintain your independence so that you could continue with your daily routines? Who would you turn to for assistance? People often look to friends or relatives to assist with transportation – this may be a good option for you, but it is not always the most convenient for you or for them.

Transportation Options
• Volunteer Driver Programs: Local faith-based and nonprofit organizations frequently have a network of volunteers who offer flexible transportation for shopping, doctors’ appointments, recreation, and other activities.
• Paratransit Service: Public transit, aging organizations, and private agencies provide door-to-door or curb-to-curb transportation using mini-buses or small vans (vehicles for less than 25 passengers).
• Door-through-Door (Escort) Service: Private agencies provide drivers or escorts who offer personal, hands-on assistance by helping passengers through the doors of their residences and destinations, as needed.
• Public Transits/Fixed Route Service: Public transit agencies provide bus and rail services along established routes with set schedules on a non-reservation basis — also referred to as “public transportation” or “mass transit”.
• Travel Training: Public transit agencies and local aging organizations provide free, hands-on instruction to help older adults and persons with disabilities learn to travel safely and independently within public transit systems.
• Taxi Service: Passengers activate this service by calling a dispatcher to request a ride between locations of their choice. Trips usually can be scheduled in advance or on the spot.

Editorial provided by the National Center on Senior Transportation, www.seniortransportation.net.
How do I hear?

Sound is vibration that travels through a medium, typically the air. When these vibrations reach the outer ear, this is the beginning of hearing. The ear has four main parts that sound must travel through for you to hear: the outer ear, the middle ear, the inner ear, and beyond the inner ear that includes the VIIIth nerve and the brain.

What if I have a hearing loss and do not receive treatment for it?

If you have a hearing loss that is caused by a medically treatable problem, the problem could obviously get worse over time without treatment. If the hearing loss is due to a condition such as a lesion or tumor in the auditory system, this could be potentially life threatening.

Whether the condition is medically treatable such as most conductive losses, or due to damage such as noise exposure or age, the result in the brain is the same, it does not get stimulated. This is called auditory deprivation. The brain is not getting stimulated by sound or is getting distorted versions of the sound due to the damage in the auditory system.

There have been many studies done on auditory deprivation to determine the long term effects on the brain. These studies suggest that if the brain is not stimulated, the potential to "forget" how to hear is great and is closely related to the length of time that brain goes without stimulation. The longer the patient goes without treatment (including amplification if that is warranted) the more likely it is the brain will forget how to hear and understand speech even after treatment is implemented. These findings suggest that it is important to seek appropriate treatment in a timely manner for hearing loss if the brain is to maintain its ability to understand speech.


Studies suggest that if the brain is not stimulated, the potential to “forget” how to hear is great.

Signs of Hearing Loss

- Do you feel that people mumble and do not speak clearly?
- Do you understand some people better than others?
- Do you frequently ask people to speak up or repeat themselves?
- Do you have difficulty understanding on the phone?
- Do you find it difficult to follow a conversation in a crowded room or with background noise?
- Do you turn the volume of the television or radio up louder than is comfortable for others?
- Do you find it difficult to hear in public places, such as an auditorium or church?
- Do family and friends comment on your inability to hear?
- Do you ever concentrate to listen so hard that you become fatigued?
- Do you have ringing in your ears?

If you answered yes to any of the above questions, you may have a hearing loss and you should have your hearing evaluated by an Audiologist. It is recommended that everyone have their hearing tested annually, whether they suspect a hearing loss or not.
Local Animal Lovers Wanted

Wanted: are you an individual who enjoys the company of animals and has a flexible schedule, but doesn’t want the commitment of a year-round pet? Then you should consider becoming a foster parent for your local shelter or rescue!

The Humane Society of the United States estimates that 6 to 8 million cats and dogs wind up in shelters every year, and sadly 3 to 4 million will likely not find new homes. Many of these animals just need a little extra time and attention until their new family finds them. Most shelters and rescues rely on foster parents to give these animals the leg up they need. Foster parents open their homes temporarily to animals, one individual or one litter at a time, giving them a chance to spend time in a safe, quiet, loving environment rather than in a kennel. For many animals, this opportunity can literally mean the difference between life and death.

For example, kittens and puppies typically aren’t available for adoption until they are old enough for spay/neuter surgery, which is usually done at about 8 weeks of age. During all that time they can either sit in a cage at the shelter, or they can play, snuggle and explore in a loving foster home. Likewise, adult animals may be a bit overwhelmed by the shelter environment, particularly if they have come from a puppy mill or cruelty situation, or the facility may just be too crowded with youngsters to give the older animals a fair chance to show off their attributes. A few days or weeks with a foster parent can make all the difference.

What do current foster parents love about fostering?

• **No long-term commitment.** Foster pets are generally returned to the shelter or rescue after just a few weeks or months, so fostering doesn’t interfere with travel plans, family get-togethers or other commitments.

• **Flexible schedule.** Depending on what type of animals you choose to foster, the daily investment of time could be as little as feeding, litter box cleaning and play time—especially for older animals or for moms nursing puppies or kittens. Or it could be as much as round-the-clock nursing care for orphaned nursing kittens or puppies. Either way, as a foster parent you can choose what level of involvement is best for you.

• **Convenience.** Most organizations provide their foster parents with all of the food, bedding, vet care and other basics their foster pets will need. Some will even deliver the supplies and the animals right to your door!

**Sounds great. What’s the catch?**

Most foster parents report that the hardest thing about fostering is knowing that eventually you’re going to have to let those bundles of joy go. But as hard as that is, seeing that you have given them the best possible chance at finding a wonderful new home makes it all worthwhile. And even if the worst happens, perhaps a foster pet passes away from an illness or injury (after all, these are living creatures, many of whom did not get quality care before they arrived at the shelter), foster parents can still take comfort knowing that they gave the animal the best possible chance at life.

