



Sandusky County Community Service & Health Resource Inventory

Spring 2003

Commissioned by
HEALTH PARTNERS

FOREWORD

This 2003 Community Service & Health Resource Inventory is the result of the support, commitment and dedication of our community partners to work together in a positive fashion to improve the health and well-being of the citizens of Sandusky County. The information presented in this report is intended to help link groups collaboratively through a strong base of evidence. This will allow stakeholders to write better grants, formulate strong strategic plans and answer a call to action. The result should be a community that focuses on wellness, improving the general health status, increasing the access to services and addressing unmet needs. Health and human service programs, health care providers, managed care organizations and other groups and individuals interested in gaining a factual understanding of Sandusky County's issues should find this information very useful. This effort should help inspire the community to work together to remove barriers to health improvement.

Sincerely,

Sandusky County Health Partners

Steve Mays, DVM – Bellevue City Health Department
Mike Winthrop – Bellevue Hospital
Joe Liszak – Community Health Services
Dawn Kroh – Firelands Counseling & Recovery Services
Nancy Cochran – Mental Health and Recovery Services Board
Francis Aona, M.D., Physician
Cindy Bilby – Sandusky County Department of Job & Family Services
Dave Pollick – Sandusky County Health Department
Dan Schwanke – St Francis Health Care Centre

Funding Provided by:

Bellevue City Health Department
Bellevue Hospital
Community Health Services
Firelands Counseling & Recovery Services
Mental Health and Recovery Services Board
Sandusky County Department of Job & Family Services
Sandusky County Health Department
St Francis Health Care Centre

Special thanks to the following for their guidance and technical assistance in the community health assessment process:

*Joyce Garvey, First Call for Help for all her assistance and information;
Jan Ruma & Kathy Silvestri, Healthy Communities Foundation of the Hospital Council of NW Ohio;
Amanda Harpster, Sandusky County Health Department*

Sandusky County Community Service and Health Inventory

Table of Contents

Foreword	Page 3
First Call For Help	Page 5
Access to Quality Health Care	Page 5
Alcohol & Other Drug	Page 17
Arthritis	Page 20
Asthma	Page 23
Cancer	Page 24
Diabetes	Page 28
Heart Disease/Stroke	Page 29
Mental Health	Page 31
Quality of Life- <i>Education</i>	Page 37
Quality of Life- <i>Living Assistance</i>	Page 44
Quality of Life- <i>Miscellaneous</i>	Page 50
Quality of Life- <i>Services for Children</i>	Page 59
Quality of Life- <i>Services for Senior Citizens</i>	Page 68
Quality of Life- <i>Support Groups</i>	Page 75
Quality of Life- <i>Transportation</i>	Page 80
Sexual Health & Pregnancy Outcomes	Page 81
Tobacco	Page 85
Weight Control	Page 86
Index	Page 94

Sandusky County Community Service and Health Inventory Fall 2002

First Call For Help ~

<p>First Call For Help 103 South Front Street Fremont, OH 43420 419-334-2720 1-800-593-9444 www.uwsandco.org Contact: Joyce A. Garvey, Director</p>	<p>Sandusky County</p>	<p>All residents, no fees, no restrictions</p>
<ul style="list-style-type: none"> • Telephone and Walk-In Information and Referral Services-Staff and trained volunteers provide information and referrals to various resources. • Resource Directories- <i>Directory of community Resources for Sandusky County, Emergency Services Directory for the Sandusky County Area, Club and Support Group Listings, Directory of Sandusky County, Director of Sandusky County Senior Services, and Volunteer Directory</i> • Statistical Data-Statistics on service utilization and type of information requested by residents. • Contacting Agency for Community Efforts- First Call for Help is the initial contact agency for Community Christmas, the Volunteer Center Committee, the Kinship Navigator Program, the Fremont Clergy Emergency Fund, and the Clyde Ministerial Emergency Fund. 		

Sandusky County Community Service and Health Inventory Fall 2002

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Alternative Medicine Reiki Healing Touch Therapy & Counseling Services Fremont, OH 419-355-1779	Sandusky County	No Medicare or Medicaid; private pay only. \$40/hr
<ul style="list-style-type: none"> • Counseling for families, individuals, and children to help with depression, anxiety, etc. Not substance abuse cases. Kathleen VanWey, M.A.P.C Licensed Professional Counselor with the State of Ohio. • Reiki- Healing touch therapy (\$30/hr). 		
Arbors at Clyde 700 Helen Street Clyde, OH 43410 (419) 547-9595	Sandusky County	Medicare and Medicaid approved nursing center, assisted living private pay.
<ul style="list-style-type: none"> • Assisted Living- for seniors needing minimal assistance. • Intermediate Care- Long term nursing care. • Skilled Care (Subacute Care)- Physical therapy, occupational therapy, speech therapy, psychological services, infusion therapy, wound care, respiratory therapy, digestive diseases, and cardiac care. 		
Bellevue Care Center 1 Audrich Square Bellevue, OH 44811 (419) 483-6225	Sandusky County (except for Meals on Wheels)	Elderly
<ul style="list-style-type: none"> • Meals on Wheels- Deliver meals to Bellevue senior citizens. • Physical, occupational, and speech therapies are provided. • Short-term care for individuals whose families are out of town, etc. • Skilled long-term care 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue City Health Department 817 Kilbourne Street, Suite D Bellevue, OH 44811 419-483-9109	City of Bellevue	Sandusky County residents seeking immunizations.
<ul style="list-style-type: none"> • Bureau for Children with Medical Handicaps (BCMh)- Bellevue City Health Department nurses may serve as the BCMh contact person for Sandusky County families with children (<21 years) with special health care needs. The BCMh treatment program ensures that comprehensive, high quality medical care is given to children who qualify for the program. The BCMh will also assist families, meeting eligibility requirements, with paying medical bills. Services are approved for one year at a time. • Health Clinic – By referral to appropriate health care agencies. • Immunization Clinic- Immunizations given on Mondays, Wednesdays, and Fridays, from 1:00 PM – 4:00 PM, first Wednesday of the month from 1:00 PM – 6:00 PM. Fee: \$8.00 per vaccine. • Medicaid Outreach Center- Community awareness of Medicaid eligibility, attempts to reduce barriers to the Medicaid process, and facilitation and access to the Medicaid application. • Public Health Nurse Home Visits- Home visits for Bellevue residents. • Vision and Hearing screening- Nurses conduct vision and hearing screenings for children and follow-up with those who are in need of specialized medical services. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	All Sandusky County residents
<ul style="list-style-type: none"> • Aerobics Classes- Classes for adults and seniors. Ext. 4278 • Assistance to low-income patients- including a clinic in Clyde and mammography and pap screenings. Ext. 4278 • Breast Care Program- See Cancer section of this resource guide. • Cardiac Rehab- A three-phased rehabilitation program for people recovering from a heart attack. Ext. 4303 • Diabetic Education- An educational program for newly diagnosed diabetics. Also a diabetic support group. Ext. 4303 • Family Birthing Center-single room concept of maternity care. Contact: Ext. 4295 • Health Counseling Services- Counseling services for persons 18 years of age and older. Ext. 4440 • Health Screenings-Provides a variety of health screenings for groups and organizations. Also at hospital. • Home Health Care- Nursing and assistant services including speech, occupational, and physical therapy for people in their home. Physician referral or family contact required. Limited to Sandusky County residents who live within a 25-mile radius of Bellevue. Contact: Home Health, Ext. 4302 • Occupational Health Center- employee education and treatment of worker accidents or injuries; health and drug screenings also available for businesses. Contact: Ext. 4488. • Sleep Disorders Lab- Provides a wide-range of services to help diagnose and treat sleep illnesses. Ext. 4244 • Social Services- Explanation of advance directives (living wills, durable power of attorney), nursing home, or assisted living available in your area. Contact: Pat Cook, Ext. 4254 • STEP Program- Counseling for people ages 60 and older experiencing a decrease in mental, emotional, and physical functioning. Ext. 4446 • Support Groups- Including Alzheimer's, Cardiac ComeBack, and Diabetic 		
Bethany Place Retirement Center 916 North Street Fremont, OH 43420 419-334-5500	Sandusky County	
<ul style="list-style-type: none"> • Retirement Village 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bethesda Care Center 600 North Brush Street Fremont OH 43420 (419) 355-0206	Sandusky County	Those requiring long-term nursing.
<ul style="list-style-type: none"> • Intermediate and Skilled Nursing • Physical, occupational, speech, and respiratory therapy. • Memory loss unit. 		
Bethesda View Apartments Fremont VOA Elderly Housing 540 North Brush Street Fremont OH 43420 (419) 355-0206	Sandusky County	Must be age 62 and over, income based.
<ul style="list-style-type: none"> • Very low income elderly housing. 		
Buckeye Rest Home 234 West Buckeye Clyde, OH 43410 419-547-9866	Sandusky County	
<ul style="list-style-type: none"> • Nursing Home 		
Bureau of Vocational Rehabilitation 4604 Timber Commons Drive Sandusky, OH 44870 800-589-6772 Satellite Office: C/o St. Francis Health Care Centre 401 North Broadway Green Springs, OH 44836 419-639-2916	Sandusky, Ottawa, Erie, and Huron Counties	The handicapped seeking employment.
<ul style="list-style-type: none"> • Physical and mental restoration and therapy or personal adjustment training to remove or reduce handicaps to help clients adjust for employment opportunities. No fees charged. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Community Health Services 410 Birchard Avenue Fremont, OH 43420 Medical appt: 419-334-3869 Dental appt: 419-334-8855	Sandusky, Seneca Counties and surrounding areas	Infant, child, adolescent, and adult health care. Serving Spanish-speaking clients. Fees on a sliding scale, private insurance, Medicaid, or Medicare accepted. All services by appointment.
<ul style="list-style-type: none"> • Additional physician services include: preventive care (screening, testing, and immunizations), patient education, family planning, cardiac ultrasounds, referral to specialty physicians, prenatal services (no delivery available). • Dental services include preventive care for children and adults, fillings, crown and fixed bridge- work, dentures (complete and partial), root canal therapy, and oral surgery including wisdom teeth removal. • Family Practice, Pediatricians, and Internal Medicine Physicians available. • Social Services Available 		
Countryside Continuing Care Center 1865 Countryside Drive Fremont, OH 43420 419-334-2602	Sandusky County	Those in need of short and long-term 24-hour care. Can accommodate Spanish language clients. Fees vary, accepts Medicare and Medicaid, private pay clients.
<ul style="list-style-type: none"> • Alzheimer Care available for those with Alzheimer’s disease or a related dementia. • Skilled and Intermediate Long-Term Care-Provides physical, occupational, and speech therapies, full-time activities director, short and long-term rehabilitation, lab work and hair care available. 		
Easter Seals 309 Garrison Street Fremont, OH 43420 419-332-5921 lgonzales@eastersealsnwohio.org Contact: Lori Gonzales	Sandusky, Seneca, and Ottawa Counties	Adults and children with permanent or temporary disabilities. Fees vary by program, no one turned away due to the inability to pay. Will accept Passport, Options programs and self-pay.
<ul style="list-style-type: none"> • Home Health Services- Personal care, home care, and respite care provided by aides. • Hearing Aid Loan Bank-Clients in need of a hearing aid can apply for assistance with eligibility based upon financial and audiological criteria. • Special KISS-Provides adaptive care restraints for children with temporary or permanent disabilities with a physician’s prescription. Small deposit and fee required. • Equipment Loan-Temporary loan of hospital-type equipment, wheelchair requires a prescription from a physician. Most major equipment available • Information and Referral-Information and referral source for people with disabilities, disability awareness and advocacy, health information. • Public Education/Advocacy-Information, videos, and speakers available on various topics including disability awareness. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Elmore Retirement Village 633 State Street Elmore, OH 43416 419-862-2408	Sandusky County	
<ul style="list-style-type: none"> • Retirement Village 		
Elmwood Assisted Living 430 North Broadway Green Springs, OH 419-639-2581	Sandusky County	Those requiring assisted living.
<ul style="list-style-type: none"> • Assisted Living Facility 		
Elmwood of Fremont An Assisted Living Residence 1545 Fangboner Road Fremont, OH 43420 419-332-6533 Licensed Assisted Living residence Contact: Becky Gill	Sandusky County	Private Pay, Eligibility based on need.
<ul style="list-style-type: none"> • Assisted Living Facility- Services include meal preparation, dieticians, laundry, housekeeping & bedmaking, on-site R.N., social activities, reserved parking, assistance with medicine, and for fee services (barber, beauty shops, etc). 		
Elmwood Center of Green Springs 430 North Broadway Street Green Springs, Ohio 44836 419-639-2581	Sandusky County	Those needing basic or extended care services. Fees dependent on suite size and amount of extended care needed. Long-term insurance accepted.
<ul style="list-style-type: none"> • Assisted Living Facility- Services include meal preparation, dieticians, laundry, housekeeping & bedmaking, on premises R.N., social activities, reserved parking, assistance with medicine, and for fee services (barber, beauty shops, etc). • Intermediate Care Facility- Long-term care, 24-hour RN. Restorative nursing and all basic services provided. Medicaid, not Medicare accepted. • Intermediate Care Facility for MRDD (2 sites in Green Springs, 1 in Bellevue)- R.N. available to pass medications, 24-hour supervision, full care and social services provided. 		
Fremont Medical Clinic, Inc 1823 West State Street Fremont, OH 43420 419-334-7737	Sandusky County	Unable to accept children under 2 years.
<ul style="list-style-type: none"> • Accepts walk-ins • Perform work physicals 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Gibsonburg Health Care Center 355 Windsor Lane Gibsonburg, OH 43431 419-637-2104 Contacts: Rose O’Connell and Susan Glunt	Sandusky County	Adults requiring skilled and intermediate nursing facility Fees: Call for information, accepts Medicare, Medicaid, and private ins Spanish language accommodated
<ul style="list-style-type: none"> • Skilled and Intermediate Nursing Facility- 100 beds offering comprehensive nursing care, 24 hour RN coverage, physical therapy (in-house and out-of-house), occupational, speech, and respiratory therapies, activities program, dietary services with special diets, beauty/barber salon services offered weekly. • Respite Care-available, • Morbid Obesity Program • Hospice Room-available. 		
Hart’s Ambulette 1525 Port Clinton Road Fremont, OH 43420 419-332-3820 419-332-3911	Sandusky County	-Serves all ages. -Private service that accepts Medicaid eligible and self-pay clients. -Bureau of Worker’s Compensation Provider.
<ul style="list-style-type: none"> • Able to transport those requiring wheelchair transportation. • Transportation for wheelchair bound clients for health care and private transportation needs. • Services available 365 days per year. Must call for appointment, at least 48 hours notice preferred to insure availability. • Will travel to any in-state or out-of-state destination. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Medicare, Medicaid, private insurance, and self-pay for services.
<ul style="list-style-type: none"> • Care-A-Van (419-334-6606)- Handicapped/wheelchair accessible van/transportation services for physician and medical appointments. • HealthLink (Nanette Russell at 419-334-6657)- Occupational health program provides services to those area companies that have joined the HealthLink network offering injury care, drug testing, physicals, and evaluations. • Home Health Care/Hospice (419-332-7321)- Skilled nursing, physical, occupational, and speech therapies, diabetic education, home IV therapy, social services and discharge planning. RN on call 24 hours a day. • Telephone Typewriter (419-332-0428) • Tel-Med (419-334-9573)- A community service that provides a tape library of over 500 recorded health messages, all calls are anonymous, available 24 hours a day. • Golden Threads Senior Membership Program (Annette Overmyer 419-334-6613)- Free enrollment program for 55+ to help with insurance claims, offers monthly educational programs, merchant and hospital discounts, free take-home meal to hospitalized members, bi-monthly newsletter, health screenings, senior exercise class and trips. 		
North Central EMS Fremont, OH 43420 419-334-4553 1-800-589-2515	Sandusky county residents requiring transportation by wheelchair & stretcher for health care needs.	All ages. Accepts Medicare, Medicaid, and private pay.
<ul style="list-style-type: none"> • Will transport patients in and out of state. 		
Ohio Orthopedic Service 1442 East State Street Fremont, OH 43420 419-355-1004	Sandusky County	
Otterbein Homes, Northwest Ministry 419 Erie Street Woodville, OH 43469 419-849-2988	Sandusky County	
<ul style="list-style-type: none"> • Retirement & Life Care Community 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Parkside Manor Assisted Living PO Box 1108 1420-1430 Oak Harbor Road Fremont, OH 43420 419-332-2589	Sandusky County	
<ul style="list-style-type: none"> • Assisted Living for Independent Seniors- For those needing minimal assistance. 		
Parkview Care Center PO Box 1108 1406 Oak Harbor Road Fremont, OH 43420	Sandusky County	No restrictions on eligibility.
<ul style="list-style-type: none"> • Skilled and Intermediate Care Facility- Private and semi-private rooms. May be admitted for short or long stays. • “Return to Home” Program • Extensive Rehabilitation Therapy 		
Rutherford House Assisted Living Concepts, Inc 805 Buchanan Street Fremont, Ohio 43420 419-334-6962	Sandusky County	Assisted living targeted for senior citizens and disabled adults of any age.
<ul style="list-style-type: none"> • Assisted living for older and disabled adults- Private studio or one-bedroom apartments with emergency call systems, kitchenettes, and complete bathrooms. Housekeeping, laundry, maintenance, medication assistance, personal care assistance, delivered meals, and 24-hour security services are provided. 		
Sandusky County Alzheimer’s and Related Disorders Support Association 227 Harding Street Fremont, OH 43420 419-334-8011	Sandusky County	Caregivers and families of those stricken with Alzheimer’s or related disorders.
<ul style="list-style-type: none"> • Medication Assistance and/or Respite Care available. Refer individuals to resource agencies for further assistance. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Department of Job & Family Services 2511 Countryside Drive Fremont OH 43420 419-334-3891	All Sandusky County residents.	Varies with services needed.
<ul style="list-style-type: none"> • Medicaid • Health check for children on Medicaid. • Medical transportation • Referral 		
SCESC (Sandusky Co. Education Service Center) <u>Special Needs Integrated Preschool Programs</u> SCESC 500 West State Street, Suite A Fremont, OH 43420 419-332-8214, ex 40	Clyde-Green Springs, Fremont City, Lakota Local, and Woodmore Local Schools.	3-5 years old, Sandusky county resident with special needs or disabilities.
<ul style="list-style-type: none"> • Preschool- (Speech, occupational, and physical) Therapy provided to qualified children. 		
Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 (419) 334-6377 www.sanduskycoh.org	Sandusky County	Ohio residents, age 21 years and under; medical condition accepted by the program; Bureau approved doctor.
<ul style="list-style-type: none"> • Bureau for Children with Medical Handicaps (BCMh)- Sandusky County Health Department nurses may serve as the BCMh contact person for Sandusky County families with children (<21 years) with special health care needs. The BCMh treatment program ensures that comprehensive, high quality medical care is given to children who qualify for the program. The BCMh will also assist families, meeting eligibility requirements, with paying medical bills. Services are approved for one year at a time. • Immunization Clinic • Public Health Nurse Home Visits- Home visits for Sandusky County residents. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
School of Hope/Sandco Industries Board of Mental Retardation and Developmental Disabilities 1001 Castalia Road Fremont, Ohio 43420 419-443-9296	Must be resident of Sandusky County.	Eligible on case-by- case basis.
<ul style="list-style-type: none"> • Early Intervention- (Designated for children (3 years and younger) who are considered at risk or have developmental delays) Physical and occupational therapists, infant stimulation instructor, and language development specialists work with the children and their parents on a weekly basis. • Family Resource Plan- Financial assistance provided for disabled adults and families of disabled children. Assistance includes respite care service, home modifications, special equipment, counseling, and education/training in caring for a disabled family member. • Ancillary Services- Physical development; physical, occupational, and speech therapies. • Service Coordination- Assists individuals and families in identifying and receiving support services from all available. 		
St. Francis Health Care Centre 401 North Broadway St Green Springs, OH 44836 419-639-2626	All Sandusky County	
<ul style="list-style-type: none"> • Long-Term Care Hospital- Provides acute nursing care and/or aggressive physical rehabilitation for adult inpatients requiring a stay greater than 25 days. Also serves patients with complex injuries. • Subacute Medical Program to treat and manage injuries and illnesses for adults requiring nursing care and short inpatient stay. • Long-term Nursing Facility for residents requiring nursing supervision and assistance with daily activities. • Ventilator Weaning Program- Program is designed to reduce a patient's dependency on ventilators while increasing their physical strength and reestablishing independence. • Aquatic Outpatient Therapy • Outpatient neuropsychology assessments and interventions. • Outpatient Occupational Therapy • Outpatient pediatric & adult physical, occupational, speech, and language therapies. • Electromyograph (EMG)- Diagnostic testing and interpretation provided by physician. • Therapeutic pool designed to promote physical mobility for physically challenged people. • Rehabilitation Services- driving assessments/evaluations, orthotic and prosthetic aids, wheelchair seating clinic. • Brain Injury Support Club • Sleep Disorder Lab- An outpatient program that provides testing of sleep disorders. 		

