

# ***Knox County Resources for Senior Adults***

## **The Station Break Senior Citizens Center of Knox County**

160 Howard Street

Mount Vernon, Ohio 43050

website: [www.stationbreak.org](http://www.stationbreak.org)

- To request assistance or participate in activities:

Elyse Osbourne, Senior Community Liaison,

740-397-3841, [seniorsupport@stationbreak.org](mailto:seniorsupport@stationbreak.org)

- For questions about the agency and its functions:

Meredith Lowther, Director,

740-397-2417, [meredith@stationbreak.org](mailto:meredith@stationbreak.org)

***A designated county agency that advocates, promotes, and implements services to meet the needs of sixty-plus adults.***

- Onsite Meals
- Home Delivered Meals
- Chore Service
- Transportation
- Activities
- HomeMaker Services & Light Housekeeping

## **Knox County Community Health Center**

740-399-8008

11660 Upper Gilchrist Road

Mount Vernon, Ohio 43050

email: [healthcenter@knoxhealth.com](mailto:healthcenter@knoxhealth.com)

website: [www.knoxhealth.com/index.php/knox-county-health-center](http://www.knoxhealth.com/index.php/knox-county-health-center)

- Counseling Services
- Dental
- Medical & Vaccinations

## **Area Agency on Aging**

419-524-4144 / 800-860-5799

Ohio District 5 (which includes Knox County)

Serving North Central Ohio

2131 Park Avenue West

Ontario, Ohio 44906

website: [www.aaa5ohio.org](http://www.aaa5ohio.org)

***The starting point for locating local services to help Older Adults remain independent.***

***They help match individuals with services such as:***

- Personal Care
- Homemaker Services
- Home Maintenance & Chores
- Safety Monitoring
- In-Home Care
- Home Delivered Meals
- Transportation
- Wellness Classes
- Home Repair Assistance Program— *provides funding for necessary home repairs.*
- Home Energy Assistance Programs (HEAP)— *provides fund to assist with utility bills.*
- Helping Elderly Meet Essential Needs (HEMEN) — *funding for a one time purchase of basic living items - stoves; heaters; vacuums; washers; dryers; mattresses.*

## **Knox County Taskforce for Older Adults**

P.O. Box 1382

Mount Vernon, Ohio 43050

email: [knoxtfoa@gmail.com](mailto:knoxtfoa@gmail.com)

website: [www.knoxtaskforce.org](http://www.knoxtaskforce.org)

***A network of nonprofit and commercial organizations that provide assistance to Older Adults in Knox County. Their goal is to identify the needs of older adults and then direct them to the proper public and private organizations that can provide the necessary assistance. They have a directory of all the organizations in their network.***

## **Knox Community Hospital Care Coordination**

740-399-3728

307 Vernedale Drive, Suite B

Mount Vernon, Ohio 43050

website: [www.kch.org/care-coordination-0](http://www.kch.org/care-coordination-0)

***Teams work with families and caregivers to track, aid, and assess the best possible plans for the care and treatment of Older Adults.***