



**Stay Warm During The Cold Winter Months!**

**Heating Assistance Available!**  
 The Ohio Department of Development and the Area Office on Aging of Northwestern Ohio (AOoA) want to remind Ohioans assistance is available to help with their home energy bills. The **Home Energy Assistance Program (HEAP)** helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit [energyhelp.ohio.gov](http://energyhelp.ohio.gov) to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application.

**HEAP benefits are applied to an individual's energy bill after January 1st. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at [energyhelp.ohio.gov](http://energyhelp.ohio.gov).**

**Applicants must have the following documents when applying:**

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

**HEAP benefits are applied to an individual's energy bill after January 1st. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at [energyhelp.ohio.gov](http://energyhelp.ohio.gov).**

[www.AreaOfficeOnAging.com](http://www.AreaOfficeOnAging.com)  
 2155 Arlington Avenue  
 Toledo, OH 43609  
 (419) 382-0624



**PODCAST**

**“ROOTS OF RESILIENCE:  
 Empowering Kinship  
 Families Amid  
 Opioid Recovery”**

Part of the AOoA “Better & Longer” podcast, “Roots of Resilience” offers support, resources & hope for families impacted by opioids.

Listen to these podcast episodes at [www.wgte.org/radio/local-podcasts/better-and-longer](http://www.wgte.org/radio/local-podcasts/better-and-longer) or through your favorite podcast platforms such as Spotify, Apple, or Google Podcasts.

**AREA OFFICE ON AGING  
 KINSHIP NAVIGATOR PROGRAM  
 2155 ARLINGTON AVENUE  
 TOLEDO, OH 43609**

Return Service Requested

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, Lucas County Department of Job & Family Services & the OneOhio Recovery Foundation.

2026 Spring Newsletter

# Kinship Navigator Program



**Area Office on Aging of Northwestern Ohio, Inc.**  
 2155 Arlington Ave.  
 Toledo, OH 43609  
 (419) 382-0624  
[www.AreaOfficeOnAging.com](http://www.AreaOfficeOnAging.com)

*“The earth laughs in flowers.”*  
 - Ralph Waldo Emerson

SAVE THE DATE

### “Let’s Talk” Support Group

Thursdays  
March 12<sup>th</sup>, 2026  
June 11<sup>th</sup>, 2026  
September 10<sup>th</sup>, 2026  
11:30 A.M. - 12:30 P.M.

Sylvania Senior Center  
7140 W. Sylvania Ave.  
Sylvania, OH 43560

An opportunity for caregivers of any age to connect with other kinship caregivers going through a similar experience.

Join us to build connections, learn coping skills, improve confidence, feel less isolated, & improve wellbeing.

Light snacks & refreshments provided. Transportation & childcare available for registered caregivers.

### Kinship Club Meeting

Thursdays  
March 19<sup>th</sup>, 2026 - “Financial Literacy”  
June 18<sup>th</sup>, 2026  
September 17<sup>th</sup>, 2026  
5:30 P.M - 6:30 P.M.

Margaret Hunt Senior Center  
1339 S. Byrne Rd., #28 A & B  
Toledo, OH 43614

An opportunity for caregivers of any age to build their resiliency toolbox.

Join us to learn about community resources.

Light snacks & refreshments provided. Transportation & childcare available for registered caregivers.

SAVE THE DATE

### WISE Workshop - Wellness Initiative for Senior Education



Six-Session Workshop  
Tuesdays & Thursdays  
April 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, & 23<sup>rd</sup>, 2026  
9:30 A.M. - 11:30 A.M.

Margaret Hunt Senior Center  
1339 S. Byrne Rd., #28 A & B  
Toledo, OH 43614

An opportunity for caregivers age 55 & better to learn about the facts & myths of aging. Join us to learn how to make healthy lifestyle choices, how to use simple tools to feel empowered about your healthcare, & learn about the aging process in a fun & enjoyable way! Caregivers meeting the minimum attendance requirement earn a **FREE \$50.00 Kroger gift card** from Harbor upon workshop completion. Transportation is available for registered caregivers. No childcare.

### Guiding Good Choices® Workshop



Six-Session Workshop  
Wednesdays  
April 22nd, 29th,  
& May 6th, 13th, 20th, & 27th, 2026  
5:30 P.M - 7:30 P.M.  
VIRTUAL on ZOOM

Family skill-building workshop for caregivers of any age raising middle schoolers ages 9-14. Join us to fill your toolbox with skills that improve family bonds, promote healthy behaviors, set clear boundaries, & increase the likelihood that youth will remain drug-free. Caregivers who attend all six sessions will be entered into a raffle for a chance to win a **FREE \$100.00 Meijer gift card** (donated by the AOaA).

SAVE THE DATE

### Mental Health Education

Tuesday May 12th, 2026  
12:30 P.M. - 2:00 P.M.

Margaret Hunt Senior Center  
1339 S. Byrne Rd., #28 A & B  
Toledo, OH 43614

An opportunity for caregivers of any age to increase their knowledge about mental health & local resources.

Join us to celebrate National Mental Health Awareness Month!

Light snacks & refreshments provided. Transportation & childcare available for registered caregivers.

REGISTER NOW

All programming is for grandparents, relatives, & family friends of any age who reside in Lucas County & are raising children when their biological parents are unable or unwilling to do so.

All programming is **FREE** of charge!



(419) 382-0624  
Ext. 1175 or 1285

Ask about our **FREE** publications or visit [www.areaofficeonaging.com/programs](http://www.areaofficeonaging.com/programs)

