

SERVICES OF WOOD COUNTY COMMITTEE ON AGING, INC.

Nutritious Hot Noon Meal- *no added salt and no concentrated sweets*

- Eligibility is age **60 and over**
- Bowling Green, Rossford, Perrysburg, North Baltimore Northeast (Walbridge), Pemberville, and Wayne
- Transportation available to senior centers in Bowling Green, Rossford, Perrysburg, North Baltimore and Walbridge
- Programs offered before **or** after meals
- Suggested donation is \$2.00 Guests **under 60** welcome, meal fee is \$5.00

Nutritious Evening Meals

- Tuesday, Wednesday, and Thursday @ 5:30 p.m. **BG only**, **Reservations are required** by 2:00 p.m. the day of the meal
- Evening meal donation is \$4.00 and under age 60 meal fee is \$7.00

Home Delivered Meals

- Eligibility age 60+ **and** resident of Wood County
- Homebound – Client does not leave the home under normal circumstances and then only with the assistance of another person.
- Frozen meals are available on request for weekends (no entree selection) must have oven or microwave to heat meals/ freezer space
- Service area for hot lunch includes all of Wood County
- Suggested donation is \$2.00 per meal

Physical, Cultural, Educational, Social, & Recreational Activities

- Programs are open to all (seniors have priority)
- Fees for classes/programs and events vary, some are free
- See newsletter for complete list of programs at each site, www.wccoa.net

Medical Transportation (60+ and living in Wood County)

- First come, first served
- Up to three (3) times per month
- Days of service are Monday through Friday 9:00 a.m. to 2:30 p.m.
- Call for service area covered
- Special scheduling for wheelchair van
- Donations are accepted

Contact us:

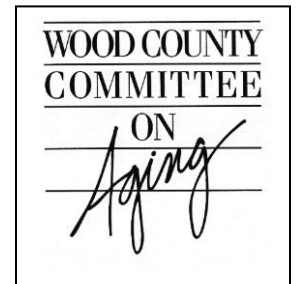
Wood County Committee on Aging, Inc.
305 N. Main St.
Bowling Green, Ohio 43402

419-353-5661 or 1-800-367-4935

www.wccoa.net

Grocery Shopping

- Available once per week within city limits of Bowling Green
- Available at Perrysburg, Walbridge, Rossford, North Baltimore, Pemberville and Wayne at site manager discretion
- Must call the local senior center in your area to sign up
- Donations are accepted



Durable Medical Equipment (DME) Loan Closet

- Examples of DME items available: wheelchairs, bedside commodes, shower chairs, canes, walkers and crutches (*availability varies*)
- Loan, as items are available
- Loan time-as needed up to 6 months (**wheelchairs/knee walkers limited to 6 weeks only**)
- Monetary donations are accepted for use

Community Support Groups

- Grief Support: Bridge HC @419-352-9808 and NWO Hospice @ 419-661-4001
Lutheran Social Services @ 419-352-0702 (fee for service/sliding scale)
- Parkinson's Support Group (Zoar Lutheran/Perrysburg/ call Kristen 419-383-3760)
- Diabetes Interest Group (Wood County Hospital/BG/ call 419-354-8863 for info)
- Alzheimer's Support Group (meets at BG & Walbridge Senior Centers call Mary @ 419-353-5661)
- Transitions (early stage memory loss) register at 419-353-5661
- NAMI (National Alliance on Mental Illness) Recovery & Family Support Groups/BG/
Call 419-352-0626

Nursing and Other Social Services

- Blood pressure **and** finger stick blood sugar monitoring *each* month @ every senior center location
- Cholesterol screening by appointment (full lipid panel/3 times per year)
- Consultation by appointment
- Information and referral
- Home visits for Home Delivered Meal client assessment
- Educational and health related programs
- Community resource lists for non-medical home care agencies, skilled care, assisted living facilities, subsidized housing, nursing home and adult day care
- Caregiver consultation and education offered

Income Tax Assistance

- Offered through AARP (low/med income)
- Appointment is necessary
- Free of charge

Volunteer Opportunities

- Home meal deliveries, assisting with congregate meals-noon and evening, newsletter collation, birthday party sponsors, etc.
- Sharing of talents, class instructors i.e. Spanish teacher, computer tutor
- Groups/organizations are welcomed for various volunteer opportunities