



We are a public, non-profit agency located at the Green River District Health Department. Serving seven Kentucky counties (Davies, Hancock, Henderson, McLean, Ohio, Union and Webster) since first established in 1972.

### SERVICES AVAILABLE

- SKILLED NURSES
- OCCUPATIONAL THERAPY
- SPEECH THERAPY
- PHYSICAL THERAPY
- HOME HEALTH AIDE

### ANYONE CAN MAKE A REFERRAL

Our professional staff will conduct an in-home assessment to determine if you will benefit from home care services per a physician's order.

To inquire about Green River Home Health Care

Call **270-686-8123** or **1-800-928-7123**

Or visit our website:

[www.healthdepartment.org/course/home-health/](http://www.healthdepartment.org/course/home-health/)

*Teudis Perez, Home Health Administrator*



We have several different payment options including: Medicare, Medicare HMO/Medicare PPO, Medicaid, Private Health Insurance, Veterans Administration (VA), United Mine Workers, as well as private pay. Call us for more information.

# Green River District

HEALTH DEPARTMENT

*GRDHD is an equal opportunity provider and employer.*

grdhd.jc.8.2020

## More Than A Meal!

Senior Centers are well-known for being the primary location for Meals on Wheels, and congregate lunches, but we're so much more than that! Of course, COVID has changed the shape of Senior Centers and we're all wondering what they'll look like once we reopen, but the general consensus is that we will adapt to ensure those age 60 and over are kept healthy, safe, and independent!

**We Feed People**—our Senior Center alone serves over 3,000 meals each week either through home delivered, in center, and now drive thru services for anyone age 60 and over. Some folks have family who live out of town, or who aren't able to drop in daily – the home delivered meal program ensures someone is stopping by each day making sure that client is still doing well.

**Our volunteers make check-in calls each day** just to provide a little company, which dispels isolation, and makes sure there's no need unmet. They find out through conversation if we can offer them a ride through our transportation services, or maybe that they need food or supplies from our pantry; they may discover that a client needs assistance with Medicare or Medicaid. They may find out that the client wants someone

to make visits every now and then—**and guess what, we do that too!** We have volunteers who can stop in and just visit. No agenda—just someone to provide a little extra company. While she's there, she may notice the client could use some help around the house—that's when we make referrals for community resources. **It doesn't stop there**—we send home puzzles, games, and offer virtual recreation and health promotional services until we can resume our Senior Center activities!

When this is over, and it will be, we'll resume our Yoga, Card Games, Dances, Line Dancing, Billiards, Adult Education Classes, Civic Group meetings, Book Clubs, and pop up parties and events! We're currently working to create virtual opportunities through the use of social media platforms and through our website [www.seniorcenterodc.com](http://www.seniorcenterodc.com). Best part is, all of this is offered for nothing more than a small-suggested donation or nothing at all!

Nutrition feeds our bodies, but socialization feeds our souls. Senior Centers and services are just so much more than a meal! Call us and let us know what we can do for you! 270.687.4640!



### TRIPS AND TOURS



### HEALTH



### HOME DELIVERED MEALS



### TRANSPORTATION

Delicious dinners right to your door!



### TELEPHONE REASSURANCE + FRIENDLY VISITING

Volunteers call on 'shut-ins' to check on them and visit those who are lonely and alone.



### RECREATION

Card Games, Dancing and More!

1650 W. Second St.  
Owensboro, KY 42301  
**270-687-4640**  
[SeniorCenter.com](http://SeniorCenter.com)