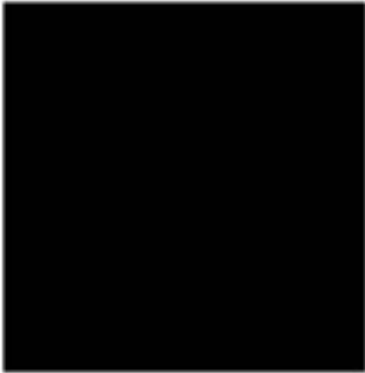





AGING IN

UA

The Upper Arlington
Commission on Aging



RESOURCE DIRECTORY

1945 Ridgeview Road
Upper Arlington, Ohio 43221
614-583-5326
www.AgingInUA.org



Attentive Solutions, & Adaptive Strategies

Banks should help their communities prosper. Period. This was First Merchants' founding principle, more than 130 years ago. Today, we serve our communities with attentive passion and work with our clients to find dependable solutions that fit their unique situations. There's no tired, second-hand financial advice here. **For more information, please call 1.800.205.3464 or check us out at firstmerchants.com.**



First Merchants Bank
Helping you prosper

Tremont Center
2130 Tremont Center
Columbus, OH 43221
614.486.9000

Reed Road
4621 Reed Road
Columbus, OH 43220
614.486.9600



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The Upper Arlington Commission on Aging is grateful to our community sponsors for their support of this Resource Directory. This valuable publication provides local resources for Upper Arlington residents as they age in our community.

This directory represents many programs and services available within and nearby the City of Upper Arlington. The information, materials, and services offered in this publication are for general information purposes only. We attempt to be as accurate as possible when describing resources and services; however, we cannot guarantee that the content available in this publication, including and without limitation the descriptions of the resources and services available in this publication, is accurate, complete, reliable, current, or error-free.



The Upper Arlington Commission on Aging (UACOA) is a 501(c)3 not-for-profit organization established in 1988 to recognize the needs of residents 55 and older who reside in Upper Arlington.

The UACOA works with the City of Upper Arlington and other related groups to advocate for the issues, needs, and concerns of older adults in our city. Support for these programs comes from the Franklin County Office on Aging, the City of Upper Arlington, local sponsors, and individual contributions

For information on how to participate in any of our programs or services or to find out about volunteer opportunities, please contact our office at (614)583-5326 or visit us online at www.AgingInUA.org.



UACOA Programs and Services

Include but are not limited to:

Caregiver Support Group

Monthly, the Caregiver Support Group is hosted by experts in the aging community. It is an opportunity for caregivers to come and share about challenges, learn tips for making life easier, and to feel supported and not alone.

Coffee & Convo

Meet with members of the UACOA team and other to learn more about UACOA, share ideas, and talk about whatever is on your mind. Find out about resources available to you as you age in UA.

Education/Symposium

Presentations on topics of interest to UA's older residents take place throughout the community. Check out the UACOA website - www.AgingInUA.org - or on Facebook - www.facebook.com/uacoa

[facebook.com/uacoa](http://www.facebook.com/uacoa) for updated information. Is there a topic that you'd like to hear/learn more about? Please reach out and let us know!

File of Life

The File of Life is a health information system that allows emergency personnel to respond more effectively when called to a resident's home. The magnetic pouch stores important medical and contact information for use by medics if you have an emergency.

The File of Life is available to all residents free of charge and is made possible by funding from the Upper Arlington Rotary Club.

I AM FINE

"I am Fine" is a computerized telephone check-in program that is customizable to meet your needs. This service is suitable for active seniors and those who live independently in their homes. It is a great service to have in addition to wearable medical alert technology.

If the resident doesn't answer after three attempts, a call is automatically placed to emergency contacts and then to the Upper Arlington safety forces who will also try to make contact with the resident. In the event that contact is not made, a police officer or medic will be dispatched to the home to check on the resident's well-being.

This program is paid for by the UACOA and is for any UA resident.

I&R

We receive calls for Information & Referrals on all kinds of things - from transportation to food to property taxes to volunteer opportunities for grandchildren. We may not always know the answer, but we will do our best to help you find the person who does!

Medicare Counseling

OSHIP (Ohio Senior Health Insurance Information Program) trained volunteers are available year round for one-on-one counseling to review Medicare options including supplemental insurance, Medicare Advantage plans, prescription drug plans, as well as problem solving.

Medicare Education

Medicare presentations are held multiple times each year to assist those who are getting ready to retire, who are turning 65 and becoming eligible for Medicare, or who are already utilizing Medicare coverage.

Senior Service Days

A volunteer-based program available to assist older adult residents with yard maintenance and simple outdoor chores.

Resource Directory

This publication is mailed to every household in UA and features information on programs and services helpful to seniors and their families in and around UA.

Additional copies are available at the Municipal Services Center, the UA Senior Center, and UA Library. It is also available online at www.AgingInUA.org.

Silver Threads

Quarterly newsletter that serves not only as a communication tool about UACOA programs, but a resource for information about other programs available to those aging in UA and beyond.

UA Village

A membership-based program that was started in 2022, UA Village exists to help those UA residents who want to age in their homes to thrive while doing so. See page 6 for more info!



Loading Ideas

Do you have an idea for a program that the UACOA should do? Is there a topic that you would like to learn about?

Let us know!

614-583-5326

idea@AgingInUA.org



UA Village (UAV) was launched in November 2022 and is based on the Village-model established in Boston over 20 years ago. At this time, there are approximately 350 Villages across the United States. UAV is the 7th Village in the Greater Columbus area.

What is a Village? Simply, it is a member-based program that, through a combination of volunteer and other resources, seeks to help older residents stay and thrive in their homes. A Village is comprised of members and volunteers. All volunteers are background checked.

What kinds of services are members able to receive? We like to say, “anything that makes a member pause and ask themselves, ‘could I, should I, would I, want to do _____?’”

Some of the ways UAV volunteers have helped our members include:

- Open and sort mail
- Do yardwork and shovel
- Get their new Roku remote to connect to the TV
- Carry things up from the basement to help UAV member decide if they go in the toss/donate/sell pile
- Change smoke detector batteries
- Install an outside stair rail the member had purchased
- Enjoyed a cup of coffee and conversation
- Access to member recommended vendors/ service providers

How might UA Village help you? Reach out and lets chat!

Visit: www.UAVillage.org for more information!



CARES



**Community Assistance,
Referrals and Education Services**

The UA Fire Division is always looking for innovative ways to bring the best care possible to our community. If you are a resident or area health organization that sees an opportunity for partnering with the Fire Division to expand public health in Upper Arlington, we want to hear from you!



COORDINATED CARE

UA CARES is uniquely positioned to support partnerships with local healthcare providers to create coordinated home care support for our most vulnerable residents. UA CARES goals are to prevent unnecessary hospitalizations,

facilitate healthcare navigation and increase connection to community resources.



HOME SAFETY

UA CARES team members can conduct a confidential, non-emergency medical evaluation and education in your own home, helping residents stay safe in their homes and reducing the need for future emergency medical care. UA CARES team members can

also conduct fall risk assessments to help reduce the risk of residents falling in their home.



CPR & AED TRAINING

Through our **Community CPR** training program—which is offered bi-monthly—residents can attain certification in CPR and learn how to use an Automatic External Defibrillator (AED). Upon completion of the class, students will be American Heart Association certified in Heartsaver CPR/AED for a two-year period. This includes techniques for resuscitation of adults, children and infants.



UA CARES REGISTRY

Members of the UA CARES team are available to meet with caregivers and individuals with cognitive, communication or mobility impairments, or complex medical needs. During a home visit, the team will gather pertinent information about

the specific needs of the individual, perform a basic home safety evaluation, collaborate with the family to prepare, and work with everyone to develop a trusting relationship in case of any future emergency situations.



Station 72
3861 Reed Road | Upper Arlington, Ohio 43220
p: 614-583-5352 | CARES@uaoh.net
upperarlingtonoh.gov

DID YOU KNOW...

ONE OF THE PROGRAMS OF THE
UA COMMISSION ON AGING IS:



**FILE OF LIFE - MAGNETIC POUCH
AND MEDICAL INFO CARD**

**THIS IS PROVIDED FREE TO
ANYONE WHO REQUESTS IT.**

KNOX BOX

During an emergency, time is precious. A Knox Box saves emergency response time by keeping a key to your home locked inside the box. The box is mounted near your front door. The only way to open the box is with a key held by the Upper Arlington Fire Division.

Knox Boxes are available through the Upper Arlington Fire Division by calling 614-583-5115.



