

Handy Phone Numbers

For Akron's Older Adults

*With Memories
from Yesterday*

By: The Watch Your Step Coalition



WATCH
YOUR
STEP
Coalition

We take steps to prevent injuries for older adults in Akron.

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The inscription on the photo above indicates that this picture was taken in 1922. Then and now, The Akron Health Department believes our City's health is its greatest asset.

A special thanks to the University of Akron Archival Services.

MAKE YOUR HOME A HOME-SAFE-HOME

Many injuries happen in the home.

Whether your home is large or small, take steps to prevent an accident before it happens. For free information on home safety, call:

Akron Health Department's Division of Health Promotion at: (330) 375-2109 ext. 4698.

For free home safety inspections call the Akron Fire Department at: (330) 375-2197.



This was the 30 room Frontier Mansion at 900 West Market Street. This picture was taken two years before it was torn down. Remember, safety is important in homes of every size.

KEEP ACTIVE!



This picture of Summit Beach Park was taken on July 31, 1952.

Among many other things, physical activity strengthens the muscles and improves balance. Be as active as your doctor recommends!

Arthritis Foundation ARTHRITIS FOUNDATION® Water Exercise Locations:

- Akron Jewish Center (330) 867-7850
- Akron Sports Health and Rehabilitation Center (330) 543-8260
- Barberton Community Fitness Center (330) 848-2400
- Cuyahoga Falls Natatorium (330) 971-8080
- Edwin Shaw Hospital (330) 784-1271
- Green Family YMCA (330) 899-9622
- Macedonia Family Recreation Center (330) 468-8370
- Hudson Life Center Plus (330) 655-2377
- Tallmadge YWCA (330) 633-4983

Arthritis Foundation ARTHRITIS FOUNDATION® Land Exercise Locations:

PACE-(People with Arthritis Can Exercise)

- Macedonia Family Recreation Center . . .(330) 468-8370 ext. 207

KEEP ACTIVE!

- Tallmadge Family
Fitness Center(330) 633-2133
- Hudson Life Center Plus(330) 655-2377

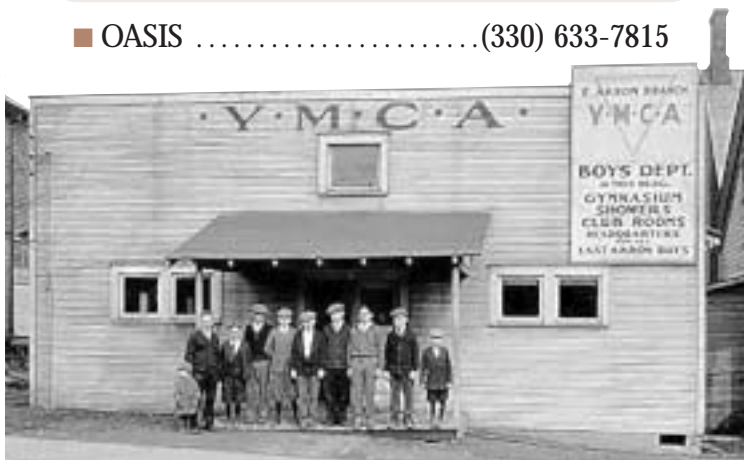
Akron Community Centers...

Many of Akron's community centers offer physical activity programs, clubs, travel opportunities and social interaction for older adults.

Akron's community centers also offer tap dancing, line dancing, conditioning/strength training, square dancing and the Spring and Fall Hiking Spree. For more information on these activities, call Sally Nyburg at (330) 375-2839 or Penny Bomba at (330) 375-2852.

Community Center Locations:

- Balch Street Center..... (330) 375-2446
- Ed Davis Center (330) 375-2832
- Elizabeth Park Center (330) 375-2844
- Ellet Center..... (330) 375-2809
- Firestone Park-Lipps Center... (330) 375-2806
- Forest Lodge Center..... (330) 375-2813
- Joy Park Center (330) 375-2805
- Kenmore Senior Center (330) 375-2812
- Lawton Street Center..... (330) 375-2825
- Mason Park Center (330) 375-2821
- Northwest Center..... (330) 375-2849
- Patterson Park Center..... (330) 375-2819
- Reservoir Park Center..... (330) 375-2802
- Summitt Lake Center..... (330) 375-2826
- OASIS(330) 633-7815



This was the East Akron YMCA in 1926. This picture is from the Goodyear archives.

DON'T LET PILLS CAUSE YOU SPILLS

Medications or combinations of medications which cause drowsiness or dizziness can lead to an injury. Be sure to keep your doctors, pharmacist and other health care professionals informed about the over-the-counter medications, prescription medications and herbal supplements you are taking.

