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DIRECTORY FOR SENIOR LIVING

SUMMER/FALL 2020





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By Dr. Ardeshir Hashmi MD, FACP Cleveland Clinic Center for Geriatric Medicine

FEATURED ARTICLE
PAGE 65

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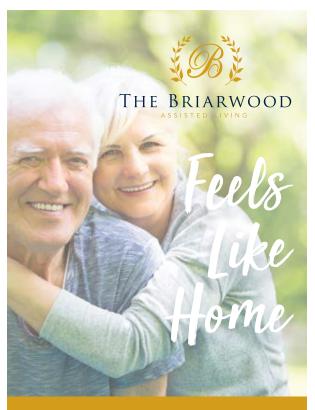
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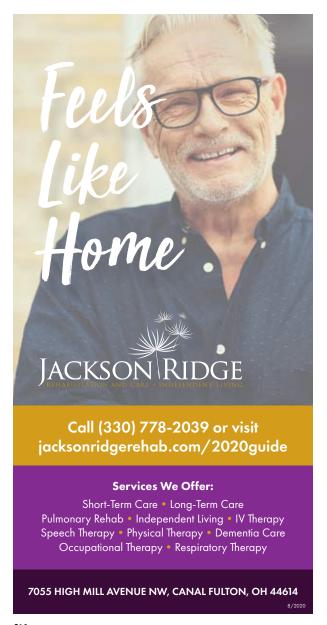


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We appreciate suggestions and corrections.

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About The Senior Comfort Guide

The Senior Comfort Guide, LLC was created in early 2010 with the vision of giving seniors and their loved ones a look at **ALL** their options. We began as an online directory of Northeast Ohio senior-service providers at

www.SeniorComfortGuide.com

We've since expanded twice, first with an in-print directory for the Greater Cleveland region in March of 2012 (which we continue to produce). It's easily recognized by its green cover.

The blue book you hold in your hands represents our second expansion (January 2015). It's being used by seniors and their loved ones, hospital staff, senior centers, physicians and other health providers in and around Akron, Canton, and Youngstown (i.e. Columbiana, Mahoning, Medina, Portage, Stark, Summit, Trumbull and Wayne counties.)

Senior Comfort Guide is the *only* online *and* in-print guide focused on Northeast Ohio senior service providers.

The choice of quality care, whether it's a facility or service provider, is a crucial one. There is so much to consider that it's hard to know where and how to start. Senior Comfort Guide's FREE online directory and in-print directory are intended to make your search easier.

After you've examined our in-print booklet, we urge you to visit us online. At **www.SeniorComfort Guide.com** you'll find detailed facility and service descriptions, photos, videos, and more.

When you contact or visit any of the providers/ facilities you've found through our Guide, please let them know that you learned of them through Senior Comfort Guide.



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Table of Contents

Educational Information
verview of Senior Living Options6
seful information detailing a variety of living settings and enior services. Also provides brief descriptions of Medicare and Medicaid.
hoosing a Nursing Home
his Issue's Featured Article
oundations Health Solutions:
Culture of Care
Directories
enior Resource Contact Numbers
ARP, Medicare, Medicaid, local Departments on Aging, ospitals, Senior Centers and more. Departments on Aging
enior Service Providers

Directories continued

Senior Service Providers continued
Moving / Downsizing / Packing / Real Estate 61
Therapy Services (Outpatient Rehab)62
Unique Services Especially for Seniors 64
Assisted/Independent Living and Group Homes68
Includes facilities with Memory Care components
and/or those dedicated exclusively to Memory Care
Listed by County
Nursing Homes
Includes facilities with Long-term and Short-term Care
and those offering Rehabilitation and Skilled Care
Listed by County
Especially for Senior Service Providers
This section is intended for providers and details networking
-
This section is intended for providers and details networking
This section is intended for providers and details networking groups and meeting dates104
This section is intended for providers and details networking groups and meeting dates
This section is intended for providers and details networking groups and meeting dates
This section is intended for providers and details networking groups and meeting dates
This section is intended for providers and details networking groups and meeting dates
This section is intended for providers and details networking groups and meeting dates
This section is intended for providers and details networking groups and meeting dates

5

Summer, Fall 2020 Summer, Fall 2020



Overview of Senior Living Options

Today's seniors make their homes in a variety of settings that reflect their needs and personal preferences . . . from the family house, to retirement communities, assisted living facilities, and nursing homes.

Some seniors will live in more than one of these settings as time progresses.

The following text briefly describes these settings, beginning with the one that provides the highest level of care—the nursing home.

Nursing Home / Skilled Nursing

Many people assume correctly that nursing homes are intended for seniors who need long-term, 24-hour nursing care. However, some of these facilities (also known as **skilled nursing** providers) offer long-term care and rehabilitation to not just seniors, but anyone who requires these services while recovering from a serious health problem. You may, for instance, know someone who resided in a nursing home for a few weeks, a month, or more while undergoing rehabilitation for a stroke, joint-replacement surgery, etc. These stays were not "custodial" in nature, but "rehabilitative" and immediately followed a hospital stay.

Nursing Home Regulation

Nursing homes must be licensed by the state in which they are located. At the federal level, they must also be certified by Medicare and Medicaid.

Paying for the Services of a Nursing Home

When a senior, or a loved one acting in their behalf, chooses a nursing home as a long-term living option, private payment is generally required. Long-term care insurance, if the senior has it, may defray some costs. Medicare may cover specific services, such as physical therapy for a specified period of time, but Medicare will not cover most of the costs. The 24-hour nursing and custodial care within a nursing home is expensive and can quickly amount to an individual's life savings. A senior, or the person acting in their behalf, should investigate Medicaid if the senior's private funds are unlikely to meet his/her needs.

Seniors choosing a nursing home or skilled nursing facility for a rehabilitation stay (i.e., to recover from a stroke, joint-replacement surgery, etc.) can generally rely on Medicare for assistance as long as their stay meets Medicare's "skilled criteria." In these instances, Medicare generally covers the first 20 days at 100 percent as well as a high percentage of the cost for up to 80 more days. Frequently, the senior's Medicare supplement/private insurance will cover the rest.

Assisted Living Facilities

When a senior does not require 24-hour nursing care, but does need assistance with activities of daily living (bathing, dressing, etc.), an assisted living facility may be an option. The size, layout, and services of these facilities vary. For example, one may look like a large family home while another may resemble apartments or condominiums. The senior's personal living space varies from efficiency, to single bedroom, to multibedroom. Frequently one or more meals are pro-

vided in a communal setting; and in Ohio, medication administration may be offered.

Seniors who live in these communities generally choose them because they like the social setting and are able to live as independently as possible while still receiving the assistance they need.

Assisted Living Regulation

In Ohio, assisted living facilities are regulated by the Ohio Department of Health.

Paying for Assisted Living

The costs of assisted living are generally paid out of private funds. Long-term care insurance, if the senior has it, may be of assistance depending upon the services outlined within the policy.

Some assistance may be available to U.S. war veterans and/or their spouses. For guidelines, contact the Ohio Department of Veterans Services (visit www.veteransaffairs.ohio.gov).

In Ohio, Medicaid does **not** cover *room* and board within an assisted living setting.

Memory Care Communities

Many nursing homes and assisted living communities include memory care units that offer some services for residents with Alzheimer's or dementia. There are also facilities wholly devoted to memory care. These specialty communities offer a thorough and structured schedule of activities designed for those diagnosed with Alzheimer's and/or dementia. Regulation and costs vary by facility, but most memory care communities come under the "assisted living" banner.

Independent Living

Independent communities for seniors vary in their look and services. As with assisted living, some communities may resemble apartments or condominiums, others may look more like cluster homes. Generally, these communities have floorplans that are senior-friendly—like the absence of stairs, wide doorways, and/or step-free showers. Services and social amenities might include transportation to local shopping, yard maintenance (such as with the cluster home), clubhouse/community room for family gatherings, community potlucks/parties/trips.

Independent living may be called by other names—retirement communities, senior housing, etc. These communities are not regulated like assisted living facilities or nursing homes.

Expect to pay for these living arrangements with private funds.

Keeping a Pet

For some seniors, keeping a pet is an important consideration when making an independent living or group home choice. If this option is important, ask if residents may keep a household pet. If that answer is "yes," be sure to also learn:

- What kinds of pets are allowed?
- How many pets per resident are permitted?
- Is there a size restriction on the pet?
- Is a deposit required, and are there any monthly fees imposed?
- Are pet care services provided by facility staff or must I find that on my own?

- What veterinary care services are required for pets?
- What other pet restrictions are imposed?

More information on this subject may be found at www.OneHealth.org, or call (216) 920-3051.

Home Health Care

Home health care may be both medical and nonmedical in nature. It is intended to provide the assistance a senior needs while still allowing them to remain in their family home. Examples of medical services provided might include wound care or physical therapy. Non-medical assistance includes such things as laundry, shopping, cooking, and cleaning.

Home health companies are not required to be licensed by the State of Ohio. If they are certified to participate in Medicare, they must offer specific services which include skilled nursing.

Medicare and Medicaid have specific guidelines governing covered services. To learn more about these, visit **www.medicare.gov** or **http://jfs.ohio.gov/ohp/** (Ohio Medicaid). Seniors who have long-term care insurance should investigate the home health services covered by their policy.