City of Upper Arlington Phone Numbers

Police & Fire Emergency

9-1-1

Police Non-Life-Threatening Emergency

614-459-2800

Fire Non-Life-Threatening Emergency

614-451-9700

City of Upper Arlington

614-583-5000

City Attorney's Office

614-583-5020

City Clerk's Office

614-583-5030

City Manager's Office

614-583-5040

Community Development Department

Building, Code Compliance, Planning

614-583-5070

Finance Department

Purchasing, Tax

614-583-5291

Fire Division (Administration)

614-583-5100

Parks & Recreation Department

614-583-5300

Police Division (Administration)

614-583-5150

Public Service Department

614-583-5350

UA CARES

614-583-5352

UA Senior Center

614-583-5320



Live your life and
for get your age.

NORMAN VINCENT PEALE
1898 - 1993

IMPORTANT PHONE NUMBERS

Organization	Phone	Website
MENTAL HEALTH		
Franklin County Hotline	614-221-5445	
National Crisis Line - Suicide Prevention	800-273-8255	
Senior Hotline	614-294-3309	
Veterans Crisis Line	800-273-8255	
OLDER ADULT RESOURCES		
Adult Protective Services	614-525-4348	www.officeonaging.org
Central Ohio Area Agency on Aging	614-645-7277	www.coaaa.org
Eldercare Locator	800-677-1116	www.eldercare.acl.gov
Franklin County Office on Aging Senior Options	614-525-6200	www.officeonaging.org
OSHIIP OH Senior Health Insurance Info Program	614-644-2673	www.insurance.ohio.gov
Ohio Department of Aging	614-466-5500	www.aging.ohio.gov
MISCELLANEOUS		
Food and Drug Complaints OHIO	800-601-8994	www.fda.gov
Franklin County Auditor	614-525-4663	www.franklincountyauditor.com
Franklin County Public Health	614-525-3160	https://myfcph.org
Franklin County Veterans Service Commission	614-525-2500	https://vets.franklincountyohio.gov/
Legal Hotline (ProSeniors)	800-437-2382	www.proseniors.org
Long-Term Care Ombudsman	800-282-1206	www.aging.ohio.gov
Meals on Wheels	614-278-3130	www.lifecarealliance.org
Medicare	800-633-5227	www.medicare.gov
Ohio Attorney General	614-466-4986	www.ohioattorneygeneral.gov/
Opportunities for Ohioans with Disabilities	614-438-1200	www.ood.ohio.gov
Social Security Administration	800-424-9100	www.ssa.gov
State of Ohio Library - Talking Books	614-644-6895	www.library.ohio.gov
VOICE Corps Reading Service	614-274-7550	www.voicecorps.org
Veterans Administration	800-827-1000	www.dvs.ohio.gov

Estate Planning - The Basics

Estate planning is the process of getting your affairs in order - making a plan in advance in naming whom you want to receive the things you own after you die.

Your estate is comprised of everything you own - your car, home, other real estate, checking and savings accounts, investments, life insurance, furniture, and personal possessions.

The benefits of creating an estate plan are many and include:

- Ensuring property goes to the correct beneficiaries
- Easing the burdens on your family
- Reducing expenses and taxes
- Planning for your own needs
- It is in your best interest to consult with a legal and/or financial professional to draft a plan that is right for you. The information listed is for general informational purposes only.

Steps to Estate Planning

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. Many of these documents have names that sound alike, make sure you are getting the documents you need. Also, state laws vary, so find out about the rules, requirements, and forms used in Ohio if your legal documents were prepared in another state.

Here are the basic documents needed for estate planning:

- Create a last will and testament
- Draw up a Living Will or Health Care Proxy
- Draw up a Financial or Durable Power of Attorney
- Draw up a Living Trust
- Create a Letter of Intent
- Designate beneficiaries

LAST WILL AND TESTAMENT

A written legal document that states how you want your property and assets distributed after your death. It also allows you to designate an executor to ensure your specifications are carried out and allows you to name guardian(s) for your minor children.

LIVING WILL (or HEALTH CARE PROXY)

Ensures that your wishes regarding medical care are followed in the event that you become terminally ill and need to be on life support.

FINANCIAL or DURABLE POWER OF ATTORNEY

A financial power of attorney allows you to designate someone to manage the affairs of your estate, including financial decisions, if you are unable to manage them yourself.

LIVING TRUST

A legal document created by you while you are alive. Just like a will, a living trust spells out your wishes regarding your assets, dependents, and your heirs.

LETTER OF INTENT

Simply a document left to your executor or a beneficiary (in addition to, not in place of, your will). The purpose is to define what you want to be done with a particular asset after your death or incapacitation. Some letters of intent also provide funeral details or other special requests.

Here is a list of some of the documents you'll need as you create your estate plan. Please consult a legal professional for additional documents not included on the list:

Personal Records

- Full legal name
- Social Security Number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Location of birth and death certificates and

certificates of marriage, divorce, citizenship, and adoption

- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts
- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors
- Medications taken regularly (be sure to update this regularly)
- Location of living will and other legal documents
- Credit and debit card names and numbers
- Location of safe deposit box and key

Financial Records

- Sources of income and assets (pension from your employer, IRs, 401(k)s, interest, etc.)
- Social Security and Medicare/Medicaid information
- Insurance information (life, health, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with an original signature
- Liabilities, including property tax - what is owed, to whom, and when payments are due
- Mortgages and debts - how and when they are paid
- Location of original deed of trust for home

- Car title and registration

Digital Assets

- Electronic communications
- Online rewards programs
- Financial accounts
- Digital collections

Additional Resources

AARP

1-888-687-2277 (toll-free)
1-877-434-7598 (TTY/toll-free)
1-877-342-2277 (espanol/linea gratis)
member@aarp.org / www.aarp.org

CaringInfo

1-800-658-8898 // caringinfo@nhpco.org
www.caringinfo.org

Centers for Medicare & Medicaid Services

1-800-633-4227 (1-800-MEDICARE/toll-free)
1-877-486-2048 (TTY/toll-free)
www.medicare.gov

Columbus Bar Association

614-221-4112 / www.cbalaw.org

Eldercare Locator

1-800-677-1116 (toll-free)
www.eldercare.acl.gov

National Academy of Elder Law Attorneys

1-703-942-5711 / naela@naela.org
www.naela.org

National Elder Law Foundation

1-520-881-1076 / info@nelf.org
www.nelf.org

Ohio State Bar Association

800-232-8585 / www.ohiobar.org

Medicare

The Upper Arlington Commission on Aging is not affiliated with either the Federal government or Medicare program. The information provided by the Upper Arlington Commission on Aging does not and is not intended to constitute advice; instead, all information, content, and materials available are for general informational purposes only.

Medicare is the federal government program that helps cover some - but not all - healthcare needs for those 65 and over. The program is funded in part by social Security and Medicare taxes you pay on your income, in part through premiums that people with Medicare pay, and in part by the federal budget.

Medicare has four parts:

Part A - Hospital Insurance

Provides inpatient care in a hospital, skilled nursing facility, rehabilitation, hospice, and home healthcare post hospitalization.

Part B - Medical Insurance

Provides coverage for doctors' and other healthcare professionals' services, outpatient care, durable medical equipment and some home healthcare. Also some preventative services are included.

Part C - Also known as Medicare Advantage

Includes health plans provided by Medicare-approved private insurance companies.

Part D - Prescription Drug Plan

Provides prescription drug coverage offered by Medicare-approved private insurance companies.

Medigap

Supplemental health insurance policies sold by private insurance companies which are not part of Medicare. They help cover certain healthcare costs not covered by Medicare.

IMPORTANT DATES TO NOTE

October 15- December 7

Opportunity to change to Original Medicare or to a Medicare Advantage Plan.

January 1

New coverage that is selected through open enrollment begins.

January 1 - March 31

If you are enrolled in a Medicare Advantage Plan, you can change to a different plan. Or you can switch to Original Medicare. Changes become effective the first month after your request.

MEDICARE 101 TERMS

General Enrollment Period or GEP

January 1- March 31 each year.

Initial Enrollment Period or IEP

Begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after you turn 65.

Original Medicare

Parts A and B are provided by the government.

Medicare Advantage Plan

Better known as Medicare Part c.

Medicare Open Enrollment Period or OEP

From October 15 - December 7 each year you can make changes on your coverage.

Special Election Period or SEP

In some cases you may be able to enroll in, or switch, plans outside of your IEP.