Access To Quality Health Care

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
TRIPS- Transportation Resources For Independent People of Sandusky County 109 South Front Street Fremont, OH 43420 419-332-8091	Primarily Sandusky County	County resident, 12 years and older unless accompanied by adult. Must be able to pay fee.
<ul style="list-style-type: none"> • Make reservation between 8 AM-2 PM each weekday, at least 24 hours in advance. • Fees (one way): \$1 - Fremont, \$2 Ballville & Sandusky Townships, \$3 remainder of county. • Wheelchair accessible. Trips vehicles available with lifts for common wheelchairs. Service animal or personal care attendant may accompany passenger at no extra charge. 		
Valley View Healthcare Center Trans Healthcare Inc. 825 June Street Fremont OH 43420 419-332-0357	Sandusky County	Fees: \$112-117 per day; accept Medicaid, Medicare, private insurance, and private pay.
<ul style="list-style-type: none"> • Therapy programs- Occupational, physical, speech, respiratory, and psychology services available. • Health Care- Dietetic, vision, dental, pharmaceutical, and podiatric consultant services available. • Respite Care- short-term care for individuals requiring professional nursing care. • Nursing Center- Available for anyone needing skilled or intermediate nursing care. • Dementia Unit • Adult Daycare- 7 days per week, 24 hours per day. 		

Sandusky County Community Service and Health Inventory Fall 2002

Alcohol and Other Drug Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Adult Children of Alcoholics Fremont, OH 43420 (419) 448-8625	Fremont area.	Adult children of an alcoholic or dysfunctional family.
Al-Anon Family Groups Fremont, OH 43420 (419) 332-7642	Meetings held in Bellevue, Clyde, and Fremont.	Family and friends of alcoholics.
<ul style="list-style-type: none"> • Support group to help the family and friends of alcoholics. 		
Alcoholics Anonymous Services North Central Ohio Area Intergroup, INC. P.O. box 338 3416 South Columbus Avenue Sandusky, OH 44871-0338 419-625-5995 Contact: N.C.O.A. Intergroup	Multi-county service area.	Residents with a drinking/alcohol problem and a desire to stop, and/or knowing someone with the problem. Fees: None.
<ul style="list-style-type: none"> • Twenty-four hour answering service staffed by volunteers. 		
Catholic Charities Diocese of Toledo 925 Croghan Street Fremont, OH 43420 419-334-5061 E-mail: kdidion@toledodiocese.org	Sandusky County	Sandusky County families and individuals.
<ul style="list-style-type: none"> • Alcohol and drug treatment counseling available for both adults and teens. • Outpatient treatment 		
The Center for Mental Health and Well-Being Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6619	Sandusky County	Residents deemed appropriate for treatment level of care standards. Employee Assistance Program (EAP) available through employer contract.
<ul style="list-style-type: none"> • Outpatient counseling to individuals (adults, children, and adolescents), families, and couples to address depressions, anxiety, grief, life transitions, anger, relationship problems, divorce/separation, communication difficulties, drugs and alcohol, and child and adolescent behavior problems. 		

Alcohol & Other Drug Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Firelands Counseling and Recovery Services 675 Bartson Road Fremont, OH 43420 419-332-5524 888-332-5529	Sandusky County	Adults, adolescents, and children.
<ul style="list-style-type: none"> • State approved full service drug and alcohol treatment program • Crisis services (day and night). • Confidential 24-hour hotline 1-800-826-1306 • Intervention services and family programs • Individualized adult and adolescent programs • Detoxification and inpatient rehabilitation • Inpatient and outpatient programs and continuing • Substance Abuse outpatient counseling by experienced professionals for drug and alcohol abusers, groups for women who are chemically dependent, recovery groups, and intensive outpatient. • Substance abuse prevention and education programs available for area schools. • Case management to aid clients to function adequately and independently. • Court-ordered counseling 		
Lutheran Social Services of Northwestern Ohio 512 E. State Street Fremont, OH 43420 419-334-3431	Sandusky county residents	People in need of all ages.
<ul style="list-style-type: none"> • Chemical Dependency Counseling- Services available from the intervention level to intensive outpatient programs. 		
Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot Counties 600 North River Road Tiffin, OH 44883 419-448-0640 Contact: Nancy Cochran	Sandusky, Seneca, and Wyandot Counties	Residents of varied ages.
<ul style="list-style-type: none"> • Responsible for the planning, contracting, and monitoring of alcohol and addiction and mental health services. Services contracted from a variety of licensed organizations that provide care to people suffering from alcohol and drug addiction and/or mental illness. 		

Alcohol & Other Drug Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Rural Opportunities, Inc 310 South Front Street Suite A Fremont, OH 43420	Sandusky County	Farm worker families
<ul style="list-style-type: none"> • Rescue Our Youth- Peer education for families to reduce substance abuse and violence among farmworkers and Latino youth ages 12-21. • Youth Mentoring Program- Adult mentoring program designed for youth ages 12-17 to reduce/eliminate substance abuse and violence. 		
TASC (Treatment Alternatives to Street Crime) 614 Court Street Fremont OH 43420 419-334-4644	All Sandusky County, including Bellevue and Green Springs	Individual has current charge or diversion agreement with courts and alcohol or drugs are involved. Program designed as treatment/rehabilitation alternative to imprisonment.
<ul style="list-style-type: none"> • Program is for non-violent offenders. Offender is held accountable by monitoring their employment, drug/alcohol abstinence, and social functioning. Referral to appropriate treatment provider and linkage to community resources are included in case management of offenders. 		

Sandusky County Community Service and Health Inventory Fall 2002

Arthritis Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Arthritis Foundation, NW Ohio Chapter 309 North Reynolds Road Toledo, OH 43615 (419) 537-0888	Sandusky County	People with arthritis and their families.
<ul style="list-style-type: none"> • Adaptive Equipment Program- Walkers, wheelchairs, and canes purchased for people with arthritis. Must have arthritis to be eligible. Referrals from doctors, etc. • Arthritis Self-Help Course- A four-week program designed to help people learn how to control their arthritis using various approaches. Call for more information (must have 5-6 people in area willing to take course). 		
Easter Seals 309 Garrison Street Fremont, OH 43420 419-332-5921 lgonzales@eastersealsnwohio.org Contact: Lori Gonzales	Sandusky, Seneca, and Ottawa Counties	Adults and children with permanent or temporary disabilities. Fees vary by program, no one turned away due to the inability to pay. Sliding fee scale.
<ul style="list-style-type: none"> • Adaptive Equipment Program- Walkers, wheelchairs, and canes purchased for people with arthritis. 		
Medi-Care Orthopedic Equipment 1900 West State Street Fremont OH 43420 419-332-0066	All Sandusky County	
<ul style="list-style-type: none"> • Equipment rental • Mastectomy prosthesis • Diabetic Supplies • Wheelchair repair 		

Arthritis Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
OE Meyer Medical Equipment & Supplies 1520 E State Street Fremont OH 43420 419-332-6931	Sandusky County	
<ul style="list-style-type: none"> • Equipment rental • Mastectomy prosthesis • Diabetic Supplies • Wheelchair repair 		
Sandusky County YMCA 1000 North Street Fremont, OH 43420 419-332-1531	Sandusky County	Although a membership agency, no individual is denied membership because of finances. Assistance based on financial need is available through the YMCA Access Program. Details on eligibility and Access applications are available at the front desk. Fees vary by membership type.
<ul style="list-style-type: none"> • Fitness Classes- Refer to Weight Control Section. • Toning Tables- Special equipment available to aid circulation and movement. Great for recovery and arthritic patients. (Orientation available by appointment FREE). • Arthritis- Low impact water recreational exercise program for people with arthritis. • Easy Does It- Class time for seniors and those recovering from surgery, suffering from arthritis or any other physical impairment. The Hoyer Lift and personal assistance are available for entering and exiting the pool. Volleyball available afternoons. <i>Member FREE/Non-member \$4.</i> 		
St. Francis Health Care Centre 401 North Broadway St Green Springs, OH 44836	Sandusky County	
<ul style="list-style-type: none"> • Aquatic outpatient therapy. • Outpatient occupational therapy. • Outpatient pediatric physical, occupational, and speech therapies. • Outpatient physical, occupational, and speech therapies. • Therapeutic pool designed to promote physical mobility for physically challenged people- open times available. 		

Arthritis Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Veteran's Service Office and Commission 2511 Countryside Drive Fremont, OH 43420 419-334-4421	Sandusky County	Veterans and their dependents.
<ul style="list-style-type: none"> • Veterans Benefits- Office claims benefits through the Department of Veteran Affairs on behalf of veterans and their dependents. • Transportation- available to and from VA medical centers only. • Emergency Assistance- must contact office for information. • Medical Equipment- Available for loan by veterans only. • Home Visits- Possible for those unable to visit the office. 		
Young Medical Equipment 1303 West State Street Fremont, OH 43420 419-332-0066	Sandusky County	
<ul style="list-style-type: none"> • Rehabilitation Products • Power and Manual Wheelchairs • Clinical Respiratory Services and Home Oxygen Therapy • Home Delivery of Aerosol Medications • Orthopedic Specialists • Post-Mastectomy Specialists • Medical Equipment 		

Sandusky County Community Service and Health Inventory Fall 2002

Asthma Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
American Lung Association 226 SR 61 Norwalk, OH 44857 (800) 231-5864	Sandusky County	Serving those with lung disease.
<ul style="list-style-type: none"> • Will assist in setting up a support group in the community. • Conducts two free, day camps for asthmatic youth in three-county area for youth ages 7-11. Location determined in June. • Provide in-service workshops for teachers on asthmatic children in the classroom and tobacco education. Schools should call for information. • Educational programs for parents of asthmatic children. <ul style="list-style-type: none"> • Preschool- Sesame Street's "<i>A is for Asthma</i>" For children 3-6 years. • Elementary- <i>Open Airways</i> For children ages 8-11. Taught on as-needed basis. Trained facilitators in Sandusky County include: Karen Horn, South Main Elementary Clyde-Green Springs; Joyce Mueller, Lakota Local Schools; Laura Burkin, Sandusky County Health Department. 		

Sandusky County Community Service and Health Inventory Fall 2002

Cancer Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
American Cancer Society (ACS), Sandusky County Unit Wood Area Office 1045 North Main Street Bowling Green, OH 43402 419-353-5645	Sandusky County	Residents who live in Sandusky County, have cancer, are under a doctor's care, and being cared for at home.
<ul style="list-style-type: none"> • Reach to Recovery- Volunteer visitation program providing information and support for women with personal concerns about breast cancer from someone with personal experience with this disease. • Man To Man- Specially trained volunteer coordinators conduct cancer education, discussion and support programs including one-to-one visitations. • Special Touch- trained volunteers provide a 30-60 minute breast-health awareness education presentation free of charge to any community group. • Community Cancer Information Center-resource center for cancer prevention, detection, programs and services for cancer patients, family members, and the community, located at: The Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 		
American Lung Association 226 SR 61 Norwalk, OH 44857 (800) 231-5864	Sandusky County	Serving those with lung disease.
<ul style="list-style-type: none"> • Will assist in starting a support group within the community. 		
Arbors at Clyde 700 Helen Street Clyde, OH 43410 (419) 547-9595	Sandusky County	Medicare and Medicaid approved nursing center, assisted living private pay.
<ul style="list-style-type: none"> • In-patient Hospice Unit- Private rooms for respite and long-term stays. 		

Cancer Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	All Sandusky County residents.
<ul style="list-style-type: none"> • Breast Cancer Program- Offers a variety of services from mammography to stereotactic breast biopsy. • Home Health Care- Nursing and assistant services including speech, occupational, and physical therapy for people in their home. Physician referral or family contact required. Limited to Sandusky County residents who live within a 25-mile radius of Bellevue. Contact: Home Health, Ext. 4302. 		
Sandusky County Health Department Family Planning/STD Clinic 2000 Countryside Drive Fremont, OH 43420 419-334-6355	Sandusky County	Women meeting certain income and age requirements.
<ul style="list-style-type: none"> • Breast and Cervical Cancer Screening Program- Provides free pap, pelvic, and mammography screenings. • STD Clinic 		
Gibsonburg Health Care Center 355 Windsor Lane Gibsonburg, OH 43431 419-637-2104 Contacts: Rose O'Connell	Sandusky County	Adults requiring skilled and intermediate nursing facility. Fees: Call for information, accepts Medicare, Medicaid, and private insurance. Spanish language accommodated.
<ul style="list-style-type: none"> • Skilled and Intermediate Nursing Facility- 100 beds offering comprehensive nursing care, 24 hour RN coverage, physical therapy (in-house and out-of-house), occupational, speech, and respiratory therapies, activities program, dietary services with special diets, beauty/barber salon services offered weekly. • Respite Care-available. • Hospice Room-available. 		

Cancer Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Medicare, Medicaid, private insurance, and self-pay for services.
<ul style="list-style-type: none"> • Breast Cancer Support Group (419-334-6639) • Care-A-Van (419-334-6606)- Handicapped/wheelchair accessible van/transportation services for physician and medical appointments. • Home Health Care/Hospice (419-332-7321)- Skilled nursing, physical, occupational, and speech therapies, diabetic education, home IV therapy, social services and discharge planning. RN on call 24 hours a day. • Mammograms • Oncology Services (419-334-6639)- Comprehensive care for cancer patients including inpatient or outpatient chemotherapy, coordination of radiation therapy, patient and family counseling, emotional support, and referrals to other support services. Doctor referral. • Hospice of Memorial Hospital- Those diagnosed as terminal with an expected six months or less to live. <div style="text-align: center; padding-left: 100px;"> Eliza Ramsay Home 430 South Main Street Clyde, OH 43410 419-547-6419 </div> • Heart's Desire- Designed to fulfill terminal patient's last wish. Funded by community donations. 		

Cancer Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>NorthCoast Cancer Care @ Bellevue Hospital 815 Northwest, Bld B Bellevue, OH 44811 419-483-1611 www.northcoastcancercare.com Steven G Roshon, MD Brian R Murphy, MD James E Fanning, MD</p>	<p>Sandusky County</p>	<p>18 and older. Must be referred by physician. Accept Medicaid, Medicare, major insurance, or private pay.</p>
<ul style="list-style-type: none"> • Chemotherapy treatment for people with cancer. Treatment guidelines are established based on the type of cancer, stage of development, patient age, and other factors. • Cancer Care Center Support Group • Pain Management • Genetics Testing- Physician’s Assistant does education on genetics testing. • Patient Education • Prostrate Screenings • Skin Cancer Screenings 		

Sandusky County Community Service and Health Inventory Fall 2002

Diabetes Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	All Sandusky County residents.
<ul style="list-style-type: none"> • Community Health Information and Screenings- Will arrange for display and/or screenings (blood pressure, diabetes, cholesterol, etc.) free or for a nominal charge, for any community group. Contact: JoAnn Ventura, Ext. 4299 • Diabetic Education- Individualized counseling and education for the diabetic patient and his/her family. Contact: Eileen Hay, RN, Ext. 4303 • Diabetes Support Group- meets every second Wednesday of each month. • Nutrition Counseling- Personal, outpatient nutrition counseling for diabetes. Doctor's referral required. Contact: Patti Clark, R.D., L.D., Ext. 4214 		
American Diabetes Association Northwest Ohio/Northern Indiana 6800 W Central Ave, Suite D-1 Toledo, OH 43617 (888) 342-2383	Sandusky County	
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Medicare, Medicaid, private insurance, and self-pay for services
<ul style="list-style-type: none"> • Diabetic Education Classes (419-332-7321, Ext. 3429) • Diabetes Support Group (419-332-7321, Ext. 3429) 		

Sandusky County Community Service and Health Inventory Fall 2002

Heart Disease/Stroke Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>American Heart Association 5164 Monroe Street, Suite 201 Toledo, OH 43623 419-841-7006 Sandusky County Contact: Michelle Degraer, Corporate Relations Manager www.americanheart.org</p>	<p>Website information and Heart Profiler available 24 hours a day for Sandusky County residents.</p>	<p>Those interested in heart health, heart disease & stroke prevention, research, heart health education.</p>
<ul style="list-style-type: none"> • Heart Profiler- Accessed at www.americanheart.org, Sandusky County residents can enter personal health information and compare it to American Heart Association guidelines. Any concerns should be discussed with their personal physician. • Education Programs for Health Professionals- The Heart Association conducts ongoing cardiovascular disease research with results and recommendations for prevention and treatment communicated to health professionals. Contact Michelle Degraer for the most recent education opportunities. • Heart Disease Volunteer Training Opportunities- The American Heart Association is a volunteer-driven organization that depends on a pool of volunteers from each county it serves to disseminate heart disease and stroke information, programs, health risk surveys, etc. At the present time, The American Heart Association needs volunteers interested in reducing the incidence and mortality from cardiovascular diseases (heart diseases and stroke) in Sandusky County. Volunteers may be health professionals, survivors of cardiovascular diseases, or just concerned and citizens. Sandusky County residents interested in volunteering should contact Michelle Degraer to arrange training opportunities. 		
<p>Arbors at Clyde 700 Helen Street Clyde, OH 43410 (419) 547-9595</p>	<p>Sandusky County</p>	<p>Medicare and Medicaid approved nursing center, assisted living private pay.</p>
<ul style="list-style-type: none"> • Skilled Care (Subacute Care)- Physical, occupational, and speech therapies, psychological services, infusion therapy, wound care, respiratory therapy, digestive diseases, and cardiac care. 		