**I'm sold! How do I get started?**

Contact your local shelter or rescue and ask if they have a foster program in place. Chances are they will, and they’ll be thrilled to have you participate! Remember, each organization runs its foster program a bit differently. Some will ask foster parents to undergo thorough training while others will be less formal. Some will expect foster parents to help in finding adoptive homes for the animals, while others prefer the shelter take on that task. Find a foster program that you think will work best for you and your household and follow the steps to become an approved foster parent. Then get ready for the unconditional love that pets bring and the joy of knowing that you are helping to save lives!
Be Smart, Be Aware

Know Your Numbers

It’s a beautiful day and as you wait for your friend, Lauren, to arrive, you begin to make a mental to-do list:

• Attend the KHN health fair
• Pick up milk and bread
• Get gas
• Pick the dog up from the groomer
• Have dinner ready before Joey’s basketball practice

It makes you tired just thinking about the day ahead of you. Lauren arrives, and off you go. You would love to run through the fast food joint for breakfast, but because Lauren is such a picture of health – perfect weight, works out daily, eats healthy, only drinks water - you would be too embarrassed to eat unhealthy with her.

As the two of you view the displays at the fair, there is a sudden commotion. Lauren, the one in what seems to be in perfect health, is being taken by the emergency squad to the local emergency room. Lauren learns while having her blood pressure taken, that it was extremely elevated; at stroke level. You are puzzled because you have been with her all morning and she has shown no symptoms.

Did you know?

• People with high blood pressure often do not know it; they show no symptoms
• High blood pressure is a primary or contributing cause of death for more than 347,000 (2008) Americans
• High blood pressure is easily treatable
• High blood pressure is an indicator of other chronic conditions such as heart disease and/or diabetes

What if this had been you instead of your friend. Who would take care of your family? You don’t have to have the normal risk factors; overweight, very little exercise, a family history to have high blood pressure. High blood pressure can strike without warning and without discrimination.

To schedule a Free Blood Pressure Check near you, call Kettering Health Outreach, (937) 558-3988, for dates, times and locations. Be Smart, “BE AWARE” know your numbers!

Editorial and photograph provided by Brenda Ralston and Valerie Haley, KMC Community Wellness.

What Your Blood Pressure Reading Means

- Less than 120/80 Normal
- Between 120/80 and 140/90 Prehypertensive and at risk for developing high blood pressure
- 140/90 and above High Blood Pressure

The American Diabetes Association (ADA) and the National Institutes of Health recommend a target blood pressure of less than 130/80 mmHg for people with diabetes. If your blood pressure is high, consult with your physician for lifestyle modifications and possible medications.

What are Adult Day Services?

Adult day services are community-based group programs designed to meet the needs of functionally and/or cognitively impaired adults through an individual plan of care.

These structured, comprehensive programs provide a variety of health, social, and other related support services in a protective setting during any part of a day, but less than 24-hour care. Adult day centers generally operate programs during normal business hours five days a week.

Some programs offer services in the evenings and on weekends.

Provided by the National Adult Day Services Association
## What’s in Season

### This Spring/Summer

<table>
<thead>
<tr>
<th>Fruits and Berries</th>
<th>Early</th>
<th>Most Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>July 15</td>
<td>Sept. 1 - Oct. 25</td>
</tr>
<tr>
<td>Blackberries</td>
<td>July 10</td>
<td>July 15 - July 30</td>
</tr>
<tr>
<td>Blueberries</td>
<td>June 20</td>
<td>July 5 - Aug. 10</td>
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<tr>
<td>Cherries</td>
<td>June 10</td>
<td>June 10 - June 25</td>
</tr>
<tr>
<td>Grapes</td>
<td>Aug. 25</td>
<td>Sept. 10 - Sept. 20</td>
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<tr>
<td>Peaches, Nectarines</td>
<td>July 5</td>
<td>July 20 - Sept. 1</td>
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<tr>
<td>Pears</td>
<td>Aug. 1</td>
<td>Aug. 10 - Aug. 31</td>
</tr>
<tr>
<td>Plums</td>
<td>July 1</td>
<td>July 15 - Aug. 15</td>
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<tr>
<td>Red Raspberries</td>
<td>July 1</td>
<td>July 5 - July 21</td>
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<tr>
<td>Strawberries</td>
<td>May 20</td>
<td>June 1 - June 10</td>
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<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Early</th>
<th>Most Active</th>
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<tbody>
<tr>
<td>Asparagus</td>
<td>Apr. 23</td>
<td>May 1 - May 30</td>
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<tr>
<td>Beets</td>
<td>June 1</td>
<td>July 1 - Oct. 31</td>
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<tr>
<td>Broccoli</td>
<td>June 20</td>
<td>July 1 - Oct. 31</td>
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<tr>
<td>Cabbage</td>
<td>June 1</td>
<td>June 10 - Oct. 31</td>
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<tr>
<td>Collards</td>
<td>May 15</td>
<td>Aug. 20 - Oct. 31</td>
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<tr>
<td>Cucumbers</td>
<td>June 25</td>
<td>July 5 - Aug. 15</td>
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<tr>
<td>Eggplant</td>
<td>July 10</td>
<td>July 20 - Sept. 30</td>
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<tr>
<td>Lettuce</td>
<td>May 15</td>
<td>May 20 - July 15</td>
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<tr>
<td>Lima Beans</td>
<td>July 10</td>
<td>July 15 - Aug. 31</td>
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<td>Okra</td>
<td>July 15</td>
<td>Aug. 15 - Sept. 15</td>
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<td>Onions</td>
<td>June 25</td>
<td>June 25 - July 31</td>
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<tr>
<td>Peas</td>
<td>May 20</td>
<td>June 15 - June 25</td>
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<tr>
<td>Peppers</td>
<td>July 5</td>
<td>July 15 - Oct. 31</td>
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<tr>
<td>Potatoes</td>
<td>July 10</td>
<td>July 20 - Sept. 30</td>
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<tr>
<td>Snap Beans</td>
<td>June 10</td>
<td>June 20 - July 20</td>
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<tr>
<td>Squash</td>
<td>June 15</td>
<td>June 25 - Sept. 1</td>
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<tr>
<td>Spinach</td>
<td>April 15</td>
<td>May 5 - June 25</td>
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<tr>
<td>Sweet Corn</td>
<td>July 1</td>
<td>July 5 - Aug. 31</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>July 5</td>
<td>July 10 - Sept. 15</td>
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Harvest dates listed may vary depending upon weather conditions and geographic location of the farm.