Medicare & You

Each year the Social Security Administration produces the "Medicare & You" handbook. This publication can be found at: www.medicare.gov/medicare-and-you

MEDICARE RESOURCES

Medicare

800-633-4227

www.medicare.gov

Medicaid

800-324-8680

www.medicaid.ohio.gov

OSHIIP

Ohio Senior Health
Insurance Information Program
800-686-1578

www.insurance.ohio.gov

Social Security Administration

200 N. High Street, Room 225
Columbus, OH 43215
866-964-1940

www.ssa.gov

Upper Arlington Commission on Aging

614-583-5326

www.AgingInUA.org

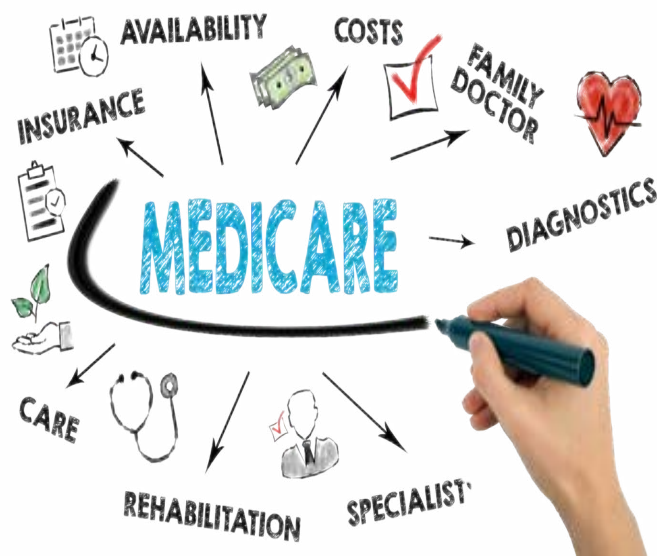
Medicare counseling by appoint

Protect Yourself Against Medicare Fraud

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.
- Check regularly for Medicare fraud billing

Report anything suspicious to Medicare by calling 1-800-MEDICARE (633-2273)



UACOA Medicare Counseling

OSHIIP (Ohio Senior Health Insurance Information Program) trained volunteers are available year round for one-on-one counseling to review Medicare options including supplemental insurance, Medicare Advantage plans, prescription plans, as well as problem solving.

INTERESTED IN BECOMING AN OSHIIP TRAINED VOLUNTEER?

The Upper Arlington Commission on Aging is always in need of individuals who are interested in assisting our older adult residents navigate Medicare. All training is provided by OSHIIP.

For more information, contact the OSHIIP Hotline at 800-686-1578

Area Non-Profits/Community Organizations

ALS Association Central & Southern Ohio Chapter

1170 Old Henderson Rd., #221
Columbus, OH 43220
614-273-2572

Leading the fight to treat and cure ALS.
Provides patients and families with
compassionate care and support.

Alzheimer's Association, Central Ohio Chapter

1379 Dublin Rd., Columbus, OH 43215
614-457-6003

www.alz.org/centralohio.org

Offers services for caregivers, individuals living
with Alzheimer's disease and related
dementias, geriatric professionals and the
general community.

Asian American Community Services

4700 Reed Rd., Ste B, Columbus, OH 43220
614-220-4023

www.aascohoio.org

AACS is comprised of four major departments:
Community Education, Interpreting &
Translation, Health Care & Prevention, and
Youth & Family.

CASA (Court Appointed Special Advocates) of Franklin County

373 S. High St., Columbus, OH 43215
614-525-7450

www.casacolumbus.org

Honor Flight Columbus

P.O. Box 20133, Columbus, OH 43220
614-284-4987

www.honorflightcmh.org

Provides veterans no cost, escorted trips to the
war memorials in Washington, DC.

Kiwanis Club of Northwest Columbus

P.O. Box 12823, Columbus, OH 43212

www.northwestkiwanis.com

Service club for the Tri-Village area.

LSS 211 Central Ohio

1105 E. Schrock Rd., Ste 100, Columbus, OH
43229

614-221-2255

www.lssnetworkofhope.org

A referral program for social services and
volunteer opportunities.

Leadership UA

3600 Tremont Rd., Upper Arlington, OH 43221

www.leadershipua.org

Leadership UA creates positive change in UA
by inspiring, developing, and connecting
leaders.

Neighborhood Bridges

www.neighborhoodbridges.org

Non-profit that helps coordinate community
resources to families with direct support.

Syntero

3645 Ridge Mill Dr., Hilliard, OH 43026
614-457-7876

www.syntero.org

To advocate and support the health and well-
being of individuals, families and communities
by providing professional, compassionate
behavioral health and social services that
adapt to the changing needs of the community.

Tri-Village Lions Club

P.O. Box 12721, Columbus, OH 43212
614-571-5681

www.trivillagelionsclub.org

Provides service to those near and far from
home. Our motto is "WE SERVE".

Tri-Village Mentor League

3600 Tremont Rd., Upper Arlington, OH 43221
614-255-7942

www.tvml.org

Provides mentoring-related experiences,
education, and opportunities to school-age
children, teens, and adult volunteers.

UA Citizen Police Academy Alumni Assn

3600 Tremont Rd., Upper Arlington, OH 43221
Facilitates interaction between the community
and the UAPD; expands community
understanding of law enforcement, crime
prevention, and public safety.

Upper Arlington Civic Association

www.uaca.com

Promotes community relations, fosters neighborhood pride, and enhances the quality of life in Upper Arlington.

Upper Arlington Commission on Aging

1945 Ridgeview Rd., Upper Arlington, OH 43221

614-583-5326

www.AgingInUA.org

SEE PAGES 4-5

Upper Arlington Community Foundation

3600 Tremont Rd., Upper Arlington, OH 43221
614-451-0700

www.uacommunityfoundation.com

Enhances the quality of life in Upper Arlington by enriching traditions and supporting innovation through leadership and giving.

Upper Arlington Education Foundation

1619 Zollinger Rd., Upper Arlington, OH 43221
614-487-5007 x1120

bearalums@aol.com

Funds and supports programs, materials, and opportunities that maintain, strengthen or enrich students and staff of UA City Schools.

Upper Arlington Historical Society

1670 Fishinger Rd., Ste 220, Upper Arlington, OH 43221

www.uahistory.org

Discovers, preserves, and celebrates UA's history.

Upper Arlington Optimist Club

2450 Brixton Rd., Upper Arlington, OH 43221
614-488-1456

Service to youth through Optimist basketball, annual oratorical and essay contest, scholarships, and annual UA 8th grade Washington, DC trip.

Upper Arlington Public Library

2800 Tremont Rd., Upper Arlington, OH 43221
614-486-9621

www.ualibrary.org

Encourages reading, knowledge, and lifelong learning for all ages in all stages of life.

Upper Arlington Rotary

P.O. Box 12013, Columbus, OH 43212

www.uarotary.org

Through camaraderie and commitment, we work to make a difference in communities around the corner or around the world.

Upper Arlington Senior Center

1945 Ridgeview Rd., Upper Arlington, OH 43221

614-583-5320

www.upperarlingtonoh.gov

Serves adults aged 55 and older living in and around UA, and provides meaningful recreational sport, travel, educational, social, and health related programs and services.

UA Women's Club

www.uawomensclub.org

Supports the education of youth through humanitarian scholarships and bringing women together to learn about and contribute to our community.

Additional Volunteering Resources

AARP Create the Good

www.createthegood.org

AmeriCorps Seniors

(formerly Senior Corps)

www.americorps.gov/serve/american-corps-seniors

Besa

(located in Columbus)

www.givebesa.org

Encore

www.encore.org

Seniors Coalition

www.senior.org

Vantage Aging

www.vantageaging.org

Volunteer Match

www.VolunteerMatch.org

Community Services

Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207
614-645-7250 / TTY: 614-645-6200

www.coaaa.org

Helps older adults stay as independent as possible through aging services (including PASSPORT), caregiver support, advocacy, and education.

Franklin County Office on Aging Senior Options

280 E. Broad St., Rm. 300, Columbus, OH 43215

614-525-6200 / Fax: 614-525-5300

TTD: call Ohio Relay Service: 800-750-0750

www.officeonaging.org

Franklin County Senior Options (FCSO) provides services to Franklin County residents, age 60 and older, to help them maintain their independence.

Golden Buckeye Card

The Ohio Department of Aging
246 N. High St., 1st Fl., Columbus, OH 43215
800-422-1976

www.goldenbuckeye.com

All Ohioans age 60 and older are eligible for a free Golden Buckeye card. Applications are available at the UA Senior Center. Various businesses honor the Card with discounts.

LSS 211 Central Ohio

1105 E. Schrock Rd., Ste 100, Columbus, OH 43229

614-221-2255 / Call 2-1-1

www.handsoncentralohio.org

24-hour information and referral service that provides the most current information available seven days a week, free of charge.

Ohio Senior Health Insurance Information Program (OSHIIP)

The Ohio Department of Insurance
800-686-1578

www.ohioinsurance.gov

Hotline counselors help callers with Medicare, Medicaid, Medicare Supplemental insurance policies and HMOs, long-term care insurance, retirement health plans, and other insurance. Free of charge.

Project Lifesaver

Franklin County Sheriff's Office
410 S. High St., Columbus, OH 43215
614-525-5009

www.projectlifesaver.org

Program provides dementia patients with a radio frequency wristband that can be tracked by the Franklin County Sheriff's office to locate individuals who have wandered away from home.