Adult Day Care

If your loved one needs supervision or would benefit from a social setting *and* you would like them to live with you but need to work each day, you may find Adult Day Care beneficial. Caregivers use Adult Day Care to watch over their loved one while they gain a respite from their usual role or, more often, so they can work at a daily job outside of their home.

Some of these centers may offer services during evenings and on weekends, but they all offer services during the traditional business day.

Adult Day Care facilities may or may not be associated with other healthcare providers (like hospitals, assisted living facilities, home health care agencies). Services may range from social only to social and medical. Some specialize in dealing with memory loss.

Adult Day Care providers must be certified in Ohio. You can learn more about what these centers typically provide and recommended standards by visiting The National Adult Day Services Association (NADSA) website, www.nadsa.org.

Generally, you should not anticipate Medicare coverage for most Adult Day Care services. Contact Medicare for further guidelines or Medicaid (if your loved one qualifies). Long-term care insurance policies vary in covered services, so check you're loved one's policy (if they have one) to see if any coverage applies.

Hospice

Hospice refers to a wide range of medical and support services provided within an individual's home, hospital, nursing home, or hospice facility. The intent is to provide care and comfort (not a cure) for terminally ill patients (life expectancy of six months or less). Hospice also provides counseling for patients and their families.

Hospice providers are licensed by the Ohio Department of Health.

As with home health care, guidelines and covered services vary with Medicare and Medicaid. Long-term care insurance, if applicable, may cover some services.

10

Respite Care

Respite care may be defined as a brief stay in a nursing home or hospice facility for a patient requiring round-the-clock care. The brief stay is intended to provide a rest or "respite" for the patient's usual caregiver (frequently a spouse or other family member). Not all nursing homes or hospice facilities provide this service, so caregivers need to investigate which do.

You can, again, turn to the Medicare and Medicaid web sites for details on what services are covered.

Choosing a Physical Therapy Facility

Physical therapy is a non-invasive treatment approach for neuromuscular and musculoskeletal conditions. Physical therapy intervention combines exercise, modalities, manual therapy and education.

According to the United States Patient's Bill of Rights, you have the right to choose health care providers who can give you high-quality health care when you need it. You have no obligation to receive physical therapy at any specific facility.

When choosing a physical therapy clinic, three things you should look for include:

- Expertise Look for a therapist that has extensive experience rehabilitating a condition like yours
- Reputation Look for a facility that has a great reputation in the community
- Attentive therapist Look for a therapist that takes the time to listen to you and address your specific needs

More on Medicare and Medicaid

We've mentioned Medicare and Medicaid often as seniors rely on them to defray many of the costs associated with the living settings and services described here. We offer a brief overview in the following paragraphs, but urge you to visit their web sites for additional information.

Ohio Waiver Factsheet OH Home Care

The Ohio Home Care Waiver Program is a longterm care program that meets the needs of financially eligible children and adults who have significant disabilities and/or mental health needs. Without the services available through this waiver, these individuals are at risk of hospital or nursing home placement. The Ohio Home Care Waiver supports the consumer's independence in their own home by giving them control and choice over the in-home care they receive. The program includes, personal care aide, home care attendant, home delivered meals, home mods, out-of-home respite, personal emergency response services, supplemental adaptive and assistive device services, supplemental transportation, waiver nursing services for individuals with physical disabilities ages 0-59.

In order to apply for the Ohio Home Care Waiver, contact your county's Department of Job and Family Services (JFS).

OH Passport

The OH Passport program provides adult day service, homemaker, personal care, alternative meals service, choices—home care attendant service, chore, community transition ser-

12

Senior Comfort Guide / Directory for Senior Living

vice enhanced community living service, home care attendant, home delivered meals, home medical equipment and supplies, independent living assistance, minor home modification, maintenance and repair, non-emergency medical transportation, non-medical transportation, nutritional consultation, out-of-home respite, personal emergency response system, pest control, social work counseling, waiver nursing service for aged individuals ages 65 yrs—no max age and physically disabled ages 60-64.

This program is under the administration of the Ohio Department of Aging and is managed locally by the Area Agencies on Aging.

OH Assisted Living Waiver Program

The OH Assisted Living Waiver Program provides assisted living services and community transition services for physically disabled individuals ages 21-64 and aged 65—no max age.

Ohio's Assisted Living Waiver Program pays the costs of care in an assisted living facility for certain people with Medicaid, allowing the consumer to use his or her resources to cover "room and board" expenses. Individuals who meet certain service and care needs and meet established financial criteria may be eligible for Ohio's Assisted Living

For more information and/ or questions regarding any of these listings, please call our office and one of our staff members will be glad to assist you in learning more.

(216) 292-8485

Waiver Program. To apply for the Waiver, individuals should contact their local Ohio Area Agency on Aging or call 1-866-243-5678.

Medicare

Medicare serves as health insurance for:

- Persons who are 65 or older
- Individuals under 65 with specific disabilities
- People at any age with End-Stage Renal Disease (permanent kidney failure that requires dialysis or a kidney transplant)

Medicare's Structure

Medicare Part A is applied toward the cost of hospital stays.

Medicare Part B is intended to defray the costs of outpatient services/test, visits to the doctor, etc.

Medicare Advantage (may be referred to a "C") can best be understood as an HMO or PPO that takes the place of Parts A and B. Seniors who choose this option must purchase it through a private insurer approved by Medicare.

Medicare Part D is the prescription drug component which recipients must purchase.

While Medicare covers a wide variety of senior medical needs, it is governed by many guidelines. You can learn more about and better understand Medicare by visiting **www.medicare.gov** or calling **1-800-MEDICARE** (1-800-633-4227). TTY users should call 1-877-486-2048.

When does Medicare pay for a Nursing Home stay?

Who's eligible?

People with Medicare are covered if they meet **ALL** of these conditions:

- You have Part A and have days left in your benefit period. The benefit period begins on the day you were admitted into a hospital or a SNF as an inpatient stay. The period ends if there was 60 days in a row without inpatient hospital care.
- You have a qualifying hospital stay. You need to have a 3 day inpatient hospital stay (an outpatient hospital stay that includes observation does NOT count towards your 3 day stay). You must enter a Nursing Home and need skilled care within 30 days of your discharge from the hospital to qualify for the Medicare benefit.
- Your doctor has decided that you need daily skilled care given by or under the direct supervision of skilled nursing or therapy staff. If you're in the SNF for skilled rehabilitation services only, your care is considered daily care even if these therapy services are offered just 5 or 6 days a week, as long as you need and get the therapy services each day they're offered.
- You get these skilled services in a SNF that's certified by Medicare.
- You need these skilled services for a medical condition that was either:
 - A hospital-related medical condition. Any condition that was treated during your 3 day inpatient stay.

 A condition that started while you were getting care in the skilled nursing facility for a hospital-related medical condition.

Your doctor may order observation services to help decide whether you need to be admitted to the hospital as an inpatient or can be discharged. During the time you're getting observation services in the hospital, you're considered an outpatient—you can't count this time towards the 3-day inpatient hospital stay needed for Medicare to cover your SNF stay.

Remember, any days you spend in a hospital as an outpatient (before you're formally admitted as an inpatient based on the doctor's order) aren't counted as inpatient days. An inpatient stay begins on the day you're formally admitted to a hospital with a doctor's order. That's your first inpatient day. The day of discharge does **NOT** count as an inpatient day.

Special Note 1

If you refuse your daily skilled care or therapy, you may lose your Medicare SNF coverage. If your condition won't allow you to get skilled care (for example, if you have the flu), you may be able to continue to get Medicare coverage temporarily.

For out-of-pocket costs (and copays), please check with your Medicare provider.

Special Note 2

If you stop getting skilled care in the SNF, or leave the SNF altogether, your SNF coverage may be affected depending on how long your break in SNF care lasts.

If your break in skilled care lasts more than 30 days, you need a new 3-day hospital stay to qualify for additional SNF care. The new hospital stay doesn't need to be for the same condition

16

that you were treated for during your previous stay.

 If your break in skilled care lasts for at least 60 days in a row, this ends your current benefit period and renews your SNF benefits. This means that the maximum coverage available would be up to 100 days of SNF benefits.

Special Note 3

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. It's important to ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

Medicaid

It is perhaps easiest to understand Medicaid as health coverage for persons with limited financial resources. The rules which govern who is eligible—which may consider age, physical disabilities, and other characteristics—vary by state (as Medicaid is provided jointly through state and federal funds).

Likewise, the services which Medicaid covers also vary by state.

To learn more about Medicaid in Ohio, visit the Medicaid section of the Ohio Department of Job & Family Services web site at http://jfs.ohio.gov/ohp/.

Connecting Medicare + Medicaid In Most N.E. Ohio Counties

MyCare Ohio is a new managed care program designed for Ohioans who receive BOTH Medicaid and Medicare benefits.

The MyCare Ohio plan that you choose will provide all of the same benefits that Medicare and Medicaid offer, including long-term care services and behavioral health. Plus, your MyCare Ohio plans may include additional services to their members. There is no additional cost to participate in this program.

You must enroll in a MyCare Ohio plan if you:

- Are 18 or older; and
- Live in one of 29 MyCare Ohio counties
- Receive both Medicaid and Medicare

Choose your plan and enroll in one that is available in your county.

