

# SANDUSKY COUNTY SENIOR DIRECTORY



2022-2023



*\*Due to COVID-19, some of these resources may have been altered or adjusted; call the agency with inquiries*

# **SANDUSKY COUNTY SENIOR DIRECTORY 2022-2023**

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The Golden Threads Senior Program of ProMedica Memorial Hospital, United Way of Sandusky County First Call for Help, and Great Lakes Community Action Partnership Senior Programs have created this directory as a quick, useful tool for seniors and their families. Its purpose is to provide updated information about both community resources and local activities geared to the Sandusky County senior population. Agency inclusion in this directory does not imply endorsement nor does omission imply lack of endorsement.

This directory is updated every two years.

**If you cannot find the information you need or you want more detailed information, please call United Way of Sandusky County First Call for Help at 419-334-2720 or access the database of available agencies at [www.uwsandco.org/help.php](http://www.uwsandco.org/help.php)**

**If you would like additional copies of this directory, contact:  
Golden Threads Senior Program of  
ProMedica Memorial Hospital at **419-334-6613**  
First Call for Help at **419-334-2720**  
GLCAP Senior Programs at **419-334-8383****

# SANDUSKY COUNTY SENIOR SERVICES AND RESOURCES 2022 - 2023

## Adult Day Care

**Easterseals Adult Day Care** ..... 419-332-3016  
1907 Croghan Street, Fremont

**Elmwood Assisted Living and Skilled Nursing** ..... 419-332-6533  
1545 Fangboner Road, Fremont

**Valley View Healthcare Center** ..... 419-332-0357  
1247 CR 176, Fremont

**The Willows at Bellevue** ..... 419-483-5000  
101 Auxiliary Drive, Bellevue

## Adult Protection

**Sandusky County Department of Job & Family Services** .. 419-334-8708  
2511 Countryside Drive, Fremont  
*Investigates senior (60 and older) abuse, neglect, or exploitation*

## Alzheimer Support

**Alzheimer Association - NWO Chapter** ..... 1-800-272-3900  
*Support program; Alzheimer Support Group meets at ProMedica Memorial Hospital*

## Apartments or Retirement Living

**Bethany Place Senior Apartment Community** ..... 419-334-5500  
916 North Street, Fremont

**Bethesda View Apartments** ..... 419-355-0206  
540 North Brush Street, Fremont

**The Commons at Little Bark Creek** ..... 419-355-9638  
750 Robin Lane, Fremont

**Fort Stephenson House Apartments** ..... 419-334-9586  
600 West State Street, Fremont



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## **Cancer - Related Services**

<b>The Bellevue Hospital .....</b>	<b>419-483-4040</b>
<i>Mammograms and support services</i>	
<b>Cleveland Clinic/North Coast Cancer.....</b>	<b>1-877-544-6222 or 419-626-9090</b>
<i>Cancer treatment and support services</i>	
<b>ProMedica Home Medical Equipment.....</b>	<b>419-332-6931</b>
<i>(Formerly known as O E Meyer Equipment and Supplies)</i>	
<i>Bras, prostheses, and other medical supplies</i>	
<b>ProMedica Dorothy L. Kern Cancer Center.....</b>	<b>419-559-2700</b>
2390 Enterprise Drive, Fremont	
<i>Cancer treatment and support services</i>	
<b>ProMedica Memorial Hospital.....</b>	<b>419-332-7321</b>
715 South Taft Avenue, Fremont	
<i>Mammograms</i>	
<b>Sandusky County Cancer Care Fund.....</b>	<b>419-334-8938</b>
826 West State Street, Fremont	
<i>Financial assistance for Sandusky County residents in cancer treatment, through the <b>United Way of Sandusky County</b></i>	

## **Clothing**

<b>Goodwill.....</b>	<b>419-355-1579</b>
1040 Oak Harbor Road, Fremont	
<i>Used clothing, furniture, and more; Fees</i>	
<b>Goodwill.....</b>	<b>419-483-2244</b>
855 West Main Street, Bellevue	
<i>Used clothing, furniture, and more; Fees</i>	
<b>Hayes Memorial United Methodist Church.....</b>	<b>419-334-2605</b>
1441 Fangboner Road, Fremont	
<i>Clothes Closet—free clothes and limited household items.</i>	
<b>Pass It On Clothing Closet.....</b>	<b>419-483-3071</b>
203 Maple Street, Suite B, Bellevue	
<i>Clothing assistance; Free</i>	
<b>Sandusky County Share and Care Center.....</b>	<b>419-334-2832</b>
129 Bidwell Avenue, Fremont	
<i>Clothing thrift shop with small furniture items; some fees</i>	