Syntero Older Adults Program

3645 Ridge Mill Dr., Hilliard, OH 43026
614-457-7876 x214

www.syntero.org

Licensed social workers and allied professionals help older adults with caregiver concerns, locating community resources, money management, support groups, and education.

UA CARES

3861 Reed Rd., Upper Arlington, OH 43220
614-583-5352
SEE PAGE 4

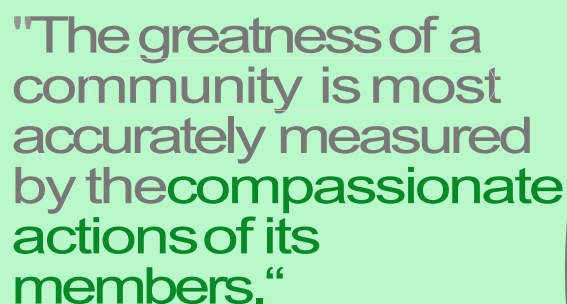
Veterans' Service Commission

280 E. Broad St., Rm 100, Columbus, OH 43215

614-525-2500

www.vets.franklincounty.ohio.gov

Provides services for veterans and their dependents including filing for VA pension, widow's pension, and disability benefits.



"The greatness of a community is most accurately measured by the compassionate actions of its members."

CORETTA SCOTT KING

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LAW, LLC

Estate Planning
&
Elder Law

Plan for and protect your future with a comprehensive, custom solution, both pre-planning and in crisis.

✉ info@SchraederLawLLC.com

☎ 614-810-1221

📍 Upper Arlington, OH

🕒 Weekday, Evening, and Weekend appointments available



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Welcome HOME

Lush courtyards, sunlit patios and smiles everywhere you look...at The Forum at Knightsbridge, it's all waiting for you.

Here, you're not just a resident—you're family. Our exceptional dining and vibrant programming is all tailored to help you feel right at home.

We can't wait to welcome you.

Call today to learn more about life at The Forum!
614-451-6793



THE FORUM
AT KNIGHTSBRIDGE
A FIVE STAR SENIOR LIVING COMMUNITY

4590 Knightsbridge Blvd.
Columbus, OH 43214
614-451-6793

www.TheForumAtKnightsbridge.com



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Consumer Protection

Better Business Bureau

1169 Dublin Rd., Columbus, OH 43215
614-486-6336

www.bbb.org

Better Business Bureau is a community based resource, a trusted advisor, and a partner in business. BBB exists to advance Trust in business and believes that businesses who embrace Trust as a core principle in their organization will see that it leads to growth in employees, customers, community, and their bottom line. Through evaluation and accreditation, education and training, and celebrating great role models, BBB builds a community of like-minded businesses and loyal customers. BBB believes in the power of trust to grow people, businesses and communities.

Office of Attorney General

30 E. Broad St., 14th Fl., Columbus, OH 43215
800-282-0515

www.ohioattorneygeneral.gov

The Attorney General's office advocates for consumers and victims of crime, assists the criminal justice community, provides legal counsel for state offices and agencies, and enforces certain state laws. Telephone and online reporting available.

Ohio Consumer's Council

65 E. State St., 7th Fl., Columbus, OH 43215
614-466-8574

www.occ.ohio.gov

The Council is the statewide legal representative of Ohio's residential consumers in matters related to their investor-owned electric, natural gas, telephone, and water services.

Public Utilities Commission

180 E. Broad St., Columbus, OH 43215
800-686-7826

www.puco.ohio.gov

PUCO regulates providers of all kinds of utility services, including electric and natural gas companies, local and long distance telephone companies, water, and wastewater companies, rail and trucking companies.

Online ONLY Resources

FBI Internet Crime Complaint Center IC3

www.ic3.gov

The Complaint Center is a reliable reporting mechanism to submit information to the Federal Bureau of Investigation concerning suspected Internet-facilitated criminal activity.

National Cybersecurity Alliance (NCSA)

www.staysafeonline.org

NCSA implements broad-reaching education and awareness efforts to empower users at home, work, and school with information they need to keep themselves and their sensitive information safe and secure online.

Stop.Think.Connect™

www.stopthinkconnect.org

Stop. Think. Connect™ is the global online safety awareness campaign to help all digital citizens stay safer and more secure online.

SMART TIPS

- Do not allow any stranger into your home - no exceptions. All gas, water, electric, and cable company workers carry official ID badges.
- Never sign a contract without clearly understanding the terms of the agreement.
- Unexpected notifications by phone or email that you have won a trip, price, or money are typically a hoax.
- Research a charity before donating.
- Get recommendations from friends or family for reputable help or services, who may be entering your home. Request references and get a background check if you are personally hiring someone.

FOR THEM. AND FOR YOU.



A DreamSecure Senior Whole Life Insurance policy

from American Family Life Insurance Company is a simple way to provide the people you love with some financial protection to help with your final expenses.

**Prepare for tomorrow, and find peace
of mind for today. I can help.**



Lisa Diemer, Agent

3040 Riverside Dr Ste 209

ldiemer@amfam.com

(614) 488-9445



Life insurance underwritten by American Family Life Insurance Company
6000 American Parkway Madison, WI 53783 014109 12/17 ©2017 – 19529755
Policy Form ICC17-228 WL, Policy Form L-228 (ND) WL, Policy Form L-228 WL

Driving Resources

AAA American Automobile Association Senior Driving Resources

www.aaa.com/safety/seniordriver

The website contains helpful resources for older adult drivers and a self evaluation tool.

AARP SMART DRIVER

17 S. High St., Ste. 800, Columbus, OH 43215
866-389-5653

www.aarp.org

AARP's Driver Safety is recommended for drivers at a minimum of age 50; however there is no age requirement. The course is designed to refine existing skills and develop defensive driving techniques. The program is administered by thousands of volunteers nationwide. Volunteer instructors solicit hosts who provide rent-free facilities and audio-visual equipment. AARP also provides an online course. AARP membership is not required.

OhioHealth Driver Rehabilitation

3363 Tremont Rd., Upper Arlington, OH 43221
614-788-9242

<https://www.ohiohealth.com/services/rehabilitation-and-therapy/our-programs>

Ohio Bureau of Motor Vehicles

4503 Kenny Rd., Columbus, OH 43220
614-459-4441

bmv.ohio.gov

Non-driver identification card. In addition to birth certificate and Social security card, numerous other forms to prove birth and identity are accepted. Valid for four years. Obtained at Deputy Registrars throughout Ohio.

The Ohio State University Wexner Medical Center Occupational Therapy Driver Rehabilitation Program

Martha Morehouse Pavilion
2050 Kenny Rd., Ste. 3300, Columbus, OH
43221

614-685-5600

www.wexnermedical.osu.edu

A comprehensive diagnostic evaluation of the functions necessary to perform the tasks of driving. Appropriate for all older adults who are experiencing the changes that occur with age, a progressive disease, or an acute illness. The goal is continued driving independence and safety.



Helping individuals, families and caregivers address the challenges of growing older--with dignity!

Intensive Outreach Aging Supportive Services

Get help navigating daily living, personal, social, health and financial challenges and gain access to information and linkages to resources.

Caregiver Support Program

Gain access to helpful resources and solutions to make care-giving less stressful.



www.syntero.org/older-adults

614-889-5722 ext.133

**SENIOR CARE
MANAGEMENT**

Hands-on Senior Care Management | Virtual Care Navigation
Priority Client Access

www.helmseniorcare.com
440-714-7093 or carrie@helmseniorcare.com

Education and Leisure Activities

Capital University Senior Audit Program

1 College & Main Campus Center, 1st Floor,
Columbus, OH 43209

614-236-6150

Seniors may apply to take selected courses on a non-degree basis. Applications are available in the Admissions Office.

Columbus State Community College

550 E. Spring St., Columbus, OH 43215

614-287-5353

www.csc.edu

Good as Gold Program: As a community service, Columbus State Community College offers senior citizens who are 60 years or older the opportunity to enroll in credit courses for self-enrichment, tuition free, on a space-available basis.

Older Wiser Lifelong Scholars (OWLS)

Westminster Thurber Community

717 Neil Ave., Columbus, OH 43215

614-228-8888

www.westminsterthurber.org

Several classes offered each year covering a range of subjects.

The Ohio State University - Program 60

Office of Distance Education and E-learning

100 Mount Hall, 1050 Carmack Rd.,

Columbus, OH 43210

614-292-8860

www.program60.osu.edu

Program Sixty enables those over age 60 who are at least one-year residents of Ohio to attend courses on a space available and instructor permission basis. Participants do not receive college credit.

Upper Arlington Public Library Outreach Program

2800 Tremont Rd., Upper Arlington, OH 43221

614-486-9621 x128

www.ualibrary.org

Home delivery of large print books, videos, audio books, newspapers, and voter information. Volunteer opportunities.