Heart Disease/Stroke Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040	Sandusky County	Recovering heart/cardiac patients.
<ul style="list-style-type: none"> • Cardiac Comeback Rehabilitation Program- Medically supervised exercise and educational programs to help patients recover from heart/cardiac events. Contact: Eileen Hay, RN Ext. 4303 • Cardiac ComeBack Support Group- Meets every third Tuesday of each month from September through May at 7:30pm in the Hospital building B Conference Center. • Cardio-Pulmonary Services- Licensed Respiratory Care Professionals, Certified vascular technicians, and EEG technicians available for care and treatment. Contact: Ext. 4244. • Nutrition Counseling- Personal, outpatient nutrition counseling for cardiovascular disease. Doctor's referral required. Contact: Patti Clark, R.D., L.D., Ext. 4214. • Community Health Information and Screenings- Will arrange for display and/or screenings (blood pressure, diabetes, cholesterol, etc.) free or for a nominal charge, for any community group. Contact: JoAnn Ventura, Ext. 4299. • CPR Community Classes-Ongoing program offered at the hospital, available for larger groups or organizations, on-site. Fee charged. Contact: Margaret Schaffter, RRT, Ext. 4244. 		
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Medicare, Medicaid, private insurance, and self-pay for services.
<ul style="list-style-type: none"> • Community CPR Classes 419-332-7321, Ext. 3497 • Community Health Screenings, such as cholesterol, blood pressure and glucose screenings. 419-333-2761. 		
St. Francis Health Care Centre 401 North Broadway St Green Springs, OH 44836	Sandusky County	
<ul style="list-style-type: none"> • 5-County Stroke Support Clinic • Long-term Care Hospital- Provides acute nursing care and/or aggressive physical rehabilitation for adult inpatients requiring a stay greater than 25 days. Also serves patients with complex injuries. • Subacute medical program to treat and manage injuries and illnesses for adults requiring nursing care and short inpatient stay. 		

Sandusky County Community Service and Health Inventory Fall 2002

Mental Health Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Barnes, Darlene J 503 Garrison Street Fremont, OH 43420 419-334-2200	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Marriage, Family, Child, & Individual Counseling 		
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	All Sandusky County residents
<ul style="list-style-type: none"> • Health Counseling Services- Counseling services for persons 18 years of age and older. Ext. 4440 • STEP Program- Counseling for people ages 60 and older experiencing a decrease in mental, emotional, and physical functioning. Ext 4446 • Support Groups- Including Alzheimer's, Cardiac ComeBack, and Diabetic 		
Catholic Charities Diocese of Toledo 925 Croghan Street Fremont, OH 43420 419-334-5061 E-mail: kdidion@toledodiocese.org	Sandusky County	Sandusky County families and individuals
<ul style="list-style-type: none"> • Marriage counseling by trained staff offered to couples and individuals. • Family counseling addresses conflicts, troublesome behaviors of children and adolescents, difficulties in adjusting to family separation or divorce, and other mental health issues such as feelings of anxiety, depression, inner conflict, and confusion. • Individual counseling for a wide range of mental health issues including anxiety, depression, abuse, and adjusting to a chronic or terminal disease. • “Kids Managing Emotions” is a program offered to help children (ages 9-11) understand and cope with their emotions, especially anger. • “Teens Managing Emotions” is a program to help teens learn to manage their emotions with rational thinking in an effort to decrease behavior problems. • Anger management groups offered for both children and adults. 		

Mental Health Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>The Center for Mental Health and Well-Being Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6619</p>	<p>Sandusky County</p>	<p>Residents deemed appropriate for treatment level of care standards. Employee Assistance Program (EAP) available through employer contract.</p>
<ul style="list-style-type: none"> • Inpatient services for patients with acute emotional or mental illnesses with possible observation admissions of less than 24 hours. Treatment planning focuses on crisis intervention, symptom stabilization, medication adjustment, individual, group and family sessions, educational/coping skills groups and discharge planning including follow-up care. • Outpatient counseling to individuals (adults, children, and adolescents), families, and couples to address depressions, anxiety, grief, life transitions, anger, relationship problems, divorce/separation, communication difficulties, drugs and alcohol, and child and adolescent behavior problems. • Outpatient medication management coordinated with family physician or as prescribed by an in-house psychiatrist to reduce symptoms of depressed mood, anxiety, mood swings, impulsivity, angry outbursts, and disturbed thinking. • Employee Assistance Program (EAP) is an employer-sponsored program (North Coast Region area) providing professional, confidential, and timely assessment, referral, and brief intervention services for employees and their dependents. Effective way to assist employees and their dependents experiencing personal problems that can affect work performance. • Support Groups • Butterfly Patrol (419-547-6419)- for children experiencing the loss of a loved one. • Grieving Hearts (419-547-6419)- bereavement information • Grief Workshop (419-547-6419)- education workshop on responses to grief. 		
<p>Compassionate Friends 22 Westwood Drive Fremont, OH 43420 419-332-7211 Contact: Martha Loughlin Meeting Location: Trinity United Church of Christ East Perry and Jefferson Streets Tiffin, OH</p>	<p>Sandusky County</p>	<p>Parents who have lost a child due to death. Spanish language services available.</p>
<ul style="list-style-type: none"> • Self-help support group offering speakers and discussions for parents who have lost a child including miscarriages, SIDs, and still-births. 		

Mental Health Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Elm Springs Of Elmwood Center, Inc 118 North Broadway Green Springs, OH 44836	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Mental Health Services • Mental Retardation Information Service 		
Firelands Counseling and Recovery Services 675 Bartson Road Fremont, OH 43420 419-332-5524 888-332-5529 & 442 West Main Street Bellevue, OH 44811 419-483-6516	Sandusky County	Adults, older adults, adolescents, children. Sliding fee schedule.
<ul style="list-style-type: none"> • Counseling- Individual, group, marital, family, behavioral, problems with children, and substance abuse counseling by licensed therapist. Short-term treatment plan developed that is tailored to individual needs, psychiatrist available to prescribe medication if needed. • Anger Management • Domestic Violence • Sex Offenders • Diagnostic and Assessment Services • Partial Hospitalization Services • Community Support Services for People with a Severe Mental Illness • Medication Therapy • Psychiatric Evaluation • Psychological Testing • Hotline and Crisis Services • Family Support Program for families and friends who have a relative/friend with a mental illness. • Mental Health Education- Community presentations available. • Critical Incident Debriefing Services- assist community agencies, organizations, and other service providers in coping with a trauma event. • PASSAR Evaluation Services- provides geriatric residents with mental health evaluations to qualify for in-home or specialized nursing home services. • Social/Recreational Programs for People with a Severe Mental Illness • Children’s Services offers individual and group counseling by a child specialist. Treatment incorporates a variety of methods including an opportunity for children to express themselves during play therapy. 		

Mental Health Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
First Step: A Family Violence Intervention Center P.O. Box 1103 Fostoria, OH 44830 1-800-466-6228 419-435-7300 (Business line) firststep@friendlynet.com/firststep	Sandusky County residents	Men, women, and children Staff determines eligibility. Sliding fee scale
<ul style="list-style-type: none"> • Support Phone Line- 24 hours a day, 7 days a week. • Support Groups-Meet in Fremont for women exploring the long-term effects of family violence. Call First Call for Help for days and times of meetings. • Individual Counseling-Available for individuals involved in domestic violence by appt. • Reality Therapy/Choice Theory Based Programs- Offered on cyclic basis. “Passages” and “Operation Starshine” provide group education about domestic violence, human behavior, personal growth, healthy relationships, problem solving, and parenting. 		
Guinan, Jim PHD 300 Garrison Fremont, OH 43420 419-334-7260	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Marriage, Family, Child, & Individual Counseling 		
Harbor Behavioral & Healthcare 212 South Park Ave Fremont, OH 43420 419-332-0491	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Individual (Children, Teenage, Adult, or Senior), Family, and Marriage Counseling • Psychiatrist • Parenting • Depression • Substance Abuse 		
Hospice of Memorial Hospital Eliza Ramsay Home 430 South Main Street Clyde, OH 43410 419-547-6419	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Support group 		

Mental Health Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Kunkle & Kunkle Consulting Psychologists 535 South Park Place Fremont, OH 43420 419-332-7739	Sandusky County	Contact for information
Lutheran Social Services 512 East State Street Fremont, OH 43420 419-334-3431	Sandusky County	No one is refused service due to insufficient funds.
<ul style="list-style-type: none"> • Counseling- Individual, Marriage, Family, Child, Geriatric, Anger Management, Grief, and Crisis available ranging from intervention to intensive outpatient programs. Fees on sliding scale. 		
Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot Counties 600 North River Road Tiffin, OH 44883 419-448-0640 Contact: Nancy Cochran	Sandusky County	Residents of varied ages
<ul style="list-style-type: none"> • Responsible for the planning, contracting, and monitoring of alcohol and addiction and mental health services. Services contracted from a variety of licensed organizations that provide care to people suffering from alcohol and drug addiction and/or mental illness. 		
NAMI of Seneca, Sandusky, & Wyandot Counties 918 Cleveland Avenue Fremont, OH 43420 419-332-2318	Sandusky County	Family members of those suffering from mental illness.
<ul style="list-style-type: none"> • Support group- call 419-332-3929. Meets every second Thursday (7 pm) of the month at Our House Café at Pontifex, 416 West State Street, Fremont OH 43420 • Family to Family Education- Provides series of 12 classes. • Phone support • Advocacy and Education 		
New Beginnings Support Group Kathy Shell 419-334-8543	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Support groups for those suffering from panic attacks and agora phobia. 		

Mental Health Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Professional Systems 300 Garrison Ave Fremont, OH 43420 419-334-7260	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Counselors 		
Sandusky County Attention Deficit Disorder Support Group (SCADD) 500 West State Street Fremont, OH 43420 419-332-8214 ex 28 kay344kids@aol.com	Sandusky County	Those with Attention Deficit Disorder and individuals interested in the disorder
<ul style="list-style-type: none"> • Support group held ever second Tuesday of the months October, November, December, February, March, and April from 7 pm-8:30 pm at the Sandusky County Educational Resource Center conference room at above address. • Lenders' library 		
St. Francis Health Care Centre 401 North Broadway St Green Springs, OH 44836 419-639-2626	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Neuropsychology assessments and interventions. 		
Valley Gate Recovery Center 2051 Oak Harbor Road PO Box 1205 Fremont OH 43420 419-355-8472	Sandusky County	Biblically based programs and counseling services.
<ul style="list-style-type: none"> • Classes- Examples include Anger Management, Financial Management, and Common Sense Parenting. • Support Groups- Examples include: Co-dependency, sexual abuse, marriage, self-esteem • Counseling- Individual, Child, Adolescent, and Family Counseling available. 		

**Sandusky County Community Service and Health Inventory
Fall 2002**

Quality of Life Resources- *Education* (in addition to local public/parochial schools)

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Adult Basic And Literacy Education (ABLE) Technology Center 1220 Cedar Street, Suite B Fremont, Ohio 43420 (419) 334-6901	Sandusky County	Adults 18 and over; youth 16-17 who have officially withdrawn from school district in which they reside and currently work 32 hr/week or more.
<ul style="list-style-type: none"> • Assist adults in preparing for GED tests. • Provide basic computer, basic academic, workplace, and English language skills. 		
Barney Quilter Civilian Conservation Corps- An Americorps Program Division of Civilian Conservation Corps 1518 East CR 113 Green Springs, OH 44836	Sandusky County	Unemployed or underemployed young men and women 18-24 years of age.
<ul style="list-style-type: none"> • Full-time paid training in many fields including carpentry, CAD/CAM, building and grounds maintenance, etc. • Pre-apprenticeships, internships, and leadership positions. • Job, college, and apprenticeship placement • GED classes and tutoring. Post-secondary adult career and technical certificates in conservation related fields. • Health benefits after 60 days of service at no cost to participants. 		
Birchard Public Library of Sandusky County 423 Croghan Street Fremont, OH 43420 (419) 334-7101 http://www.birchard.lib.oh.us	Sandusky County	Additional branches are located in Green Springs, Gibsonburg, and Woodville.
<ul style="list-style-type: none"> • Adult Services- extension 216 <ul style="list-style-type: none"> • Computer Classes for the Public- Hold classes in basic internet, basic internet searching, using the library catalog, and word processing (Microsoft Word). All classes are hands-on and last 1 1/2 hours. Patrons must register in advance. • Internet Access and Word Processing- Computers available for internet access and word processing. Those interested in internet must register. Software provided on word processing computers includes Microsoft Office, no registration required. Typewriter is also available for patron use. • Book Discussion Group- Discussion groups are held on a regular basis. Session is free. 		

Quality of Life Resources-*Education* (in addition to local public/parochial schools)

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Clyde Public Library 222 West Buckeye Street Clyde, OH 43410 419-547-7174	Immediate Clyde area	Adults
<ul style="list-style-type: none"> • Project Read- Adult literacy program. No fees. Contact Victoria Balemian. • Homebound Delivery Outreach- Program to deliver library materials, including large-print books, every Friday, to the physically handicapped and elderly. No fees. • Talking Books Service- Runs in conjunction with the homebound service. Clyde Library will interview and order talking book machines and talking book records and cassettes for patrons who are physically handicapped, blind or have a reading disability. Deliveries every Friday and the waiting list is one month. No fees. Contact Victoria Balemian. 		
Fremont City Schools Math/Science Lending Library Learning Resource Center 1220 Cedar St Fremont, OH 43420 419-334-5427	Tutoring: Fremont City Schools New Directions: Fremont City Schools & Clyde-Green Springs	Contact for information
<ul style="list-style-type: none"> • Free tutoring for students (on site) who need additional help in math or science. Computer lab with software available. Materials available to checkout and use at home by students and their families. Hours are 4-7 pm, Mondays and Wednesdays. • New Directions/After School program 333-4009 		
Leadership Sandusky County Leadership Education Foundation of Sandusky 101 South Front Street Fremont, OH 43420 419-332-1591	Sandusky County	Depends upon program
<ul style="list-style-type: none"> • North Coast Youth Leadership- Program is designed to develop leadership development, team building, and problem solving while performing a community service project. Local Sandusky County High Schools sponsor 6 member teams. All students must be current high school juniors. Projects last from October-April. Application due in September. • Leadership Sandusky County- Leadership development for community members. Term lasts 10 months, August-June. \$625 tuition fee. Must live and/or work in Sandusky County and be over 18. 		
Peak Production Industries 2511 Countryside Drive Fremont, OH 43420 419-355-0510	Sandusky County	For individuals making the step from Welfare to Work
<ul style="list-style-type: none"> • Training individuals making the step from welfare to work • A source for new employees for area businesses. Able to contract out manufacturing projects for local businesses. Projects must not be displacing work from current employees. 		

Quality of Life Resources- *Education* (in addition to local public/parochial schools)

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Rural Opportunities, Inc 310 South Front Street, Suite A Fremont, OH 43420	Sandusky County	Farmworker families
<ul style="list-style-type: none"> • Housing Program- Facilitates home ownership. • FEMA- One-time emergency food assistance available. • CSBG- Limited one-time assistance with rent, utilities, medical bills, food, transportation, etc. • ESL/Citizenship Classes- Training in English as a second language. Preparation for citizenship/naturalization process. • Youth Experiencing Success- Employment training and education program for ages 14-21. • National Farmworkers Jobs Program 167 (WIA)- Training, employment, and education to promote employability. 		
Sandusky Bay Area Goodwill Industries, Inc Fremont Plant 1597 Pontiac Avenue Fremont, OH 43420 419-334-7566	Sandusky County	Must be 16 years of age or older and able to provide for own self care needs.
<ul style="list-style-type: none"> • Vocational rehabilitation services for those experiencing disabling and disadvantaging conditions. Employment includes light bench assembly, disassembly, sorting, inspecting, packaging, gluing, etc. 		
Sandusky County Department of Job & Family Services 2511 Countryside Drive Fremont OH 43420 419-334-3891	Sandusky County	Varies with services needed
<ul style="list-style-type: none"> • Ohio Works First (OWF) • Workforce Development • Job Store • Youth Work Programs- Able to assist youth in finding summer employment, internships, paid and unpaid work experience, job shadowing, and job coaching. • Senior/Mature Worker Programs • Downsizing Assistance- Hold re-employment workshops, establish on-site transition centers and worker-needs survey, assist in resume writing. • On-the-Job training- Able to provide up to 50% reimbursement for qualified WIA (Workforce Investment Act) individuals. • Employee Recruitment and Job Matching • New Company Start Up- Can refer assessed, job-ready individuals for placement. Interviewing space, phones, fax, copier and internet access available. • LEAP (Learning, Earning, and Parenting) 		

Quality of Life Resources- *Education* (in addition to local public/parochial schools)

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>School of Hope/Sandco Industries Board of Mental Retardation and Developmental Disabilities 1001 Castalia Road Fremont, Ohio 43420 419-443-9296</p>	<p>Must be resident of Sandusky County</p>	<p>Eligible on case-by-case basis.</p>
<ul style="list-style-type: none"> • Community Classes- Children from ages 3-22 learn to become as independent as possible. Each student is assisted daily to improve their mental, physical, social, and emotional development. • Sheltered Employment- Each adult has designated work activity center to perform differing subcontract jobs. Each adult has individualized training program. • Community Employment- Provides individuals with employment within the community. Assistance is provided to enable the individual to attain and sustain employment. • Support Living Program- Assist those with disabilities so they might live as independently as possible. 		
<p>Terra Community College 2830 Napoleon Road Fremont OH 43420 419-334-8400</p>	<p>Sandusky County</p>	<p>Differs with program.</p>
<ul style="list-style-type: none"> • Community College offering associate degrees in: Business, Nursing, Art & Science, Applied Science, Technical Study, and Individualized Study. Must be 16 years or older to apply for admission. • Kern Center for Community and Industrial Development <ul style="list-style-type: none"> • Community Inspired Training Seminars- Classes offered in Microsoft Word, Excel, Access; Networking; Front Line Supervision; Self-directed work teams; Project Management; Hydraulics; PLC's; and Welding. • Training for Business and Industry- Seminars customized to meet organization's needs. Trainings are available on-site or at Terra. • Lifelong Learning Seminars- Kids College (for ages pre-K to 7th grade) offered during summers; Elder College- directed towards community members (age 50 and older) who share the desire to learn. • Small Business Development • ISO-QS 9000 Registration Preparations Services- Consortium with Northwest State Community College that is designed to provide management training and internal training for smaller sized businesses that are not able to handle training and implementation from within. 		