Medina

hone
366) 549-8289
355) 475-3163
377) 542-9236 areohio
3

Mahoning • Portage • Summit • Stark Trumbull • Wayne

Plan Name/Website	Phone
CareSource www.CareSource.com/MyCare	(855) 475-3163
United Healthcare Community Plan of Ohio	(877) 542-9236
www.UHCCommunityPlan.com/n	nycareohio

If you have additional questions about MyCare Ohio, you can call customer service representatives at **1 (800) 324-8680**.

18

Finding Senior Services

Most communities have programs targeted specifically to benefit senior citizens. Those programs or services might include:

- Senior Centers (many offer health screenings, educational programs, social activities and more)
- Adult Day Care
- Assistance with Financial and/or Legal Questions
- Help with Meals (like Meals-on-Wheels)
- Senior Transportation (for shopping/medical appointments, etc.)
- Visitation Programs (to check the well-being of and offer companionship to older neighbors)

Your local **Office on Aging** is a good place to learn more about what's available in your community. You can find the phone number for an Office on Aging near you on page 28 of this Guide.

Choosing a Nursing Home

Much of the information that follows is specific for choosing a nursing home, but some of the guidelines could be of use when examining assisted living facilities as well.

You're search begins, of course, by looking for the names, addresses, and phone numbers of nursing homes near you. Our Guide provides an alphabetical listing of Assisted and Independent Living Communities beginning on page 68 and a list of Nursing Homes on page 82.

You should also know that Medicare has an online source, called **Nursing Home Compare**, that helps you locate and compare nursing homes. This useful tool can be accessed at **www.medicare**. **gov/NHCompare**. If you don't have a friend or family member who can help you look online, you can try you're local library. You can also call Medicare at 1-800-MEDICARE (1-800-633-4227) and request printed copies of their guide for choosing and comparing nursing homes. TTY users should call 1-877-486-2048.

At Medicare's Nursing Home Compare, you can see details on **health inspections**, **staffing levels**, and a variety of other important indicators of a nursing home's quality. Examining this data, as well as visiting the facilities you're considering, are vital steps to making the choice that's right for you or your loved one.

Medicare's online site and printed guide also provide you with many of the questions you should ask all nursing homes under consideration. These questions cover such areas as:

General and Social Concerns

You or you're loved one will want to know what social, recreational, religious, and other activities are available and if residents may choose or decline participation as they wish. Do residents have a private place to see family when they visit. May residents keep a pet or may their pet visit? What choices do residents have in what they eat and when they eat? What personal space is made available to them and may they decorate it as they choose? Is their primary language spoken by staff? If not, are there procedures in place that will allow them to communicate with staff? May residents follow their preferred religious practices, for ex-

Choosing a Facility

ample, when they require a special diet? Are there rules which residents are expected to observe and are they provided in writing?

Health Care Concerns

Perspective residents should find out how the nursing home prepares their Plan of Care. Which professionals are involved and is the resident included in the planning process? Can the resident choose which family member participates as well? Can the resident keep their own physician even if that doctor does not visit the nursing home? Can transportation be arranged for office visits? Who will the resident interact with on a daily basis (nurses, other staff) and will these individuals change frequently or remain relatively the same?

You should also know what types of therapy are available on-site. Does a social worker visit? Are a resident's medical concerns relayed to their doctor in a timely manner and by whom?

What preventive health measures are in place? Are flu vaccines and other immunizations offered? Do various specialists visit regularly like a podiatrist, dentist, etc.?

In cases of emergency, does the nursing home have a good working relationship with a nearby hospital?

Security

If you're making arrangements for a loved one who is sometimes confused or may wander, does the facility have safeguards that will protect your loved one? Are personal belongings safe within a resident's room? Are the facility doors always locked? only at night? never?

Visit Before You Choose

After you've made sure your possible nursing home choices are licensed by Ohio and certified by Medicare and/or Medicaid; and, after you've compared staffing levels, health inspection results, and other quality indicators on Medicare's Nursing Home Compare, you're ready to visit you're perspective facilities.

The following *Checklist* comes from The Center's for Medicare & Medicaid's brochure, **Your Guide to Choosing a Nursing Home**. It's helpful to download or request the printed brochure through Medicare because in addition to the questions, it also provides you with space to write what you learn about the facilities you visit. While you might not feel the need to ask each of these questions, you'll probably find quite a few important ones that you would have overlooked had you not seen the list.

The Checklist

- Does the nursing home have the level of care I need?
- Does the nursing home have a bed available?
- Does the nursing home offer specialized services, such as a special unit for care for a resident with dementia, ventilator care, or rehabilitation services?
- Is the nursing home located close enough for friends and family to visit?
- Are the residents clean, well groomed, and appropriately dressed for the season or time of day?
- Is the nursing home free from overwhelming unpleasant odors?

Choosing a Facility

- Does the nursing home appear clean and well kept?
- Is the temperature in the nursing home comfortable for residents?
- Does the nursing home have good lighting?
- Are the noise levels in the dining room and other common areas comfortable?
- Is smoking allowed? If so, is it restricted to certain areas of the nursing home?
- Are the furnishings sturdy, yet comfortable and attractive?
- Does the relationship between the staff and residents appear to be warm, polite, and respectful?
- Does the staff wear name tags?
- Does the staff knock on the door before entering a resident's room? Do they refer to residents by name?
- Does the nursing home offer a training and continuing education program for all staff?
- Does the nursing home check to make sure they don't hire staff members who have been found guilty of abuse, neglect or mistreatment of residents; or have a finding of abuse, neglect, or mistreatment of residents in the state nurse aid registry?
- Is there a licensed nursing staff 24 hours a day, including a Registered Nurse (RN) present at least 8 hours per day, 7 days a week?
- Will a team of nurses and Certified Nursing Assistants (CNAs) work with me to meet my needs?
- Do CNAs help plan the care of residents?

Choosing a Facility

- Is there a person on staff that will be assigned to meet my social service needs?
- If I have a medical need, will the staff contact my doctor for me?
- Has there been a turnover in administration staff, such as the administrator or director of nurses, in the past year?
- Can residents have personal belongings and furniture in their rooms?
- Does each resident have storage space (closet and drawers) in his or her room?
- Does each resident have a window in his or her bedroom?
- Do residents have access to a personal phone and television?
- Do residents have a choice of roommates?
- Are there policies and procedures to protect residents' possessions, including lockable cabinets and closets?
- Are exits clearly marked?
- Are there quiet areas where residents can visit with friends and family?
- Does the nursing home have smoke detectors and sprinklers?
- Are all common areas, resident rooms, and doorways designed for wheelchair use?
- Are handrails and grab bars appropriately placed in the hallways and bathrooms?
- Do residents have a choice of food items at each meal? (Ask if your favorite foods are served.)

- Can the nursing home provide for special dietary needs (like low-salt or no-sugar-added diets)?
- Are nutritious snacks available upon request?
- Does the staff help residents eat and drink at mealtimes if help is needed?
- Can residents, including those who are unable to leave their rooms, choose to take part in a variety of activities?
- Do residents have a role in planning or choosing activities that are available?
- Does the nursing home have outdoor areas for resident use? Is the staff available to help residents go outside?
- Does the nursing home have an active volunteer program?
- Does the nursing home have an emergency evacuation plan and hold regular fire drills (bedbound residents included)?
- Do residents get preventive care, like a yearly flu shot, to help keep them healthy? Does the facility assist in arranging hearing screenings or vision tests?
- Can residents still see their personal doctors?
 Does the facility help in arranging transportation for this purpose?
- Does the nursing home have an arrangement with a nearby hospital for emergencies?
- Are care plan meetings held with residents and family members at times that are convenient and flexible whenever possible?
- Has the nursing home corrected all deficiencies (failure to meet one or more state or Federal requirements) on its last state inspection report?



AARP
Alzheimer's Association of Cleveland
Info: Alzheimer's care, support and research (800) 272-3900
American Cancer Society (800) 227-2345
Long-term Care Ombudsman
Assessment and guidance re: placement needs (800) 421-7277
Meals on Wheels
City of North Canton(330) 494-0366
Summit, Stark and Wayne—Vantage (330) 253-4597
Medicaid
Information and Applications (800) 324-8680
Columbiana
Mahoning County(330) 740-2600 ext. 8615
Stark County (330) 452-4661 Summit County (330) 643-8200
Trumbull County
Wayne County
Medicare
Information and Applications (800) 633-4227
Ohio Consumer Hotline
for questions re: Medicaid program and application process
(800) 324-8680
Ohio Department of Aging Elder Abuse and Adult Protective
Services
Ohio Home Care Program
waiver in home care and consumer inheritance (216) 532-2000
PASSPORT
in-home personal and homemaker care (800) 626-7277

Hospitals By County

Columbiana County — Hospitals

East Liverpool City Hospital 425 West 5th Street, East Liverpool, OH 43920 (330) 385-7200
Salem Regional Medical Center 1995 East State Street, Salem, OH 44460 (330) 332-1551Fax: (330) 332-7691
Lorain County — Hospitals
Clear Vista "Health & Wellness" A Behavioral Health Hospital 3364 Kolbe Rd., Lorain
Mahoning County — Hospitals
Belmont Pines Hospital 615 Churchill-Hubbard Rd, Youngstown, OH 44505 (330) 759-2700Fax: (330) 759-2776
Greenbriar Rehabilitation Hospital 8064 South Avenue, Suite One, Boardman, OH 44512 (330) 965-6432Fax: (330) 965-6438
Northside Medical Center 500 Gypsy Lane, Youngstown, OH 44501 (330) 884-1000Fax: (330) 884-1020
St Elizabeth Boardman Health Center 8401 Market Street, Boardman, OH 44512 (330) 729-2929Fax: (330) 729-1563
St Elizabeth Health Center 1044 Belmont Avenue, Youngstown, OH 44501 (330) 746-7211Fax: (330) 480-7974
Select Specialty Hospital - Youngstown 1044 Belmont Ave, Youngstown, OH 44501 (330) 841-4750 Fax: (330) 841-4761

