

## How to get involved with "A Senior Center on Call"?

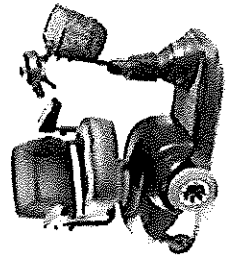
- Call, visit or email the Program Department at [programs@wccoa.net](mailto:programs@wccoa.net) to obtain qualifications of the telephone program.
- The Program Department will contact you to schedule a home visit and assess your potential for the telephone program.
- Home assessment will include: filling out the program application, explaining how to log-in to the telephone conference, and explaining that phone program materials will be mailed to participants prior to the program.
- If you think "A Senior Center on Call" is for you then "Get Connected!" by calling 419.353.5661 OR 1.800.367.4935 to register today!

### Sponsors Information: Active Mobility, Inc.

**Our Vision:** To be the leading provider of mobility equipment serving the needs of all those with walking challenges.

**Our Mission:** To achieve excellence in providing walking mobility equipment, and to do so with the highest standard of integrity and ethics.

**Active Mobility Office &  
Showroom**  
5702 Opportunity Drive  
Toledo, OH 43612  
Telephone: 1.800.544.7460  
Fax: 1.419.478.1881  
Website: [www.amobility.com](http://www.amobility.com)

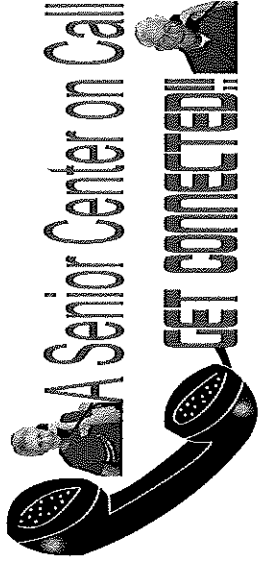


## Wood County Committee on Aging General Services

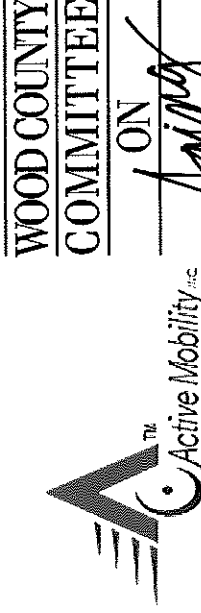
WCCOA operates seven Senior Centers throughout Wood County, Ohio to serve older adults. Centers are located in Perrysburg, Rossford, Walbridge, Pemberville, Wayne, Bowling Green and North Baltimore. Services include:

- ☛ Professional Services such as Legal Aid, Income Tax Preparation.
- ☛ Volunteer Opportunities
- ☛ Information & Referral Services
- ☛ Medical Equipment Loan Closet
- ☛ Medical Escort Transportation
- ☛ Health Screening & Consultations
- ☛ Support Groups
- ☛ Congregate Meals
- ☛ Home-delivered Meals
- ☛ Lifelong Learning Opportunities
- ☛ Health and Wellness Classes
- ☛ Countywide Events and Special Events

**For more information on  
general services contact:**  
**Wood County Committee on Aging, Inc.**  
305 N. Main St.  
Bowling Green, OH 43402  
419.353.5661 OR 1.800.367.4935



## An Interactive Telephone Program Sponsored by:



Active Mobility, Inc.

**For more information contact:**  
**Wood County Committee on Aging, Inc.**  
305 N. Main St.

Bowling Green, OH 43402  
Program Department  
419.353.5661 OR 1.800.367.4935

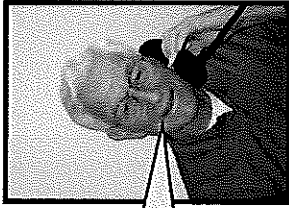
Email: [programs@wccoa.net](mailto:programs@wccoa.net)

## Wood County Committee on Aging The Mission


1. To provide, promote, and coordinate with other service agencies a comprehensive system of services to Wood County residents sixty years of age and older to enable them to remain independent.
2. To assess the physical, emotional, social, economic, and intellectual needs of Wood County's older adults and to develop and promote programs and services that will improve the quality of their lives.
3. To provide for the empowerment of older adults in Wood County, ever mindful of their dignity and individuality, by serving as a focal point for programs on aging.

### Vision Statement

The Wood County Committee on Aging will be recognized as a premier agency for the provision of services for the citizens of Wood County.



Good Morning,  
You seem  
chipper today!



I am! I got  
connected with  
"A Senior  
Center on Call"

## What is "A Senior Center on Call" ?

This telephone program is a special project which will assist older adults in participating in social, recreational, educational, emotional, and spiritual programs via the telephone. "A Senior Center on Call" is working with other local agencies including home health care providers, assisted living facilities and local medical supply companies to provide this outreach community for homebound older adults so that Wood County, Ohio residents can enjoy programming via the telephone. Each interactive telephone program will last approximately thirty minutes.

### The Criteria for this Program:

- Must reside in Wood County, Ohio
- Must receive assistance with minimum of two Activities of Daily Living
- No evidence of severe auditory impairments (due to nature of program participants must be able to distinguish conversations from various participants)
- No evidence of severe speech impairment (due to nature of program participants must be comprehensible when conversing with other participants)
- No evidence of severe cognitive impairment (due to nature of program participants must be able to remember to read material and recall information)
- Must be able to consent to participate
- Must be able to dial into the conference call independently
- Must have their own phone line
- Must show signs of social isolation, limited resources, and minimal interaction with the community

## The Benefits of "A Senior Center on Call"

- Free to all individuals 50 and over
- Enjoy the program from your own home
- Connect with peers throughout the county
- Decrease feelings of loneliness and isolation
- Maintain/improve well-being
- Increase social interaction
- Reduce stress
- Increase involvement in community
- Promote laughter
- Promote lifelong learning opportunities

### Sample of Phone Programs

- **Mental Aerobics**  
Learn skills to exercise all aspect of your brain.
  - **Relaxation Techniques**  
Learn new material to relax during stressful events.
  - **Poetry**  
Read uplifting poetry to promote positive thinking.
  - **Reminiscing**  
Travel back in time and revisit events, and places.
- There are a host of other topics that will be introduced throughout the year.