Quality of Life Resources- *Education* (in addition to local public/parochial schools)

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Tiffin Developmental Center 600 North River Road Tiffin, OH 44883 419-447-1450	12 county service including all Sandusky County	People with a developmental disability and/or mental retardation. Referrals must go through County Board Case Management and/or Probate Court
<ul style="list-style-type: none"> • Residential training center (state operated). 		
Vanguard Career Center 1306 Cedar Street Fremont, OH 43420 419-332-2626	Sandusky County	High school and beyond
<ul style="list-style-type: none"> • High School- 18 different vocational programs for high school students • GRADS (Graduation, Reality, And Dual-role Skills)- In-school program for pregnant teens and/or parents. Program is provided to Vanguard’s member schools. Purpose of program is to increase likelihood of teen parents remaining in school until graduation. • Adult Education Programs- Full and part-time classes available to adults. Technology Center, 1220 Center Street, Fremont, 419-334-6901 Areas include: Adult Basic Education (offered in Fremont and Bellevue at times convenient with working), Project Read, and Full Time Skill Training/Short Term Upgrade Training. 		
The Village House 350 Rawson Avenue Fremont, OH 43420 419-334-4582	Sandusky County	Children 0-17 years of age
<ul style="list-style-type: none"> • Parenting Classes • Anger Management classes for kids 		
Work Horizons 509 West McPherson Hwy Clyde, OH 43410 419-547-6370	Sandusky County	Call for information
<ul style="list-style-type: none"> • Rehabilitation Service 		

Quality of Life Resources- *Education* (in addition to local public/parochial schools)

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>WSOS Community Action Commission, Inc 109 South Front Street Fremont, OH 43420 http://www.wsos.org</p>	<p>Sandusky County</p>	<p>depends upon program</p>
<ul style="list-style-type: none"> • Head Start Program- Preschool for income-eligible 3 and 4 year olds. Educational, nutrition, medical, dental, and social services included. • Community and Economic Development • Community and Employment Services- Provides assistance in job placement and training for individual’s with physical, emotional, and mental disabilities. Referral from BVR, Bureau of Visually Impaired, Worker’s Comp, Board of MR/DD or Veteran’s office is required. • Emergency Food, Shelter, and Energy Program- Emergency assistance provided for individuals threatened with shut off, are already disconnected, or having less than 10 day supply of fuel. • Great Lakes Rural Community Assistance Program (RCAP)- Provide technical help to small communities with regards to drinking water, wastewater, and solid waste. Assists in lowering project costs, achieving and maintaining legal compliance, and minimizing costs to low-income individuals. • Home Energy Assistance Program- Assists low-income individuals in meeting heating costs during winter months. • Homeless Prevention Program- Short-term rental/mortgage assistance and supportive assistance available for individuals at risk for eviction or foreclosure. • Homenet Family Development Program- Provides services in 15 transitional housing units to help homeless families become self-sufficient. • Housing Programs- Provides down payment assistance to first time buyers, home weatherization/rehabilitation, emergency repairs, ownership counseling, and housing referrals. • Job Opportunities for Low-Income Individuals Program- Help low-income individuals obtain employment and work with business community with employment development projects. • New Directions Summer and After-School Programs- Provided by Fremont City Schools. Summer and after-school programs designed for children grades K-9. • Public School Preschool- Preschool for children ages 3 and 4. Preschools are located in several locations. <ol style="list-style-type: none"> 1. Bellevue Center- 800 Monroe Street, Bellevue 2. Bradner Center- 165 Timmon Street, Bradner 3. Clyde/Green Springs Center- 821 South Main Street, Clyde 4. Fremont Family Development Center- 765 South Buchanan Street, Fremont 		

- **Sandusky County Senior Program-** Services provided for Senior citizens, age 60 and older. Services include hot meal at County nutrition sites, home-delivered meals, educational and recreational programs, transportation, health clinic, etc. Senior sites include:
 1. *Clyde Senior Center-* 131 South Main Street, Clyde
 2. *Gibsonburg Senior Center-* 795 West Madison Avenue, Gibsonburg
 3. *Sandusky County Senior Center-* 600 West State Street, Fremont
 4. *Woodville Senior Center-* Woodville Fire Department, 321 E Main St, Woodville
- **Seasonal Farmers' Market food vouchers** for Senior Citizens- May through October; income based.
- **Work and Wisdom Program-** Offers job training, internships, and paid work experience for youth.

Quality of Life Resources- *Living Assistance*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Fish and Loaves 203 Maple St PO Box 121 Bellevue OH 44691 (419) 484-2814	Citizens of Bellevue City School District	Need families in Bellevue City School District
<ul style="list-style-type: none"> • Food Pantry for families on an emergency basis (a minimum for twelve months) Provides food for three meals for three days. • Holiday Food Assistance- Thanksgiving and Christmas dinners for needy families. 		
Bellevue Salvation Army Service Unit St John's Lutheran Church 209 Southwest St Bellevue OH 44691 (419) 484-2769	Citizens of Bellevue City School District	Those requiring financial assistance.
<ul style="list-style-type: none"> • Financial assistance with utility bills, prescriptions, gasoline for specific reasons, rent. All assistance is paid in vouchers, never cash. Shut off notice or eviction notice is required. 		
Clyde Food Pantry The Back Door 803 West McPherson Highway Clyde, OH 43410 419-547-6232 or Clyde Police Station 419-547-9555	Clyde, Vickery, and Green Springs (Clyde Green Springs School District)	Senior citizens demonstrating need; anyone in the Clyde Green Springs School District or Vickery area who presents a needs. Must provide identification.
<ul style="list-style-type: none"> • Food assistance including Thanksgiving and Christmas help. No fees. Contact Sergeant Dennis Hall, Clyde Police. 		
Clyde Salvation Army Clyde Police Station 222 North Main Street Clyde, OH 43410 419-547-9555	Clyde, Vickery, or Green Springs	All residents or transients of Clyde, Vickery, or Green Springs Spanish language services provided.
<ul style="list-style-type: none"> • Emergency Assistance provides money for gas or overnight lodging, or for a transient. • Local Services provide food orders, prescription drug orders, mittens, caps, boots, etc. for local residents. 		
Family Worship Center 120 East State Street Fremont, OH 43420 419-334-8353	Sandusky County	Those needing food assistance Senior citizens
<ul style="list-style-type: none"> • Food pantry every 3rd Tuesday of the month; Bag of Bread every Tuesday and Thursday 		

Quality of Life Resources- *Living Assistance*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Four County Young at Heart of Bellevue 690 Flat Rock Road Bellevue, OH 44811	Bellevue area	Senior citizens
<ul style="list-style-type: none"> • Provides meals to seniors who are residents of the Bellevue area. 		
Fremont Clergy Emergency Fund C/o First Call For Help 103 South Front Street Fremont, OH 43420 419-334-2720	Fremont Public School district	Individuals and families Must have picture identification and be either a transient or a resident of the Fremont Public School district. No fees.
<ul style="list-style-type: none"> • Transient's Emergencies-Provides gasoline, lodging, and/or meals at area restaurants. • Fremont Resident's Emergencies- Provides assistance for rent, utilities, prescription costs, gas, and other mall emergencies on a limited basis (Normal assistance is one time per calendar year). • No one guaranteed assistance through this fund. 		
Fremont Salvation Army c/o Sandusky County Share and Care Center 206 Lynn Street Fremont, OH 43420 419-334-2832	Fremont, Gibsonburg, Helena, Lindsey, Millersburg, Woodville, or a transient. There is very limited assistance available through this fund at this time.	Adults Clients must be screened at the Sandusky County Share and Care Center. Must bring proof of bill to be paid plus telephone and cable bill along with proof of identification. Client needs a reference to verify that there is no use of drugs or alcohol.
<ul style="list-style-type: none"> • Transient Emergency Assistance- Transients may receive emergency assistance. • Local Resident Assistance- Pays for prescription drugs and emergency help with utility bills and rent. 		
Fremont Soup Kitchen, The Grace Lutheran Church 705 West State Street Fremont, OH 43420 419-637-2181 429-332-1558 Contact: Marcella Widmer	Serving the community, no one is turned away.	No eligibility requirements, no fees
<ul style="list-style-type: none"> • Lunches on Thursdays; dinners on Tuesdays of each month • Meals for the Needy- Free hot meal to the needy from 11:30 AM to 12:30 PM, each Thursday and 5:00 PM to 6:00 PM, the last Tuesday of each month. 		

Quality of Life Resources- *Living Assistance*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Gibsonburg Clergy Association Emergency Fund Faith United Methodist Church 795 West Madison Street Gibsonburg, OH 43431 419-637-2131 Contact: Reverend Jackson	Gibsonburg School District residents or transients	Adult residents or transients. Transients need referral from Gibsonburg Clergy or Gibsonburg Police Department. No fees
<ul style="list-style-type: none"> • Emergency Financial Support- May provide up to \$100.00 per year to people who have received utility shut-off notices, are facing eviction due to lack of rent payment, or need prescriptions filled for maintaining health. • Emergency Aid To Transients- One night, over-night lodging in Fremont or up to \$10.00 of gasoline for car travel. Referrals needed from Gibsonburg Clergy or Gibsonburg Police Department. 		
Gibsonburg Clergy Association Food Pantry 302 East Madison Street Gibsonburg, OH 43431 419-637-1258 Contacts: Bill and Carol McGough	Gibsonburg School district residents, migrant families working at farms in this district, or transients	Adults Transients need a referral from the Sandusky County Department of Job and Family Services, Gibsonburg Clergy, or the Gibsonburg Chief of Police
<ul style="list-style-type: none"> • Food Pantry 		
Liberty Center of Sandusky County 605 Tiffin Street Fremont, OH 43420 419-332-8777	Sandusky County	Adults 18 and over; Families Must have police check before staying at shelter
<ul style="list-style-type: none"> • Temporary Shelter and Meals- Length of stay depends upon situation • Referrals- Housing and job referrals available. • Advocacy, Case Management and Follow-up program 		
Migrant Reception Center 2-453 Road V Liberty Center, OH 43532 419-875-6795	Sandusky County	
<ul style="list-style-type: none"> • Temporary Shelter- Short-term housing for migrant workers in between jobs. 		

Quality of Life Resources- *Living Assistance*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Ottawa County Transitional Housing, Inc Business Office 319 Jefferson Street Port Clinton, OH 43452 419-734-9718	Sandusky County	Must have 3 references and a Police check. No income requirement.
<ul style="list-style-type: none"> • Transitional Housing/Supportive Services- Services includes employment, job training, counseling, legal assistance, finances, physical/mental health, nutrition, parenting skills, and education. <i>Women and children; boys to age 12, girls to age 18.</i> 		
Sandusky County Department of Job & Family Services 2511 Countryside Drive Fremont OH 43420 419-334-3891	Sandusky County	Varies with services needed
<ul style="list-style-type: none"> • Adult Protective Services- investigates allegations of abuse, neglect, and/or exploitation to adults (ages 60 and older). • Ohio Works First (OWF) • Food Stamps, screening for local food pantries • Prevention, Retention, and Contingency Assistance (PRC) • Workforce Development • Job Store • Youth Work Programs- Able to assist youth in finding summer employment, internships, paid and unpaid work experience, job shadowing, and job coaching. • Senior/Mature Worker Programs • Downsizing Assistance- Hold re-employment workshops, establish on-site transition centers and worker-needs survey, assist in resume writing. • On-the-Job training- Able to provide up to 50% reimbursement for qualified WIA (Workforce Investment Act) individuals. • Employee Recruitment and Job Matching • Vocational and PESCO Skills Assessment- In-depth comprehensive assessments. • Financial Assistance for childcare • Unemployment Compensation • 24-hour crisis intervention (Children's services) • Children's services- investigates allegations of child abuse, neglect, and dependency. Foster placements, adoptions, service to unwed parents, and voluntary surrenders. • Child Support- Support collection and establishment of court ordered child support, parent location, and establishment of paternity. • SSI case management • LEAP (Learning, Earning, and Parenting) 		

Quality of Life Resources- *Living Assistance*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Food Pantry 128 ½ South Granville Boulevard Fremont, OH 43420 419-334-8158	Sandusky County	All programs on a waiting list. <u>Non-emergency rental assistance-</u> Based on income eligibility, etc. <u>One-time emergency situations-</u> Based on situation. Must be behind in rent or mortgage or moving into new residence.
<ul style="list-style-type: none"> • Referrals come from Sandusky County Job & Family Services, area churches, Sandusky County Share & Care Center, or Sandusky County Health Department • One to seven days of emergency food assistance is provided. 		
Sandusky County Share and Care Center 206 Lynn Street PO Box 392 Fremont, OH 43420 419-334-2832	Sandusky County	Depends upon program
<ul style="list-style-type: none"> • Clothing- Provide coats, shoes, and clothing to schoolchildren at no cost. Some household items provided to low income households at no cost. • Thrift shop- Coats, clothing, and household items (including small furniture) available (garage sale prices) for sale to general public, no matter the annual income. • Financial Assistance- Funds (limited) available for prescriptions, utilities, and rent. Must be resident or migrant working in Sandusky County with proof of no drug or alcohol use and financial need. 		

Quality of Life Resources- *Living Assistance*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
WSOS Community Action Commission, Inc 109 South Front Street Fremont, OH 43420 http://www.wsos.org	Sandusky County	Depends upon program.
<ul style="list-style-type: none"> • Community and Economic Development • Community and Employment Services- Provides assistance in job placement and training for individual's with physical, emotional, and mental disabilities. Referral from BVR, Bureau of Visually Impaired, Worker's Comp, Board of MR/DD or Veteran's office is required. • Emergency Food, Shelter, and Energy Program- Emergency assistance provided for individuals threatened with shut off, are already disconnected, or having less than 10 day supply of fuel. • Great Lakes Rural Community Assistance Program (RCAP)- Provide technical help to small communities with regards to drinking water, wastewater, and solid waste. Assists in lowering project costs, achieving and maintaining legal compliance, and minimizing costs to low-income individuals. • Home Energy Assistance Program- Assists low-income individuals in meeting heating costs during winter months. • Homeless Prevention Program- Short-term rental/mortgage assistance and supportive assistance available for individuals at risk for eviction or foreclosure. • Homenet Family Development Program- Provides services in 15 transitional housing units to help homeless families become self-sufficient. • Housing Programs- Provides down payment assistance to first time buyers, home weatherization/rehabilitation, emergency repairs, ownership counseling, and housing referrals. • Job Opportunities for Low-Income Individuals Program- Help low-income individuals obtain employment and work with business community with employment development projects. 		
Sandusky Metropolitan Housing Authority 1358 Mosser Drive Fremont, OH 43420 419-334-4426	Sandusky County	Very low income families/individuals
<ul style="list-style-type: none"> • Voucher program- Assistance for very low-income families/individuals renting or wishing to rent privately owned facilities. • Emergency Rent Assistance- Lasts from April-September of each year. Emergency needs must be late rent or mortgage payments or first month's rent (move caused by emergency). One-time assistance consists of \$200 or 50% of one month's rent (whichever less). 		