Section 8 subsidized housing (330) 76 Akron (330) 45 Youngstown (330) 74	4-8051
Senior Comfort Guide Support and direction for ALL senior options in N.E Ohio(216) 29	2-8485
Social Security	2-1213

Department on Aging By County

Columbiana County Office on Aging	(330) 332-1163
Mahoning County Office On Aging	(330) 505-2300
Portage County Department of Aging	(330) 896-9172
Stark County Office On Aging	(330) 896-9172

Direction Home 1550 Corporate Woods Parkway, Uniontown, OH 44685 (330) 899-5322

www.services4aging.org

Summit County Office On Aging	(330) 896-9172
Trumbull County Office On Aging	(330) 675-2486
Wayne County Office On Aging	. (330)746-2938

First Call for Help By County

Medina	(888)	330-4211	(you c	an also	dial	211)
Portage	(330)	297-4636	(you c	an also	dial	211)
Summit	(330)	376-6660	(you c	an also	dial	211)
Wanye County	(330)	263-6363	(you c	an also	dial	211)

28 Summer, Fall 2020 Summer, Fall 2020 29

	Schol Resource contact Numbers
Surgical Hospital At Southwoods 7630 Southern Blvd, Youngstown, OH 44512 (330) 758-1954Fax: (330) 758-3254	Heartland Behavioral Healthcare 3000 Erie SW, Massillon, OH 44648 (330) 833-3135
Vibra Hospital – Boardman Campus 8049 South Avenue, Boardman, OH 44512 (330) 726-5050	Mercy Medical Center 1320 Mercy Drive NW, Canton, OH 44708 (330) 489-1001
Medina County — Hospitals Lodi Community Hospital	Select Specialty Hospital-Northeast Ohio, Inc 1320 Mercy Drive, 6th Floor, Canton, OH 44708 (330) 489-8198 Fax: (330) 489-8199
225 Elyria Street, Lodi, OH 44254 (330) 948-1222 Medina Hospital (a Cleveland Clinic hospital)	Summit County — Hospitals
1000 E Washington St, Medina, OH 44256 (330) 725-1000	Akron City Hospital 525 E. Market Street, Akron
Wadsworth-Rittman Hospital 195 Wadsworth Road, Wadsworth, OH 44281 (330) 334-1504	Akron General Medical Center 400 Wabash Avenue, Akron
Portage County — Hospital	St. Thomas Hospital
University Hospitals Portage Memorial Center 6847 N. Chestnut Street, Ravenna (330) 297-0811	444 North Main Street, Akron
0047 N. Chesthut Sheet, navelina (550) 291-0011	Summa Health System Barberton Hospital 155 Fifth Street, NE, Barberton
Stark County — Hospitals	Summa Western Reserve Hospital
Acute Care Specialty Hospital – Aultman 2000 Sixth Street, Canton, OH 44710	1900 23rd Street, Cuyahoga Falls (330) 971-7000
(330) 363-4000	Trumbull County — Hospitals
Affinity Medical Center 875 Eighth Street NE., Massillon, OH 44646 (330) 837-6863	Hillside Rehabilitation Hospital 8747 Squires Lane NE, Warren, OH 44484 (330) 884-5879 Fax: (330) 884-5735
Alliance Community Hospital 200 East State Street, Alliance, OH 44601 (330) 596-7527	St Joseph Health Center 667 Eastland Ave SE, Warren, OH 44481 (330) 841-4000 Fax: (330) 841-4019
Aultman Hospital 2600 Sixth Street SW, Canton, OH 44710 (330) 452-9911 Fax: (330) 455-4799	Trumbull Memorial Hospital 1350 East Market Street, Warren, OH 44482 (330) 841-9011
	Vibra Hospital — Trumbull Campus 1350 East Market Street, 9th Floor, Warren, OH 44482 (330) 675- 5591 Fax: (330)675- 5599

Senior Resource Contact Numbers

Wayne County — Hospitals

Aultman Orrville Hospital 832 South Main Street, Orrville, OH 44667 (330) 682-3010 Fax: (330) 683-2130
Wooster Community Hospital 1761 Beall Avenue, Wooster, OH 44691 (330) 263-8100



Acute Inpatient Rehabilitation and LTAC Facilities*

*LTAC refers to: Long Term Acute Care

Regency Hospital, LTAC 155 Fifth Street NE, Barberton OH 44203 (330) 615-3792



Senior Centers By County

Columbiana County Senior Centers

Ceramic City Senior Center 600 E Fourth St., East Liverpool, OH 43920 (330) 385-4732
Columbiana Co Office on Aging 785 E State St., Salem, OH 44460 (330) 332-1163
Community Resource Senior Center 940 Pennsylvania Ave., East Liverpool, OH 43920 (330) 385-1301

Senior Resource Contact Numbers

Mahoning County Senior Centers

Associated Neighborhood Senior Center 1649 Jacobs Rd., Youngstown, OH 44505 (330) 744-4377
Jewish Community Senior Center 505 Gypsy Lane, Youngstown, OH 44504 (330) 746-3251
Mahoning Co Multi-Purpose Senior Center 1110 Fifth Ave., Youngstown, OH 44504
Sam Camens Senior Center 1080 Salt Springs Rd., Youngstown, OH 44509 (330) 799-5156
The Gathering Place Senior Center 550 North Road Street, Canfield, OH 44406 (330) 758-7051
Medina County Senior Centers
Brunwick Senior Center 3637 Center Road, Brunswick, OH 44212(330) 273-8000
Medina County District Library Outreach Services 6625 Wolff Road, Medina, OH 44256(330) 722-2590 www.mcdl.info — (fax)(330) 723-6148
Medina Senior Center 246 Northland Drive, Medina, OH 44256 (330) 723-9514
(Wadsworth) Soprema Senior Center & Cafe
617 School Drive, Wadsworth, OH 44281 (330) 335-1513
617 School Drive, Wadsworth, OH 44281 (330) 335-1513
617 School Drive, Wadsworth, OH 44281 (330) 335-1513 Portage County Senior Centers Portage County (Ravenna) Senior Center
Portage County Senior Centers Portage County Senior Centers Portage County (Ravenna) Senior Center 705 Oakwood, Ravenna, Ohio 44266

432 30th Street, NW, Canton, OH 44709. (330) 453-0132

Canton Jewish Community Center

34

Downtown Canton Senior Center 405 Second St, NW Canton, OH 44702 (330) 456-7141	Northfield Senior Center 9546 Brandywine Road, Northfield, OH 44067 (330) 467-7646
Green-John Torok Community & Senior Center 4224 Massillon Rd, North Canton, OH 44720 (330) 896-6621	Richfield Senior Center 4400 W. Streetsboro Road, Richfield, OH 44286 (330) 659-9203
JR Coleman Senior Center 1731 Grace Ave, NE Canton, OH 44705 (330) 455-3873	Springfield Senior Center 2459 Canfield Road, Akron, OH 44312 (330)733-2556
Juilliard Senior Center 523 E Main St. Louisville, OH 44641(330) 875-4180	Stow Senior Center 3968 Darrow Road, Stow, OH 44224 (330) 689-5100
Lake Senior Center 1663 Edison St NE., Uniontown, OH 44685(330) 877-1298	Tallmadge Senior Center 429 South Avenue, Tallmadge, OH 44278 (330) 630-2508
Massillon Senior Center 39 Lincoln Way W. Massillon, OH 44647 (330) 837-2784	Twinsburg Senior Center 10260 Ravenna Road, Twinsburg, OH 44087 (330) 963-8722
Mayfield Senior Center 3825 13th St, SW., Canton, OH 44710 (330) 477-9982	Trumbull County Senior Centers
Minerva Senior Center 1200 Valley St. Minerva, OH 44657 (330) 868-6004	Farmington Senior Center 150 College St. West Farmington, OH 44491 (330) 889-2733
Northwest Stark Senior Center 853 Locust St S., Canal Fulton, OH 44614 (330) 854-6307	Howland Senior Center SCOPE 8273 High St. Warren, OH 44484(330) 609-7806
Salvation Army Senior Citizens Center 420 Market Ave. S., Canton, OH 44702 (330) 453-0158	Hubbard Senior Center 220 W Liberty St. Hubbard, OH 44425 (330) 534-3812
Summit County Senior Centers	Newton Falls Community Center 52 E Quarry St. Newton Falls, OH 44444 (330) 872-5261
Barberton Senior Center 500 W. Hopocan Avenue, Barberton, OH 44203 (330) 848-6731	Niles Scope Senior Center 14 E State St. Niles, OH 44446(330) 544-3676
Coventry Senior Citizens Center 335 Willowview Dr, Akron, OH 44319 (330)645-9089	Scope Senior Center of Trumbull County 220 W Market St. Warren, OH 44481 (330) 399-8846
Kenmore Senior Center 880 Kenmore Boulevard, Akron, OH 44314(330) 375-2812	Senior Citizens Center 1455 Salt Springs Rd/Adm Bldg Warren, OH 44481 . (330) 824-2507
Macedonia Senior Center 9699 Valley View Road, Macedonia, OH 44056 (330) 467-2218	Wayne County Senior Centers
Mogadore Senior Community Center 3857 Mogadore Road, Mogadore, OH 44260 (330) 628-4896	Wooster Community Center, Senior Center 241 S Bever St. Wooster, OH 44691 (330)263-5207