Information provided by State of New Jersey Department of Agriculture. [https://www.ajerryfreshnj.gov](https://www.ajerryfreshnj.gov). Photo provided by Kriste Rae Sokota.

Ruth Gahagen, a 54 year old wife, mother, and dog enthusiast has had her share of experiences with elderly individuals. Ruth, because of certain circumstances, was unable to go off to college. Fortunately for her and many local families, she has made a career out of loving and caring for senior citizens. Over the years, she has collected quite a few certifications, all of which deal with the health and safety of the elderly. Currently, she works as a Certified Dialysis Technician in a Continuing Care Retirement Community.

Ruth had the chance to be on the other side of the glass when dealing with her father. Her sisters and brother had to watch their mother pass at a very young age, and then again with their stepmother back in 2004. Dan, their father, soon after, dealt with many health struggles and he had to rely on his five children to care for him and help make important decisions for his life.

Being that Ruth is in this field, her edge and compassion helped the family surpass these obstacles. Her know-how of the industry helped guide the family in directions that were right for them and the health of their father.

Ruth now shares her experiences not only from her profession, but from her personal life as well.

Q: What made you interested in this career field?
A: I find this age group cute. My love and interest for them grew the farther I got into this profession. I find that they are so full of knowledge and wisdom and I truly enjoy connecting with them. After talking to them and getting to know them for more then their chart, I can’t help but want to care for them. I feel the compassion and need to help them.

Q: How long have you been working with senior citizens?
A: I have had the pleasure of doing what I love for 15 years.

Q: Best part about your job?
A: The thanks and the gratitude I receive would probably be the best part, especially from the neglected. So many of these wonderful people are put into nursing homes or assisted living by their families and are just left there. Because I see them every day, we become our own family.

Q: What is the hardest part about your profession?
A: The saddest part is saying goodbye; whether it’s me leaving a location or having them leave my care one way or another. I think about them often but the happiest moment is the hug and the thank you at the end.

Q: Do you become attached to the individuals you care for?
A: Absolutely! I feel like they are so much apart of my life and I for theirs. I look forward to seeing them on a daily basis. They are not judgmental. They are respectful and deserve respect. It is refreshing to engage in conversations with them and get to know them. Each person has their own story to tell, and the more I care for them the more I learn about them. I think you can’t help but get attached.

Q: Reflecting on the experiences you had with your family, what were some of the struggles?
A: Just knowing that my father was declining and knowing in time that he would need extra medical attention was hard. Basically, in a positive sense, it was good to know the end stages a person’s life. Because I know this business, there was a negative side. I knew I would have people that don’t care; doctors, nurses, or staff that don’t have that personal connection or compassion for the individual, for my father. They only see them as elderly, sometimes, because they are older and just another case. It is hard to be on the other side of things when you know there are those types of people out there. We were lucky to find great care and amazing people that helped him back to health.

Q: Did you experience change your prospective of you work place?
A: It made me realize that if I could touch one senior’s life and make them smile and feel comfortable on a daily basis, I would know that I have accomplished something. I wish I could do more and for more people.

Q: What would you like to say to people worried about placing their parents in other’s care?
A: You need to be there. You need to make yourself available to make sure the care is right for your loved one. You need to make sure you find someone that will care for them as you would, if not better. You will feel relieved when you leave at night after visiting them knowing that they are being loved and cared for. That is problem with some places. Some do not have the patience or the heart. It’s hard to accept that. You must do the research and be there to know, to make sure, that it is the right fit for both you and your loved one.

Many people in this profession are much like Ruth. They have people they love and look after outside of work. They understand what you, as a caregiver, or as a senior citizen is going through. Trust that your loved one is in the right hands. Good hands like hers.

Editorial and photography provided by Kristie Rae Sirakos.
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Middletown, OH 45005

Springboro
9320 Avalon Circle
Centerville, OH 45458

Also locations in:
Monclova, OH
Perrysburg, OH
Can Technology Help Baby Boomers Take Care of Aging Parents?

"Your mom has cancer and needs an operation."

These words took me on a odyssey through our medical care delivery system that was opaque, uncertain and just plain frustrating.

And I am a doctor.

I could only imagine how difficult it must be for the average person to help guide a loved one through the maze of seeing multiple specialists, obtaining second opinions, evaluating reliable treatment options, communicating with other concerned family members, and avoiding wasteful redundant procedures.

Along the way I confronted common issues which many of us experience: Where do we go for another opinion? Will several doctors communicate with each other? How can we be sure relevant medical records are available to all providers? Is it really necessary to fill out those dumb forms all over again? Does insurance cover this? Where can we find trustworthy sources of local information? Can we speak to others who have been through this before us?

The problem is that our current health care delivery system does not encourage this sort of patient empowerment and open communication. The traditional doctor-patient relationship is a hierarchy, with patients treated within a “silo” for services which are pretty much exclusive of those outside the system. The recent push by our government to collect medical data by means of electronic medical records and “accountable care organizations” has only made this matter worst, with over 600 registered vendors selling branded solutions which do not communicate with each other.

Yet everyday millions of people are using the internet to openly communicate with each other, exchange data such as photo files, explore new streams of knowledge, and build personalized social networks. Facebook has already taught over 800 million people how to use a service that is simple, open, inexpensive, mobile, and universally available anywhere there is access to the world wide web.

So I asked where I could find such internet services for the health care space. I discovered that there were a handful of “PHRs”, or Personalized Health Records, such as Microsoft’s HealthVault or Google’s Health. These services allow you to enter and store your medical information on the “Cloud”, where it resides in remote servers and is retrievable on the internet. However, since there was no mechanism to share this information, the sites were an underwhelming success, and in January 2012 Google withdrew support for its site.