PRESCRIPTION & MEDICAL ASSISTANCE

- AARP 1-800-424-3410
- PhRMA (Pharmaceutical Research and Manufacturers of America) 1-800-762-4636
- Med Assist 330-762-0609
Emergency Prescription Program

Helpful web sites:

www.needymeds.com

www.rxhope.com

www.HelpingPatients.org



This is Walgreen Drug Company pictured in 1938. They were located at 138 S. Howard Street.

SPEAKERS FOR YOUR GROUP

Health and Safety Topics

Topic: Arthritis, Care giving with Arthritis, Diet and Arthritis, Healthy Lifestyles and/or any Arthritis related topic

Contact: Arthritis Foundation,
Northeastern Ohio Chapter

Phone: 1-800-342-0746 or
(330) 492-0080

Topic: A Variety of Health Topics

Contact: Akron General Medical Center

Phone: (330) 344-7101

Topic: Remembering When
(Fire and Fall Prevention Class)

Contact: Lt. Al Bragg, Akron Fire Dept.

Phone: (330) 375-2197

Topic: Injury Prevention for
Older Adults

Contact: Akron Health Department,
Division of Health Promotion,
Watch Your Step Program

Phone: (330) 375-2109 ext. 4698

Topic: Topics About Aging

Contact: Senior Info Line

Phone: (330) 374-0333

Topic: Heart Disease, Stroke, Nutrition, Heart
Healthy Lifestyles, Women and Heart
Disease, Physical Activity

Contact: American Heart Association

Phone: (330) 867-9987

Topic: Post-Polio Syndrome

Contact: Tammie Tschappat

Phone: (330) 929-8781

Topic: Safety for Seniors
Learn about scams, personal safety,
con artists, identity theft and much
more

Contact: Detective James Conley

Phone: (330) 375-2390

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SPEAKERS FOR YOUR GROUP

— *continued* —

Health and Safety Topics

Topic: Issues Affecting Older Adults
Contact: Area Agency on Aging
Phone: 1-800-421-7277 or
(330) 896-9172

Topic: Stay on Your Feet
Contact: OASIS
Phone: (330) 633-7815

Topic: Topics About Aging
Contact: The University of Akron Institute
for Life-Span Development and
Gerontology
Phone: (330) 972-7243

Topic: A Variety of Health Topics
Contact: SUMMA Health System
Phone: (330) 375-7950

Topic: Don't Let Your Pills Cause You Spills,
Living Well with Diabetes, Meeting
Your Compounding Needs and Those
of Your Pet
Contact: Meg Lamb, RPh
Phone: (330) 864-2138

Topic: Bringing Meals to People and
People to Meals
Contact: Mobile Meals
Phone: (330) 376-7717



There is much to learn about the history of Akron. The photo above shows what the Main St. Canal looked like in 1856.

For more information on the history of Summit County, contact the Summit County Historical Society at: (330) 535-1120.



HELP WITH HEALTH ISSUES

- **Akron General Community Health Library**(330) 344-6243
Check out health information like at a regular library.
- **Akron Health Department Clinic**(330) 375-2363
Community flu shots in season and pneumonia shots.
- **Akron Health Department Division of Health Promotion**(330) 375-2109
Contact the Division of Health Promotion for information on the Home-Safe-Home model apartment and Safety-Seekers training's.
- **Akron Tri-County Alzheimer's Association**(330) 864-5646 or 800-441-3322
Information, education and support to families dealing with Alzheimers or related dementia.
- **American Cancer Society**(330) 865-1200
Information about cancers, support groups and insurance issues.
- **American Cancer Society Patient Navigator**(330) 865-1200
The Patient Navigator program helps patients, families and caregivers navigate the many systems needed during their cancer journey. Trained Patient Navigators link those dealing with cancer to needed programs and resources.
- **American Cancer Society 24 Hours a Day Information**1-800-ACS-2345
You don't have to wait for office hours to talk to someone about your questions or concerns.

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On June 3, 1918, the Red Cross in Akron established permanent quarters at 144 East Market Street, the old J.F. Seiberling homestead.