Senior Resource Contact Numbers



Veterans Clinics and Benefits

Veterans Contact Info and Clinics

veterans contact into and cinics
VA Benefits
Health Care
VA Inspector General
Veterans Crisis Line (800) 273-8255 Press 1
Akron Multi-Specialty Outpatient Clinic
55 W. Waterloo, Akron, OH 44319(330) 724-7715
Canton Outpatient Clinic
733 Market Avenue South, Canton, OH 44702 (330) 489-4600
East Liverpool / Calcutta Multi-Specialty Outpatient Clinic
15655 St Rt. 170, Suite A, Calcutta, OH 43920 (330) 386-4303
Warren Multi-Specialty Outpatient Clinic
1460 Tod Ave (NW) Warren, OH 44485 (330) 392-0311
Youngstown Multi-Specialty Outpatient Clinic
2031 Belmont Avenue, Youngstown, OH 44505 (330) 740-9200

Veterans Administration County Offices

Columbiana County Veterans Service Office(330) 424-7214
Mahoning County Veterans Service Office (330) 740-2451
Medina County Veterans Service Office (330) 722-9368
Stark County Veterans Service Office (330) 451-7457
Summit County Veterans Service Office (330) 643-2830
Trumbull County Veterans Service Office (330) 675-2585
Wayne County Veterans Service Office (330) 345-6638





Adult Day Care

Adult Day Center, JRC 3300 Parkway Street NW, Canton, 44708 (330) 454-3471

Angelhands Adult Day Care Essentials P.O. Box 283 Macedonia, OH 44056 (216) 253-7079 or (330) 641-1126

The Gilcrest Adult Daycare Center Wooster (330) 601-0363

Doylestown (330) 658-7035

Heritage Villas Day Care 905 Pittsburg Avenue NW, North Canton, OH 44720 (234) 401-9333

Senior Independece 6715 Tippecanoe Road, Canfield, OH 44406 (330) 533-4350

Senior Independence 349 Lindy Lane, NW, North Canton, OH 44720 (330) 498-0424

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MENTAL HEALTH



Behavioral Health/Geriatric Assessment/Support Services

The Alzheimers Association of Cleveland
23215 Commerce Park Dr, Suite 300, Beachwood, OH 44122
(216) 721-8457 Fax: (216) 831-8585
Toll Free (800) 272-3900

Alzheimer's Association Greater East Ohio Area Chapter 70 W. Streetsboro St, Suite 201, Hudson, OH 44236 (800) 272-3900 Fax: (330) 650-0568 geoachl@alz.org alz.org/akroncantonyoungstown

Center for Lifelong Health

University Hospitals is focused on the health and wellness of people of all ages. With locations across the region, our Center for Lifelong Health offers a variety of specialized health care services for older adults close to home. Through our Age Well Be Well program, members enjoy social activities and educational programming to help them live longer, healthier, happier lives.

For more information or to become a member call 1-844-312-LIFE (5433).



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The Alzheimers Association

3695B Boardman-Canfield Rd, Suite 301, Canfield, OH 44406 $(330)\ 533\text{-}3300$

The Alzheimers Association

408 9th Street, SW, Suite 1610, Canton, OH 44707 (330) 966-7343

CarePatrol of NorthEast Ohio

Senior Care Consultant "Free Senior Placement Service" (330) 671-9319

Clear Vista "Health & Wellness" A Behavioral Health Hospital 3364 Kolbe Rd., Lorain, OH 44053 (440) 960-7963

Community Support Services, Inc.

150 Cross Street Akron, 0H44311

(330) 253-9388

Comprehensive Behavioral Health Associates

104 Javit Court, Austintown, OH 44515 (330) 787-0017

MedGuardians – Advocates for Seniors and the Disabled (800) 229-7149 www.medguardians.com

National Council of Certified Dementia Practitioners LLC

Alzheimer's / Dementia Training and Certifications 1 (877) 729-5191 www.nccdb.org

Northeast Ohio Behavioral Health, Ltd.

4510 Dressler Road NW, Canton, OH 44718 (330) 494-5155

Prism Health Systems

150 Cross Street, Suite 360, Akron, OH 44311 (855) 797-8900

Psycho Social Therapies, LTD 23715 Mercantile Road, Suite 203A, Beachwood, OH 44122 (216) 292-2880 Fax: (866) 225-8885

info@pstofohio.com see display ad on page 3





Funeral Homes & Planning

Bollinger Funeral Goods & Services 3325 Center Road, Brunswick, OH 44212 (330) 273-6001

Formet-Clevenger & Gordon Funeral Home 1803 Cleveland Ave NW, Canton, OH 44709 (330) 456-4766

Heitger Funeral Home 639 First Street NE, Massillion, OH 44646 (330) 833- 3248

Heitger Funeral Home 5850 Wales Avenue NW, Massillion, OH 44646 (330) 830-0148

Lamiell Funeral Home 1353 Cleveland Ave NW, Canton, OH 44703 (888) 477-1953

Lincoln Heritage / Funeral Advantage 1102 47th Street NW, Canton, OH 44709 (800) 438-7180

Paquelet & Arnold-Lynch Funeral Home 1100 Wales Road NE, Massillon, OH 44646 (330) 833-3222

Reed Funeral Home 801 Pittsburg Avenue NW, North Canton, OH 44720 (330) 477-6721

Reed Funeral Home 705 Raff Road SW, Canton, OH 44710 (330) 477-6721

Rossi Family Funeral Home 730 30th St NW, Canton, OH 44709 (330) 492-5830

Spiker - Foster - Shriver Funeral Homes 4817 Cleveland Ave NW, Canton, OH 44709 (330) 455-0349

SpringHaven Counseling Center

9693 Benner Road, Rittman, OH 44270 (330) 927-2020

Stark County Mental Health

MENTAL HEALTH

800 Market Avenue N, Canton, OH 44702 (330) 455-6644

Turning Point Counseling Services

156 W Ohio Avenue, Sebring, OH 44471 (330 938-9760

Turning Point Counseling Services

420 Youngstown-Poland Road, Struthers, OH 44471 (330) 755-2147

Turning Point Counseling Services

611 Belmont Avenue, Youngstown, OH 44502 (330) 744-2991

University Hospitals — AGE WELL BE WELL Social activities and educational programming (844) 312-LIFE (5433) www.uhhospitals.org/agewell see display ad on page 38

ViaQuest

525 Metro Place North, Suite 300, Dublin, OH 43017 (800) 645-3267 Fax: (614) 889-5847

Visiting Nurse Association of Ohio 925 Keynote Circle #300, Brooklyn Heights, OH 44131 (877) 698-6264 www.VNAOhio.org see display ad on page 42

Wayne-Holmes Mental Health and Recovery Service 1985 Eagle Pass, Wooster, OH 44691 (330) 264-2527





Home Health Care Services (Medical)

Advantage Caring Services 100 30th Street NW, Suite 108, Canton, OH 44709

(330) 280-4841

Altimate Home Health Care
3200 W. Market Street, Suite 7, Akron, OH 33444
(440) 565-7818 Fax: (440) 565-7819
www.altimatecare.com
see display ad, color section, C15

AnswerCare Home Health 7193 Sunset Strip Avenue, NW, North Canton, OH 44720 (855) 213-1511

At Home With Shepherd 5525 Silica Road, Austintown, OH 44515 (330) 530-4041

Brentwood Home Health Care 907 W. Aurora Road, Sagamore Hills, OH 44067 (330) 468-0251 Fax: (330) 468-0753

Canton Home Health Services 2645 Cleveland Avenue, NW, Suite 5, Canton, OH 44709 (330) 437-2910 Fax: (330) 437-2911

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Home Health (Medical)

www.care4menow.com

Crossroads Hospice

3743 Boettler Oaks Drive, Suite E, Green, OH 44685

(330) 899-9100

Great Lakes Caring

Akron, OH

HOME CARE MED

(888) 260-9835

Guardian Angel Home Health Care

2641 South Arlington Road, Akron, OH 44319 (330) 493-4707

Heartland Home Health and Hospice (888) 289-1984

www.heartlandhospice.com see display ad on page 43

Home Health by Windsor

18 East Liberty Street, Girard, OH 44420

(330) 545-4404

Kindred At Home

 $132\ We st chester\ Drive,\ Suite\ 1,\ Austintown,\ OH\ 44515$

(330) 270- 3518

Kindred At Home

9293 Ohio 43, Suite B, Streetsboro, OH 44241

(330) 626-1113

Maxim Home Health

3530 Belmont Avenue, Suite 2, Youngstown, OH $44505\,$

(330) 783-3134

Northeast Professional Homecare

1177 South Main Street, North Canton, Ohio 44720

(330) 966-2311

Personal Touch Home Care of Ohio, Inc. Medicare Certified Home Care since 1974 1 (877) 315-0055 Fax: (216) 986-0955