The chief criticism of these PHRs is that they were designed by big technology companies who think they know what their customers want. But what if, we asked, a health care site were to be designed from the bottom up, from the point of view of what patients and their care-givers really need, and not all the other stuff.

The HealthBook Project was founded as an innovative service which respects stressful life situations, such as getting a second opinion or caring for an elderly parent, and enables health care consumers to gather, organize and share health information in one logical place online.

It begins with a family member creating a personalized web-chart for a parent. The cyber chart displays their photo as well as profile information like date of birth and allergies. A simple questionnaire asks about past medical history, family history, and relevant information such as insurance and power of attorney. The site is designed for people who say “I will never use a computer.”

Medical files are stored in digital form and may be accessed by anyone who you invite to become part of your network. All invited members of your health team are displayed on your health chart, and a direct secure message may be sent to any of them by merely clicking on their picture. Not only does this “private email” loop permit safe secure messaging, but it ensures that all decisions will be shared among every member of the health team.

Another major social networking trend today is “Peering”, commonly referred to as the “wisdom of the crowd”. At its most basic level, when you go to buy a book from Amazon, rather than reading a book review from a single critic, you can read the reviews of dozens of your “peers”. When applied to health care services, this trend can be very powerful. Joining a group online to discuss an experimental treatment protocol or finding sources of moral support can be very important. Several interactive websites are already finding an appreciative audience, such as iHaveCancer.com and PatientsLikeMe.com.

A digital chart on HealthBook permits easy access to these disease oriented websites, or you can form your own group. For instance, you may be interested in joining a group which calls itself “The Cyberknife Treatment Group of Greater Philadelphia” or “The Normal Pressure Hydrocephalus Club of the Delaware Valley”. In addition, the Health Book Project provides a convenient platform to access the hundreds of health oriented computer programs or “Apps”, such as Telemedicine, which allows participating providers to remotely monitor blood pressure, sugar levels, or medication compliance programs.

Our design team is trying to make a product which we ourselves would want to use. We are determined to close the gap in health care service delivery between innovation and consumption. We have developed a product specifically to help baby boomers like us who are involved in the care of an aging parent.

We believe that connecting patients, family members and clinical teams can improve health and wellness for our loved ones. We have found that there are many people who will enthusiastically embrace a product such as HealthBook that makes it easier for them to store and share medical information. We believe that for the next generation of health care consumers we are going to need a next generation tool which unlocks the power of the internet for the average person. My mother’s story turned out well. Through a neighbor who happens to be a radiation physicist, we found out about a new treatment modality which was comparable to surgery. As a physician, I was able to convene a meeting of several key providers, who came up with a safe and effective plan of treatment. However, I wish I had had access to a tool such as the Health Book Project Elder Care to help store and share my mother’s medical information, discover and discuss new treatments, and coordinate care among several involved health care providers. We are hard at work on it and invite people to try it out and give us feedback.

Editorial provided by Jonathan Fox, M.D., an orthopedic surgeon in South Jersey and founder of The Health Book Project.com.
How to Choose the Right Lawyer to Handle Your Loved One’s Estate

The death of a loved one presents many daunting challenges, including negotiating a potential minefield of legal decisions and activities. In these frightening economic times, you will be tempted to avoid lawyers and either handle the legal matters yourself or ignore them completely. Please don’t, because you don’t know what you don’t know. Have at least one consultation with a lawyer to find out what, if anything, needs to be done about your loved one’s estate. The time and money will be well spent. You may be relieved to learn that very little needs to be done; on the other hand, you may be dismayed to learn that things are a mess and will take time and money to clean up.

To get started, I suggest that you acquire a copy of the booklet, “What Do You Do Now?” published by LIMRA, which will help you navigate through the legal, financial, and emotional issues presented by the death of your loved one. Contact LIMRA at www.limra.com or 800-235-4672 to purchase a copy.

I was only twenty-seven years old and clueless about the legal profession when my first husband, David Phillips, died (I began law school eleven months after David died). I had only two previous experiences with lawyers, the last one after David died. In Ohio where I practice, the Ohio State Bar Association certifies lawyers as specialists in various areas, including the areas of Estate Planning, Trust, and Probate Law. To find an estate law specialist in your state, contact the American College of Trust and Estate Counsel at www.actec.org or 310.398.1888. Another resource for locating estate lawyers is the comprehensive lawyer directory, Martindale-Hubble, which you can reach at www.martindale.com or 800-526-4902. Your faith affiliation may have referral resources as well; for example, the Christian Legal Society has a lawyer referral service that lists areas of practice. Contact CLS at www.clsnet.org or 703.642.1070.

Steps in identifying a lawyer who is competent to handle the estate of your loved one.

• Contact the local bar association where you live. The Dayton (Ohio) Bar Association to which I belong maintains lists of lawyers who handle various kinds of cases, including estates.

• Ask trusted advisors, such as your insurance agent, financial advisor, or accountant. Most financial services professionals network with other professionals in order to provide value-added services and generate referrals.

• Engage a lawyer who is recognized as a specialist in estate law. You do not want “a Jack of all trades and a master of none.” In Ohio where I practice, the Ohio State Bar Association certifies lawyers as specialists in various areas, including the areas of Estate Planning, Trust, and Probate Law. To find an estate law specialist in your state, contact the American College of Trust and Estate Counsel at www.actec.org or 310.398.1888. Another resource for locating estate lawyers is the comprehensive lawyer directory, Martindale-Hubble, which you can reach at www.martindale.com or 800-526-4902. Your faith affiliation may have referral resources as well; for example, the Christian Legal Society has a lawyer referral service that lists areas of practice. Contact CLS at www.clsnet.org or 703.642.1070.

• Be a wise consumer of legal services. Interview several lawyers before choosing one. Question the lawyer about his or her credentials, experience, staff, and time line for working on and finishing your case. Look for a lawyer who sensitively listens to you, candidly answers your questions, encourages collaboration, and considers you a member of the legal team.