## Developmental Disability - Related Services

**Sandusky County Board of DD** ..... 419-332-9296  
1001 Castalia Street, Fremont  
*Programs, services, and supports for people with developmental disabilities*

## Education

**Aspire** ..... 419-334-6901 Ext 2703  
Vanguard Adult Career Center, 1306 Cedar Street, Fremont  
*Adult education and literacy and basic skills. Includes GED instruction*

**Terra State Community College** ..... 419-334-8400  
2830 Napoleon Road, Fremont  
*Credit and non-credit courses; includes Lifelong Learning programs*

## Emergency Response Systems

**ProMedica Home Medical Equipment** ..... 419-332-6931  
1005 Everett Road, Fremont  
*Personal response systems for your home; Fees*

## Employment Services

**Goodwill Ind. Senior Community Service Emp. Program**.. 419-625-4744  
*Training and services designed to assist older job seekers find and keep employment. Must be 55 or older*

**Ohio Means Jobs** ..... 419-332-2169  
2511 Countryside Drive, Suite D, Fremont  
*Employment postings and work-related trainings and services*

## Food Assistance – Home Delivered Meals

**Four County Young At Heart** ..... 419-483-6600  
*Delivers noon meals to seniors who live in the Bellevue area; Fees*

**GLCAP Meals on Wheels** ..... 419-333-5082/1-800-775-9767  
*Meals delivered to homebound seniors, Monday – Friday.  
Donation suggested; Also is contact for the Farm Market Program*

## Sandusky County Senior Services Index

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## Useful Web Sites

**American Association of Retired People - [www.aarp.org](http://www.aarp.org)**

**Area Office on Aging of Northwestern Ohio - [www.areaofficeonaging.com](http://www.areaofficeonaging.com)**

**Benefits Check Up - [www.benefitscheckup.org](http://www.benefitscheckup.org)**

*Enter personal information to find programs and services you may be eligible for such as help with mediation, food, utilities, legal, taxes, in-home services, and transportation*

**Eldercare Help - [www.caring.com](http://www.caring.com)**

*Helps caregivers find services for the elderly*

**Medicare - [www.medicare.gov](http://www.medicare.gov)**

**National Alliance on Mental Illness (NAMI) - [www.nami.org](http://www.nami.org)**

**Ohio Consumers' Counsel – [www.occ.ohio.gov](http://www.occ.ohio.gov)**

*Utility information and tips, along with helpful phone numbers.*

**Ohio Department on Aging - [www.aging.ohio.gov](http://www.aging.ohio.gov)**

*Includes information on the Golden Buckeye Card, Passport Program and more.*

**Ohio Senior Health Insurance Information Program (OSHIIP) -**

**[www.insurance.ohio.gov](http://www.insurance.ohio.gov)**

**Prescription Assistance - [www.goodrx.com](http://www.goodrx.com)**

*GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions*

**Social Security – [www.socialsecurity.gov](http://www.socialsecurity.gov)**

*Provides information about programs and applications for benefits.*

## Food Assistance – Meal Sites

**The Family Worship Center..... 419-334-8353**

120 East State Street, Fremont

Every third THURSDAY, beginning at 6:00 pm

**First United Methodist of Clyde ..... 419-547-0734**

510 West Maple Street, Clyde

Typically the last WEDNESDAY of every month, 5:00 pm - 6:00 pm

**The Fremont Soup Kitchen..... 419-332-1558**

Grace Lutheran Church, 705 West State Street, Fremont

Every THURSDAY, 11:30 am – 12:30 pm, unless schools are closed

**GLCAP Senior Programs..... 419-334-8383/1-800-775-9767**

11:30 meal at local senior centers (Clyde, Fremont, and Gibsonburg).