Portage Home Health Services

9307 State Route 43, Streetsboro, Ohio 44241 (330) 626-9005 Fax: (330) 626-9085 Rx Home Healthcare, Inc. 733 W. Market Street, Suite B1, Akron, OH 44303 (330) 252-9080

www.rxhomehealthcare.com see display ad on page 43

Senior Independece

6715 Tippecanoe Road, Canfield, OH 44406 (330-533-4350

Senior Select Home Health Care Services 3009 Smith Road, Suite 25, Fairlawn, OH 44333 (330) 665-4663

Summa At Home

(888) 886-1828

Summit Home Health Services

231 Springside Drive, Suite 209, Akron, Ohio 44333 (330) 867-2143 Fax: (330) 867-2350

University Hospitals Home Health Serving Medina, Portage & Summit Counties (800) 552-8442 www.uhhospitals.org see display ad, color section, C3

Valley Home Health

755 Boardman-Canfield Road, Boardman, OH 44512 (330) 758-5727

ViaQuest

525 Metro Place North Suite 300, Dublin, OH 43017 (800) 645-3267 Fax: (614) 889-5847

Visiting Nurse Association of Ohio 925 Keynote Circle #300, Brooklyn Heights, OH 44131 (877) 698-6264 www.VNAOhio.org see display ad on page 42





Home Health Care Services (Non-Medical)

Adult & Senior Home Care Inc. "Serving Medina and Summit Counties" (440) 521-3023

Altimate Home Health Care 3200 W. Market Street, Suite 7, Akron, OH 33444 (440) 565-7818 Fax: (440) 565-7819 www.altimatecare.com see display ad, color section, C15

AnswerCare Home Health 7193 Sunset Strip Avenue, NW, North Canton, OH 44720 (855) 213-1511

Arcadia Home Care & Staffing 1650 West Market Street, Akron, OH 44313 330) 869-9520

Bridgewater Senior Home Care 11925 Pearl Rd, Suite 404A, Strongsville, OH 44136 (440) 210-9994 Fax: (440) 287-7763

Caring Hands, Inc. 885 South Sawburg Road, Suite 107, Alliance, OH 44601 (330) 821-6310

ComForCare – NE Ohio 978 East Aurora Road, Macedonia, OH 44056 (440) 914-0334 Fax: (330) 908-2981 www.NEOhio.ComForcare.com

First Light Home Care 5437 Mahoning Avenue, Suite 1, Youngstown, OH 44515 (330) 318-3234

Guardian Angel Home Health Care 2641 S. Arlington Road, Akron, OH 44319 (330) 493-4707

Home Instead / Mahoning

5329 Mahoning Ave, Youngstown, OH 44484 (330) 729-1233 Fax: (330) 729-0112

Home Instead Senior Care / Portage

215 West Garfield Road, Suite 270, Aurora, OH 44202 (330) 995-1522 Fax: (330) 995-1580

Home Instead / Trumbull

953 Niles-Cortland Rd, SE, Warren, OH 44484 (330) 544-1544 or (234) 830-0930

Home Instead Senior Care / Wadsworth 1 Park Center, Suite 15, Wadsworth, OH 44281 (330) 865-6733

Home Instead Senior Care/ Warren 953 Niles-Cortland Rd. N.E., Warren, OH 44484 (330) 544-1544

Homewatch CareGivers

150 Springside Drive, Suite C340, Akron, OH 44333 (330) 668-1500

Interim Healthcare

1001 South Main Street, North Canton, OH 44720 (330) 498-0081

Northeast Professional Homecare

1177 South Main Street, North Canton, OH 44720 (330) 966-2311

Right At Home / Medina

620 E. Smith Road, Ste. W4, Medina, OH 44256 (330) 721-7590 Fax: (330) 721-7591

RX Home Healthcare

550 E. Market Street, Suite 305, Akron, OH 44304 (330) 252-9080

Seniors Helping Seniors Canton & Eastern Stark County (330) 499-6015

Seniors Helping Seniors Columbiana County

(330) 729-5599

HOME CARE NON-MED

Home Health (Non-Medical)

Seniors Helping Seniors

Mahoning County (330) 729-5599

Seniors Helping Seniors

Summit County (330) 963-0025

HOME CARE NON-MED

Valley Home Health

755 Boardman-Canfield Road, Boardman, OH 44512 (330) 758-5727

Visiting Angels

5888 Fulton Drive NW, Canton, OH 44718 (330) 497-5995

Visiting Nurse Association of Ohio 925 Keynote Circle #300, Brooklyn Heights, OH 44131 (877) 698-6264 www.VNAOhio.org see display ad on page 42

For more information and/ or questions regarding any of these listings, please call our office and one of our staff members will be glad to assist you in learning more.



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www.SeniorComfortGuide.com

Hospice Services

Alliance Hospice

2461 W. State Street, Suite E, Alliance, OH 44601 (330) 596-7480

AseraCare – Hospice 2820 West Market Street Akron, OH 44333 1-800-833-5109

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Hospice Services

Hospice Services

Community Hospice 4914 Higbee Avenue NW, Suite 100, Canton, OH 44718 (330) 492-0126 or (800) 947-7284 www.myhospice.org see display ad on page 49

Community Hospice 2341 East State Street Unit B, Salem, OH 44460 (234) 575-0164 or (800) 947-7284 www.myhospice.org see display ad on page 49

Compassionate Care Hospice 300 N. Cleveland Massillion Road, Suite 103, Akron, OH 44333 (330) 666-5242

Crossroads Hospice 3743 Boettler Oaks Drive, Suite E, Green, OH 44685 (330) 899-9100

Grace Hospice
7206 Market Street, Suite B, Boardman, Ohio 44512
(330) 729-2924 Fax: (330) 729-2926

Great Lakes Caring Akron, OH (888) 260-9835

Harbor Light Hospice 25 S. Main Street, Suite 7, Munroe Falls, OH 44262 (330) 686-4983 or (888) 227-6543

Harbor Light Hospice 4531 Belmont Ave Unit #9, Youngstown, OH 44505 (330) 759-5270 or (888) 227-6543

Harmony Hospice Care 3535 Lee Road, Shaker Heights, OH 44120 (216) 232-9980 www.HarmonyHospiceOhio.com see display ad. color section. C9

Heartland Home Health and Hospice (888) 289-1984 www.heartlandhospice.com see display ad on page 43 HopeBridge Hospice "Serving Medina County" 33610 Solon Rd., Suite3, Solon, OH 44319 (440) 424-5806 Fax: (440) 424-5805

Hospice of Medina County 5075 Windfall Rd, Medina, OH 44256 (330) 722-4771

Hospice of Summa (888) 886-1828

Hospice of the Valley 5190 Market Street, Youngstown, OH 44512 (330) 788-1992

Hospice of the Western Reserve 150 Springside Drive, Suite B-235, Akron, OH 44333 (330) 800-2240 www.hospicewr.org see display ad on page 49 and color section, C13

Hospice of the Western Reserve 17876 St. Clair Avenue, Cleveland, OH 44110 (216) 502-4456 www.hospicewr.org see display ad on page 49 and color section, C4

Hospice of Visiting Nurse Service 3358 Ridgewood Road, Akron, OH 44333 (330) 668-4655 Fax: (330) 668-4670

LifeCare Hospice 1900 Akron Road, Wooster, OH 44691 (800) 884-6547

RX Home Healthcare 550 E. Market Street, Suite 305, Akron, OH 44304 (330) 252-9080

Senior Independece 6715 Tippecanoe Road, Canfield, OH 44406 (330-533-4350

ViaQuest Hospice NorthEast Region (855) 289-1722

HOSPICE

Visiting Nurse Association of Ohio 925 Keynote Circle #300, Brooklyn Heights, OH 44131 (877) 698-6264 www.VNAOhio.org see display ad on page 42

Vitas Healthcare 60 Granger Rd., Medina, OH 44256 (800) 723-3233

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56



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1324 3rd Street SW, Canton, OH 4470	2 (330) 451-0981
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Get Your Successful Aging "Tune-up" Starting at Age 50

Your body changes in 52 different ways between the ages of 50 and 80.

For example, you feel less thirsty—which can lead to dehydration, causing dizziness and mental fog. Your depth perception changes—affecting your ability to go down stairs. Your muscle turns to fat—meaning you can weigh the same but be weaker than you think.

Changes like these are why seeing a geriatric specialist is so important. That's why Cleveland Clinic has introduced a new program, providing annual "tune-ups" for people age 50 and older.

The Successful Aging Program offers one-hour appointments with a care team, including a Successful Aging specialist who is a board-certified geriatrician; a pharmacist, nurse and social worker. You can be referred to a nutritionist or physical therapist, if needed.

Visits include:

- Vision, hearing and other age-appropriate screenings.
- Memory assessment. Specialists also may discuss ways to maintain your brain health long-term.
- Frailty screening and fall-risk assessment.
- Medication review. Our geriatric pharmacist may talk with you about medication alternatives, reducing dosages if you're having unwanted side effects, and removing medications that you don't need anymore.

The team shares recommendations with your regular doctor.

Personalizing your care

"We focus on what matters most to each patient," says Cleveland Clinic Successful Aging specialist Ar-

deshir Hashmi, MD. "We make a healthcare plan to help you keep doing what you love, whether it's continuing to work, travel or just walk the dog."