• Before you hire a lawyer, have a frank discussion about fees, including how and when the lawyer sends bills. Estate lawyers usually charge either an hourly rate or a percentage of the assets in the estate. An hourly rate will generally be more appropriate for your case. Do not engage a lawyer who is ambiguous about fees. Insist upon a written fee agreement before the lawyer starts on your case. Resist the urge to let your lawyer-friend who knows little about estate issues handle the case because he or she wants to help and may be cheap or free. Remember, you get what you pay for!

Once you have decided upon the lawyer with whom you want to work, consider the following:

• Don’t delay! Deadlines may affect the administration of your loved one’s estate and your legal rights. For example, if your loved one died as a result of the negligent or intentional behavior of another person, you may have only one year from the date of your loved one’s death to file a lawsuit against the perpetrator. Also, if you are a surviving spouse and your loved one died without a will, there may be limitations periods on the property rights that you can claim as a surviving spouse. Finally, although most states no longer have estate or inheritance taxes, a few states like Ohio still do; you do not want to incur penalties and interest by not filing the estate or inheritance tax returns on time.

• Your grief will affect your motivation and concentration. Ask a friend or relative to accompany you to meetings with your lawyer to help you remember the lawyer’s explanations and instructions. Take a notebook or journal with you to each appointment with your lawyer and make notes of your meeting, especially recording activities that your lawyer wants you to do.

• In defense of lawyers everywhere, I beg you to not shoot the messenger. Your lawyer may need to tell you things that you do not want to hear...difficult legal realities about the death of your loved one that your lawyer did not create. Your grief may compel you to lash out in anger at the lawyer. Don’t. During this difficult time, your lawyer can be a powerful ally who you don’t want to alienate.

• Don’t panic if your loved one’s estate must be probated. Probate has gotten negative publicity in recent years; some of it is justified, and some of it is not.

• Release your expectation of quickly finishing your loved one’s estate; that may or may not be possible. You may feel that if the estate is closed quickly, you will get over your grief quickly. This is a common perception that is usually not grounded in reality, because you will get through your grief only as you diligently do your grief work.

Editorial provided by Nancy A. Roberson, Attorney at Law.
Motorcoach tours are an increasingly popular way of escaping the humdrum of everyday. They also provide an unusual, unique and uplifting getaway that both rekindles and refreshes the mind and the spirit. Think for a moment: Wouldn’t you like to spend some time in an Amish farming community and watch how the simple life has been carried on for centuries? Or, how about immersing yourself in the artifacts and battlefield landmarks that are American history? Or, even spend a few hours—maybe a few profitable ones—in one of the casinos that abound in Michigan?

Wherever you and your group decide to go a motorcoach tour is an ideal way to create experiences that will outlast the day, as author Chesterton noted. For it is not only what you experience, but what you bring back in the form of impressions, information, memories and knowledge to enrich the days after. And in many cases, new friends as well as old.

What an array of choices there are! Art museums and architectural wonders. The stations and hiding places along the Underground Railroad. Churches and religious shrines, theatres and shows, native American burial grounds and the hangouts of Detroit’s infamous Purple Gang. Even themed tours for many of our national holidays.

All of this and more are available on motorcoach tours, plus “custom designed” events for specific groups like religious and alumni associations.

One of the advantages of motorcoach tours is that all of the chores are taken care of by competent preplanners who will plan your tour right down to meal stops. Plus, experienced professional drivers and friendly, knowledgeable tour hosts who will fill you and your group in on all the facts, lore and fun of the places you’ll visit. Also, you’ll find that fully equipped and roomy motorcoach touring, with their own rest rooms and loads of space, is the affordable, convenient way to go.

Getting started is as easy as contacting your local senior center or tour company. They’ll have lots of free handouts, tips and information plus contacts to help you plan an event you and your group will long remember.

Editorial provided by Rose Szwed, Tour Planner, Step On Bus Tours, with offices in Ferndale and Goodrich, Michigan.
Growing Old Gracefully

As a physician who specializes in geriatric psychiatry, I have been privileged to learn some very important life lessons from my patients. Forget the antiquated notions of ageism—last chance, last round, last supper, last judgement, last breath, and last rose of summer. Instead, think of old age as that very special time when, like fine antiques, one is valued for the depth and layers of years of memories, emotions and events.

It may seem that we are a youth culture, but the fact is we are in the middle of a “longevity revolution.” Think of this: For most of human history, life expectancy was about eighteen or nineteen years of age. The life expectancy for a man in the United States today is 74 and for a woman, 78.

The truth is that there is a new kind of aging. Age is no longer associated with years, but rather with the vigor, strength and useful lifestyle a person enjoys at any given age. The following have been identified as the most significant predictors of good health in advanced years: 1) regular exercise 2) good nutrition 3) stress management 4) sense of purpose in life, and 5) meaningful relationships with family and friends.

Scientific advancements are contributing to this longevity revolution. Pharmaceutical companies are developing new medications, nutritional scientists are discovering ways to enhance the foods we eat, and even cloning has the potential to create new life and organs for life-saving transplants. Finally, geneticists are now unlocking the secrets of the nucleus of the cell, giving us the capability to prevent and treat illnesses more effectively.

When you think of it, the age at which a person is determined to be eligible to collect Social Security, 65, is more a political demarcation than a biological one. One does not really become “old” until one becomes so disabled that he can’t take care of himself anymore. It would seem that, until that point, everyone should be considered middle-aged. Verdi composed Ave Maria at the age of 85; Martha Graham, the dancer, performed on stage when she was 75; Michelangelo, the renowned sculptor was carving until six days before his death at age 89. John Glenn, the astronaut, who became a senator and became an astronaut again at the age of 78, exemplifies a life of meaning and purpose.

With all of this said, growing old gracefully means “don’t be afraid of the years ahead.” The majority of elderly people do not become demented. Most elderly people live in their own homes or in semi-independent living situations; only 5% of the elderly live in nursing homes. Aging does not have to mean physical deterioration, loss of sexuality or social isolation. On the contrary, retirement can be renewal; people discover new talents, go back to school, reinvent themselves, get involved in new activities, new adventures and find new friends. Sounds pretty good.

