

## Mission Statement

*The Station Break is a county agency that advocates, promotes and implements services appropriate to meet the ongoing needs of the sixty plus population in Knox County*

*Enhancing the dignity of each person by allowing self-determination and independence in choices that provide for continued involvement in the community and in normal daily living activities within the individual's own capabilities.*

Programs sponsored by Title III grants under the Older Americans Act administered through the Ohio Department of Aging and the Ohio District 5 Area Agency on Aging (1-800-860-5799) and the Knox County Senior Levy.

The Station Break Senior  
Citizens Center of Knox  
County

160 Howard Street  
Mount Vernon, OH 43050

Phone: 740-397-3841

Phone: 740-397-2417

Fax: 740-392-7054

Website:

[www.stationbreak.org](http://www.stationbreak.org)

Facebook: The Station  
Break Senior Center of  
Knox County



Meals and transportation programs have a suggested donation; however no one is refused service due to the inability to pay.



**SB**

**The Station Break**

**Senior Citizens Center of Knox County**

## The Station Break

Senior Citizens Center of Knox County



*Proudly serving seniors  
of Knox County since  
1974*



## On-Site Meals

Hot meals are provided at The Station Break Senior Center Monday through Friday at noon, excluding holidays. Clients can sign up for the meals on-site or they may call ahead one day prior in order to reserve lunch. \$3.00 is a suggested donation for the meal and Frozen meals can be purchased for \$3.00 to cover evening and weekends.



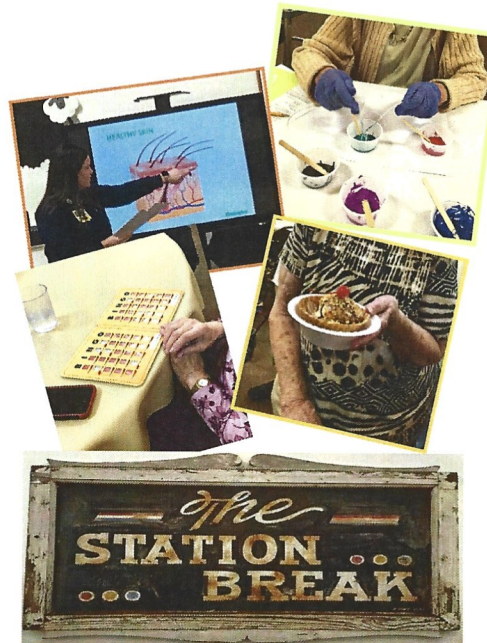
## Transportation

The Station Break provides transportation to and from the on-site meal program (some exceptions may apply) for medical appointments and weekly shopping trips. Transportation requests must be made in advance. The suggested donation is based on destination and represents round trip service.



## Home Delivered Meals

The Station Break provides a home delivered meal program Monday through Friday to residents of Knox County. The meals are all considered to be low sugar and low sodium, therapeutic meals are not available. \$3.00 is the suggested donation for each meal. Frozen meals can be purchased for an additional \$3.00 each to help cover the evening and weekend meals.



## Activities

The activity program provides an opportunity for seniors citizens to stay active. Activities are scheduled a month in advance and appear in The Station Break newsletter at [www.stationbreak.org](http://www.stationbreak.org) and on our Facebook page or you may pick a newsletter up at the center.



## Community Support

The Community Support Liaison Program is located at The Station Break Senior Center. This program helps seniors locate organization within our community.

The liaison can help the senior complete required paperwork if they are applying for the Medicare/Medicaid programs. The liaison can not advise the senior on which program to enter into but can help the senior complete the forms as needed due to eye or mobility issues.