Sandusky County Community Service and Health Inventory Fall 2002

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	All Sandusky County residents
<ul style="list-style-type: none"> • Speaker's Bureau- Offering a selection of speakers and programs for groups and organizations. Ext. 4299 		
Birchard Public Library of Sandusky County 423 Croghan Street Fremont, OH 43420 (419) 334-7101 http://www.birchard.lib.oh.us	Sandusky County	Additional branches are located in Green Springs, Gibsonburg, and Woodville.
<ul style="list-style-type: none"> • Outreach Department- Ext. 232 <ul style="list-style-type: none"> • Talking book machines and cassettes/cd's available to blind and physically handicapped patrons. • Provides delivery and pick-up of library materials to: Sandco Industries, Sandusky County Juvenile Detention Center, and School of Hope. • Homebound- Delivery of library materials available to homebound residents of Sandusky County. Will deliver and pick-up materials on a regular schedule at the patron's residence. • Adult Services- Ext. 216 <ul style="list-style-type: none"> • eBook Reader- Battery operated, lightweight, devices that can be customized by changing features like font and type size. eBooks can be checked out for 21 days and are available at the circulation desk. Special registration required. • Large Print Reading- available for patrons having difficulties reading smaller print. • Computer Classes for the Public- Hold classes in basic internet, basic internet searching, using the library catalog, and word processing (Microsoft Word). All classes are hands-on and last 1 1/2 hours. Patrons must register in advance. • Book Discussion Group- Discussion groups are held on a regular basis. Session is free. • Teacher Loan Collection- Must call at least three weeks before pick-up to request and may be borrowed for six weeks. Materials cannot be renewed. Videos for classroom use may be checked out for seven days. • Ask-a-librarian- Available on website. 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>First Step: A Family Violence Intervention Center P.O. Box 1103 Fostoria, OH 44830 1-800-466-6228 419-435-7300 (Business line) firststep@friendlynet.com/firststep</p>	<p>Sandusky County residents</p>	<p>Men, women, and children Staff determines eligibility. Sliding fee scale</p>
<ul style="list-style-type: none"> • Support Phone Line- 24 hours a day, 7 days a week. • Residential Program- Temporary residence provided for adult females and their children (up to age 27) who have no other safe or supportive place to stay. • Support Groups- Meet in Fremont for women exploring the long-term effects of family violence. Call First Call for Help for days and times of meetings. • Individual Counseling- Available for individuals involved in domestic violence by appt. • Case Management- Information, referral, legal advocacy, personal advocacy, and financial management services available. • Reality Therapy/Choice Theory Based Programs- Offered on cyclic basis. “Passages” and “Operation Starshine” provide group education about domestic violence, human behavior, personal growth, healthy relationships, problem solving, and parenting. 		
<p>Joint Solid Waste Management District of Ottawa, Sandusky, and Seneca Counties 419-334-7222 Recycling and Litter Prevention-Sandusky 602 West State Street Fremont, OH 43420 419-334-6228 http://www.recycleoss.org/</p>	<p>Sandusky County</p>	
<ul style="list-style-type: none"> • Waste Reduction Assistance Program- Program is designed to assist business, non-profit, and industry in reducing their solid waste. • Office Paper Recycling Guide • Recycling locations- Drop-off sites located throughout county. For additional information, call 419-334-6228 or visit website. • Litter Cleanup Events- Organize cleanup events for volunteer civic groups. • Education- Informative presentations available for any group, agency or service organization. Contact for additional information. 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Legal Services of Northwest Ohio 121 North Arch Street Fremont, OH 43420 419-334-8899	Sandusky County	Low-income (must be farmworker for some programs) Special eligibility for seniors and domestic violence victims.
<ul style="list-style-type: none"> • Civil Cases- Legal aid for low-income individuals. • Migrant Program- Address legal problems of farmworkers. Program offered throughout entire year. 		
Medi-Care Orthopedic Equipment 1900 West State Street Fremont OH 43420 419-332-0066	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Equipment rental • Mastectomy prosthesis • Diabetic Supplies • Wheelchair repair 		
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Many ages served Fees: Vary, Medicare, Medicaid, private insurance, and self-pay for services
<ul style="list-style-type: none"> • Speaker's Bureau (419-333-2761)-Speakers available to discuss a variety of health-related topics to groups, businesses and other organizations. 		
OE Meyer Medical Equipment & Supplies 1520 E State Street Fremont OH 43420 419-332-6931	Sandusky County	
<ul style="list-style-type: none"> • Equipment rental • Mastectomy prosthesis • Diabetic Supplies • Wheelchair repair 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Ohio State University Extension, Sandusky County 2000 Countryside Drive Fremont, OH 43420 419-334-6340	Sandusky County	Depends upon program
<ul style="list-style-type: none"> • Agriculture, Natural Resources, and Community Development- Disseminates information and facilitates programs within specified topic areas. • Family and Consumer Science- Programs and literature related to family strengths, nutrition and food safety, and resource management available. <ul style="list-style-type: none"> ◆ Volunteer-instructed budget management • 4-H/Youth Development- <ul style="list-style-type: none"> ◆ Youth clubs, school enrichment groups, and special programs to children ages 5-18. Over 200 projects available for children to choose from. ◆ High-risk youth programs offered to Sandusky County Juvenile Court. 		
Rural Opportunities, Inc 310 South Front Street, Suite A Fremont, OH 43420	Sandusky County	Farmworker families
<ul style="list-style-type: none"> • Housing Program- Facilitates home ownership. • FEMA- One-time emergency food assistance available. • CSBG- Limited one-time assistance with rent, utilities, medical bills, food, transportation, etc. • ESL/Citizenship Classes- Training in English as a second language. Preparation for citizenship/naturalization process. • Youth Experiencing Success- Employment training and education program for ages 14-21. • National Farmworkers Jobs Program 167 (WIA)- Training, employment, and education to promote employability. 		
R.B. Hayes Presidential Center Corner of Hayes & Buckland Avenues Fremont, Ohio 43420 419-332-2081 http://www.rbhayes.org	Sandusky County	
<ul style="list-style-type: none"> • Obituaries on the Web- An index to over 250,000 obituaries from the Sandusky County, Ohio, region from the 1830s to the present day. 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Department of Job & Family Services 2511 Countryside Drive Fremont OH 43420 419-334-3891	Sandusky County	Varies with services needed
<ul style="list-style-type: none"> • Ohio Works First (OWF) • Prevention, Retention, and Contingency Assistance (PRC) • Workforce Development • Job Store • Downsizing Assistance- Hold re-employment workshops, establish on-site transition centers and worker-needs survey, assist in resume writing. • On-the-Job training- Able to provide up to 50% reimbursement for qualified WIA (Workforce Investment Act) individuals. • Employee Recruitment and Job Matching • New Company Start Up- Can refer assessed, job-ready individuals for placement. Interviewing space, phones, fax, copier and internet access available. • Vocational and PESCO Skills Assessment- In-depth comprehensive assessments. • Labor Market Information- Local, regional, and national information regarding industry trends, wages, occupations, and labor information available. • Unemployment Compensation • SSI case management • LEAP (Learning, Earning, and Parenting) 		
Sandusky County Habitat for Humanity C/O First Presbyterian Church 120 South Park Avenue Fremont, OH 43420 419-355-1257	Sandusky County	Families with very low incomes.
<ul style="list-style-type: none"> • Families are selected based on financial need, character references, credit rating, ability to meet payments, stable income, and willingness to participate in the program. Families must have lived in county for a minimum of one year. Each family is required to make a down payment of \$500 and provide 500 hours of volunteer labor on his/her house or others under construction. 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 419-334-6377	Sandusky County (except within Bellevue City limits)	Depends upon program, contact for information
<ul style="list-style-type: none"> • Environmental Health- Information on food protection, restaurant inspections, solid waste, inspection of private water systems and water quality, school inspections, inspect manufactured home parks, rabies prevention, vector control, sewage inspections. • Smoke alarms- call for availability • Health Education • Home Visits- Home visits are made by request of a physician, friend or family member. The intent of the visits is to provide information and moral support to entire family. Reasons for visits can include communicable disease outbreak, parents of children medical problems, handicapped individuals, etc. • Home Health Service- Provides intermittent care to homebound residents under the written plan of patient's physician. Services include registered nurses, physical and occupational therapists, speech language pathologists, and home health aides. Payment sources include Medicare, Medicaid, private insurance, self-pay, and United Way funding. On call 24 hours a day. 		
Sandusky County Prosecuting Attorney Courthouse 100 North Park Avenue Fremont, OH 43420 419-334-6222	Sandusky County	Must be victim of felony crime
<ul style="list-style-type: none"> • Victims of violent crimes are provided with support, advocacy, and information in regards to the legal system. Coordinate with other services to provide additional assistance to victims of violent crimes. Provides assistance with civil protection, stalking orders, and domestic violence situations. 		
Sandusky County Safe Kids Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 419-334-6377	Sandusky County	Promotes childhood unintentional injury prevention and education for children ages 0-14
<ul style="list-style-type: none"> • Car Seat inspections/installations held on a monthly basis throughout county. Call Health Department for upcoming events. • Annual bike rodeos for children • Bike Helmet Safety education • Fire prevention programs • Playground safety awareness 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Sheriff's E.M.S. 2100 Countryside Drive Fremont, OH 43420 419-332-7313	Sandusky County	Anyone in need of emergency assistance
<ul style="list-style-type: none"> • Emergency Ambulance Service- 24-hour emergency service. Four satellite stations located throughout Sandusky County staffed with two paramedics per shift. • Public Education- Staff available for group meetings to demonstrate basic first aid techniques or specific procedures and explain services provided by E.M.S. • Andy the Ambulance- Intended for child public education. 		
Sandusky County Soil and Water Conservation District 2000 Countryside Drive Suite A Fremont, Ohio 43420 419-334-6324	Sandusky County	All Sandusky County
<ul style="list-style-type: none"> • Drainage, Water Quality Improvement, and Erosion Control Assistance- Counseling available for field and farmstead windbreaks, filter strips, manure management, wildlife habitat enhancement, and tillage practice. Able to assist in design and layout of drainage systems, waterways, and erosion control structures. • Conservation Education- Information and speakers available for a variety of organizations including schools, civic groups, etc. Brochure available: <i>Questions for Sandusky County Homebuyers and Homebuilders</i>. • Soils and Pond Construction Information- Handbook Soil Survey of Sandusky County and assistance with soil investigations for pond sites are available. • Equipment and materials- Tree seedlings sold beginning in late fall of each year. Tile probes, staking flags, and wildflower packets sold year-round. No-till drill, tree planting bars, tree planter, and straw mulcher are available for nominal rental fee. 		
Social Security Administration 225 East State Street Fremont, OH 43420 419-334-9771	Sandusky County	Eligibility depends upon program.
<ul style="list-style-type: none"> • Social Security- Provides monetary supplements for retirement, survivorship, and disabilities. Medicare. • Supplemental Security Income- For elderly, disabled, or blind with limited income/assets. 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
TASC (Treatment Alternatives to Street Crime) 614 Court Street Fremont OH 43420 419-334-4644	All Sandusky County, including Bellevue and Green Springs	Individual has current charge or diversion agreement with courts and alcohol or drugs are involved. Program designed as treatment/rehabilitation alternative to imprisonment.
<ul style="list-style-type: none"> • Program is for non-violent offenders. Offender is held accountable by monitoring their employment, drug/alcohol abstinence, and social functioning. Referral to appropriate treatment provider and linkage to community resources are included in case management of offenders. 		
Veteran's Service Office and Commission 2511 Countryside Drive Fremont, OH 43420 419-334-4421	Sandusky County	Veterans and their dependents
<ul style="list-style-type: none"> • Veterans Benefits- Office claims benefits through the Department of Veteran Affairs on behalf of veterans and their dependents. • Transportation- available to and from VA medical centers only. • Emergency Assistance- must contact office for information. • Medical Equipment- Available for loan by veterans only. • Home Visits- Possible for those unable to visit the office. 		
Woodville Public Library 101 East Main Street Woodville, OH 43469 419-849-2744	Sandusky County	
<ul style="list-style-type: none"> • Interlibrary loan • Children's Services- Summer Reading Club, school visits, and library tours. • Internet access computer available • Copy machine, large print books, income tax forms, Spanish and other language books, voter registration, telephone directories, etc. 		
Work Horizons 509 West McPherson Hwy Clyde, OH 43410 419-547-6370		
<ul style="list-style-type: none"> • Rehabilitation Service 		

Quality of Life Resources- *Miscellaneous*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
WSOS Community Action Commission, Inc 109 South Front Street Fremont, OH 43420 http://www.wsos.org	Sandusky County	Depends upon program.
<ul style="list-style-type: none"> • Community and Economic Development • Community and Employment Services- Provides assistance in job placement and training for individual's with physical, emotional, and mental disabilities. Referral from BVR, Bureau of Visually Impaired, Worker's Comp, Board of MR/DD or Veteran's office is required. • Great Lakes Rural Community Assistance Program (RCAP)- Provide technical help to small communities with regards to drinking water, wastewater, and solid waste. Assists in lowering project costs, achieving and maintaining legal compliance, and minimizing costs to low-income individuals. • Job Opportunities for Low-Income Individuals Program- Help low-income individuals obtain employment and work with business community with employment development projects. • Work and Wisdom Program- Offers job training, internships, and paid work experience for youth. 		
Young Medical Equipment 1303 West State Street Fremont, OH 43420 419-332-0066	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Rehabilitation Products • Power and Manual Wheelchairs • Clinical Respiratory Services and Home Oxygen Therapy • Home Delivery of Aerosol Medications • Orthopedic Specialists • Post-Mastectomy Specialists • Medical Equipment 		

Sandusky County Community Service and Health Inventory Fall 2002

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
ABC Academy Child Care Center 151 Taft Ave Fremont, OH 43420 419-332-2240	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Child care provider 		
Birchard Public Library of Sandusky County 423 Croghan Street Fremont, OH 43420 (419) 334-7101 http://www.birchard.lib.oh.us	Sandusky County	Additional branches are located in Green Springs, Gibsonburg, and Woodville.
<ul style="list-style-type: none"> • Outreach Department- extension 232 <ul style="list-style-type: none"> • Talking book machines and cassettes/cd's available to blind and physically handicapped patrons. • Nursery Schools and Daycare Centers- Provides age-appropriate book collections to nursery schools and daycare centers in Sandusky County. Regular delivery and pick-up schedule. Must apply and be licensed by the Sandusky County Department of Job and Family Services as a child-care provider. Theme kits may be reserved for use. • Provides delivery and pick-up of library materials to: Sandco Industries, Sandusky County Juvenile Detention Center, and School of Hope. • Children Services <ul style="list-style-type: none"> • Homework Help Computer - A computer with databases available for students. Information included are State/Country information, Animal Planet, Sirs Discoverer, and Electric Library (magazines). No registration is required. • Summer Reading Club • Ask-a-librarian- Available on website. • Storytime- Program for youth ages 2-5 designed around songs, rhymes, fingerplays and the sounds of the language to influence reading. Registration can be done online or by phone at 419-334-7101, ext. 209. Additional storytimes are offered at Woodville (419-849-2744) and Gibsonburg (637-2173) branches. Storytimes also available at Sandusky County nurseries and daycares (call for more information). • It's Saturday! - Held the first Saturday of each month. The session for children in K-3rd from 10:00-10:45 and grades 4th-6th from 11:15-12:00. Registration (either at site or on-line) each month is required. • HomeworkNow- An online reference from librarians, the original information experts, available 24 hours a day, 7 days a week. 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
CASA (Court Appointed Special Advocates) 319 Garrison Street Fremont, OH 43420 419-355-1442	Sandusky County	Abused and neglected children that have been removed from their home.
<ul style="list-style-type: none"> Community volunteers work as child advocates by: completely researching the background of the child abuse or neglect case, monitoring the child during intervention time to insure the child will be raised in a nurturing, permanent environment, and speaking in the courtroom for the child while focusing on the child's best interest. 		
Catholic Charities Diocese of Toledo 925 Croghan Street Fremont, OH 43420 419-334-5061 E-mail: kdidion@toledodiocese.org	Sandusky County	Sandusky County families and individuals
<ul style="list-style-type: none"> Foster home care available for Sandusky County children and infants who are dependent and in need of temporary care. Adoptions- The agency is licensed by the Department of Job and Family Services to provide all the necessary professional services to couples wishing to adopt and for children placed in agency custody for the purpose of adoption. Parenting group ("Helping Parents") for parents of children ages 3-12 years. Group services combined with an in-home session to help apply parenting to children. Mediation services with professionally trained neutral third-party mediator to help individuals and families resolve their conflicts. 		
Child Care Resource Center C/o Kaleidoscope Center 4405 Galloway Road Sandusky, OH 44870 800-290-4080 www.ccreinc.com	Sandusky County	Contact for information
<ul style="list-style-type: none"> Assistance in Finding Childcare for Families- Available for any parent who needs childcare. Referrals given according to parent needs. Contact Co: Ann Westerhold or Cathy Smith Assistance to Home Daycare Providers-Providers (ages 18 years and older) doing childcare in their homes may be listed on the Child Care Resource Center database free of charge. Provider names given to parents seeking childcare. Technical assistance, training, and newsletters provided. Contact Co: Ann Westerhold or Cathy Smith. Childcare Options for Employers-Multiple childcare assistance programs available for employers including enhanced childcare referral service, parenting seminars, consultation, and a needs assessment. Fees vary. Contact Betsy Korhnaak at 800-526-5268. 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Christian Wee Care Center 1461 South Main Clyde, OH 43410 419-547-8418	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Child Care Provider 		
DayCare Plus 919 Quail Drive Fremont, OH 43420 419-355-8613	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Child Care Provider 		
Early Learning Center Terra Community College 2830 Napoleon Road Fremont, OH 43420 419-334-8400, ext. 250 jperkins@terra.edu Contact: Jennifer Perkins	Sandusky County	Those seeking full or half-day childcare for ages 6 weeks – 5 years of age. Call for current rates.
<ul style="list-style-type: none"> • NAEYC accredited (2000) childcare available. 		
Easter Seals 309 Garrison Street Fremont, OH 43420 419-332-5921 lgonzales@eastersealsnwohio.org Contact: Lori Gonzales	Sandusky, Seneca, and Ottawa Counties	Adults and children with permanent or temporary disabilities. Fees vary by program, no one turned away due to the inability to pay. Sliding fee scale.
<ul style="list-style-type: none"> • Summer Camps/Recreation-Scholarships available for children or young adults with disabilities to attend up to one week of day or resident camping. Financial support applications due mid-march of each year. 6 week program at Fremont Recreation Center offered mid-summer. • Year-round and Summer Speech Programs-Offered for pre-school and school-age children for speech/language diagnostics and treatment. Offered at various locations for a sliding fee. • Car Seat Program-Car seats available on loan or for a reduced price. Also offered for short-term loans to grandparents with visiting grandchildren. Infant car seats available 30 days prior to due date. 		
Elmore Community Center 310 Congress Elmore, OH 43416 419-862-3431	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Child Care Provider 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
First United Methodist Daycare 901 Northwest Bellevue, OH 44811 419-483-4885	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Child Care Provider 		
Gilligans Day Care Center 3307 Limerick Road Clyde, OH 43410 419-547-6937	Sandusky County	Migrant families.
<ul style="list-style-type: none"> • Child Care Provider 		
Helena Migrant Headstart 474 Maple St Helena, OH 43435 419-638-0202	Sandusky County	Children 6 weeks of age or older Fees: \$3.00 per hour for an 8 hour day \$6.00 additional if child requires isolation, \$1.00 extra for each meal served
<ul style="list-style-type: none"> • Child Care Provider 		
Memorial Hospital Sick-Child Care 715 South Taft Avenue Fremont, OH 43420 419-334-6643 Contact: Sonya Molyet	Sandusky County parents and children	Children 6 weeks of age or older Fees: \$3.00 per hour for an 8 hour day \$6.00 additional if child requires isolation, \$1.00 extra for each meal served
<ul style="list-style-type: none"> • Mend-N-Tend- Daycare for sick children available 24 hours per day, handicapped accessible. Call one hour prior to bringing child in for the program. 		
Noah's Ark Nursery School Grace Lutheran Church 705 West State Street Fremont, OH 43420 419-332-1558	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Preschool- 9-11 am Monday-Friday. Ages 3, 4 and 5 (if not in school). • Lunch Bunch- Stay after preschool until 2 pm (must bring packed lunch) Costs \$5 to stay and program is offered only every other week. 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Rainbow Station Preschool and Daycare First Presbyterian Church 120 South Park Avenue Fremont, OH 43420 419-334-7173	Sandusky County	Ages 3-5, must be potty trained. Preschool- \$8/day. Daycare- \$2/hr (1 st child); \$1.75/hr for second child. \$30 supply fee due at enrollment time.
<ul style="list-style-type: none"> • Kindergarten Daycare- take morning kindergarteners (\$2/hr) 		
Sacred Heart Alternative Readiness and Extended Care (SHARE Center) 540 Smith Road Fremont, OH 43420 419-332-7190	Sandusky County	Ages 3-5 for Preschool; 3 and up must be enrolled in Sacred Heart Readiness or Elementary School for daycare.
<ul style="list-style-type: none"> • Preschool program for 4 and 5 year olds that includes computer, physical education, music, fine motor, and social skills. Class is offered MWF from 8 am-10:30 am and 11:45 am-2:15 pm. A class for 3 year olds is held T/Th from 8 am-10:30 am. • Extended Day Care- Includes a hot lunch, snacks, computers, and gym. \$2.25/hour for 1st child, additional \$1.50 for 2nd child, additional \$2.00 for 3rd child in same family. 		
Sandusky County Department of Job & Family Services 2511 Countryside Drive Fremont OH 43420 419-334-3891	Sandusky County	Varies with services needed
<ul style="list-style-type: none"> • Youth Work Programs- Able to assist youth in finding summer employment, internships, paid and unpaid work experience, job shadowing, and job coaching. • Financial Assistance for childcare • 24-hour crisis intervention (Children's services) • Children's services- investigates allegations of child abuse, neglect, and dependency. Foster placements, adoptions, service to unwed parents, and voluntary surrenders. • Child Support- Support collection and establishment of court ordered child support, parent location, and establishment of paternity. • SSI case management • LEAP (Learning, Earning, and Parenting) 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>SCESC (Sandusky Co. Education Service Center) <u>Special Needs Integrated Preschool Programs</u> SCESC 500 West State Street, Suite A Fremont, OH 43420 419-332-8214, ex 40</p>	<p>Sandusky County</p>	<p>Contact for information</p>
<ul style="list-style-type: none"> • Preschool- Full and half day programs available. Children do not have to be toilet trained. Bussing available for specified children. Special needs children have no fees, non-handicapped have minimal tuition fees. Therapies (speech, occupational, and physical) available for qualifying children. 		
<p>Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 419-334-6377</p>	<p>Sandusky County (except within Bellevue City limits)</p>	<p>Contact for information</p>
<ul style="list-style-type: none"> • Vision and Hearing screening- Vision and hearing screenings for children. • Immunizations • Help Me Grow- Identifies, assesses and coordinates services for children 0-3 years of age who exhibit developmental delays. Public Health nurses visit all mothers and their newborns in order to provide support, education, and referral to other needed services. • Car Seat installation- call for eligibility • Smoke alarms- call for availability • Bike Helmets- call for availability • Health Education • Home Visits- Home visits are made by request of a physician, friend or family member. The intent of the visits is to provide information and moral support to entire family. Reasons for visits can include communicable disease outbreak, parents of children medical problems, handicapped individuals, etc. • School visits- Health education programs are provided throughout the county to promote child safety. Programs have included bike safety, car seat safety, etc. 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County YMCA 1000 North Street Fremont, OH 43420 419-332-1531	Children age 4 through 6 th grade.	Contact for information
<ul style="list-style-type: none"> • Say Care program- Children (grades first through sixth) attend before, after school, or both. Activities, depending on when child is at the Y, range from recreation, arts and crafts, outdoor play, movies, swimming, games, reading, music, to finishing homework. Hours are 6 am-12 midnight, 7 days per week. • Kindercare- For children in half-day kindergarten. YMCA van picks up morning kindergarten from school and drops off afternoon kindergarteners. Children are expected to bring their own lunches. Activities, depending on when child is at the Y, range from recreation, arts and crafts, outdoor play, movies, swimming, games, reading, music, etc. • Magic Kingdom- Preschool, daycare program for ages 3 to 5 (must be potty trained). State certified teachers instruct the program. The daily schedule includes outdoor play (in suitable weather), nap, afternoon and evening snacks, and activities (including swim, circle time (lessons), art, special events, and individual choice time). Children may attend 2-5 mornings per week. Extended daycare is available. Parents must provide lunch/sup per. • Child Care- Weekend drop-in care is available. Weekend childcare is more recreational than academic and all children are grouped together so that members of the same family can be together. Second shift childcare is available until 12:00 midnight. Our Day Care Center is State Licensed and contracted with WSOS Headstart. • Kindermusik- <i>Kindermusik</i> is an early childhood music and movement program designed to enhance your child's entire development: physically, socially, emotionally, and cognitively. Classes range from birth to age seven. Class cost for all ages: members \$125; non-members \$140 (<i>monthly payments available</i>). Material cost for all ages: \$50, required materials contain extra home-time activities. Licensed <i>Kindermusik</i> educator Sherry Murry facilitates each class. • Pee Wee Fun Nights- Second Friday of each month (September-May) for children (must be toilet trained). Overnight lasts from 6 pm-8 am Saturday morning. Activities include swimming, movies, indoor soccer, etc. Dinner and breakfast provided. • Babysitting Room- Allows parents with younger children to attend fitness classes or workout. 		
Solomon Lutheran School 305 West Main Street Woodville, OH 43469 419-849-3600	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Nursery School- Preschool for children before Kindergarten. \$60/registration, \$630/year. • Solomon Lutheran School- Christian Day School for students K-6th. \$130/registration; \$1,908 for year (1-6 grades), \$1,503 for K. • Solomon Lutheran Extended Care- Daycare for school-age (7:15 am- 5:30 pm) \$2/hr. 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
St. Ann Little Blessing Child Care Center 1005 Baker Street Fremont, OH 43420 419-332-6598	Sandusky County	Children ages 3-12 (2 ½ accepted if toilet trained).
<ul style="list-style-type: none"> • Before and After School Program- Staff member escorts children to and from St Ann elementary. Public school bus available for children attending other schools. • Daycare Program- Many activities available throughout the day to enhance the emotional, educational, physical, and social needs of each child. • Summer Program- Activities include weekly outings, games, crafts, reading, etc. 		
Temple Tot School 1150 Sandusky CR 198 Fremont, OH 43420 419-332-5272	Sandusky County	Childcare for infants to 5 year olds. Summer program for children up to 12 years of age.
<ul style="list-style-type: none"> • Morning preschool for 2-5 year olds. State-licensed. Christian environment. • Nursery School- Offer different activities throughout the year to provide the best care and program possible for the children. • Summer Fun- Summer program for children up to age 12. 		
St John's Christian School 209 Southwest Street Bellevue, OH 44811 419-483-7072	Sandusky County	Children ages 3-5 (must be potty trained) Financial assistance available in form of scholarships available.
<ul style="list-style-type: none"> • 2-3 half-day sessions available. Morning and afternoon classes are available for 4-5 year olds, morning classes available for 3 year olds. Child to teacher ratio, 16:2. Children with special needs are welcome. 		
Trinity Lutheran Church 412 Fremont Street Elmore, OH 43416 419-862-7010	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Child Care Provider 		