UA Parks & Recreation Department

3600 Tremont Rd., Upper Arlington, OH 43221

614-583-5333

www.upperarlingtonoh.gov/parks-recreation

The City's Parks & Recreation Department provides a large curriculum of non-credit adult educational and enrichment opportunities.

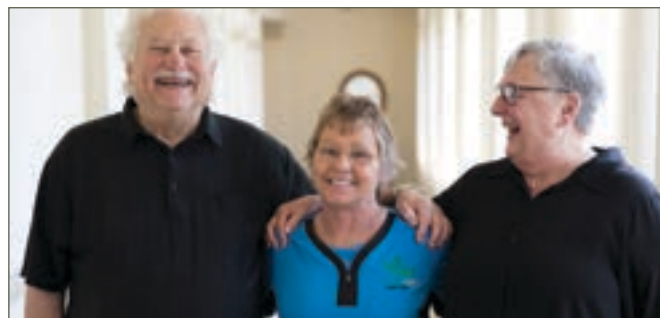
Upper Arlington Senior Center

1945 Ridgeview Rd., Upper Arlington, OH

43221

614-583-5320

The City's Senior Center provides many amazing ways to fulfill healthy living needs for persons 50 and over. The UASC is a part of UAP&R. See activity guide linked above for course options.



We are problem solvers
bathing helpers
joke tellers
hope tour guides
listeners
freedom errand runners
peace of mind { caregivers }.

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614-495-0276



FirstLight®
HOME CARE

Columbus.FirstLightHomeCare.com



COMMUNITY

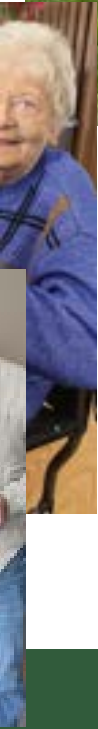
The Upper Arlington Senior Center serves an active membership of over 1,600 50+ members

Programs focus on socialization, fitness, wellness, education and art

Members enjoy special events, regular newsletters and the opportunity to interact with other seniors



Y



The Senior Center is supported by the Upper Arlington Senior Association
100% of all memberships and donations support activities and programming
Annual memberships are \$15 for Upper Arlington residents and \$20 for non residents

To join or donate:

Stop by the front desk of the senior center or call 614-583-5320



Employment

AAAR Foundation SCSEP

1393 E. Broad St., #105, Columbus, OH 43205
614-258-7295

www.aarpworksearch.org

Helps unemployed, low income, mature job seekers who are 55 and older to obtain skill assessment training and job placement.

Opportunities for Ohioans with Disabilities

614-466-4575
www.ood.ohio.gov

Assists seniors in need of getting back into the workforce. Opportunities for Ohioans with disabilities.

Employment for Seniors

4500 E. Broad St., Columbus, OH 43212
614-863-1219

www.employseniors.org

Helps place qualified older adults in gainful employment which is mutually beneficial to both the person and the employer.

Ohio Department of Aging

Seniors Community Services Employment Program

<http://aging.ohio.gov>

Emergency Response Systems

I Am Fine

614-583-5326

www.AgingInUA.org

Free service to any Upper Arlington resident. Computerized telephone check-in program. See page 4.

Project Lifesaver

614-525-5009

www.projectlifesaver.org

Program provides Alzheimer's patients with a radio frequency wristband that can be tracked by the Franklin County Sheriff's office to locate individuals who have wandered away from home.

End of Life Resources

Central Ohio Lions Eye Bank

262 Neil Ave., Ste 140, Columbus, OH 43215
614-545-2057

www.coleb.org

Accepts donated eyes for corneal transplants, eye research, and medical education.

Funeral Consumers Alliance of Central OH

P.O. Box 14835, Columbus, OH 43214
614-263-4632

www.funeralsohio.org

A non-profit, non-sectarian organization servicing Central Ohio residents. Provides information and assists in the pre-planning of inexpensive funerals and memorial services.

Lifeline of Ohio - Organ and Tissue Donation

770 Kinnear Rd., Columbus, OH 43212
614-291-5667

www.lifelineofohio.org

The federally designated non-profit organ procurement agency charged with facilitating the donation of human organs and tissues for transplant in Central and Southeastern Ohio.

Equipment - Medical Resources

Peace Church Helping Hands Medical Equipment Ministry

614-837-3732

www.peaceumc.org

Loans durable medical equipment at no cost.



WHAT DO YOU THINK? ?

We have some questions for you about the UACOA Resource Directory.

Would you mind taking a few minutes to help us out?





Here to serve every resident, every day.



The Franklin County Office on Aging provides a variety of services to Franklin County seniors, caregivers and kinship families. Support services available through the Office on Aging include:

- **Senior Options** (*Home-Delivered Meals, Respite Care, Medical Transportation, etc.*)
- **Minor Home Repair**
- **Caregiver Support Program**
- **Kinship Support Program**
- **Adult Protective Services**



CONTACT US!

(614) 525-6200 Officeonaging.org

[f](#) [t](#) [i](#) [v](#) [l](#) [d](#) @OfficeOnAging

Falls Prevention

STEADY U

Ohio Department of Aging

www.steadyU.ohio.gov

Statewide collaborative falls prevention initiative. Website is a source for falls prevention information, tools, and other resources.

Food/Grocery Resources

Family Services and Choice Food Pantry

14 W. Lakeview Ave., Columbus, OH 43202

614-268-8118

www.clintonvillecrc.org

Home groceries and meals.

Heart to Heart

1320 Cambridge Blvd, Columbus, OH 43212

614-488-0618 x106

<http://h2h.fcchurch.com>

FreshTrak

www.freshtrak.com

Find food resources in your neighborhood.

Lifecare Alliance - Meals on Wheels

614-278-3130

<https://www.lifecarealliance.org/programs/meals-on-wheels/>

NNEMAP Food Pantry

677 E. 11th Ave., Columbus, OH 43211

614-297-0533

www.nnemappantry.org

A nonprofit social service agency distributing food and other resources to residents of Columbus, Ohio. NNEMAP's clientele consists of families living at or below 200 percent of the federally designated poverty level.



FYZICAL
Therapy & Balance Centers

Lower back pain?
Dizziness?
Experiencing falls?
Jaw pain?

Headaches?
Arthritis?
Heel pain?
Shoulder pain?

LOOKING FOR PAIN RELIEF?

Make an appointment with a Doctor of Physical Therapy today!

- ✓ No physicians referral needed!
- ✓ All major insurance accepted!
- ✓ Same day appointments available!

Let us help you get better before resorting to surgery, pills, or injections

814-453-5722
www.fyzical.com/upper-arlington-oh
2260 W. Henderson Road, Columbus, Ohio 43220

Health Related Support Groups

Organizations providing diagnosis specific or special interest support groups, programs, and/or services.

Alcoholics Anonymous

651 W. Broad St., Columbus, OH 43215
614-253-8501

www.aacentralohio.org

ALS Association

1170 Old Henderson Rd. #221, Columbus, OH
43220

www.alsohio.org

Alzheimer's Association - Central Ohio

1379 Dublin Rd., Columbus, OH 43215
614-457-6003

www.alzcentralohio.org

American Cancer Society

800-227-2345

www.cancer.org

American Chronic Pain Association

800-533-3231

American Council of the Blind of Ohio

3805 N. High St., #305, Columbus, OH 43214
614-221-6688

www.acbohio.org

American Heart Association Columbus Metro

1650 Lake Shore Dr., Columbus, OH 43204
614-848-6676

www.americanheart.org

American Lung Association of Ohio

800-586-4872

www.ohiolung.org

American Red Cross

995 E. Broad St., Columbus, OH 43205
614-253-2740

www.redcross.org

Arthritis Foundation

3740 Ridge Mill Dr., Hilliard, OH 43026
800-283-7800

www.arthritis.org/ohio

Brain Injury Association of Ohio

833-783-1495

www.biaoh.org

Breathing Association

1520 Old Henderson Rd., Columbus, OH
43220

614-457-4570

Central Ohio Diabetes Association

1699 W. Mound St., Columbus, OH 43223
614-884-4400

www.diabetesohio.org

Huntington's Disease Society of America

490 City Park Ave., #C, Columbus, OH 43215
614-460-8800

National Kidney Foundation of Ohio

1491 Polaris Pkwy, Box 268, Columbus, OH
43240

800-622-9010

www.kidney.org

National Osteoporosis Foundation

800-231-4222

National Stroke Association

800-242-8721

Parkinson's Foundation Great Lakes

614-890-1901

www.parkinsons.org/greatlakes

Health Services - Miscellaneous

Over My Head Boutique

500 Thomas Ln., Ste 1A, Columbus, OH 43214

www.overmyheadboutique.com

For women of all ages. General health programs including counseling, exercise, breast prosthesis fitting, wigs/headcovers, health information, and referral services.