Editorial provided by the Oakland County Community Mental Health Authority of Oakland County, Michigan.
agencies on aging

Council on Aging of Southwestern Ohio, Inc.  See page 1
513-721-1025 or 800-252-0155 • www.help4seniors.org
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alzheimer’s disease

Alzheimer’s Association of Greater Cincinnati ........513-721-4284
Alzheimer’s Association - Miami Valley Chapter ........937-291-0463

alcoholism

Alcoholism Council .........................................................513-281-7880
Center for Alcoholism and Drug Addiction Services ........937-224-4646

arthritis

Arthritis Foundation - Ohio River Valley Chapter ....513-271-4545

bus tours

megabus.com  See page 31
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cancer

American Cancer Society ..............................................888-227-6446
National Cancer Institute/Cancer Information Service ....................................................... 800-422-6237

crohn’s disease / colitis

Crohn’s & Colitis Foundation (Southwest Ohio Chapter) .. 513-772-3550

dental

Greater Cincinnati Oral Health Council ......................513-621-0248
Provides or arranges for dental disease prevention and treatment services for low-income and other special needs populations
depression / mental illness
American Association for Geriatric Psychiatry ..........301-654-7850
American Association of Retired Persons (AARP) ..........888-687-2277

diabetes
American Diabetes Association ........................................513-759-9330

elder abuse
Adult Protective Services (APS)
Butler County ..........................................................513-887-4081
Hamilton County ........................................................513-421-5433
Warren County ..........................................................513-695-1449

National Eldercare Institute on Elder Abuse and State Long Term Care Ombudsman Services ........................................866-635-3748

employment / volunteerism
Alzheimer’s Association of Greater Cincinnati ..........513-721-4284
Helpline: 800-441-3322, Support Groups meet monthly
Volunteer opportunities are available in the Chapter office helping with programs, services, and special events.

Better Business Bureau ..................................................800-471-3015
Volunteer opportunities for answering telephones, complaint handling, mediation and arbitration, public speaking, data entry, receptionist and clerical duties.

Butler County Job Center .............................................513-785-6500

Catholic Social Services of Southwestern Ohio ..........513-241-7745

Cincinnati Works .........................................................513-744-9675
Provides weekly job readiness workshops. Register before attending.

Equal Employment Opportunity Commission (EEOC) ..................................................800-669-4000
Call for information on employment discrimination or to file a charge.

Executive Service Corps of Cincinnati ........................513-791-6230
Matches retired professionals with a non profit organization

Goodwill Industries
Cincinnati Area ........................................................513-771-4800
Greater Dayton Area ..................................................937-461-4800

League of Women Voters .............................................513-281-8683

Literacy Network of Greater Cincinnati ....................513-621-7323

Meals on Wheels
Cincinnati Area ........................................................513-721-4330
Greater Dayton Area ..................................................937-228-3663

North Avondale Montessori School ............................513-363-3934
Volunteers to assist children in reading, writing, and math. Volunteers tutor for a minimum of 30 minutes and time during the school day. 8:00 a.m. - 2:00 p.m. Tutors pick the day(s), time(s), grade level (k-6), subjects(s), and etc, and we match their request!

Retired Senior Volunteer Program (RSVP) ...............513-354-5704
800-424-8867 or TTY 800-833-3722

Southwest Ohio Career Resource Network ...............513-731-9800

Warren County One-Stop Business and Employment Center ........................................513-695-1130

Work Resource enter .................................................513-281-2316

eye care
Cincinnati Association for the Blind and Visually Impaired ..................................................888-687-3935

Lighthouse National Center for Vision and Aging ....800-829-0500

Prevent Blindness Ohio .............................................800-301-2020

Talking Book Program of the State Library of Ohio ....800-686-1531
Provides free recorded books, magazines, and playback equipment.
Purpose is the development, advancement, and promotion of humane and dignified social, psychological, and health care for the elderly and their families.

Fraud Hotline ................................................................. 800-686-1527
Medicare Helpline ............................................................ 800-633-4227
Medicare/Social Security Administration ......................... 800-772-1213
Ohio Seniors Fight Fraud ................................................. 800-488-6070

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## hospitals / medical centers