Dr. Hashmi is the Director of the Center for Geriatric Medicine at Cleveland Clinic.

"We'll talk about healthy eating and exercise habits, as well as immunizations and other preventive care that becomes important as you age," says Dr. Hashmi. "We'll also talk about keeping you mobile, which can include bone health, footwear and home safety."

If needed, the Successful Aging program can connect you with:

- Physical therapy
- Occupational therapy
- Driving evaluation
- Audiology

FEATURED ARTICLE

- Ophthalmology
- Social workers, to help you with financial planning, home services, transportation or housing options
- Mobility devices

Why less medication is sometimes better

"We frequently take our patients off medications or reduce their dosages," says Dr. Hashmi. "Often the medications that were perfect for you five years ago may no longer be appropriate."

There are several reasons why. One is because your kidneys work more slowly as you age, so medications can stay in your body longer and build up. Another is because blood sugar naturally goes down as you age, so you don't need as much medication to control diabetes.

"Doctors sometimes prescribe more blood pressure medicine than is needed for older adults," says Dr. Hashmi. "That's why you might feel dizzy when you stand up." Successful Aging specialists will take your blood pressure while you're standing, to get a true reading. Your blood pressure is naturally higher when you're sitting.

When to see a Successful Aging specialist

Too often patients see a geriatric doctor only after they notice memory problems or they've started falling a lot.

"If you wait that long, we have fewer options for promoting health," says Dr. Hashmi. "Staying healthy and independent requires taking steps before things start going wrong."

Patients should consider regular Successful Aging visits as early as age 50, he says.

Research shows that proactive interventions can help preserve your brain health and mobility as you age. Mobilization and exercise are proven to help older adults age gracefully and thrive longer.

Aging is a marathon, he says. Pace yourself earlier so you can prevent problems and stay in the race longer.

Ardeshir Hashmi MD, FACP Cleveland Clinic Center for Geriatric Medicine

To make an appointment with a Successful Aging specialist, call 216.444.5665 or visit: ClevelandClinic.org/Successful Aging. Caregivers are encouraged to attend appointments with patients.

Cleveland Clinic is ranked No. 8 in the nation for geriatric care, according to *U.S. News & World Report*. It is No. 1 in Ohio.







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Copley Place - IL

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(330) 668-9670

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Fax: (330) 908-1156

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The Gables Of Kentridge, Assisted Living 5241 Sunnybrook Road, Kent, OH 44240

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Greenfield Estates – Alzheimer's Special Care Center 3522 Commercial Dr., Akron, OH 44333 (330) 664-1650 www.jeaseniorliving.com see display ad on inside front cover. C2

Heritage Crossing Senior Living A/L 251 N Cleveland Massillon Road, Akron, OH 44333 (330) 510-3110 www.meridiansenior.com see display ad on the back cover

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The Landing of Stow 5511 Fishcreek Rd, Stow, OH 44224 (330) 839-9961

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Maplewood at Twinsburg – Assisted Living & Memory Care 2463 Sussex Blvd, Twinsburg, OH 44087 (330) 236-4343

St. Luke Lutheran Community – Portage Lakes – AL 615 Latham Lane, Akron, OH 44319 (330) 644-3914 Fax: (330) 245-7328

Stow Glen Retirement Village, AL / IL (330) 686-7100 www.stowglen.com

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730 Youngstown - Warren Road, Niles, OH 44446 (330) 652-4177 Fax: (330) 652-2295

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Manor At Autumn Hills, The

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Shepherd Of The Valley – Howland

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(330) 856-9232 Fax: (330) 856-2571

Shepherd Of The Valley Lutheran Retirement

1500 Mckinley Avenue, Niles, OH 44446

(330) 544-0771 Fax: (330) 544-6840

Vista Center At The Ridge

ASST, / IND. LIVING

3379 Main Street, Mineral Ridge, OH 44440

(330) 652-9901 Fax: (330) 505-4819

Wayne County •••••

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Apostolic Christian Home, Inc.

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(330) 927-1010 Fax: (330) 927-1020

Brookdale Wooster

1615 Cleveland Road, Wooster, OH 44691

(330) 249-1019 Fax: (330) 264-1666

Burbank Parke Care Center

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(440) 333-2132

College Hills Retirment Village

905 Portage Road, Wooster, OH 44691 (330) 264-3509

Danbury Woods At Greenfield Crossing, Llc

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(330) 264-0355

Oaks At Shady Lawn, The

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333 East Sassafras Street, Orrville, OH 44667 (330) 683-4455 Fax: (330) 683-7375

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(234) 249-0062 Fax: (234) 249-0063

Wayne Manor

4138 Swanson Boulevard, Wooster, OH 44691 (330) 345-9050 Fax: (330) 345-9212

West View Healthy Living

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80 Summer, Fall 2020 Summer, Fall 2020 Summer Fall 2020 81



As a whole, these facilities provide a wide range of care. However, the services offered at each facility vary. Types of care may include:

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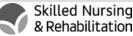


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(330) 337-9503 Fax: (330) 337-5395

Essex Of Salem III

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Mahoning County •••••

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Beeghly Oaks Skilled Nursing And Rehabilitation Ce 6505 Market Street, Bldg. D, Boardman, OH 44512

(330) 726-8860 Fax: (330) 726-0182

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(330) 793-3010 Fax: (330) 793-5039

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86 Summer, Fall 2020 Summer, Fall 2020 87

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Omni Manor

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5665 South Avenue, Youngstown, OH 44512 (330) 782-1173 Fax: (330) 782-2144

Park Vista Retirement Community 1216 Fifth Avenue, Youngstown, OH 44504 (330) 746-2944 Fax: (330) 746-3427 www.parkvistaohio.org

Pembrooke Place Nursing And Rehab Center 850 East Midlothian Blvd, Youngstown, OH 44507 (330) 788-3038 Fax: (330) 788-1806

Shepherd Of The Valley Lutheran 7148 West Boulevard, Boardman, OH 44512 (330) 726-9061 Fax: (330) 726-0442 www.shepherdofthevalley.com

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Vista Center Of Boardman

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4355 Laurel Road, Brunswick, OH 44212 (330) 741-8000

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806 E. Washington Street, Medina, OH 44256 (330) 725-4123

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Kent Healthcare and Rehabilitation 1290 Fairchild Ave. Kent. OH 44240 (330) 678-4912 Fax: (330) 678-1040

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(330) 875-4224

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Fax: (330) 470-4804

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Fax: (330) 829-9734

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(330) 492-7171 Fax: (330) 649-9440

Brewster Parke

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(330) 767-4179

Fax: (330) 767-3907

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(330) 456-0004

Fax: (330) 456-9951

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(330) 854-4177

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(330) 596-7600

Country Lawn Center For Rehab & Nursing Care, Inc.

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Glenwood Care and Rehabilitation

836 34Th Street, N.W. Canton, OH 44709 Fax: (330) 493-2299

(330) 492-7131 www.glenwoodcare.com

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Green Meadows Health & Wellness Center

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Fax: (330) 875-1576

Hanover Healthcare Center

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(330) 837-1741 Fax: (330) 837-1747

Hospitality House

205 Rohr Avenue NW, Massillon, OH 44646

(330) 837-2100

Fax: (330) 837-2454

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(330) 453-8137

Fax: (330) 453-8140

Jackson Ridge Rehabilitation & Care 7055 High Mill Ave, NW, Canal Fulton, OH 44614

(330) 849-2862 Fax: (330) 854-6319

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Laurels Of Canton
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(330) 456-2842 Fax: (330) 456-5343
www.laurelsofcanton.com
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SKILLED NURSING

Laurels Of Massillon 2000 Sherman Circle NE, Massillon, OH 44646 (330) 830-9988 Fax: (330) 830-0039 www.laurelsofmassillon.com see display ad on page 85

 Legends Care Center

 2311 Nave Road SE, Massillon, OH 44646

 (330) 837-1001
 Fax: (330) 837-1623

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McCrea Manor Nursing & Rehab Center 2040 Mccrea Street, Alliance, OH 44601 (330) 823-9005 Fax: (330) 823-1787

McKinley Health Care Center 800 Market Avenue N, Canton, OH 44702 (330) 456-1014 Fax: (330) 430-2177

Meadow Wind Health Care Center 300 23Rd Street NE, Massillon, OH 44646 (330) 833-2026 Fax: (330) 834-2421

 Minerva Eldercare Center

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 Fax: (330) 868-4148

Oakhill Manor 4466 Lynnhaven Avenue NE, Louisville, OH 44641 (330) 875-5060 Fax: (330) 875-4888

The Pines 3015 17Th Street NW, Canton, OH 44708 (330) 454-6508 Fax: (330) 454-0608 Rose Lane Nursing And Rehabilitation

5425 High Mill Avenue NW, Massillon, OH 44646 (330) 833-3174 Fax: (330) 833-4216

Roselawn Gardens Skilled Nursing & Rehabilitation 11999 Klinger Avenue NE, Alliance, OH 44601 (330) 823-0618 Fax: (330) 821-3004

Saint Joseph Care Center

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Saint Luke Lutheran Home For The Aging 220 Applegrove Street NE, North Canton, OH 44720 (330) 499-8341 Fax: (330) 497-6146