HELP WITH HEALTH ISSUES

— continued —

- **American Diabetes Association**(330) 835-3149
General information. Toll-free numbers for clinics, support groups and diabetes supplies.
- **American Heart Association**(330) 867-9987
General information about cardiovascular disease.
- **American Red Cross**(330) 535-6131
Transportation to medical appointments for residents.
- **Arthritis Foundation, Arthritis Answers Line**1-800-245-2275
For information about: over 100 forms of arthritis, medications, physician referral list, arthritis exercise programs, arthritis education programs, community resources, and free educational brochures.
- **Lifeline**(330) 762-0308
Enables users to call for help in their homes with a push of a button.
- **Mended Hearts (Summa)**(330) 864-7166
Recovered heart surgery patients meet the second Tuesday of each month.
- **Mobile Meals**(330) 376-7717
Provides nutrition, well balanced meals for good health to the chronically ill.
- **Mobile Meals Grocery-Getters**(330) 376-7717
A grocery shopping service for those who are unable or find it difficult to shop for themselves. For a nominal fee, a volunteer or staff person will shop for you at your favorite store. Call Mobile Meals for more information.



These are Akron tire workers in 1910. For many people, hard work was more difficult in years past than it is today. It took its toll, but at every age and in every situation we can strive to be as healthy as possible! Community resources can help.

HELP WITH HEALTH ISSUES

— continued —

- **Post-Polio Syndrome Support Group**(330) 929-8781
Possibly 60% of polio survivors will develop Post-Polio Syndrome 30 – 40 years after the initial onset of the virus. Contact Tammie Tschappat for information about Post-Polio Syndrome and the support group.
- **SCAT**(330) 376-5353
They can help you get where you need to go.
- **Senior Info Line**(330) 374-0333
If you just don't know who to call, ask Senior Info Line.
- **Summa's Center for Senior Health**(330) 375-4100
Geriatric assessment for patients needing special outpatient evaluation (must be referred by primary care physician).
- **Summa Connections**(330) 379-5111
*Physician Referral Service:
A referral specialist can help you find a doctor that best meets your health care needs.*
- **Summa's Falls Prevention and Balance Program**(330) 379-5170
Evaluates strength, balance, walking speed and step length to determine an exercise program to meet your needs.
- **Summa Health System Senior Services Directory**(330) 379-5111
Call for a free directory on Senior Services available at Summa Health System.

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This was a place where people talked about a lot of topics. It was Kippy's Restaurant located at 45 S. Main Street. This picture was taken by the Akron Beacon Journal in 1947 shortly after the restaurant moved to a more spacious location.

HELP WITH HEALTH ISSUES

— continued —

- **Summa Health System – The Joan H. Michelson, Women’s Resource Center**(330) 535-4437
Summa Health System’s free lending library located on the Akron City Hospital Campus
- **Summa Home Care**(330) 379-5900
Delivers specialized home care visits to homebound patients 24 hours a day, seven days a week.
- **United Disability Services**(330) 762-9755
Temporary short term relief to families caring for family members of any age with health impairments.
- **Visiting Nurse Service**(330) 745-1601
Nursing, occupational and speech therapy, pain management, home medical equipment and much more.

Can You Recognize the Signs of Stroke?

American Heart Association®
Fighting Heart Disease and Stroke



- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



Learn the signs and call 9-1-1 if they occur!

HeartStrokeBriefs

For more information, call 1-800-AHA-USA1 or visit www.americanheart.org

OTHER LOCAL ORGANIZATIONS

- **Akron Metropolitan Housing Authority**(330) 762-6271
Low income housing, section 8 programs.
Also, ask about touring Home-Safe-Home, a model apartment with resources and safety information.
- **Area Agency on Aging**(330) 896-9172 or 800-421-7277
 - *Passport*
 - *Care Choice Ohio*
 - *Family Caregiver Support Program*
 - *Elder Rights Attorney*
 - *Nutrition Education*
 - *Senior Housing Information*
 - *Training*
- **Mature Services**(330) 253-4597
Provides a variety of services including employment, alcohol and other drug dependent treatments, home care, nutrition, emergency food and volunteer programs to older adults.

Hospitals

- **Akron General Medical Center**(330) 344-6000
- **Barberton Citizens Hospital**(330) 745-1611
- **Summa Health System:**
 - **Akron City**(330) 375-3000
 - **St. Thomas**(330) 375-3000
 - **Cuyahoga Falls General Hospital**(330) 971-7000



This is what downtown Akron looked like in 1954. If you weren't familiar with the area, you could surely get lost. Familiarize yourself with community resources so you won't feel lost.

HOME SAFETY TIPS FOR OLDER ADULTS



Low heels and a non-slip sole are a smart fit.