John J. Gerlach Center for Senior Health

785 McConnell Dr., Columbus, OH 43214
614-566-5858

www.ohiohealth.com/gerlach

AdvangAge membership (discounts, educational programs), Senior Fitness Classes, Comprehensive Geriatric Medical Consultation (Medicare covers 80% of costs).

Arthur G. James Cancer Hospital and Research Institute

460 W. 10th Ave., Columbus, OH 43210
800-293-5066

www.cancer.osu.edu

Call The James Line to learn about cancer screening services; programs of early detection; diagnosis and treatment; support groups; physicians (for diagnosis or second opinion); and reliable information sources by this regional comprehensive cancer center.

LifeCare Alliance

1699 W. Mount St., Columbus, OH 43223
614-278-3130

www.lifecarealliance.org

Health and nutrition services provided by registered gerontology nurses and dietitians. Health assessment, screening tests, counseling and referrals, dressing changes, toenail cutting, administration of prescribed medicines. Nominal fee is charged.

McConnell Heart Health Center

3773 Olentangy River Rd., Columbus, OH 43214

614-566-5356

www.ohiohealth.com/mcconnellcenter

North Central Mental Health Elder Focus

614-294-3309

www.ncmhs.org/ElderFocus.htm

Help and support available 24 hours a day to older adults who may feel lonely, neglected, or troubled by a difficult family situation.

VOICEcorps Reading Service

2955 W. Broad St., Columbus, OH 43204
614-274-7650

www.voicecorps.org

Broadcasts daily to individuals with visual, physical, and/or learning disabilities at no charge.

Hearing, Audiology & Vision Resources

Columbus Speech & Hearing Center

501 E. North Broadway, Columbus, OH 43214
614-263-5151

www.columbusspeech.org

Focus on helping all people improve their hearing and communication, in addition to



Exercise for Adults 55+

In-person & Online Training

1327 King Ave.

totalhealthworks.com

TOTAL
HEALTHWORKS

614-665-1239

raising awareness about speech and hearing challenges throughout Central Ohio and its communities.

Eye Care America - Seniors EyeCare

877-887-6327

www.aao.org/eyecare-america

Ensures every senior has access to medical eye care and promotes annual, dilated eye exams.

Prevent Blindness Ohio

614-464-2020

www.ohio.preventblindness.org

Provides access to donated comprehensive eye exams, follow up care, education, and eye wear to adults who are uninsured or underinsured and income is within 200% of the federal poverty guidelines.

Speech-Language-Hearing Clinic

The Ohio State University

141 Pressey Hall, 1070 Carmack Rd.,

Columbus, OH 43210614-566-5858

[614-292-8207](tel:614-292-8207)

www.sphs.osu.edu/clinic



Private Professional Care Management
to Enhance and Maintain
a Quality of Adult Life

*"When you need someone to be there...
we can simplify your life!"*

ElderLife Solutions provides professional
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navigating life changes and advocacy for
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Home Maintenance and Energy Assistance

City of Upper Arlington

3600 Tremont Rd. UA, OH 43221

www.upperarlingtonoh.gov

Community Development 614-583-5070

Provides a listing of contractors registered in Upper Arlington who provide electrical, plumbing, driveway and sidewalk services, and more.

Fire Division 614-583-5100

Free home inspections and advice regarding fire, safety, and carbon monoxide hazards. Will advise regarding placement of fire and carbon monoxide detectors. Will supply smoke detectors and batteries and come change batteries for older adults.

Police Division 614-583-5150

Will check security systems, locks, and home safety practices, and will help with general home security concerns. Will do local record check of service providers.

Columbia Gas of Ohio Customer Service

200 Civic Center Dr., Columbus, OH 43215

800-344-4077 or TTY: 877-360-2443

Gas Odor Emergency: 800-282-0157

www.columbiagasohio.com

Free program for customers age 60+ including third-party notification, deferred billing, protection from discontinued service, and large-print modified temperature dials. Contact the phone number on your gas bill.

Franklin County Office on Aging - Senior Options

280 E. Broad St., Rm 300, Columbus, OH 43215

614-525-6200

www.officeonaging.org

Franklin County Senior Options (FCSO) provides services to Franklin County residents age 60 and older to help them maintain their independence. Minor home repairs are available through FCSO for income eligible Franklin County homeowners. Services

provided could include: safety devices, i.e. smoke detectors, deadbolt locks, handrails, mechanical systems repairs, i.e. furnace, electrical, plumbing, and pest control and wheelchair ramps.

HEAP (Home Energy Assistance Program)

Ohio Department of Development

77 S. High St., Columbus, OH 43215

800-282-0880

www.odod.state.oh.us

Needs based program for help paying utility bill.

Mid-Ohio Regional Planning Commission (MORPC)

111 Liberty St., #100, Columbus, OH 43215

614-228-2663 x4171

www.morpc.org

Residential Energy Conservation Program

For low income Columbia Gas customers in Franklin County

614-621-1171

Financial assistance and construction supervision for major housing repairs, as well as security and safety concerns for financially eligible older adults, including urgent needs (maximum home value \$160,000)

Office of the Ohio Consumers' Counsel

65 E. State St., Ste 700, Columbus, OH 43215

877-742-5622

www.occ.ohio.gov

PUCO regulates providers of all kinds of utility services, including electric and natural gas companies, local and long distance telephone companies, water and wastewater companies, rail and trucking companies.

**National Suicide Prevention
24/7 Hotline - 800-273-8255**

**Crisis Text Line
Text "MHFA" to 74141 to speak with a
trained crisis counselor**

Hospitals and Mental Health Resources

Chalmers P. Wylie Veterans Affairs Outpatient Clinic

420 N. James Rd., Columbus, OH 43219
614-257-5200
www.columbus.va.gov

Dedicated Senior Medical Center in Partnership with OhioHealth

50 W. Broad St., Columbus, OH 43204
614-702-7915
<https://www.dedicated.care/find-a-location/columbus-ohio/west-broad-street>

At Dedicated Senior Medical Center, they believe that spending time with you and respecting what you have to say is the key to a longer, healthier, happier life.

Doctor's Hospital

5011 W. Broad St., Columbus, OH 43228
614-544-1000
www.ohiohealth.com

Dublin Methodist Hospital

7500 Hospital Dr., Dublin, OH 43016
614-544-8000
www.ohiohealth.com

Grant Medical Center

111 S. Grant Ave., Columbus, OH 43215
614-566-9000
www.ohiohealth.com

James Cancer Hospital & Solove Research Institute

460 W. 10th Ave., Columbus, OH 43210
614-293-3300
www.jamesline.com

Mount Carmel East

6001 E. Broad St., Columbus, OH 43213
614-234-6000
www.mountcarmelhealth.com

Mount Carmel St. Ann's

500 S. Cleveland Ave., Westerville, OH 43081
614-898-4000
www.mountcarmelhealth.com

Netcare

199 S. Central Ave., Columbus, OH 43223
614-376-2273
Older adult specialists provide mental health and substance abuse assessments in the client home to determine mental health needs and referrals to community care and services.

Ohio Hospital for Psychiatry

880 Greenlawn Ave., Columbus, OH 43223
866-284-7050
www.ohiohospitalforpsychiatry.com

Ohio State Harding Hospital

1670 Upham Dr., Columbus, OH 43210
614-293-9600
www.wexnermedical.osu.edu/locations/ohio-state-harding-hospital

The Ohio State University Wexner Medical Center

410 W. 10th Ave., Columbus, OH 43210
614-293-8652
www.medicalcenter.osu.edu

The Ohio State University Hospitals East

181 Taylor Ave., Columbus, OH 4305
614-257-3000
www.medicalcenter.osu.edu

Riverside Methodist Hospitals

3535 Olentangy River Rd., Columbus, OH 43214
614-566-5000
www.ohiohealth.com



ARLINGTON URGENT CARE
3062 Kingsdale Center
614-484-1940
Open 7 Days a Week

Neighborhood healthcare when you need it.
www.Arlington-Health.com

Support and Caregiver Services

Cancer Support Community of Central OH

1200 Old Henderson Rd., Columbus, OH 43220

614-884-4673

www.cancersupportohio.org

Serves all people with cancer - any diagnosis, any state - and their families and caregivers.

Catholic Social Services

197 E. Gay St., Columbus, OH 43215

614-221-5891

www.colscss.org

Long Term Care Ombudsman Program - education, information, advocacy, and complaint resolution for residents of long-term care and home health services, including assisted living and nursing homes.

Senior Care - homemaker assistance for low income and homebound older adults.

Supportive Services - licensed social worker will visit and give case management to find services.

Parish Liaison - local parish contact for all services.

Senior Companion Program - Peer companionship provided to home bound, low income older adults.

Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250

www.coaaa.org

Caregiver Program

Free four-part care giving training and support program.

PASSPORT Program

Offers an alternative to nursing home care by providing in-home services. Services include adult day care, personal care aide, homemaker, home-delivered meals, respite

care, and more. Must be at least 60, financially eligible, and require the kind of care provided in a nursing home.