Quality of Life Resources-*Services for Children*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
The Village House 350 Rawson Avenue Fremont, OH 43420 419-334-4582	Sandusky County	Children 0-17 years of age
<ul style="list-style-type: none"> • Supervised Exchanges- Safe, independent meeting place for custodial parents to drop off their children and non-custodial parents to pick up the children. (Unsupervised visitation). For ages 2-17. • Supervised Visitation- Safe, comfortable setting where children are able to visit with family members (including parents) under supervision. • Parenting Classes • Anger Management classes for kids 		
Wee Care Preschool and Day Care Center Grace Community Church 900 Smith Road Fremont OH 43420 419-332-2623	Sandusky County	Depends upon program.
<ul style="list-style-type: none"> • Day Care- Available to any Preschool and Kindergarten students. Lunches and afternoon snacks provided. Staff licensed by Ohio Department of Human Services. \$20/day. • Preschool- Children ages 3-5. Must be 3 years old prior to September 30th of current school year and toilet trained. Available mornings or all day. • Kindergarten- AM classes only. Must be 5 years old prior to September 30th of current school year. 		
WSOS Community Action Commission, Inc 109 South Front Street Fremont, OH 43420 http://www.wsos.org	Sandusky County	Depends upon program, contact for information
<ul style="list-style-type: none"> • Head Start Program- Preschool for income-eligible 3 and 4 year olds. Educational, nutrition, medical, dental, and social services included. • New Directions Summer and After-School Programs- Provided by Fremont City Schools. Summer and after-school programs designed for children grades K-9. • Public School Preschool- Preschool for children ages 3 and 4. Preschools are located in several locations. <ol style="list-style-type: none"> 1. Bellevue Center- 800 Monroe Street, Bellevue. 2. Bradner Center- 165 Timmon Street, Bradner. 3. Clyde/Green Springs Center- 821 South Main Street, Clyde. 4. Fremont Family Development Center- 765 South Buchanan Street, Fremont. 		

Sandusky County Community Service and Health Inventory Fall 2000

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Arbors at Clyde 700 Helen Street Clyde OH	Sandusky County	Residents requiring assisted living
<ul style="list-style-type: none"> • Assisted living center 		
Are you OK? Program Fremont Police Department 1141 West State St Fremont OH 43420	All phones local to Fremont	Elderly, individuals needing daily "check-ups".
<ul style="list-style-type: none"> • Calls subscribers once each day. The subscribers must actively respond to phone. 		
Bellevue Care Center 1 Audrich Square Bellevue, OH 44811 (419) 483-6225	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Skilled long-term care • Short-term care for individuals whose families are out of town, etc. • Meals on Wheels- Deliver meals to Bellevue senior citizens • Physical, occupational, and speech therapies are provided. 		
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	Depends upon program, contact for information.
<ul style="list-style-type: none"> • Health Counseling Services • Health Screenings-Provides a variety of health screenings for groups and organizations. Also at hospital. • Home Health Care- Nursing and assistant services including speech, occupational, and physical therapy for people in their home. Physician referral or family contact required. Limited to Sandusky County residents who live within a 25-mile radius of Bellevue. Contact: Home Health, Ext. 4302. • Mature Audience Luncheon- Monthly health and educational program for people ages 55 and above, \$2 lunch. Ext 4899 • STEP Program- Counseling for people ages 60 and older experiencing a decrease in mental, emotional, and physical functioning. Ext 4446 • Support Groups- Alzheimer's, Cardiac ComeBack, Diabetic, etc. • Yoga and Tai Chi Classes- Stretching, flexibility, and breathing exercises. Ext 4278 		

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bethany Place Retirement Center 916 North Street Fremont, OH 43420 419-334-5500	Sandusky County	Those requiring long-term nursing.
<ul style="list-style-type: none"> • Retirement Village 		
Bethesda Care Center 600 North Brush Street Fremont OH 43420 (419) 355-0206	Sandusky County	Must be age 62 and over, income based.
<ul style="list-style-type: none"> • Intermediate and Skilled Nursing • Physical, occupational, speech, and respiratory therapy. • Memory loss unit. 		
Bethesda View Apartments Fremont VOA Elderly Housing 540 North Brush Street Fremont OH 43420 (419) 355-0206	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Very low income elderly housing. 		
Buckeye Rest Home 234 West Buckeye Clyde, OH 43410 419-547-9866	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Nursing Home 		
BVR St Francis Health Care Centre 401 North Broadway Green Springs, OH 44836 419-639-2916	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Nursing Home 		
Countryside Continuing Care Center 1865 Countryside Drive Fremont, OH 43420 419-334-2602	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Nursing Home 		
Elmore Retirement Village 633 State Street Elmore, OH 43416 419-862-2408	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Retirement Village 		

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Elmwood Assisted Living 430 North Broadway Green Springs, OH 419-639-2581	Sandusky County	Those requiring assisted living.
<ul style="list-style-type: none"> • Assisted Living Facility 		
Elmwood of Fremont 1545 Fangboner Road Fremont, OH 43420 419-332-6533	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Basic Assisted Living- 24-hour staff including nurses, suite with kitchenette and bath, etc. • Extended Care- Alzheimer's and Dementia Care, health status monitoring, incontinence care, personal care services, medication distribution, hospice care, oxygen and respiratory therapy, rehabilitation therapy in addition to basic services. 		
Golden Threads Senior Membership Program Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6613	Sandusky County	Individuals over 55.
<ul style="list-style-type: none"> • Insurance Claims Assistance – Certified volunteers to assist with filing claims, insurance reimbursement and follow through. NO FEE. 		
Inbetweeners Grace Lutheran Church 705 West State Street Fremont OH 43420 419-332-1558	Sandusky County	Anyone over age 55
<ul style="list-style-type: none"> • Lunch and socialization, including speakers- watch Fremont News-Messenger for times 		

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County residents	Many ages served Fees: Vary, Medicare, Medicaid, private insurance, and self-pay for services
<ul style="list-style-type: none"> • Care-A-Van (419-334-6606)- Handicapped/wheelchair accessible van/transportation services for physician and medical appointments. • Golden Threads Senior Membership Program (Annette Overmyer 419-334-6613)- Free enrollment program for 55+ to help with insurance claims, offers monthly educational programs, merchant and hospital discounts, free take-home meal to hospitalized members, bi-monthly newsletter, health screenings, senior exercise class and trips. • Home Health • Mobile Meals (419-334-6606)- Home delivered noon meals Monday-Friday, except holidays. Fee: \$2.00 • Social Work Services (Karla Falls 419-334-6619)- Services include discharge planning and financial planning. 		
Otterbein Homes, Northwest Ministry 419 Erie Street Woodville, OH 43469 419-849-2988	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Retirement & Life Care Community 		
Parkside Manor Assisted Living PO Box 1108 1420-1430 Oak Harbor Road Fremont, OH 43420 419-332-2589	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Assisted Living for Independent Seniors- For those needing minimal assistance. 		
Parkview Care Center PO Box 1108 1406 Oak Harbor Road Fremont, OH 43420	Sandusky County	No restrictions on eligibility.
<ul style="list-style-type: none"> • Skilled and Intermediate Care Facility- Private and semi-private rooms. May be admitted for short or long stays. • “Return to Home” Program • Extensive Rehabilitation Therapy 		

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Passport/Options for Independence 2155 Arlington Avenue Toledo, OH 800-472-7277	Sandusky County	Contact: Emile Owens
<ul style="list-style-type: none"> • Options- Cost sharing available to offset costs of monthly health aide for residents who have assets, income, and monthly expenses. • Passport- Home care services and medical assistance based on eligibility criteria including monthly income, level of assistance needed for activities of daily living, and medical care needs. Sliding fee scale. 		
Rutherford House Assisted Living Concepts, Inc 805 Buchanan Street Fremont, Ohio 43420 419-334-6962	Sandusky County	Assisted living targeted for senior citizens and disabled adults of any age .
<ul style="list-style-type: none"> • Assisted living for older and disabled adults- Private studio or one-bedroom apartments with emergency call systems, kitchenettes, and complete bathrooms. Housekeeping, laundry, maintenance, medication assistance, personal care assistance, delivered meals, and 24-hour security services are provided. 		
Sandusky County Department of Job & Family Services 2511 Countryside Drive Fremont OH 43420 419-334-3891	Sandusky County	Varies with services needed
<ul style="list-style-type: none"> • Adult Protective Services- investigates allegations of abuse, neglect, and/or exploitation to adults (ages 60 and older). • Senior/Mature Worker Programs 		

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 419-334-6377	Sandusky County (except within Bellevue City limits)	Depends upon program, contact for more information.
<ul style="list-style-type: none"> • Environmental Health- Information on food protection, restaurant inspections, solid waste, inspection of private water systems and water quality, school inspections, inspect manufactured home parks, rabies prevention, vector control, sewage inspections. • Smoke alarms- call for availability • Health Education • Home Visits- Home visits are made by request of a physician, friend or family member. The intent of the visits is to provide information and moral support to entire family. Reasons for visits can include communicable disease outbreak, parents of children medical problems, handicapped individuals, etc. • Home Health Service- Provides intermittent care to homebound residents under the written plan of patient's physician. Services include registered nurses, physical and occupational therapists, speech language pathologists, and home health aides. Payment sources include Medicare, Medicaid, private insurance, self-pay, and United Way funding. On call 24 hours a day. • Homemaker Service- Provides intermittent personal care for homebound, ill, and/or handicapped seniors in Sandusky County over the age of 60. A sliding fee scale is available. On call 24 hours a day. 		
Sandusky County Senior Citizen Center 600 West State Street Fremont, OH 43420 419-334-8181	Sandusky County	Contact for information
Sandusky Metropolitan Housing Authority 1358 Mosser Drive Fremont, OH 43420 419-334-4426	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Fort Stephenson House Apartments- Designated housing for very low-income elderly (age 62 or older) or disabled (any age). 		
Social Security Administration 225 East State Street Fremont, OH 43420 419-334-9771	Sandusky County	Eligibility depends upon program.
<ul style="list-style-type: none"> • Social Security- Provides monetary supplements for retirement, survivorship, and disabilities. Medicare. • Supplemental Security Income- For elderly, disabled, or blind with limited income/assets. 		

Quality of Life Resources- *Services for Senior Citizens*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Valley View Healthcare Center Trans Healthcare Inc. 825 June Street Fremont OH 43420 419-332-0357	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Therapy programs- Occupational, physical, speech, respiratory, and psychology services available. • Health Care- Dietetic, vision, dental, pharmaceutical, and podiatric consultant services available. • Respite Care- short-term care for individuals requiring professional nursing care. • Nursing Center- Available for anyone needing skilled or intermediate nursing care. • Dementia Unit • Adult Daycare- 7 days per week, 24 hours per day. 		
Veteran's Service Office and Commission 2511 Countryside Drive Fremont, OH 43420 419-334-4421	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Veterans Benefits- Office claims benefits through the Department of Veteran Affairs on behalf of veterans and their dependents. • Transportation- available to and from VA medical centers only. • Emergency Assistance- must contact office for information. • Medical Equipment- Available for loan by veterans only. • Home Visits- Possible for those unable to visit the office. 		
WSOS Community Action Commission, Inc 109 South Front Street Fremont, OH 43420 http://www.wsos.org	Sandusky County	Depends upon program.
<ul style="list-style-type: none"> • Sandusky County Senior Program- Services provided for Senior citizens, age 60 and older. Services include hot meal at County nutrition sites, home-delivered meals, educational and recreational programs, transportation, health clinic, etc. Senior sites include: <ol style="list-style-type: none"> 1. Clyde Senior Center- 131 South Main Street, Clyde 2. Gibsonburg Senior Center- 795 West Madison Avenue, Gibsonburg 3. Sandusky County Senior Center- 600 West State Street, Fremont 4. Woodville Senior Center- Woodville Fire Department, 321 E Main St, Woodville • Seasonal Farmers' Market food vouchers for Senior Citizens- May through October; income based. 		

Quality of Life Resources-*Support Groups*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>Alzheimer Disease and Related Disorders Association, Inc.- NWO Chapter Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 www.bellevuehospital.com</p>	<p>Sandusky County</p>	<p>Anyone (sufferer, family, or friends) affected by Alzheimer Disease or other types of dementia.</p>
<ul style="list-style-type: none"> • Support group- 7-8:30 pm in Dining Hall of hospital. Caretakers available to care for those with dementia during meeting. 		
<p>Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com</p>	<p>Sandusky County</p>	<p>All Sandusky County residents</p>
<ul style="list-style-type: none"> • Mature Audience Luncheon- Monthly health and educational program for people ages 55 and above, \$2 lunch. Ext. 4899 • STEP Program- Counseling for people ages 60 and older experiencing a decrease in mental, emotional, and physical functioning. Ext. 4446 • Support Groups- Alzheimer's, Cardiac ComeBack, Diabetic, etc. 		
<p>Divorce Care First Presbyterian Church 120 South Park Avenue Fremont, OH 43420 419-334-7171 (daytime) 419-332-5850 (evenings) Contact: Darlene Hinds</p>	<p>Sandusky County</p>	<p>Separated or divorced adults. On-site childcare available for nursery through grade 5 for a nominal fee.</p>
<ul style="list-style-type: none"> • Support Groups and Seminars- Conducted by people who understand what a divorced/separated person is experiencing. Clients become a part of a small group of people also experiencing separation and divorce. • Fellowship-Features Biblical teaching for recovering from divorce and separation in a non-denominational setting. • Videotape Seminar Sessions-Topics available include What's Happening to Me?, The Road to Healing, Facing anger, Depression and loneliness, New Relationships, Kid Care, Financial Survival, and more. 		