<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Bethesda Medical Center</td>
<td>100 Arrow Springs Boulevard, Lebanon</td>
<td>513-282-7000</td>
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<tr>
<td>Bethesda North Hospital</td>
<td>10500 Montgomery Road, Cincinnati</td>
<td>513-745-1111</td>
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<td>The Christ Hospital</td>
<td>2139 Auburn Avenue, Cincinnati</td>
<td>513-585-2000</td>
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<tr>
<td>Dayton Heart Hospital</td>
<td>707 S. Edwin C. Moses Boulevard, Dayton</td>
<td>937-221-8000</td>
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<tr>
<td>Dayton VA Medical Center</td>
<td>4100 W. Third Street, Dayton</td>
<td>937-268-6511</td>
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<td>Deaconess Hospital of Cincinnati</td>
<td>311 Straight Street, Cincinnati</td>
<td>513-559-2100</td>
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<tr>
<td>Dearborn County Hospital</td>
<td>600 Wilson Creek Road, Lawrenceburg</td>
<td>513-564-8000</td>
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<tr>
<td>Drake Center</td>
<td>151 West Galbraith Road, Cincinnati</td>
<td>513-418-2500</td>
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<tr>
<td>East Dayton Health Center</td>
<td>30 East Apple Street, Dayton</td>
<td>937-528-6850</td>
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<tr>
<td>The Fort Hamilton Hospital</td>
<td>630 Eaton Avenue, Hamilton</td>
<td>513-867-2000</td>
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<tr>
<td>Good Samaritan Hospital</td>
<td>2222 Philadelphia Drive, Dayton</td>
<td>937-278-2612</td>
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<td>375 Dixmyth Avenue, Cincinnati</td>
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<td>Grandview Medical Center</td>
<td>405 West Grand Avenue, Dayton</td>
<td>937-723-3200</td>
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<td>Green Darin L Do</td>
<td>8701 Old Troy Pike, Dayton</td>
<td>937-226-3200</td>
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<td>Greene Memorial Hospital</td>
<td>3359 Kemp Road, Batavia</td>
<td>937-458-4220</td>
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<td>Hospice of Cincinnati</td>
<td>7691 Five Mile Road, Cincinnati</td>
<td>513-354-2600</td>
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<td>InterCommunity Cancer Center</td>
<td>2452 Kipling Avenue, Cincinnati</td>
<td>513-681-7800</td>
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<td>The Jewish Hospital</td>
<td>4777 E. Galbraith Road, Cincinnati</td>
<td>513-686-3000</td>
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<td>Kettering Medical Center</td>
<td>3535 Southern Boulevard, Kettering</td>
<td>937-298-4331</td>
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<tr>
<td>Kindred Hospital</td>
<td>1 Elizabeth Place, Dayton</td>
<td>937-222-5963</td>
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<tr>
<td>LifeCare Hospitals of Dayton</td>
<td>2150 Leiter Road, Miamisburg</td>
<td>937-384-8300</td>
</tr>
<tr>
<td>McCullough-Hyde Memorial Hospital</td>
<td>110 North Poplar Street, Oxford</td>
<td>513-523-2111</td>
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<tr>
<td>Mercy Franciscan Hospital</td>
<td>3131 Queen City Avenue, Cincinnati</td>
<td>513-389-5000</td>
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<tr>
<td>Mercy Hospital Anderson</td>
<td>7500 State Road, Cincinnati</td>
<td>513-624-4500</td>
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<tr>
<td>Mercy Hospital Clermont</td>
<td>3000 Hospital Drive, Batavia</td>
<td>513-732-8200</td>
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<td>Mercy Hospital Fairfield</td>
<td>3000 Mack Road, Fairfield</td>
<td>513-870-7000</td>
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<td>Mercy Hospital Mt. Airy</td>
<td>2446 Kipling Avenue, Cincinnati</td>
<td>513-853-5000</td>
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<tr>
<td>Mercy Hospital Western Hills</td>
<td>3131 Queen City Avenue, Cincinnati</td>
<td>513-389-5068</td>
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<tr>
<td>Miami Valley Hospital</td>
<td>One Wyoming Street, Dayton</td>
<td>937-208-8000</td>
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<tr>
<td>Middletown Regional Hospital</td>
<td>105 McKnight Drive, Middletown</td>
<td>513-424-2111</td>
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<tr>
<td>Regency Hospital Co.</td>
<td>415 Straight, University Hts</td>
<td>513-861-3000</td>
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<tr>
<td>St. Elizabeth Medical Center</td>
<td>238 Barnes Road, Williamstown</td>
<td>859-824-8240</td>
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<tr>
<td>Select Specialty Hospital</td>
<td>322 Dixmyth Avenue, Cincinnati</td>
<td>513-487-4100</td>
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<tr>
<td>Southview Hospital</td>
<td>1997 Miamisburg-Centerville Rd., Dayton</td>
<td>937-439-6000</td>
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<td>Sycamore Hospital</td>
<td>2150 Leiter Road, Miamisburg</td>
<td>937-866-0551</td>
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<tr>
<td>The University Hospital</td>
<td>234 Goodman Street, Cincinnati</td>
<td>513-584-1000</td>
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### Fighting Crime at Home

- Always try to see who’s there before opening your door.
- Make sure that locks, doors, and windows are strong and cannot be broken easily.
- Mark valuable property by engraving an identification number on it such as your driver’s license number.
**kidney**

Kidney Foundation of Greater Cincinnati .......................... 513-961-8105
National Kidney Foundation ........................................... 800-622-9010

**lung**

American Lung Association
*Cincinnati* ................................................................. 513-985-3990
*Dayton* ........................................................................ 800-586-4872
National ........................................................................ 800-LUNGUSA

**multiple sclerosis**

National Multiple Sclerosis (MS) Society ......................... 513-769-4400

**orthopaedic / bone disorders**

National Institute of Health Osteoporosis & Related Bone Disorders ............................................. 800-624-2663
National Osteoporosis Foundation .................................. 202-223-2226

**other helpful organizations**

AARP ............................................................................. 888-687-2277
Administration on Aging .................................................. 202-619-0724
Center for Medicare and Medicaid Services ..................... 800-633-4227

*Council on Aging of Southwestern Ohio, Inc.*  See page 1
513-721-1025 or 800-252-0155 • www.help4seniors.org

*Celebrating forty years of service!*
Ohio’s designated Area Agency on Aging for Butler, Clermont, Clinton, Hamilton and Warren counties. PASSPORT and Elderly Services Program - Services to help older adults stay in their homes. Support and training for family caregivers. Information about resources in the community. Advice on planning for future care needs. Since 1971 - a trusted source for Answers on Aging.

**Easter Seal Society**
*Dayton* ........................................................................ 937-461-4800
Provides programs & services for people with disabilities. Senior citizens may contact our Social Service Department for further information.

**Eldercare Locator Service** ........................................... 800-677-1116
A good place to start looking for services for other states. It gives the names of local organizations that offer legal, financial, health-care and other services for older adults.

**Jewish Family Service** .............................................. 513-469-1188
Services designed to help older adults maintain their independence. They help in determining their needs and offer links to services.

**LIHEAP** .................................................................. 1-866-674-6327
Federally funded energy assistance.

**Medicare** ................................................................ 1-800-MEDICARE
This is the official U.S. Government website for Medicare information.

**National Medicare Hotline** ....................................... 1-800-447-8477
National Hospice Organization ........................................ 1-800-658-8898

**Ohio Council for Home Care** .................................... 614-885-0434
OCHC represents 300 plus home health agencies in the state of Ohio.