**Hayes Memorial United Methodist Church..... 419-334-2605**

1441 Fangboner Road, Fremont

Every MONDAY 5-6:30 pm

Every THURSDAY 10-11:30 am

**Pontifex..... 419-333-9667**

416 West State Street, Fremont

Every TUESDAY from 4:30 – 5:30 pm

Every FRIDAY from 11:00 am – 12:00 pm

**St. Paul's Episcopal Church..... 419-332-3032**

206 North Park Avenue, Fremont

Every fourth SUNDAY from 5:00 pm – 6:00 pm, September through May (December is 3rd Sunday)

## Food Pantries

- Bellevue Fish and Loaves** ..... 419-484-2814  
203 Maple Street, Bellevue  
Every WEDNESDAY, 1:00 pm – 5:00 pm  
**\*Bellevue area residents only**
- Clyde Food Pantry, The Back Door** ..... 419-547-6232  
803 West McPherson Highway, Clyde  
Every THURSDAY, 9:00 am – 11:00 am & 4:00 pm – 6:00 pm  
**\*Clyde area residents only**
- The Family Worship Center** ..... 419-334-8353  
120 East State Street, Fremont  
Third TUESDAY, 11:00 am – 12:30 pm
- Gibsonburg Clergy Association Food Pantry** ..... 567-201-3962  
116 South Main Street, Gibsonburg  
Second and fourth MONDAY, 5:00 pm – 6:00 pm  
Must call ahead  
**\*Gibsonburg area residents only**
- Hayes Memorial United Methodist Church** ..... 419-334-2605  
1441 Fangboner Road, Fremont  
MONDAYS 5:00 PM- 6:30 PM & THURSDAYS 10:00 am–11:30 am  
Mainly non-perishable items
- Pontifex Food Outreach** ..... 419-333-9667  
416 West State Street, Fremont  
MONDAY from 1:00 - 3:00 pm
- Sandusky County Food Pantry** ..... 419-334-8158  
129 Bidwell Ave., Fremont  
MONDAY - FRIDAY, noon – 2:30 pm, need referral from SC Department of  
Job & Family Services or SC Share and Care Center  
**\*Sandusky County residents only; once every 30 days**
- Gibsonburg United Methodist Church** ..... 419-637-2159  
200 East Madison Street, Gibsonburg  
WEDNESDAY, 5:30 pm - 6:30 pm  
**\*Gibsonburg area residents only**
- Woodville Good Samaritan Council** ..... 419-849-3952  
212 Bridge Street, Woodville  
Last FRIDAY, 8:30 am – 9:30 am, dates vary in November & December  
**\*Woodville area residents only**

## Groups and Churches with Activities for Seniors

- Clyde Christian Church** ..... 419-547-9628  
206 South Main Street, Clyde  
*Disciples of Christ - Worship, classes and events*
- The Family Worship Center** ..... 419-334-8353  
120 East State Street, Fremont  
*PTO [Prime Time Overcomers] (age 50 and older) meets monthly*
- First Presbyterian Church** ..... 419-334-7171  
120 South Park Avenue, Fremont  
*Satellites – Dinner and program fellowship for seniors. A Senior Lunch is offered the second Wednesday each month*
- Four County Young at Heart** ..... 419-483-6600  
690 Flat Rock Road, Bellevue  
*Senior activities and programs*
- GLCAP Senior Programs** ..... 419-334-8383/800-775-9767  
Offers various senior activities, trips, and programs, and 3 senior centers;  
visit [www.glcap.org](http://www.glcap.org)
- Golden Threads Senior Membership Program** ..... 419-334-6613  
ProMedica Memorial Hospital, 715 South Taft Avenue, Fremont  
*Support program and activities for those who are 55 and older*
- Harvest Baptist Temple** ..... 419-547-8251  
1022 South Main Street, Clyde  
*Golden Apples – senior group meets fourth Tuesday monthly*
- Mature Audience Luncheons** ..... 419-483-4040, Ext 4299  
The Bellevue Hospital, 1400 West Main Street, Bellevue  
*Monthly noon luncheon and programs for those over 55*
- Retired Eagles Activity Club** ..... 419-332-3961  
(Contact) Eagles Hall  
*Lunch at 12:30 PM – second and fourth Tuesday. Meeting and social hour follow. Over 55, retired, and member of the Eagles*
- Trinity United Methodist Church** ..... 419-665-2262  
231 South Maple Street, Lindsey  
*Monthly senior activities held first Monday each month at 1:30 pm*



