

# PROGRAMS...



## MAKING PREVENTION WORK: FOR OLDER AMERICANS

As people age, their bodies respond differently to alcohol and medications. Making Prevention Work for Older Americans is a local initiative designed to provide education and prevention services to older adults addressing the use and misuse of alcohol, prescription drugs, and over-the-counter medications. In addition, this program provides educational services to health care professionals, the families and caregivers of older adults and promotes community awareness of these issues. This initiative delivers these services through a variety of programs; educational articles in Helping HANDS, community presentations and Prevention Bingo. The HANDS Foundation serves as a local resource for referrals, information and assistance. This project is a collaborative effort between the HANDS Foundation and numerous local agencies.

## SWING INTO SPRING

The HANDS Foundation's Annual Fundraiser is a dinner, dance and auction which is generally held the third Saturday in March. This fundraiser provides a major portion of the funds necessary to carry on the initiatives of the Foundation.

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Dedicated to improving  
the quality of life for  
Medina County Seniors.



## To improve the quality of life for Medina County Seniors.

### PURPOSE

The HANDS Foundation's purpose is to educate, coordinate, and involve seniors and organizations to create an independent lifestyle that will result in an improved quality of life for Medina County Seniors.

### VISION

The HANDS Foundation shall be an instrument for the improvement of senior issues through education, community resources and community partnerships.

### BELIEFS & VALUES

- Aging should be a supportive partnership among seniors, families, caregivers, community and HANDS.

- All seniors deserve dignity and a respectful quality of life.
- The community has a responsibility to ensure sources exist and are made available.
- Seniors are a valuable asset in the community wheel.

### STRUCTURE

HANDS Foundation is a community foundation and is exempt from federal income tax under Section 501 (c) (3) of the IRS Code. All trustees and officers serve without compensation.

**Donations** may be directed to established programs or contributed to the Foundation's general fund. Contributions to the Foundation are tax deductible. HANDS is a local charity, not supported by any national organization. All money raised stays in Medina County to benefit our older adults

### SENIOR WISHES

Funds are made available by grant application to seniors and their families for special needs they could not otherwise afford or obtain through any other resource. This program fills a huge void in services to seniors and no other organization has a program like Senior Wishes. Please call the office for application guidelines.



### HELPING HANDS

Helping HANDS is a newspaper for seniors that is mailed free of charge to approximately 15,000 Medina County seniors, family members and community leaders six times per year. The paper contains informational and entertaining articles geared toward seniors and their issues. The paper is prepared for mailing at The Inn At Medina by a group of volunteers. The paper is supported through advertising revenue and proceeds are used to fund the Senior Wish program.

### SENIOR FARMERS' MARKET NUTRITION PROGRAM

HANDS provides vouchers to income eligible seniors to purchase fresh fruits and vegetables from farm markets all around Medina County thus ensuring a healthy diet for our seniors. This program runs from June through October and is done in collaboration with the Medina County Office for Older Adults and is largely funded by grants. It is necessary to apply for the program. Please call the office for an application.