

CONNECTING & COMMUNICATING

Website

Visit us online 24/7 at www.lcco.org to stay up-to-date on events, news and information plus career opportunities and resource links.

BRIDGE

Subscribe to this award-winning quarterly publication for a small fee or become a Subscriber+ and become a donor friend of the Council on Aging Foundation. Start your subscription by calling the Council offices or online at www.lcco.org. Complimentary copies of BRIDGE are also available at pick-up locations throughout Lake County.

WOW! Well on Wednesday Lecture Series

Dynamic, free one-hour info sessions geared to Lake County's citizens ages 55+, their families and caregivers. Lectures held on-site at the Council offices. Light snacks and beverages served. Series schedule online at lcco.org



Facebook & Twitter

Show your support, be informed and become a fan and follower of the Council on Aging! Simply start at the lcco.org website and click on the Facebook or Twitter link.



The Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, the Western Reserve Area Agency on Aging, the United Way of Lake County, various grants, fees, and donations, and your generosity and support.

The Council on Aging provides programs, services and resources for contemporary living and healthy aging. We invite you to call, connect and explore how the Council will empower you!

Mission Statement

The Council on Aging provides aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined, quality of life.

Vision Statement

The vision of the Council on Aging is to be recognized by the community as its most valuable resource for aging adults and their support system.

In conjunction with community partners, the Lake County Council on Aging will provide the highest level of education, advocacy, services and support.



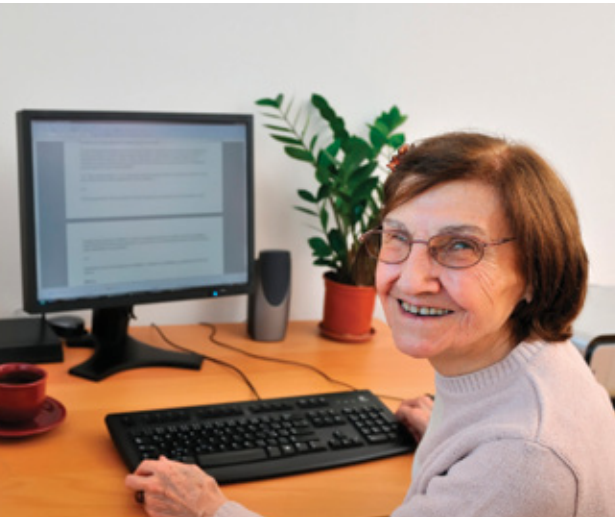
8520 East Avenue • Mentor, OH 44060
440.205.8111



SERVICE DIRECTORY

Providing programs, services and resources for healthy aging and contemporary living

440.205.8111



CONTEMPORARY LIVING

The Senior Café

A Healthy Dining Experience for Those 60+.

Do your body good! Enhance your daily dining at any one of our five café sites throughout Lake County. Enjoy a hot, nutritiously balanced meal, prepared Monday-Friday for (suggested donation) only \$1.25 per meal. Weekly reservations required. Menus at www.lcco.org

Computer Education

Mouse to Tweets, Ebay to Email...

Discover the softer side of technology at our on-site computer lab. Classes include all Microsoft Office programs, Facebook, Twitter and Quicken and are available for those 40+ . Classes are open to both Lake County and out-of-county residents. Call or visit online for a current class schedule. Discounted fees for those 60 +.

Care for Caregiver

You are Caring for a Loved One...

Ensure YOU are receiving all the education, resources and assistance you can with services designed to support unpaid caregivers of all ages caring for seniors.



Senior Health Insurance and Benefits Information *Medicare Made Easy!*

Our trained Ohio Senior Health Insurance Information Program (OSHIIP) volunteers resolve Medicare, Medicaid, and secondary insurance questions. The OSHIIP volunteers also provide assistance with application for benefit programs (Medicaid, Food Assistance, and Prescription Assistance). Individual appointments in our office or in your home are available at no cost.



Volunteer Opportunities

Live Well by Doing Good!

Our Volunteer Program Manager is always recruiting for Meals on Wheels Drivers, Friendly Visitors, Grocery Shoppers and Ohio Senior Health Insurance Information Program volunteers. Positions generally require one to two hours on a weekly or bi-weekly basis; optional mileage reimbursement is available.

Information and Assistance

Close to 5,000 requests per year are responded to by the Council on Aging's trained Resource Specialists. Available during regular business hours (8:30am - 4:30pm Monday-Friday), we'll answer your questions, provide information about our programs and services, help you find other area service organizations who work with older adults and assist in arranging an appointment with a case manager.

HEALTHY AGING

Case Management

Your Link to Healthy Aging!

Our licensed social workers provide in-home visits to Lake County residents 60+. The case manager will work with you and your loved ones to arrange and monitor an individualized plan to keep you living at home.

Home Maintenance

Home Maintenance Help When You Need a Hand.

Our Case Managers perform in-home safety checks and make recommendations for safety improvements and repairs. If you are 60+ or are a caregiver to someone over 60 and unable to access the needed materials and labor, the Council on Aging's contracted handymen will provide both on a shared cost and/or donation basis.

Meals on Wheels

Eat Right...Everyday.

Hot, nutritiously balanced meals are prepared daily for homebound Lake County residents 60+. Meals are delivered Monday-Friday; shelf-stable or frozen meals are sent for weekends, holidays and emergencies (weather related). \$2.50 suggested donation (per meal).



Homemaker Help Service

Light Housekeeping for Older Adults Who Can No Longer Do Their Own Cleaning.

Our trained homemakers, employed by the Council on Aging, provide between 1-2 hours of light housekeeping every other week. Homemaker services are provided on a sliding scale basis.

H.E.L.P Program

Our Health Equipment Lending Program loans walkers, bedside commodes, tub seats, and other durable medical equipment and supplies to any Lake County senior upon request. We also accept donations of gently used durable medical equipment.

Vial of Life

A Plan So Simple That Could Save Your Life!

Call the Council on Aging to receive your free Vial of Life – a magnetic pouch you place on your refrigerator to provide emergency personnel crucial medical information in the event of an emergency or time of crisis.