## Transportation

**First Choice Cab Company** ..... 419-307-1352  
*Cab service; Fees*

**Hart's Ambulette** ..... 419-332-3911  
*Handicapped and wheelchair accessible van; Fees/Medicaid; Available nights and weekends with appointment*

**North Central EMS**..... 1-800-589-2515  
*Emergency and non-emergency medical transportation; Fees*

**Reliable Rides**..... 419-559-5341  
*Public transportation, delivery service; Fees*

**Remembrance Taxi** ..... 567-201-1159  
*Taxi service. Fees.*

**Sandusky County EMS**..... 911/419-332-7313  
*\*EMERGENCY ONLY ambulance service; Fees*

**TRIPS**..... 419-332-8091  
*Public transportation system; fees; call for cost information*

## Utility Assistance

**Great Lakes Community Action Partnership** ..... 419-334-8911

**Sandusky County Share and Care Center**..... 419-334-2832

**Utility Assistance Appointment Hotline** ..... 567-432-5046  
127 South Front Street, Fremont  
*Entry-point to various utility programs including HEAP, Emergency HEAP, PIPP and more*

## Veteran Services

**Veterans Service Office and Commission** ..... 419-334-4421  
2511 Countryside Drive, Suite B, Fremont  
*Variety of services for veterans and their dependents*

## Volunteer Opportunities

**First Call for Help** ..... 419-334-2720  
United Way of Sandusky County, 826 West State Street, Fremont  
*Directory of Volunteer Opportunities is available in print at the United Way of Sandusky County office and as a PDF at [www.uwsandco.org](http://www.uwsandco.org)*

## Food Stamps

**SNAP (Formerly Food Stamps)**..... 419-334-3891  
Sandusky County Department of Jobs and Family Services  
2511 Countryside Drive, Fremont  
*SNAP application and program; screening for local food pantries*

## Furniture

**Goodwill** ..... 419-355-1579  
1040 Oak Harbor Road, Fremont  
*Used clothing, furniture, and more; there is a cost*

**Goodwill** ..... 419-483-2244  
855 West Main Street, Bellevue  
*Used clothing, furniture, and more. There is a cost.*

**Share and Care** ..... 419-334-2832  
129 Bidwell Ave, Fremont  
*Accepts donations and provides used furniture assistance*

## Golden Buckeye Card

**Golden Buckeye Card** ..... 1-866-301-6446 (for replacement)  
Card is mailed to those with Driver's Licenses; must be 60 and older;  
Applications are also available at senior centers or local libraries

## Hearing-Related Services

**Bowling Green State University Hearing Clinic** ..... 419-372-2515  
200 Health Center Building, Bowling Green  
*Hearing examinations and other hearing aid services. Sliding fee scale*

**Hear Again Company** ..... 419-334-7732  
1525 Port Clinton Road, Suite D, Fremont  
*Hearing examinations and other hearing aid services. Fees*

**Hear Now Program/Starkey Foundation**..... 1-800-328-8602  
*Assists those, who are deaf or who are hard of hearing, and have no other source to acquire a hearing aid. Processing fee*

**Professional Hearing Service**..... 419-334-7732  
305 Third Avenue, Fremont  
*Hearing examinations and other hearing aid services; Fees*

### **Homebound Book Delivery**

**Birchard Public Library—Fremont**..... 419-334-7101

**Clyde Public Library** ..... 419-547-7174

### **Home Health and/or Personal Care Services**

**Bridge Home Health & Hospice**..... 419-423-5351  
*Skilled nursing, physical, occupational, and speech therapies, medical social services and nurse’s aide assistance – all in the comfort of your home*

**Comfort Keepers**..... 419-272-6633  
*Non-medical in-home personal care; serves Sandusky County*

**Easterseals** ..... 419-332-3016  
*Personal care, home care, and respite care*

**Fisher-Titus Home Health Care** ..... 419-668-0099  
*Skilled nursing; physical, occupational, & speech therapy; also, provider for pediatric patients*

**Guiding Hands Home Health Services**..... 419-898-5909  
*Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Services, Home Health Aide, Private Duty*