Quality of Life Resources- *Support Groups*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>Domestic Violence Support Group Fremont, Oh 43420 800-466-6228 Call for location, childcare needs, and transportation.</p>	<p>Sandusky County</p>	<p>Women who have been affected by domestic violence. Support program also available for children. No fees.</p>
<ul style="list-style-type: none"> • Support Group meets regularly to empower, inspire, and support local women who may be affected by domestic violence (either actual or threatened). Women learn to identify the behaviors of victims and perpetrators, victim survival mechanisms, how to assess personal safety and to develop safety plans, the relationship between child abuse and domestic violence including their responsibility to their own children, how to access help from legal, financial, vocational, medical, educational, and other support providers, and how to properly document incidents of domestic violence. • Children’s Support Group also available. 		
<p>First Step: A Family Violence Intervention Center P.O. Box 1103 Fostoria, OH 44830 1-800-466-6228 419-435-7300 (Business line) firststep@friendlynet.com/firststep</p>	<p>Sandusky County residents</p>	<p>Men, women, and children Staff determines eligibility. Sliding fee scale</p>
<ul style="list-style-type: none"> • Support Phone Line- 24 hours a day, 7 days a week. • Residential Program- Temporary residence provided for adult females and their children (up to age 27) who have no other safe or supportive place to stay. • Support Groups-Meet in Fremont for women exploring the long-term effects of family violence. Call First Call for Help for days and times of meetings. • Individual Counseling-Available for individuals involved in domestic violence by appt. • Case Management-Information, referral, legal advocacy, personal advocacy, and financial management services available. • Reality Therapy/Choice Theory Based Programs- Offered on cyclic basis. “Passages” and “Operation Starshine” provide group education about domestic violence, human behavior, personal growth, healthy relationships, problem solving, and parenting. 		

Quality of Life Resources- *Support Groups*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>Friendly Singles 1665 Oak Drive Fremont, OH 43420 419-332-7441 Contact: Kay Szymanowski Or Ruth 419-332-9248 Meeting Location: East Side Presbyterian Church 1020 Kentucky Avenue Fremont, OH 43420</p>	<p>Sandusky County residents</p>	<p>Single senior ladies ages 55 or older interested in making new friends. Fees: \$1.00 donation</p>
<ul style="list-style-type: none"> • Support-Provided to any single person widowed, divorced, or never married. • Social Evening- Eat out in restaurants together the first Tuesday of each month at various local area restaurants. May through September, eat out the first and third Tuesday of the month. 		
<p>Lupus Support Group PO Box 156 Helena, OH 43435 419-638-5841</p>	<p>Sandusky County</p>	<p>Contact for information</p>
<ul style="list-style-type: none"> • Information and referrals for Lupus patients and their families. 		
<p>Mothers of Preschoolers (MOPS) Grace Lutheran Church 705 West State Street Fremont, OH 43420 419-332-1558</p>	<p>Sandusky County</p>	<p>Must be mother of preschooler age 0-6</p>
<ul style="list-style-type: none"> • Meeting second and fourth Monday of each month, September-May from 9-11 am. Nursery provided during meeting. 		
<p>Ohio Child Conservation League 1777 Oak Drive Fremont, OH 43420 419-334-2248</p>	<p>Sandusky County</p>	<p>Any woman with an interest in OCCL</p>
<ul style="list-style-type: none"> • Support Group- Promotes spiritual, moral, and physical child development and maternal and child health care. • Family Support- Family enrichment and self-improvement programs available. • Community Projects • Scholarships, grants, and loans available to members. 		

Quality of Life Resources- *Support Groups*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Parent Mentor Program 500 West State Street Fremont OH 43420 419-332-8214, ex 28	Sandusky County	Must be parent whose child has special needs or is concerned with child's education
<ul style="list-style-type: none"> Provides information and support. Provides parents with support groups and other parents. Has a lending library with information on various disabilities that is available for parents, educators, and students. 		
School of Hope/Sandco Industries Board of Mental Retardation and Developmental Disabilities 1001 Castalia Road Fremont, Ohio 43420 419-443-9296	Must be resident of Sandusky County	Eligible on case-by-case basis.
<ul style="list-style-type: none"> Support Living Program- Assist those with disabilities so they might live as independently as possible. 		
Seneca County Parkinson Support Group Ohio Parkinson Foundation/NW Region 12740 TR 114 Fostoria, OH 44830 800-438-5584	Sandusky County	Anyone may call or attend meetings
<ul style="list-style-type: none"> Materials available on Parkinson Disease Support meeting- first Monday of each month (second Monday for legal holidays) at 1:30 PM at Trinity United Church of Christ, 131 East Perry St, Tiffin 		
St. Francis Health Care Centre 401 North Broadway St Green Springs, OH 44836 419-639-2626	Sandusky County	Contact for information
<ul style="list-style-type: none"> Brain Injury Support Club 		

Quality of Life Resources- *Support Groups*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>Sandusky County Alzheimer’s and Related Disorders Support Association 227 Harding Street Fremont, OH 43420 419-334-8011</p>	<p>Sandusky County</p>	<p>Caregivers and families of those stricken with Alzheimer’s or related disorders.</p>
<ul style="list-style-type: none"> Provides monthly support group meetings every second Tuesday of the month (2 pm) at Countryside Continuing Care Center (1865 Countryside Drive, Fremont) and counseling for family, friends, and caregivers. Reference to resource agencies for additional assistance. Education materials are also available. 		
<p>Vanguard Career Center 1306 Cedar Street Fremont, OH 43420 419-332-2626</p>	<p>Sandusky County</p>	<p>High school and beyond</p>
<ul style="list-style-type: none"> GRADS (Graduation, Reality, And Dual-role Skills)- In-school program for pregnant teens and/or parents. Program is provided to Vanguard’s member schools. Purpose of program is to increase likelihood of teen parents remaining in school until graduation. 		

Quality of Life Resources- *Transportation*

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Hart's Ambulette 1525 Port Clinton Road Fremont, OH 43420 419-332-3820 419-332-3911	Sandusky county	-Serves all ages -Private service that accepts Medicaid eligible and self-pay clients -Bureau of Worker's Compensation Provider
<ul style="list-style-type: none"> • Available for residents requiring wheelchair transportation • Transportation for wheelchair bound clients for health care and private (weddings, family gatherings, personal outings) transportation needs. • Services available 365 days per year. Must call for appointment, at least 48 hours notice preferred to insure availability. • Will travel to any in-state or out-of-state destination. 		
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Many ages served Fees: Vary, Medicare, Medicaid, private insurance, and self-pay for services
<ul style="list-style-type: none"> • Care-A-Van (419-334-6606)- Handicapped/wheelchair accessible van/transportation services for physician and medical appointments. 		
TRIPS- Transportation Resources For Independent People of Sandusky County 109 South Front Street Fremont, OH 43420 419-332-8091	Primarily Sandusky County	County resident, 12 years and older unless accompanied by adult, must be able to pay fee.
<ul style="list-style-type: none"> • Make reservation between 8 AM-2 PM each weekday, at least 24 hours in advance • Fees (one way): \$1 - Fremont, \$2 Ballville & Sandusky Townships, \$3 remainder of county • Wheelchair accessible. Trips vehicles available with lifts for common wheelchairs. Service animal or personal care attendant may accompany passenger at no extra charge. 		

Sandusky County Community Health Resource Inventory Fall 2002

Sexual Health & Pregnancy Outcomes Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Abigail Pregnancy Services 108 West Main Bellevue, OH 44811 419-483-4908	Sandusky County	Women in need of an abortion alternative.
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040 http://www.bellevuehospital.com	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Family Birthing Center-Offering educational programs, lactation consultant, and in-home visits after delivery. Ext. 4295 		
Catholic Charities Diocese of Toledo 925 Croghan Street Fremont, OH 43420 419-334-5061 E-mail: kdidion@toledodiocese.org	Sandusky County	Sandusky County families and individuals.
<ul style="list-style-type: none"> • Pregnancy Counseling- For unplanned pregnancies with the unmarried mother and father, living arrangements made for the single mother during pregnancy if desired. • Adoption Services 		
Community Health Services 410 Birchard Avenue Fremont, OH 43420 Medical appt: 419-334-3869	Sandusky, Seneca Counties and surrounding areas	Infant, child, adolescent, and adult health care. Serving Spanish-speaking clients. Fees on a sliding scale, private insurance, Medicaid, or Medicare accepted. All services by appointment.
<ul style="list-style-type: none"> • Family Practice, Pediatrics, and Internal Medicine Physicians available. • Additional physician services include: preventive care (screening, testing, and immunizations), patient education, family planning, cardiac ultrasounds, referral to specialty physicians, prenatal services (no delivery available). • Dental services include preventive care for children and adults, fillings, crown and fixed bridge- work, dentures (complete and partial), root canal therapy, and oral surgery including wisdom teeth removal. • Social Services Available 		

Sexual Health & Pregnancy Outcomes Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
<p>Couple To Couple League 3037 County Road 39 Burgoon, OH 43407 419-638-2201 Member of Couple to Couple League International, Inc.</p>	<p>Sandusky County</p>	<p>Sandusky County adults seeking natural family planning classes.</p>
<ul style="list-style-type: none"> • Natural Family Planning Classes-Teach the practice of achieving or avoiding pregnancies according to an informed awareness of a woman’s fertility. 		
<p>Family Planning/ Clinic Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 419-334-6355</p>	<p>Sandusky and Seneca Counties</p>	<p>Primarily for low-income individuals. Sliding fee scale; Medicaid cards also accepted.</p>
<ul style="list-style-type: none"> • Family Planning Clinic- Provide education, counseling, and physical examinations for women seeking birth control. Pregnancy tests and counseling are also provided. • HIV testing- free, anonymous testing by appointment. • STI Clinic- Education & testing for sexually transmitted infections. 		
<p>Heartbeat Pregnancy Support Center 118 N. Arch Street Fremont, OH 43420 419-334-9079</p>	<p>Sandusky county</p>	<p>Women who are pregnant.</p>
<ul style="list-style-type: none"> • Adoption counseling and free pregnancy tests. 		
<p>Lutheran Social Services of Northwestern Ohio 512 E, State Street Fremont, OH 43420 419-334-3431</p>	<p>Sandusky county</p>	<p>Women who are pregnant and those seeking to adopt a child Fees: Sliding scale, private insurance, Medicaid and Medicare. No one refused service due to insufficient funds or income.</p>
<ul style="list-style-type: none"> • Abortion Alternatives • Adoption Services- Includes crisis pregnancy counseling and temporary infant foster care. 		

Sexual Health & Pregnancy Outcomes Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
March of Dimes Birth Defects Foundation 3450 West Central Avenue Suite 352 Toledo, OH 43606 800-536-4483 www.marchofdimes.com	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Grants- Grants available for local groups and organizations for prevention of birth defects. 		
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-6643	Sandusky County	Medicare, Medicaid, private insurance, and self-pay for services.
<ul style="list-style-type: none"> • Childbirth Education 419-332-7321, Ext. 3253 • Pregnancy Classes 419-332-7321, Ext. 3253 • Siblings Program 419-332-7321, Ext. 3253 		
Rural Opportunities, Inc 310 South Front Street, Suite A Fremont, OH 43420 419-334-2689	Sandusky County	Farm worker families.
<ul style="list-style-type: none"> • Farmworker Rape Education Prevention- Program to provide rape and family violence prevention education and intervention. Other services include victim advocacy in the emergency room and courtroom. • Maternal and Child Health- Program for high-risk pregnant farmworker women and children up to 1 year of age. Provides basic health education, translation, transportation, referrals, home visits, and follow-up services. 		

Sexual Health & Pregnancy Outcomes Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County Health Department 2000 Countryside Drive Fremont, OH 43420 419-334-6395	Sandusky County	Teenagers in Sandusky County.
<p style="text-align: center;">Family Planning/STD Clinic- sliding fee scale</p> <ul style="list-style-type: none"> • Breast and Cervical Cancer Screening Program- Provides free pap, pelvic, and mammography screenings. • STD Clinic <p style="text-align: center;">Teen Pregnancy Prevention</p> <ul style="list-style-type: none"> • Educational Programs- includes Baby Think it Over, Postponing Sexual Involvement (PSI), and Empathy Belly. • Presentations and Trainings- on topics related to sexuality, teen pregnancy, and youth developmental assets. • Resource Library- Videos, classroom curricula, books, and other resource materials available for loan. Topics include sexuality, STI (sexually transmitted infections or diseases), communicating with your child, and Asset Development. 		
Snyder, Lisa M Attorney 404 Croghan Street Fremont, OH 43420 419-333-9918	Sandusky County	Those seeking to adopt a child.
<ul style="list-style-type: none"> • Adoption Services 		
Women to Women Midwifery Care 402 McPherson Hwy Clyde, OH 43410 419-547-3558	Sandusky County	Contact for information
<ul style="list-style-type: none"> • Midwives 		

Sandusky County Community Health Resource Inventory Fall 2002

Tobacco Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
American Lung Association 226 SR 61 Norwalk, OH 44857 (800) 231-5864	Sandusky County	Serving those with lung disease.
<ul style="list-style-type: none"> • Provides Stop Smoking Clinics to general public and, by contract, area businesses. • Provide in-service workshops for teachers on asthmatic children in the classroom and tobacco education. Must be requested. 		
Community Health Services 410 Birchard Avenue Fremont, OH 43420 419-334-8943	Sandusky County	Contact for information
<ul style="list-style-type: none"> • 5 A's counseling for expectant mothers. 		
Sandusky County Health Department Sandusky County Tobacco Coalition 2000 Countryside Drive Fremont, OH 43420 419-334-6377 www.sanduskycohd.org	Sandusky County (except Bellevue City limits in certain circumstances)	Contact for information
<ul style="list-style-type: none"> • High School cessation (TAP/TEG). 		

Sandusky County Community Health Resource Inventory Fall 2002

Weight Control Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bariatric Support Group Grace Community Church 900 Smith Road Fremont, OH 43420	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Meets 7pm Thursday (547-7572) 		
Bellevue Fitness & Tanning 420 Monroe Bellevue, OH 44811 419-483-7002	Sandusky County	Contact for more information
Bellevue Hospital 811 Northwest Street Bellevue, OH 44811 419-483-4040	Sandusky County	All Sandusky County residents
<ul style="list-style-type: none"> • Above Average Club- For individuals 50 pounds and over. Meets weekly on 3rd floor in the solarium at 7pm on Thursdays. • Aerobics and Senior Aerobics • Nutrition Counseling- Personal, outpatient nutrition counseling for weight loss. Doctor's referral required. Contact: Patti Clark, R.D., L.D., Ext. 4214 • Programs Just for Kids- Exercise: It's Energizing" and "Muscles and Motion," programs designed for the younger population. JoAnn Ventura, Ext. 4299 • "Friends and Senior Friends for Fitness" Aerobic Class- morning and afternoon aerobic classes, open to the public. Fee charged. Contact: Dawn Bova, RN, Ext. 4295 • Yoga and Tai Chi Classes- Stretching, flexibility, and breathing exercises. Ext. 4278 		
Bellevue Jazzercise Bellevue Community Center 800 Monroe Street Bellevue, OH 44811 419-483-3555	Sandusky County	\$35 EFT/ monthly rate.
<ul style="list-style-type: none"> • Circuit Training- Aerobic exercise and strength training with weights, resistance tubes and balls. • Jazzercise- 60 to 70-minute class with jazz dance and exercise. • Step- Low-impact, high intensity workout. • Jr. Jazzercise- For youth ages 6 to 12. Class materials include nutrition tips and physiology information. 		

Weight Control Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Bellevue Recreational Center 419-483-5555	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Amsden Heights Park • Buchingham Park • Ellis Park • Harmon Park • Kern Street Park • Mill Pond Park-Community Center with pool, softball, ice skating, and sledding. • Robert Peters Athletic Park-Baseball & softball fields, playground, basketball, volleyball and tennis courts. • Waterworks Park 		
Bodylines Health Club 416 West State Street Fremont, OH 43420 419-332-9792	Sandusky County	Daily/Weekly/Monthly passes
<ul style="list-style-type: none"> • Fitness classes • Free Weights • Aerobic machines 		
Clyde Health & Fitness Club 1012 East McPherson Hwy Clyde, OH 43410 419-547-0600	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Call for more information 		
Clyde Recreation Department City of Clyde 222 N. Main Street Clyde, Ohio 43410	Clyde residents	Contact for more information
<ul style="list-style-type: none"> • Community Park- Baseball/softball diamonds, volleyball courts, tennis courts, ice skating, playground equipment. • Cherry Street Park - Includes basketball courts, playground equipment, etc. • Hendricks Park - Includes tennis courts, swings and climbing toys. • Gus Wolf Park - One tennis court, one basketball hoop, playground equipment. • Paden Park - open grassy area on Mulberry Street near South Street. 		

Weight Control Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Curves 121 South 5 th Street Fremont, OH 43420 419-333-8455 & 855 West Main Bellevue, OH 44811 419-483-5859	Sandusky County	Call for rates
<ul style="list-style-type: none"> • Offers a timed aerobic and strength training workout. 		
Elmore Jazzercise Center 18909 SR 51 B Elmore, OH 43416 419-862-1000 or 419-898-5216	Sandusky County	New students special/ 8 weeks unlimited classes \$56; 2 weeks free ticket; \$35 month. Seasonal classes Nov-May. Regular prices 8 weeks \$88
<ul style="list-style-type: none"> • Simply-Lite- 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility. Perfect for someone who is a newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted. • Circuit Training- Aerobic exercise and strength training with weights, resistance tubes and balls. • Jazzercise- 60 to 70-minute class with jazz dance and exercise. • Step- Low-impact, high intensity workout. 		
The Fremont Ballet School 405 East State Street Fremont, OH 43420 419-332-8836	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Call for more information 		
Fremont Jazzercise Center 310 South Front St Fremont, OH 43420 419-3329792	Sandusky County	16 classes offered weekly. \$35 monthly, unlimited visits 8 weeks pass- \$80 Walk-ins \$7/class HS students- \$20/mon, unlimited visits New Student- \$7/week, 8 wk min-12 wks max.
<ul style="list-style-type: none"> • Cardioquick- 30 to 45-minute class of only Jazzercise aerobics. • Circuit Training- Aerobic exercise and strength training with weights, resistance tubes and balls. • Jazzercise- 60 to 70-minute class with jazz dance and exercise. • Step- Low-impact, high intensity workout. • Child Care Available at specified times. 		