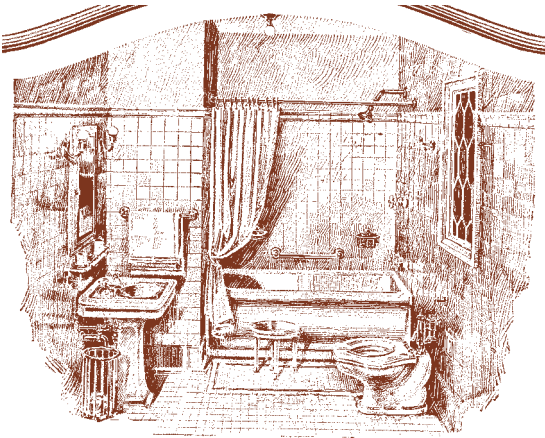
- Improve lighting in your home. As we get older, we need brighter lights to see well. Lampshades or frosted bulbs can reduce glare.
- Put sturdy handrails on all staircases.
- Wear shoes that give good support and have thin, non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

- Check on older family members. If they live alone and are prone to falling, consider purchasing a *Lifeline* for them.
- Look out for cats, dogs and their leashes. Tripping over them can cause injuries.
- Encourage the whole family at every age to be physically active. Strong muscles lower the chance of a fall.
- Keep a telephone within reach of your bed.



Above is a picture of the Spicer family taken in 1937 or 1938 on East Ave. in Kenmore.

HOME SAFETY TIPS FOR OLDER ADULTS



Bathroom Basics

- Put a non-skid mat or non-skid decals on the bathtub and shower floor.
- Be sure the thermostat on your hot water heater is set below 120°F.
- Keep electrical appliances away from water.
- Have grab bars properly installed in the tub/shower and toilet areas.

For a list of companies who can properly install grab bars, contact:

**The Area Agency
on Aging**
(330) 896-9172

OR

Senior Info Line
(330) 374-0333

Living Room Lessons

- Try to arrange furniture so you won't have to use extension cords for lamps or the television.
- Low-pile carpet with no throw rugs will make a living room safer.
- Firm chairs and couches, which are the proper height and have arms help older adults stand up easier.



It is hard for young people to believe that they would

ever have difficulty rising from a couch or chair. This photo of Shirley Temple was taken at a hotel in Akron.

HOME SAFETY TIPS FOR OLDER ADULTS

— *continued* —

Make paramedics aware of your important medical information:

First, put the information on your refrigerator ...

... then, put a sticker on your door so paramedics know the information is on your refrigerator.

For more information and a free Attention Paramedics Packet, contact Edith Aberte at Mended Hearts: (330) 864-7166.



Tip: Remember, your address number must be clearly visible from the center of the street. If the firefighters or paramedics cannot see your address numbers, it could delay their ability to come to your aid.



This is Fire Station 13, located on the corner of Brown Street and Wilbeth Avenue. It was taken in 1955.

WORLD WIDE WEB RESOURCES

Some Handy Website Addresses:

- **Akron General Medical Center**
www.akrongeneral.org
- **Akron Health Department**
www.ci.akron.oh.us/health.html
- **Akron Metropolitan Housing Authority**
www.akronhousing.org
- **American Cancer Society**
www.cancer.org
- **American Heart Association**
www.americanheart.org
- **Area Agency on Aging**
www.services4aging.org
- **Arthritis Foundation**
www.arthrtis.org
- **Info Line**
www.infoline.org
- **Mature Services**
www.matureservices.org
- **Mobile Meals**
www.mobilemealsinc.org
- **OASIS**
www.oasisnet.org/akron
- **Summa Health System**
www.summahealth.org



This photo was taken in 1942 in Akron. The young man was home on military leave and quickly changed into civilian clothes. The world of personal computers was still a long way off. But many would live to see computers in homes and websites galore.

YOUR NOTES, NUMBERS AND ADDITIONS



Did you ride the roller coaster at Summit Beach park? This picture was snapped by the Akron Beacon Journal on May 31, 1952.

Telephone History



The Akron area's first phone book was distributed in 1881. Two of the tips for telephone subscribers were:

- "Never allow a non-subscriber to use the telephone."
- "Never carry on an unnecessary conversation."

Watch Your Step Coalition Members Include:

City of Akron Fire, Health and Recreation Depts.,
Akron General Medical Center,
Akron Metropolitan Housing Authority,
American Heart Association,
Area Agency on Aging,
University of Akron, Institute for Life-Span Development and Gerontology,
Arthritis Foundation
Northeastern Ohio Chapter,
Info Line Inc.,
Mature Services,
Mended Hearts of Greater Akron,
Mobile Meals,
OASIS at Chapel Hill,
Sand Run Pharmacy and
Summa Health System.

For information about this resource guide contact Akron Health Department's Division of Health Promotion at:
330-375-2109 ext. 4698

The Watch Your Step Coalition is a non-profit program funded through the Ohio Department of Health.

WATCH
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The Watch Your Step Mission:

To work together as a coalition and through local agencies to prevent unintentional injuries, focusing primarily on residents 65 and older.