Columbus Medical Association

1390 Dublin Rd, Columbus, OH 43215

614-240-7410

www.goodhealthcolumbus.org

Physician referral by area and specialty.

Franklin County Office on Aging

280 E. Broad St., Rm 300, Columbus, OH 43215

614-525-6200

Caregiver Support Program

The Franklin County Office on Aging, in partnership with COAAA, provides caregiver services through the National Family Caregiver Support Program. This program provides a variety of services to caregivers of older adults on a short-term basis. Services include institutional respite, caregiver counseling, adult day services, and minor home repair.

Franklin County Senior Options

Provides information, advocacy, case management, and access to many community-based services for Franklin County residents 60 and older who have a demonstrated need. Home visit assessment. Services on a sliding-fee scale.

John J. Gerlach Center for Senior Health

785 McConnell Dr., Columbus, OH 43214

614-566-5858

www.ohiohealth.com/gerlach

Provides individual or group exercise, and client and family counseling.

Syntero - Older Adults Program

3645 Ridgemill Dr., Hilliard, OH 433026

614-457-7876

www.syntero.org

Provides one-on-one in-home help to older adults and caregivers of older adults with personal and family problems, housing decisions, and daily living issues. Some services are partially covered by Medicare; others are provided at no cost, for a donation, or on a sliding fee basis.

Veterans Geriatric Program

Veterans Administration Outpatient Clinic
420 James Rd., Columbus, OH 43219
614-257-5200

Provides assistance to senior veterans who may be chronically ill, elderly, or in poor health. Veterans can receive services at home.

Tax Resources

AARP Tax Aide

888-227-7669

www.aarp.org/taxaide

Free income tax preparation. Services intended for low income senior citizens.

Ohio Income Tax Assistance

800-282-1780

www.tax.ohio.gov

Technology Resources

Upper Arlington Public Library

614-486-9621

www.ualibrary.org

Contact the Upper Arlington Public Library's Media Services Department to make an appointment for one-on-one device orientation. Services are free of charge.

Technology Recycling

Goodwill Columbus

www.goodwillcolumbus.org

Recycles a variety of electronics free of charge.



There's No Place Like Home!

- It's Safer!
- Improves Sleep!
- Gives Access to Family!
- Increased Opportunity for Physical Activity!

Home Health Care is 100% covered by traditional Medicare and includes:

- Post Hospitalization Recovery Care
- Physical, Occupational, and Speech Therapies
- Home Health Aides
- Home Nursing Care

Call Capital Health Home Care
(614) 923-7000
capitalhealthhomecare.com

- Provides Convenience & Familiarity!
- Helps Speed Recovery!
- Reduces Likelihood of Hospital Readmission!

Home Care Concierge delivers custom non-medical services such as:

- Companion Care -Meal Planning and Prep
- Routine Care - Dressing and Hygiene
- Specialty Care - Home Again Transitional Care and Dementia Support

Call Home Care Concierge
(614) 793-8845
capitalhealthhomecareconcierge.com



CAPITAL HEALTH

HOME CARE & HOME CARE CONCIERGE

Transition/Moving Donation Centers

American Cancer Society Discovery Shop
1198 Kenny Centre Mall, Columbus, OH 43220
614-457-4227
www.cancer.org

AmVets
960 Checkrein Ave., Columbus, OH 43229
614-431-6990
www.ohamvets.org

First Community Church Trading Post
1944 W. 1st Ave., Columbus, OH 43212
614-488-6564

Furniture Bank of Central Ohio
118 S. Yale Ave., Columbus, OH 43222
614-272-9544
www.furniturebankcoh.org

Goodwill Columbus
671 S. High St., 8th Fl., Columbus, OH 43206
614-294-5181
www.goodwillcolumbus.org

Habitat for Humanity ReStore
2555 Bethel Rd., Columbus, OH 43220
614-737-8673
www.habitatmidohio.org
Accepts donations of new and gently used building materials and household goods.

National Kidney Foundation
1373 Grandview Ave, #200, Columbus, OH 43212
614-481-4030

Salvation Army
P.O. Box 6324, Columbus, OH 43206
614-221-6561
www.salvationarmycolumbus.org

Volunteers of America
1776 E. Broad St, Columbus, OH 43203
614-253-6100

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- Years of “stuff” accumulated
- Home repairs
- Deciding when and where to move
- Planning for future care



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RyanReynoldsTeam.com



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Team, LLC KELLERWILLIAMS. REALTY



REAL ESTATE
PLANNER

Transportation Resources

American Cancer Society - Road to Recovery

800-227-2345

www.cancer.org

Cancer treatment related appointments, no followup appointments after treatment has ended. NO WHEELCHAIR TRANSPORTATION. Call at least four days in advance.

Columbus Cancer Clinic

1699 W. Mound St., Columbus, OH 43223
614-263-5006

www.lifecarealliance.org/columbus-cancer-clinic

Eligibility: Cancer diagnosis; to cancer treatment only. Must be a Franklin County resident and capable of walking. Income restrictions.

COTA (Central Ohio Transit Authority)

COTA Customer Service

614-228-1776 / TTY/TTD: 614-275-5878

www.cota.com

To receive COTA schedules, information about Project Mainstream, or the Travel Training program, and information in formats such as audiotape, large print, and Braille, phone: 614-275-5828.

COTA Pass Purchase

33 N. High St., Columbus, OH 43215

Senior Services COTA - Senior Discount ID, half-price fares for older adults on regular route service, discounts on monthly passes, and day passes. To get a senior discount, you must have a COTA Senior Discount ID, available free for people 65 or better, at COTA Pass Sales, Monday-Friday, 9a-4p. Bring proof of age (driver's license, state ID, or birth certificate).

Project Mainstream - Individuals who are unable to use COTA's regular route bus service as a result of a disability may be eligible for COTA's Project Mainstream paratransit service. For more information, call 614-275-5828.

Travel Training - COTA provides travel training to groups who would like to learn how to ride COTA. If you are interested in travel training, email paratransit@cota.com or call 614-275-5828.

Franklin County Senior Options

614-525-6200

www.officeonaging.org

Franklin County residents age 60 and over who qualify for Senior Options program. Medical and non-medical appointments.

Handicapped Parking

Disability plates and placards are available at any Bureau of Motor Vehicles: www.bmv.ohio.gov

DISABILITY PLATES: Registrants must submit "Physician/Chiropractor's Certificate of Eligibility for License Plates for Persons with Disabilities (form "BMV 2834"). There is no additional fee for disability plates.

DISABILITY PLACARD: Registrants must complete an "Application for Disability Placards" (form "BMV 4826"). The application must be accompanied by a prescription from a health care provider.

DISABILITY PLACARD - Disable Military: Registrants must submit "Application for Removable Windshield Placard for Active Duty Military/Veterans with Disabilities" (form "BMV 4531"). The application must be accompanied by a prescription from a health care provider.



Dedicated Senior Medical Center

IN PARTNERSHIP WITH OHIOHEALTH

Zachary Salmons

M:(614) 753-0635

50 North Wilson Rd., Columbus, OH 43214

E: zachary.salmons@dedicated.care

Veteran Services

American Legion

740-362-7478

www.ohiolegion.com

AMVETS

614-431-6990

www.ohamvets.org

Chalmers P. Wylie Outpatient Clinic Department of Veterans Affairs

420 N. James Rd., Columbus, OH 43219

614-257-5200

www.va.gov

Columbus VA Medical Foster Home

614-257-5200

www.columbus.va.gov

Community-based living arrangement for adults who are unable to live independently because of physical or mental impairments or disabilities.

Disabled American Veterans

614-221-3582

www.ohiodav.org

VA claims and benefits

Franklin County Veterans' Service Commission

280 E. Broad St., Columbus, OH 43215

614-525-2500

www.franklincounty.ohio.gov/vets

Helps with claims and emergency financial assistance.

Honor Flight Columbus

2233 N. Banks Dr., Columbus, OH 43220

614-284-4987

www.honorflightcolumbus.org

Provides veterans no cost, escorted trips to the war memorials in Washington, D.C.

Military Veterans Resource Center

P.O. Box 29611, Columbus, OH 43229

614-230-0662 x103

www.milvetsrc.org

Ohio Department of Veterans' Services

77 S. High St., 7th Fl, Columbus, OH 43215

614-644-0898 (Veterans' Hotline)

www.ohiovet.gov

Patriot Program

800-282-0515

www.ohioattorneygeneral.gov/ServicesforVeterans.aspx

The Ohio Attorney General provides services for Ohio military including consumer protection, civil rights, and identity theft issues.

U.S. Department of Veterans' Affairs

800-698-2411

www.va.gov

Advises veterans and their families/survivors.