Weight Control Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Fremont Parks and Recreation Department 600 St. Joseph Street Fremont, OH 43420-4600 419-334-5906	Sandusky County	Open to youth and adults. Fees: Vary, call for league and resident or non-resident fees: daily, annual, summer and winter rates are available.
<ul style="list-style-type: none"> • Recreation Sites <ul style="list-style-type: none"> • Anderson Fields- Little league baseball fields, basketball court, and playgrounds. • Biggs-Kettner East Side Park- Basketball court, playground equipment, soccer field, tennis courts, shelter houses and access to the North Coast Inland Trail to Clyde. • Birchard Park- Basketball and tennis courts, walking path, and shuffleboard courts. • Jaycees Playground-Playground equipment. • Recreation Complex- Walking track, basketball courts, exercise equipment, outdoor ice skating rink and outdoor pool with 3-story high double water slides and diving board. • Portage Trail Park Includes canoe livery and playground equipment. • Robert L. Walsh Park Walking trails, playground equipment. • Rodger W. Young Park Baseball/softball fields, tennis courts, basketball courts, playground equipment, multi-purpose fields, and sand volleyball courts. 		

- **Recreation Activities**
 - **Hockey Lessons**- November-March; \$30/resident, \$32/non-resident (Ages 6 & up).
 - **Skating Lessons**- November-March; \$30/resident, \$32/non-resident (Toddler to Adult).
 - **Open Ice Skating Times**
 - **Adult Hockey League**
 - **Open Gym Basketball**- Adult and Youth times offered.
 - **Little League Baseball** teams (ages 7-15).
 - **Girl's Softball** teams (ages 8-16).
 - **Outdoor Soccer**, fall and spring seasons- (ages 6-14).
 - **Boy's and Girl's Basketball**- 5th & 6th, Middle school students not on school team.
 - **Youth Ice Hockey team**
 - **Youth Flag Football**
 - **Middle School Volleyball** 5th-9th Grade Girls not participating on a school team.
 - **Swimming Lessons** (Toddler to Adult).
 - **Tennis Sports Program** (ages 8-18).
 - **Golf League** (ages 12-18).
 - **Track & Field** (Ages 6-16).
 - **Cross Country**- 5th and 6th graders.
 - **"Saturday Morning Stretch"** (Ages 4-6)- High-energy activities, tumbling, and games.
 - **"Kid Fit"** (Ages 7-12)- High-energy activity.
 - **Men's Basketball, three leagues in winter months**
 - **Adult Volleyball, three seasons**
 - **Adult Softball**
 - **Adult Soccer**- Fall season only.
 - **Youth and Adult Broomball**- winter season.
 - **Youth Indoor Track** (Grades 5th-8th).
 - **Sport Jiu-Jitsu**
- **Fitness Classes**
 - **Body Pump**
 - **Step Aerobics**
 - **Women's Circuit Training**
 - **Senior Circuit Training**

Hess' Oriental Martial Arts Center 815 Croghan Street Fremont, OH 43420 419-334-3941	Sandusky County	Contact for more information
Memorial Hospital 715 South Taft Avenue Fremont, OH 43420 419-334-	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Weight management program- Julia Bordner 419-332-7321, Ext. 3313 		

Weight Control Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Olympic Fitness Center West State Street & Everett Road Fremont, OH 43420 419-334-5029	Sandusky County	Contact for more information
<ul style="list-style-type: none"> • Free weights 		
Sandusky County Health Dept 2000 Countryside Drive Fremont, OH 43420 419-334-6377 www.sanduskycohd.org	Sandusky County (except Bellevue City limits in certain circumstances)	Pregnant and breastfeeding women; women who recently had a baby; children from infant to 5 years of age who are Ohio residents and meet income guidelines (185% of Federal Poverty Income Guidelines).
<ul style="list-style-type: none"> • WIC (Women, Infant, and Children)- Provides nutrition education; breastfeeding education and support; and supplemental, highly nutritious foods. 		
Sandusky County Park District 1970 Countryside Dr. Fremont, OH 43420 419-334-4495	Sandusky County	
<ul style="list-style-type: none"> • Blue Heron Reserve- County Road 260 at U.S. Route 6- one mile of boardwalk trail • Countryside Park- Located at Park District Office- Paved walking path. • North Coast Inland Trail- Access at the gazebo in downtown Clyde or East Side Biggs-Kettner Park, Fremont. 6.5 mile abandoned rail line converted to paved hike/bike. Path is open year-round for walking, jogging, bicycling, in-line skates, strollers, etc. - no motorized vehicles permitted. • Wolf Creek Park- Located on S.R. 53 along Sandusky River. Includes play equipment, open play area, nature trails, and access to Sandusky River for canoeing or fishing. • White Star Park- Located S.R. 300. Facilities include play equipment, volleyball courts, horseshoe pits, playfield, nature trails, mountain bike trails, boat ramp, and scuba diving. • White Star Quarry- Located on S.R. 300. Quarry is available for non-power boating, fishing. No ice fishing permitted. Night fishing allowed on Friday nights from Memorial Day to end of Sept. Must be out of the park by midnight. <ul style="list-style-type: none"> • Scuba Diving is permitted April 1 - December 31 at a cost of \$8 per day per diver. No ice diving. Night dives available on Saturday nights, Memorial Day through end of Sept. and must be arranged through scuba concessions: Quarry Divers, Inc. (419) 637-7911. Submerged items on quarry floor. Tunnel is off limits. • White Star Swim Beach Open late May-early September. Daily rates are 2 years and under free, ages 3-12 are \$1.50, and ages 13 and up are \$2.50 per day. Bottles, cans and inflatable devices are prohibited. Swim lessons available. 		

Weight Control Resources

Name of Service/Provider	Geographic Location(s) Served	Population(s) Served
Sandusky County YMCA 1000 North Street Fremont, OH 43420 419-332-1531	Sandusky County	Although a membership agency, no individual is denied membership because of finances. Fees vary by membership type.
<u>Services for Adults</u>		
<ul style="list-style-type: none"> <li data-bbox="240 527 1468 821"> <p>• <i>Fitness Classes-</i></p> <ul style="list-style-type: none"> <li data-bbox="358 554 1390 585"><u>Advanced Step-</u> Low impact, high intensity workout with strength and toning included. <li data-bbox="358 590 1284 621"><u>Anything Goes! Aerobics-</u> Includes step, slide, rope jumping, and kickboxing. <li data-bbox="358 625 1422 657"><u>Beginner Step-</u> Introduction to step. Low-impact class with strength and toning exercises. <li data-bbox="358 661 878 693"><u>Fitball Blast-</u> Designed for all ability levels. <li data-bbox="358 697 1317 728"><u>Fitness for the Ageless-</u> Toning, strengthening, stretching, and walking the track. <li data-bbox="358 732 1154 764"><u>Pilates-</u> Controlled, slow movements to stretch, flex, and tone body. <li data-bbox="358 768 1406 800"><u>Powerfit-</u> Drill-style class set up with circuit training format. Intended to be challenging. <li data-bbox="358 804 805 835"><u>Yoga-</u> Learn the basics of hatha yoga. <li data-bbox="240 831 1468 1020"> <p>• <i>Aquatic Programs-</i></p> <ul style="list-style-type: none"> <li data-bbox="358 858 1430 890"><u>Aqua Jogger-</u> Do-it-yourself deep water exercise class. No-impact to hips, knees, and feet. <li data-bbox="358 894 1341 926"><u>Arthritis-</u> Low impact water recreational exercise program for people with arthritis. <li data-bbox="358 930 1406 961"><u>Easy Does It-</u> Designed for seniors, arthritis sufferers, those recovering from surgery, etc. <li data-bbox="358 966 1219 997"><u>Lifesaving Classes-</u> Lifeguard Training, Professional CPR, and First Aid <li data-bbox="358 1001 1325 1033"><u>Swimnastics-</u> Basic level water exercise class. For swimmers and non-swimmers. <li data-bbox="240 1029 1468 1356"> <p>• <i>Recreation-</i></p> <ul style="list-style-type: none"> <li data-bbox="358 1056 1284 1087"><u>Adult Flag Football-</u> League lasts 8 weeks long and played on shortened field. <li data-bbox="358 1092 1122 1123"><u>Adult Soccer Clinic-</u> Learn basic skills and coaching techniques. <li data-bbox="358 1127 618 1159"><u>Adult Soccer League</u> <li data-bbox="358 1163 1422 1194"><u>Karate-</u> Special emphasis on self-defense, classical form, and discipline. No body contact. <li data-bbox="358 1199 1430 1230"><u>Men's 3-on-3 Basketball Leagues-</u> Half-court games. Leagues offered in Fall and Winter. <li data-bbox="358 1234 1146 1266"><u>Racquetball-</u> Court rentals available, walk-on court time available. <ul style="list-style-type: none"> <li data-bbox="529 1270 1292 1302">Racquetball Leagues (open to men and women of all skill levels). <li data-bbox="529 1306 1308 1337">"A" league for more competitive players, "B" league more for fun. <li data-bbox="358 1341 1292 1373"><u>Tennis-</u> Indoor, walk-on court time available. Adult beginner lessons available. <li data-bbox="240 1369 1468 1495"> <p>• <i>Personal trainer (FitSTART, Personal Fitness Program)-</i> Designed as a twelve week customized fitness program for those not currently exercising three or more times a week. Program consists of initial health assessment and consultation, four sessions with Personal Trainer, post program consultation, and optional fitness test.</p> <li data-bbox="240 1499 1422 1562"> <p>• <i>Toning Tables-</i> Special equipment available to aid circulation and movement. Great for recovery and arthritic patients. (Orientation available by appointment FREE).</p> <li data-bbox="240 1566 1130 1598"> <p>• <i>Massage Therapist-</i> Licensed massotherapist available by appointment.</p> <li data-bbox="240 1602 464 1633"> <p>• <i>Fitness Center</i></p> <li data-bbox="240 1638 1032 1669"> <p>• <i>Indoor walking track-</i> Monthly passes available for track only.</p> 		

Services for Children

- ***Aquatic Programs-***

Infant Swim- Waterbabies (6-18 months), PEP (18 months-5 years)

Preschool- Pike: For those with little or no previous swimming experience.

Eel: Intermediate level.

Ray: For those able to swim across the pool with confidence.

Starfish: For those able to swim a length of the pool with confidence.

Progressive Swim (5-15 years)

Polliwog: Learn basic skills such as floating, kicking, etc.

Guppy: Learn rotary breathing, back crawl, deep-water confidence, etc.

Minnow: Swim lengths of the pool; learn breaststroke kick, etc.

Fish: Completes butterfly and refines all strokes.

Shark: Learn competitive skills including starts and turns.

Swim Team (Ages 6-18)- Competitive swimming. Must be a member of the Y.

Lifesaving Classes- Lifeguard Training, Professional CPR, and First Aid

- ***Recreation-***

Basketball Clinic- For boys and girls ages 6-12 through month of November.

Basketball Teams- Leagues separated by grades; K-2, 3rd & 4th, 5th & 6th.

Biddy Wrestling- For children 4-8 years. 8-week session.

(3rd & 4th Grade) Flag Football- Kids learn the basics of football. Season lasts six games.

Pee Wee Flag Football- For grades 1st and 2nd. Kids learn the basics of football.

Tennis- Private, Semi-private and Group lessons available for ages 6-18.

<p>Terra Community College Kern Center 2830 Napoleon Road Fremont, Ohio 43420-9670</p>	<p>Sandusky County</p>	
---	------------------------	--

- **Body Works**
- **Cardio Kickboxing**
- **Pilates**
- **Hatha Yoga**

<p>Weight Watchers 800-651-6000 www.weightwatchers.com</p>	<p>Sandusky County</p>	<p>Anyone interested in joining \$12/week</p>
---	------------------------	---

- **Weigh-in and Meeting Locations**
 - ***Bellevue Community Center***
Cherry Street
Bellevue, OH 44811 Monday, 6:30 pm
 - ***Trinity United Methodist Church***
204 North Wayne
Fremont, OH 43420 Thursday; 10 am, 6 pm, and 7pm
 - ***United Methodist Church***
201 West First Street
Woodville, OH 43469 Tuesday, 5:30 pm

Index

<u>Service/ Provider</u>	<u>pages</u>
ABC Academy Child Care Center	59
Abigail Pregnancy Services	81
Adult Basic and Literacy Education (ABLE)	37
Adult Children of Alcoholics	17
Al-Anon Family Groups	17
Alcoholics Anonymous Services	17
Alternative Medicine Reiki Healing Touch Therapy & Counseling Services	5
Alzheimer's Disease and Related Disorders Association, Inc.- NWO Chapter	75
American Cancer Society (ASC), Sandusky County Unit	24
American Diabetes Association	28
American Heart Association	29
American Lung Association	23, 24, 85
Arbors at Clyde	5, 24, 29, 68
Are You OK? Program	68
Arthritis Foundation, NW Ohio chapter	20
Bariatric Support Group	86
Barnes, Darlene J.	31
Barney Quilter Civilian Conservation Corps	37
Bellevue Care Center	5, 68
Bellevue City Health Department	6
Bellevue Fish and Loaves	44
Bellevue Fitness & Tanning	86
Bellevue Hospital	7, 25, 28, 31, 50, 68, 75, 81, 86
Bellevue Jazzercise	86

Bellevue Recreational Center	87
Bellevue Salvation Army Service Unit	44
Bethany Place Retirement Center	7, 69
Bethesda Care Center	8
Bethesda View Apartments	8, 69
Birchard Public Library of Sandusky County	37, 50, 59
Bodylines Health Club	87
Buckeye Rest Home	8, 69
Bureau of Vocational Rehabilitation	8
BVR St. Francis Health Care Center	69
CASA (Court Appointed Special Advocates)	60
Catholic Charities	17, 31, 60, 81
Center for Mental Health and Well-Being, The	17, 32
Child Care Resource Center	60
Christian Wee Care Center	61
Clyde Food Pantry- The Back Door	44
Clyde Health & Fitness Club	87
Clyde Public Library	38
Clyde Recreation Department	87
Clyde Salvation Army	44
Compassionate Friends	32
Community Health Services	9, 81, 85
Countryside Continuing Care Center	9, 69
Couple To Couple League	82
Curves	88
Day Care Plus	61
Divorce Care	75
Domestic Violence Support Group	76

Early Learning Center Terra Community College	61
Easter Seals	9, 20, 61
Elm springs of Elmwood Center, Inc.	33
Elmore Community Center	61
Elmore Jazzercise Center	88
Elmore Retirement Village	10, 69
Elmwood Assisted Living	10, 70
Elmwood of Fremont	10, 70
Elmwood Center of Green Springs	10
Family Planning Clinic @ Sandusky County Health Department	82
Family Worship Center	44
Firelands Counseling and Recovery Services	18, 33
First United Methodist Daycare	62
First Step	34, 51, 76
Four County Young at Heart of Bellevue	45
Fremont Ballet School	88
Fremont City Schools	38
Fremont Clergy Emergency Fund	45
Fremont Jazzercise Center	88
Fremont Medical Clinic	10
Fremont Parks and Recreation Department	89
Fremont Salvation Army	45
Fremont Soup Kitchen, The	45
Friendly Singles	77
Gibsonburg Clergy Association Emergency Fund	46
Gibsonburg Clergy Association Food Pantry	46
Gibsonburg Health Care Center	11, 25

Gilligans Day Care Center	62
Golden Threads Senior Membership Program	70
Guinan, Jim PHD	34
Harbor Behavioral & Healthcare	34
Hart's Ambulette	11, 80
Heartbeat Pregnancy Support Center	82
Helena Migrant Headstart	62
Hess' Oriental Martial Center	90
Hospice of Memorial Hospital	34
Inbetweeners	70
Joint Solid Waste Management District of Ottawa, Sandusky, and Seneca Counties	51
Kunkle & Kunkle Consulting Psychologists	35
Leadership Sandusky County	38
Legal Services of Northwest Ohio	52
Liberty Center of Sandusky County	46
Lupus Support Group	77
Lutheran Social Services of Northwestern Ohio	18, 35, 82
March of Dimes Brth Defects Foundation	83
Medi-Care Orthopedic Equipment	20, 52
Memorial Hospital	12, 26, 28, 30, 52, 71, 80, 83, 90
Memorial Hospital Sick-Child Care	62
Mental Health and Recovery Services of Seneca, Sandusky, and Wyandot Counties	18, 35
Migrant Reception Center	46
Mothers of Preschoolers (MOPS)	77
NAMI of Seneca, Sandusky, and Wyandot Counties	35
New Beginnings Support Group	35

Noah’s Ark Nursery School	62
North Central EMS	12
North Coast Cancer Care @ Bellevue Hospital	27
OE Meyer Medical Equipment & Supplies	21, 52
Ohio Child Conservation League	77
Ohio Orthopedic Service	12
Ohio State University Extension, Sandusky County	53
Olympic Fitness Center	91
Ottawa County Transitional Housing	47
Otterbein Homes, Northwest Ministry	12, 71
Parkside Manor Assisted Living	13, 71
Parkview Care Center	13, 71
Passport/ Options for Independence	72
Peak Production Industries	39
Rainbow Station Preschool and Daycare	63
Rural Opportunities, Inc.	53, 83
Rutherford B. Hayes Presidential Center	53
Rutherford House	72
Sacred Heart Alternative Readiness and Extended Care (SHARE Center)	63
Sandco Industries	15, 40, 78
Sandusky County Alzheimer’s & Related Disorders Support Association	13, 79
Sandusky County Attention Deficit Disorder Support Group (SCADD)	36
Sandusky County Department of Job & Family Services	14, 39, 47, 54, 63, 72
Sandusky County Education Service Center (SCESC)	14, 64
Sandusky County Food Pantry	48
Sandusky County Habitat for Humanity	54

Sandusky County Health Department	14, 25, 55, 73, 84 85, 91
Sandusky County Parent Mentor Program	78
Sandusky County Park District	91
Sandusky County Prosecuting Attorney	55
Sandusky County Safe Kids	55
Sandusky County Senior Citizen Center	73
Sandusky County Share and Care Center	48
Sandusky County Sheriff's E.M.S.	56
Sandusky County Soil and Water Conservation District	56
Sandusky County YMCA	21, 65, 92
Sandusky Metropolitan Housing Authority	49, 73
School of Hope	15, 40, 78
Seneca County Parkinson Support Group	78
Social Security Administration	56, 73
Solomon Lutheran School	65
Snyder, Lisa M.	84
St. Ann Little Blessing	66
St. Francis Health Care Center	15, 21, 30, 36, 78
St. John's Christian School	66
Temple Tot School	66
Terra Community College	40, 93
Tiffin Developmental Center	41
Transportation Resources For Independent People of Sandusky County (TRIPS)	16, 80
Treatment Alternatives to Street Crime (TASC)	19, 57
Trinity Lutheran Church	66
Valley Gate Recovery Center	36
Valley View Healthcare Center	74

Vanguard Career Center	41, 79
Village House, The	41, 67
Veteran's Service Office and Commission	22, 57, 74
Wee Care Preschool and Day Care Center	67
Weight Watchers	93
Women to Women Midwifery Care	84
Woodville Public Library	57
Work Horizons	41, 57
WSOS Community Action Commission, Inc.	42, 49, 58, 67, 74
Young Medical Equipment	22, 58