**Heritage Health Care** ..... 419-867-2002  
*Nursing, home health, and other services*

**ProMedica Home Health** ..... 419-334-6626  
*Nursing and therapy services for physical, occupational and speech*

**Home Instead Senior Care**..... 888-519-8109  
*Non-medical personal care and home care*

**Passport/Options for Independence** ..... 1-800-472-7277  
*Aide and homemaker services; skilled nursing; and therapy services*

### **Home Modification (also see Medical Equipment and Supplies)**

**GLCAP Housing Program** ..... 419-334-8911  
*Weatherization, rehabilitation, and other emergency home repairs*

**The Bellevue Hospital Rehabilitation Services**..... 419-483-4040  
102 Commerce Park Drive, Suite A, Bellevue  
*Offers supervised independent warm water exercise sessions and balance screenings. Call Extension 4279 for details.*

**Fremont Parks and Recreation Department**..... 419-334-5906  
600 St. Joseph Street, Fremont  
*Senior exercise, Silver Sneakers, Silver Fit, swimming pool, and walking track*

**ProMedica Memorial Hospital**..... 419-539-0235  
710 South Taft Avenue, Herbert Perna Center, Fremont  
*Heated pool and senior exercise programs*

**Sandusky County Park District**..... 419-334-4495  
*Several parks and various programs; walking and bike trails*

**YMCA of Sandusky County**..... 419-332-9622  
1000 North Street, Fremont  
*Senior program, Silver Sneakers, pool, and more; Discount is offered for those 62 and older*

### **Senior Centers**

**Sandco Life Enrichment Center**..... 567-855-5183  
131 South Main Street, Clyde

**Sandco Fremont Co-Opportunities**.....419-547-3273  
1466 E. State Street, Fremont  
*Community inclusive day site for seniors receiving services through the Sandusky County Board of Developmental Disabilities*

**Clyde Senior Center**..... 419-547-8052  
Laurelhurst, 900 North Woodland Avenue, Clyde

**Four County Young at Heart** ..... 419-483-6600  
690 Flat Rock Road, Bellevue

**Gibsonburg Senior Center**..... 419-637-7947  
Luther Meadow, 100 Meadow Lane, Gibsonburg

**Sandusky County Senior Campus** ..... 419-334-8383  
1101 Castalia Street, Fremont

### **Social Security Services**

**Social Security Administration**..... 1-866-614-4760  
2220 Enterprise Street, Fremont; [www.socialsecurity.gov](http://www.socialsecurity.gov)

### **P.T. Services Rehabilitation**

1800 W. State Street, Fremont ..... **419-332-6709**  
22020 State Route 51 W, Genoa..... **419-855-8301**  
*Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy, Wellness Programs*

**Rehabilitation Hospital of Northwest Ohio**..... **419.214.6600**  
1455 W Medical Loop, Toledo  
*Intensive rehabilitation for diseases or injuries such as Strokes, Cardiac Rehab, Brain, Spinal Cord and Orthopedic injuries*

### **Prescription Assistance**

**Bellevue Salvation Army** ..... **419-484-2769**  
First United Methodist Church, 901 Northwest Street, Bellevue  
*Emergency prescription assistance for Bellevue residents*

**Sandusky County Cancer Care Fund**..... **419-334-8938**  
826 West State Street, Fremont  
*Limited assistance for Sandusky County residents receiving cancer treatment*

**Sandusky County Share and Care Center** ..... **419-334-2832**  
129 Bidwell Avenue, Fremont  
*Limited prescription assistance for Sandusky County residents*

### **Prescription Delivery**

**CVS Gibsonburg (Gibsonburg Pharmacy)**..... **419-637-7441**  
*Mail order delivery available; fees*

**CVS Fremont** ..... **419-332-1505**  
*Mail order delivery available; fees*

**CVS Woodville**..... **419-849-2781**  
*Mail order delivery available; fees*

**Kroger Pharmacy** ..... **419-332-9187**  
*Free delivery within Fremont city limits only*

### **Recreation**

**Bellevue Community Center** ..... **419-483-5555**  
800 Monroe Street, Bellevue

**Anytime Fitness Bellevue** ..... **419-484-5426**  
102 Commerce Park Drive, Bellevue

### **Homeless Shelters**

**The Community Fortress**..... **419-552-1813**  
410 Birchard Avenue (Arch Street entrance), Fremont

**Liberty Center of Sandusky County** ..... **419-332-8777**  
1421 East State Street, Fremont

### **Hospice Services**

**ProMedica Hospice** ..... **1-800-505-7444**  
*Comprehensive services for those with an advanced illness. Holistic care and support for patients and their families; bereavement support services offered.*