Veterans of Foreign Wars

614-224-1838

www.vfwoh.org

Veterans Readjustment Counseling Center

855 Bethel Rd., Columbus, OH 43212

614-257-5550

www.vetcenter.va.gov

Veterans' Service Commission

280 E. Broad St., Rm 100, Columbus, OH 43215

614-525-2500

www.vets.franklincountyohio.gov

veteransservices@franklincountyohio.gov

Provides services for veterans and their dependents including filing for VA, pension, widow's pension, and disability benefits.

Vietnam Veterans of America

35 E. Chestnut St., #416, Columbus, OH 43215

614-228-0188 / 216-522-3119

www.vvaohio.com

Assists veterans in applying for VA benefits and pension.



Everything we do
today

Is about your
tomorrow



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Accounting Services

Kaiser Consulting

34 Grace Dr., Powell, OH 43065
614-300-1088

www.kaiserconsulting.com

Kaiser Consulting offers a full suite of accounting, finance and information technology compliance solutions to help your organization navigate the complexities of growth and change.

Banking

First Merchant's Bank

2130 Tremont Center, Columbus, OH 43221
4621 Reed Rd., Columbus, OH 43220

www.firstmerchants.com

Helping our communities prosper as we enhance their financial wellness.

Dementia Care

Kemper House Worthington

800 Proprietors Rd., Worthington, OH 43085
614-896-8700

www.kemperhouseworthington.com

Specialized Alzheimer's & Dementia Care Community is dedicated to caring for persons living with all stages of memory impairment.

Fitness

Fyzical Therapy & Balance Center

2260 W. Henderson Rd., Columbus, OH 43220
614-453-5722

www.fyzical.com/upper-arlington-oh

A medical and scientific-based physical therapy and fitness organization with a broad range of expertise. We provide prescribed physical therapy and medically-based physical fitness.

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4516B Kenny Rd., Columbus, OH 43220
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www.trainbodies.com

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1327 King Ave., Columbus, OH 43212
614-665-1239

www.totalhealthworks.com

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Geriatric Care Mgmt/ Patient Advocates

Care Patrol - Jim Everson

614-679-5319

www.Columbus.CarePatrol.com

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ElderLife Solutions - Marcia Strall

P.O. Box 2012, Dublin, OH 430017
614-476-2289

www.elderlifesolutions.com

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440-714-7093

www.helmseniorcare.com

carrie@helmseniorcare.com

Providing customized, hands-on life and care management for individuals and their caregivers.

Grocery

Littleton's Market

2140 Tremont Center, Columbus, OH 43221

www.littletonsmarket.com

Littleton's Market aims to be the premier market for people who love food and wine in Columbus.

Hearing Services

Clear Captions

614-601-8994

www.clearcaptions.com

Captioned phone displays text of conversations in near-real time so you can see and hear what callers are saying.

Home Health Care

Capital Health Home Care

6479 Reflections Dr., #100, Dublin, OH 43017

614-400-9423

<https://capitalhealthhomecare.com/>

Helping seniors age on their own terms.

Services 100% covered by traditional Medicare.

FirstLight Home Care of Greater Columbus

1103 Schrock Rd., Ste 105, Columbus, OH

43229

614-495-0276

www.Columbus.FirstLightHomeCare.com

Home care in Central Ohio you can trust. At FirstLight the care we provide goes beyond the basics.

Home Instead Senior Care

3220 Riverside Dr., Columbus, OH 43221

614-486-6643

www.homeinstead.com

From personal care to Alzheimer's care to transportation, Home Instead® services make life easier for seniors and their families.

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www.agalwithtools.com

Assembly, aging in place modifications, home maintenance, repair, and more.

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Zero Degrees Window Cleaning Company

614-402-0100

0degreeswindowcleaning@gmail.com

We take pride in providing superior, honest service at a fair price.

Insurance

American Family Insurance - Lisa Diemer Agency

3040 Riverside Dr., #209, Columbus, OH

43221

614-488-9445

www.amfam.com/agents/ohio/columbus/lisa-diemer

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[https://www.raymondjames.com/](https://www.raymondjames.com/bauersfinancialgroup)

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43220

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www.hamiltoncapital.com

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ALZHEIMER'S & DEMENTIA ADULT DAY CARE



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Our specially trained staff have the experience to engage with our Residents/Day Friends with dignity and compassion while maintaining a safe and secure environment.



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The best type of care comes when compassion is involved. We offer unique activities with person centered care in mind, such as group fitness, Veteran's group, men's/women's club, & bible study.

About Us

Kemper House is a secure dementia care community purposefully built to enhance quality of life. The mission of Kemper House is to use compassionate care to significantly advance the methods and practices of long-term dementia care. Kemper House Worthington staff have extensive training to work with Alzheimer's and Dementia individuals to help your loved one age gracefully with dignity and compassion.

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WORTHINGTON, OH 43085

Legal Services

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3040 Riverside Dr., Ste 203, Columbus, OH 43221

614-810-1221

www.schraederlawllc.com

The Schraeder Law team helps clients of all ages plan, with so as to mitigate potential issues with a focus on Estate Planning and Elder Law.

Media Preservation

Mtek Media

39 W. Bridge St., Dublin, OH 43017

614-569-3658

www.mtek-media.com

We convert your video memories and then put them on a DVD and/or Flash Drive. Make digital copies of your slides and printed photos!

Personal Care Services

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4700 Reed Rd., Suite F2, Columbus, OH 43220

614-354-9614

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614-420-1410

dkrininger@yahoo.com

Specializing in treating older adults.

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614-563-0924

margo.heskett@yahoo.com

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614-726-6971

www.RyanReynoldsTeam.com

Changing housing needs? We have a plan for you!

Senior Living

The Coventry

3420 Tremont Rd., Columbus, OH 43221

614-967-9697

<https://continentalseniorcommunities.com/the-coventry>

Luxury independent and assisted living in the heart of Upper Arlington.

The Forum at Knightsbridge

4590 Knightsbridge Blvd., Columbus, OH 43214

614-451-6793

www.fivestarseniorliving.com/communities/oh/columbus/the-forum-at-knightsbridge

Assisted and independent living; memory care; outpatient rehab; respite care/short term stays.

Ohio Living Westminster Thurber

717 Neil Ave., Columbus, OH 43215

614-228-8888

www.ohioliving.org

Independent and assisted living, long-term nursing and memory care.

Urgent Care

Arlington Health

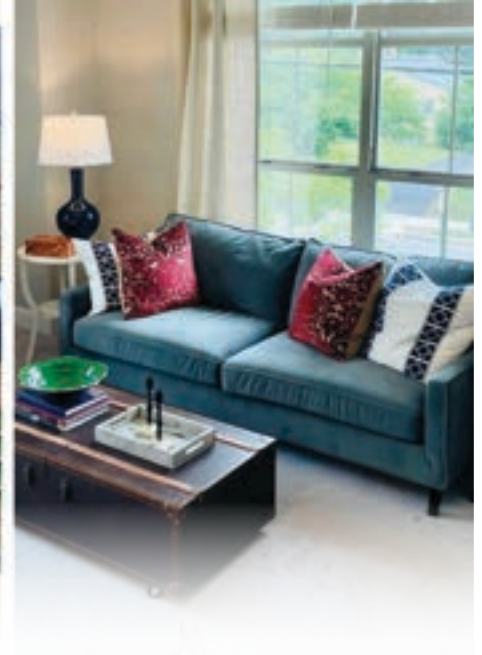
3062 Kingsdale Center, Columbus, OH 43221

614-484-1940

www.Arlington-Health.com

When your medical care can't wait. Less wait time and lower costs than an ER visit in the Columbus, OH area.

Notes



EXPERIENCE UNPARALLELED SENIOR LIVING AT THE COVENTRY

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Located near Kingsdale and Five Points, our walkable environment complements your active and engaging lifestyle while our community offers:

- Spacious studio, one- and two-bedroom floor plans, each meticulously designed to provide comfort, convenience and style.
- Our dedicated team provides around-the-clock compassionate care and support for those who require assistance with daily living.
- A vibrant, pedestrian-friendly neighborhood near Kingsdale and Five Points allows for walkability to shopping, restaurants and parks.
- Gourmet meals crafted from the freshest ingredients, with menus that balance flavor and nutrition.
- Personalized enrichment and wellness programs, invigorating fitness classes, stimulating educational seminars, creative arts and crafts, and much more.
- Carefully curated spaces designed for relaxation and rejuvenation while inspiring peace and contentment.

Schedule a lunch visit and personal tour today by calling 614.967.9697.



TheCoventrySeniorLiving.com | 3240 Tremont Road | Columbus, OH 43221





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- Customized, compassionate long-term nursing care and the highest quality physical, occupational and speech therapy in the Studios
- Specialized memory care in our Bridgewater neighborhood

717 Neil Avenue | Columbus, Ohio 43215 | 614.228.8888 | ohioliving.org



Ohio Living
Westminster-Thurber