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Windsor Medical Center, Inc. 1454 Easton Street NW, North Canton, OH 44720 (330) 499-8300 Fax: (330) 966-8300

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Arbors at Stow, The 2910 L'ermitage Place, Stow, OH 44224 (330) 688-1188 Fax: (330) 688-1278 see display ad, color section, C12

94 Summer, Fall 2020 Summer, Fall 2020 95

Avenue at Macedonia

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(330) 748-8800

Bath Manor Special Care Centre

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(330) 836-1006

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(330) 659-6166 Fax: (330) 659-2944

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(330) 468-2273

Fax: (330) 468-0753

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(330) 688-1828 Fax: (330) 688-2071

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Canal Pointe Nursing & Rehab Center

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9928 Vail Drive, Twinsburg, OH 44087

(330) 405-6040 Fax: (330) 405-6041

Copley Health Center

155 Heritage Woods Drive, Copley, OH 44321

(330) 666-0980 Fax: (330) 666-5585

Crown Center at Laurel Lake

200 Laurel Lake Drive, Hudson, OH 44236

(330) 650-0681 Fax: (330) 655-1701

Essex Healthcare of Tallmadge

563 Colony Park Drive, Tallmadge, OH 44278

(330) 630-9780 Fax: (330) 630-0928

Falls Village Skilled Nursing & Rehabilitation

330 Broadway Street East, Cuyahoga Falls, OH 44221

(330) 945-9797

www.FallsVillageSNR.com

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Skilled Nursing / Nursing Homes

Grande Village

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(330) 963-3600

Fax: (330) 963-6070

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(330) 409-0345

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Heartland of Twinsburg

2425 Highland Road, Twinsburg, OH 44087

(330) 486-9402 Fax: (330) 486-1326 www.manorcare.com

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Heather Knoll Retirement Village

1134 North Avenue, Tallmadge, OH 44278

(330) 688-8600 Fax: (330) 688-8495

Heritage of Hudson

1212 Barlow Road, Hudson, OH 44236

(330) 650-0023

Hickory Ridge Nursing & Rehab Center

721 Hickory Street, Akron, OH 44303

(330) 762-6486 Fax: (330) 762-3517

Hudson Elms Nursing Home

563 W. Streetsboro Road, Hudson, OH 44236

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(330) 666-2631 Fax: (330) 666-2637

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(330) 762-9341 Fax: (330) 761-6782

Northfield Village Skilled Nursing & Rehabilitation 10267 Northfield Road, Northfield, OH 44067 (330) 468-1800 www.NorthfieldVillageSNR.com

Skilled Nursing / Nursing Homes

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Pebble Creek

670 Jarvis Road, Akron, OH 44319

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100 Summer, Fall 2020 101 Summer, Fall 2020

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102 Summer, Fall 2020 Summer, Fall 2020 Summer (Fall 2020 103



Associations / Networking Groups for Providers of Senior **Health Care and Services**

Those who provide services to seniors benefit when they keep abreast of what is being offered throughout the community. They also need to keep on top of changes in federal and state guidelines. Medicare and Medicaid rules, advances in the treatment of Alzheimer's and other chronic conditions, and much more. A number of "networking groups/associations" have been created in Northeast Ohio to provide this current information.

The information that follows is a brief description of some of these local groups, their contact information, and meeting dates (topics of discussion).

Please remember that this information is intended for professionals within the fields of senior care. You should utilize the contact information provided to see about attending a meeting as a guest or becoming a member before you attend one of their gatherings. Please also keep in mind that all meeting information was current at press time, but subject to change.







CARE Coalition NEO

Mission: C.A.R.E. — Collaboration, Advocates, Resources. Education.

This group is open to all healthcare providers/facilitators/representatives that serve the citizens of Northeast Ohio. The goal is to unite and engage healthcare professionals to more effectively and efficiently provide quality patient care, improve outcomes, and cultivate collaborative processes among the many different channels of healthcare delivery today through a panel discussion platform. No membership fees. Contact Frank Gonzalez-Abreu at fgonzalez@condi.com to be included in the email distribution list.

Networking 8:00-8:30am • Panel Discussion 8:30 - 9:30am Locations & topics vary, please see contact info above for additional meeting details.

DUE TO COVID-19, please use the contact details above to obtain updates pertaining to the meeting schedule, "zoom meetings," or other procedural changes.



Medina County Senior Service Network (MCSSN)

Our mission is to develop and coordinate a network of care and resources for older adults in Medina County.

Medina County Senior Service Network P.O. Box 1788 • Medina, OH 44258 medinaseniorservices.org



Meeting times are Wednesdays, 8:00–9:30 a.m. Meeting locations not available at press time.

DUE TO COVID-19, please use the contact details on the previous page to obtain updates pertaining to the meeting schedule, "zoom meetings," or other procedural changes.



Stark Senior Network

The Stark Senior Service Network offers opportunities for facilities, agencies and other related organizations providing services to senior adults to network, educate and foster goodwill among members; therefore enhancing our services and support to our senior adult population.

Our meetings will take place on the first Wednesday of each month unless otherwise notified.

Meetings will take place at the Canton Baptist Temple, located at 515 Whipple Avenue NW, Canton, Ohio 44708. Our meeting room is the Community Room located across the street from the church.

Networking from 9:00 to 9:20 a.m., and the meeting will start at 9:20 a.m.

> For more information, please visit: www.starkssn.com

DUE TO COVID-19, please use the contact details above to obtain updates pertaining to the meeting schedule, "zoom meetings," or other procedural changes.

Summit Senior Network

Our purpose is to develop, coordinate, support and advocate for a community network of care for the elderly in Summit County Ohio.

Our membership is open to all service providers that offer some type of health care, social or support services to residents in Summit County Ohio who are age 55+.

Our current members are a variety of advocacy services, senior centers, home health care services, adult day services, extended care facilities, institutions and non-profit organizations.

Meetings are held the 4th Tuesday of the month.

Meeting Location:

Kucko, Anthony Kertesz Funeral Home Meetina Room 1990 South Main Street Akron, Ohio 44301

Networking begins at 8:00 a.m. Meeting begins at 8:30 a.m.

DUE TO COVID-19, please contact Jim Koewler at summitssnannouncements@ohiomedicaidlaw.com for changes to the meeting schedule, "zoom meetings," or other procedural changes.



Wavne Holmes Senior Service Coalition

Meetings are the 4th Tuesday of each month at 8:30 a.m. at the Wayne County Care Center, 876 S Gevers Chapel Road, Wooster, OH 44691

DUE TO COVID-19, please call (330) 262-1786 for changes to the meeting schedule, "zoom meetings," or other procedural changes.

106

107

Index of Advertisers

Caterory/Company Name Page Number		
Assisted / Independent Living and Group Homes The Briarwood Healthcare Community. C8 Glenwood Assisted Living. C16 Greenfield Estates Inside Front Cover, C2 Heritage Crossing Back Cover Jackson Ridge. C10 Maplewood at Cuyahoga Falls. 68		
Behavioral Health/Assessment/Support Services		
Psycho Social Therapies, LLC 3 University Hospitals Center for Lifelong Health 38 Visiting Nurse Association of Ohio 42		
Home Health (Medical)		
Altimate Home Health Care. C15 Heartland Home Health and Hospice 43 RX Home Healthcare 43 University Hospitals Home Care. C3 Visiting Nurse Association of Ohio 42		
Home Health (Non-Medical)		
Altimate Home Health Care		
Hospice		
Community Hospice49Harmony HospiceC9Heartland Home Health and Hospice43Hospice of the Western Reserve49 & C4Visiting Nurse Association of Ohio42		
Legal / Estate / Insurance Planning / Care Management Kabb Law Firm		
Medical Transportation Physicians Ambulance 59 8 C4		

Caterory/Company Name Page Number		
Senior Care Facilities Nursing Staff Resource		
Towne Nursing		
Skilled Nursing / Nursing Homes		
Arbors at Fairlawn		
Arbors at Minerva		
Arbors at Mifflin		
Arbors at Oregon		
Arbors at Stow		
Arbors at Streetsboro		
Aurora Manor		
Avenue at Aurora		
The Briarwood Healthcare Community		
Falls Village 83 & Inside Back Cover, C17		
Glenwood Care and Rehabilitation		
Green Village 84 & Inside Back Cover, C17		
HCR ManorCare82		
Jackson Ridge		
Laurels of Canton		
Laurels of Massillon		
Medina Meadows		
Northfield Village 85 & Inside Back Cover, C17		
Valley Oaks Care Center		
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108 Summer, Fall 2020 Summer, Fall 2020 109

Notes	Notes
	9

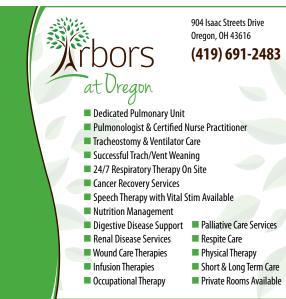
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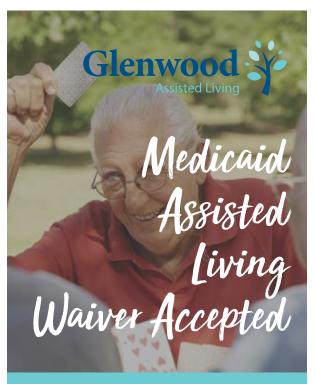
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(16 **C17**

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