**SouthernCare Hospice Services** ..... **567-401-0200**

**Stein Hospice** ..... **1-800-625-5269**  
*Comfort, compassion, and support during life's final journey; Bereavement support services*

### **Hospitals and Clinics**

**The Bellevue Hospital** ..... **419-483-4040**  
1400 West Main Street, Bellevue  
*Hospital services and more*

**Community Health Services**..... **419-334-3869**  
2221 Hayes Ave., Fremont  
*Medical and dental clinics at a sliding scale fee rate*

**Fisher-Titus Medical Center** ..... **419-668-8101**  
272 Benedict Avenue, Norwalk

**ProMedica Memorial Hospital**..... **419-332-7321**  
715 South Taft Avenue, Fremont  
*Hospital care, home health, therapy, support services, and more*

**Rehabilitation Hospital of Northwest Ohio** ..... **419-214-6600**  
1455 W Medical Loop, Toledo  
*Intensive rehabilitation for diseases or injuries such as strokes, brain, spinal cord, and orthopedic injuries*

**Sandusky County Public Health** ..... **419-334-6377**  
2000 Countryside Drive, Fremont  
*Health clinics, flu shots, and other health-related services*

## Information and Referral Services

**Area Office on Aging of NW Ohio** ..... 1-800-472-7277 or 419-382-0624

*Information and referral for Northwest Ohio area senior services*

**First Call for Help** ..... 419-334-2720

*Information and referral service for Sandusky County. On-line search for services also available at [www.uwsandco.org](http://www.uwsandco.org)*

**Ohio Department on Aging** ..... 1-800-266-4346 or 614-466-5500

*Information and referral concerning Ohio senior services*

## Insurance Counseling

**Community Health Services** ..... 419-334-3869, Ext 251

2221 Hayes Ave., Fremont

*Assistance with enrollment in Managed Care Insurance Programs*

**Golden Threads Senior Membership** ..... 419-334-6613

ProMedica Memorial Hospital, 715 South Taft Avenue, Fremont

*Insurance claims assistance; assistance with Medicare Part D enrollment*

## Legal Services

**Law Office of Phillip T. Wylkan** ..... 419-332-3800

1430 Oak Harbor Road, Fremont or [www.2helpseniors.com](http://www.2helpseniors.com)

*Certified Elder law attorneys, specializing in Medicaid/Medicare, veteran's benefits, estate planning and other senior issues*

**Legal Aid of Western Ohio**..... 1-888-534-1432

*Legal services, including no-cost services for qualified senior citizens*

**Pro Seniors Legal Hotline** ..... 1-800-488-6070

*Legal advice and referrals for senior citizens (60 and older)*

## Medical Equipment and Supplies

**Easterseals** ..... 419-332-3016

1907 Croghan Street, Fremont

*Hospital-type equipment is available for temporary loan; Free*

**CVS Gibsonburg (Gibsonburg Pharmacy)**..... 419-637-7441

241 West Madison Street, Gibsonburg

*Durable medical equipment and aids for daily living; Fees*

**Parkview Care Center**..... 419-332-2589

1406 Oak Harbor Road, Fremont

*Skilled nursing, comprehensive rehabilitation, Alzheimer's and dementia care, and long-term care*

**Valley View Health Campus**..... 567-201-4393

1247 N River Rd, Fremont

*Long and short-term care, rehabilitation, and assisted living services*

**The Willows at Bellevue**..... 567-228-6001

101 Auxiliary Drive, Bellevue

*Long and short-term care; assisted living; transitional, memory, & respite care; adult day service; physical, occupational & speech therapy; outpatient therapy; and independent living*

**Windsor Lane Health Care and Rehabilitation**..... 419-637-2104

355 Windsor Lane, Gibsonburg

*Long and short-term care, rehabilitation, respite and hospice care*

## Parkinson Support

**Parkinson Foundation of Northwest Ohio** ..... 419-438-5584

*Support group and "Movers and Shakers" fitness classes for individuals diagnosed with Parkinson disease; Services available in Fremont*