**Ohio Department of Aging** ....................................... 614-466-5500
Provides information about services, programs and events available for older adults in Ohio.

**Ohio Department of Health** ....................................... 614-466-3543
Provides a list of Ohio Medicare-certified agencies and facilities and information about the survey process.

**Ohio Hospice and Palliative Care Organization** .......... 614-763-0036
Provides information on hospice services and other death and dying information. Obtain copies of Advance Directives on the website.

**United Way**
*Greater Cincinnati* ..................................................... 513-762-7100
*Dayton* ...................................................................... 937-225-3000
parkinson’s disease
American Parkinson’s Disease Association (APA) ..... 800-840-2732

senior centers

HAMILTON COUNTY
Anderson .................. 513-474-3100
7970 Beechmont Avenue

Beechwood ............ 513-281-2346
330 Forest Avenue

Booth ..................... 513-242-4482
6000 Townvista Drive

Bush ...................... 513-281-1286
2640 Kemper Road

Carthage ................... 513-821-2954
19 East 72nd Street

Clifton ..................... 513-861-6934
900 Rue de la Paix

Colerain ................... 513-741-8802
4300 Springdale Road

College Hill ............ 513-591-3555
5545 Belmont Avenue

Crosby Township .... 513-738-1440
8910 Willey

Delhi ......................... 513-451-3560
647 Neeb Road

Dunham .................... 513-471-9844
4356 Dunham Lane

Green ....................... 513-385-3780
3620 Epley Road

Findlay ..................... 513-632-7120
901 Findlay Street

Harrison .................... 513-367-0649
300 George Street

Hartwell ..................... 513-821-5194
8275 Vine Street

Hillrise ...................... 513-542-9344
1500 Groesbeck Road

Hithergreen
Senior Center .......... 937-435-2415
5900 Hithergreen Drive

Hyde Park .................. 513-321-6816
2800 Erie Avenue

Jewish Community
Center ..................... 513-761-7500
7420 Montgomery Road

JSG Senior Center 937-673-2273
4200 Germantown Pike

Leonard Shore ............. 513-321-7560
4745 Playfield Road

Lincoln ......................... 513-421-2803
1027 Linn Street

Lincoln Heights ......... 513-483-3700
1100 Lindy Avenue

Lincoln Heights ......... 513-769-5580
1 Techview Drive

Madisonville ............ 513-271-3344
5320 Stewart Road

Maple Tower ............ 513-961-6592
601 Maple Avenue

Marielders ............... 513-271-5588
6923 Madisonville Road

McKie ....................... 513-681-6952
1655 Chase Avenue

Miami Township ......... 513-941-2854
8 North Miami Avenue

Moraine Civic Ctr .... 937-535-1095
3050 Kreitzer Road

Mt. Auburn ............... 513-621-8733
2010 Auburn Avenue

North College Hill .... 513-521-3462
1586 Goodman Avenue

North Fairmount ....... 513-921-3920
1769 Carll Street

Norwood .................. 513-458-4635
1810 Courtland Street

Oakley ...................... 513-321-9407
3882 Paxton Road

Oakwood Community
Center ..................... 937-298-0775
105 Patterson Road

Over-the-Rhine ........ 513-381-3007
1720 Race Street

Pinecrest .................. 513-921-8922
3951 West 8th Street

Pleasant Ridge ......... 513-731-7894
5915 Ridge Road

Price Hill ................. 513-251-0279
959 Hawthorne Street

Richard Ellison ......... 937-333-6606
2412 West Third Street

South Fairmount ....... 513-921-4315
1860 Queen City Avenue

Springfield ............... 513-522-1154
9158 Winton Road

Stanley Rowe ............. 513-721-5682
1621 Linn Street

Sycamore .................. 513-984-1234
4455 Carver Woods Drive

Wesley Community
Center, Inc ............. 937-263-3556

Wesley United Methodist
Community Ctr ........ 937-263-3556
3730 Delphos Avenue

West College ............. 513-542-7379
2062 W. North Bend Road

Westwood ................. 513-662-9109
3011 Harrison Avenue

Whitewater ............... 513-367-6046
6125 Dry Fork Road

Say You Saw It in the Senior Citizen’s Guide to Southwest Ohio

SeniorCitizensGuide.com/southwestohio
Avalon by Otterbein
513-260-7690 • www.otterbein.org
Avalon by Otterbein is leading the nation in revolutionizing elder care that is resident centered and relationship based. This new model combines the warmth and companionship of home with all of the skilled clinical nursing care services in a residential setting.

Ohio Veterans Home
See page 7
937-378-2905 • http://dvs.ohio.gov/veterans_homes.aspx
Skilled nursing located in Georgetown, Ohio exclusively for veterans at 1/3 the cost of other nursing homes. Covering skilled nursing care, a secured Alzheimer’s and Dementia unit and a dedicated in-house Hospice unit.

Otterbein Retirement Living / See pages 24 and 25
Skilled Nursing and Rehabilitation
513-933-5471 • www.otterbein.org
Otterbein communities offer older adults comfortable accommodations, companionship and a highly professional and caring staff. Each community meets virtually every living style you may want including apartments and patio homes, Assisted Living, Skilled or Health Care, and Dementia/Alzheimer’s care units.
senior transportation

55 Alive ................................................................. 513-661-4433

Access Transportation .............................................. 513-632-7590

Disability Parking Placards ........................................... 614-752-7800

megabus.com

See page 31

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U.S Department of Transportation ................................. 800-778-4838

stroke

American Stroke Association ........................................ 513-281-4048

veteran services

Disabled American Veterans ........................................ www.dav.org

Its nationwide network of services—free of charge to all veterans and members of their families.

Ohio American Legion .............................................. 513-475-6440

Veterans Benefits ...................................................... 800-827-1000

Veterans Healthcare Benefits ..................................... 877-222-8387

weatherization assistance

Community Action Partnership of the Greater Dayton Area
(Weatherization Assistance Program) ............................. 937-341-5000

For More Information, Visit Us Online

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