**Sandusky Seneca Parkinson Support**..... 419-334-6630

1500 Tiffin Road (First United Church of Christ)

*"Delay the Disease"; Parkinson disease support group offering networking, education, and support*

## Phone Assistance

**Assurance Wireless** ..... 1-888-898-4888

**Link Wireless** ..... 1-855-754-6543

**SAFE-LINK** ..... 1-800-SAFELINK/1-800-723-3546

## Physical Therapy/Rehabilitation

**ProMedica Memorial Total Rehab**

710 Cleveland Avenue, Fremont..... 419-334-6630

509 W. McPherson Hwy, Clyde..... 419-547-0524

116 S. Main, Gibsonburg ..... 419-637-2161

*Physical Therapy, Occupational Therapy, Speech Therapy, Pelvic Health, Aquatics, Lymphedema and Wellness Programs*

**Lutheran Social Services** ..... 419-334-3431  
512 East State Street, Fremont  
*Individual, marriage, family, anger, and geriatric counseling*

**NAMI (National Alliance on Mental Illness)** ..... 419-334-8021  
428 Croghan Street, Fremont  
*Support groups and classes for the mentally ill and their families*

**Cornerstone Counseling of Bellevue**..... 419-483-9411  
817 Kilbourne Street, Bellevue  
*Counseling provided by Christian therapists*

**Sojourn at Seneca Senior Behavioral Health Hospital** ..... 567-207-2230  
50 St. Lawrence Drive, Tiffin  
*Acute inpatient psychiatric treatment for adults 55 and older*

### **Nursing Home and Respite Care Facilities**

**Bellevue Care Center** ..... 419-483-6225  
1 Audrich Square, Bellevue  
*Long and short-term care, rehabilitation, respite and hospice care*

**Bethesda Care Center** ..... 419-334-9521  
600 North Brush Street, Fremont  
*Long-term care, memory support, short-term rehabilitation, and end-of-life care*

**Countryside Manor**..... 419-334-2602  
1865 Countryside Drive, Fremont.  
*Long and short-term care; rehabilitation; memory care; and respite and hospice care*

**Spring Creek Nursing and Rehabilitation - WEST** ..... 419-639-2626  
401 North Broadway Street, Green Springs  
*Skilled nursing, long-term care, rehabilitation therapy, and respite care*

**Elmwood Assisted Living & Skilled Nursing**..... 419-332-6533  
1545 Fangboner Road, Fremont  
*Assisted living, skilled nursing, memory care, long-term care, and hospice*

**Heritage Village of Clyde** ..... 419-547-9595  
700 Helen Street, Clyde  
*Long and short-term care, including a hospice unit*

**Hart Medical Equipment**..... 419-332-4938  
1211 Oak Harbor Road, Fremont  
*Oxygen, CPAP/BiLevel, nebulizers, scooter/power chairs, lift chairs, walking aids, hospital beds, etc.*

**ProMedica Home Medical Equipment** ..... 419-332-6931  
*(Formerly known as O E Meyer Equipment and Supplies)*  
1005 Everett Road, Fremont  
*Equipment and supplies, including oxygen, hospital beds, and more; Free delivery*

**VFW**.....419-334-2551  
*Loan medical equipment to community members; do not have to be a veteran to qualify*

### **Medicare Information Services**

**Medicare Hotline**..... 1-800-633-4227

**Medicare Prescription Drug Assistance**..... 419-334-6613

**Ohio Senior Health Insurance Information Program (OSHIIP)** ..... 1-800-686-1578

**Social Security Hotline** ..... 1-800-772-1213

### **Mental Health & Substance Use Services**

**C.H.O.I.C.E.S Behavioral Health Care**..... 419-960-4009  
126 East Perry Street, Port Clinton (serving Sandusky County)  
*Agency and home-based counseling and case management*

**Crisis Text Line**..... text HOME to 741741  
*24-hour free and confidential crisis intervention service*

**ProMedica Behavioral Health**..... 419-334-6619  
ProMedica Memorial Hospital, 715 South Taft Avenue, Fremont  
*Outpatient counseling services and medication management*

**Firelands Counseling and Recovery Services**..... 419-332-5524  
675 Bartson Road, Fremont  
*Outpatient counseling services and medication management*

**Firelands 24-Hour Crisis Hotline** ..... 1-800-826-1306  
*24-hour crisis hotline and referral service*