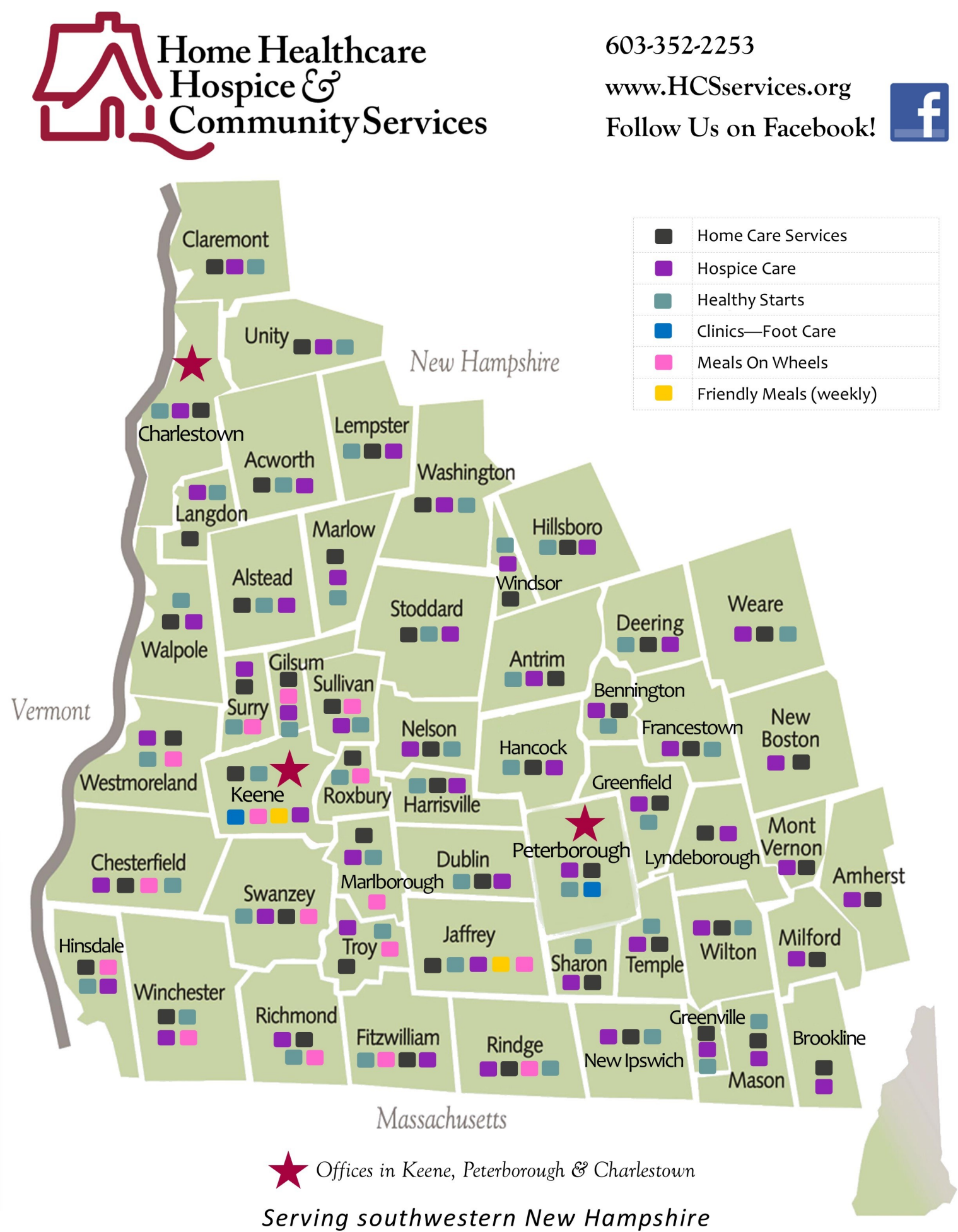


Town	Home Care and Hospice	Healthy Starts	Foot Care Clinics	Friendly Meals (weekly)	Meals on Wheels
Acworth	x	x			
Alstead	x	x			
Amherst	x				
Antrim	x	x			
Bennington	x	x			
Brookline	x				
Charlestown	x	x			
Chesterfield	x	x			x
Claremont	x	x			
Deering	x	x			
Dublin	x	x			
Fitzwilliam	x	x			x
Francestown	x	x			
Gilsum	x	x			x
Greenfield	x	x			
Greenville	x	x			
Hancock	x	x			
Harrisville	x	x			
Hillsboro	x	x			
Hinsdale	x	x			x
Jaffrey	x	x		x	x
Keene	x	x	x	x	x
Langdon	x	x			
Lempster	x	x			
Lyndeborough	x				
Marlborough	x	x			x
Marlow	x	x			
Mason	x	x			
Milford	x				
Mont Vernon	x				
Nelson	x	x			x
New Boston	x				
New Ipswich	x	x			
Peterborough	x	x	x		
Richmond	x	x			
Rindge	x	x			x
Roxbury	x	x			x
Sharon	x	x			
Stoddard	x	x			
Sullivan	x	x			x
Surry	x	x			x
Swanzy	x	x			x
Temple	x	x			
Troy	x	x			x
Unity	x	x			
Walpole	x	x			
Washington	x	x			
Weare	x	x			
Westmoreland	x	x			x
Wilton	x	x			
Winchester	x	x			x
Windsor	x	x			



Home Healthcare, Hospice & Community Services

OFFICES: 312 Marlboro Street, Keene | 9 Vose Farm Road, Suite 110, Peterborough | 33 Arborway, Charlestown

HCS— Doing more than you can *Imagine*

603-352-2253 | www.HCSSERVICES.ORG

HOME CARE *Comprehensive care in the comfort of home*

Visiting Nurses | Physical & Occupational Therapies | Home Health Aides | Social Work Services

Anyone, at any time, can find themselves in need of help while recovering from an illness or injury. Visiting nurses provide home based skilled care and coordinate other caregivers and clinicians — physical and occupational therapists, social workers, and home health aides — to assist with your recovery at home. Our clinical staff are a resource to answer your questions and to teach you and your family caregivers how to assist in your care plan and make you as comfortable as possible at home.

SPECIALTY SERVICES

Infusion Therapy Team | Wound Care | Ostomy Care | Palliative Care | Behavioral Healthcare
Coumadin Blood Level Monitoring | Medication Management and Education
Pediatric Home Care | Postpartum Visits | Lactation Consulting | Family and Caregiver Education



HOSPICE AT HCS *Comfort, care & support at the end of life*

Hospice at HCS offers a comprehensive team of nurses, rehabilitation therapists, medical social workers, spiritual care counselors, and home health aides to provide the care you choose at the end of life. Specially trained hospice volunteers are also available for support and companionship. Hospice at HCS team members provide skilled care, pain management, and emotional and spiritual support. The team works closely with individuals and their caregivers to manage symptoms and maintain their comfort at home.



*Hospice care is provided
wherever you call home —
your own residence,
an assisted living or
long-term care facility.*

SPECIALTY SERVICES

Pet Peace of Mind® Program | We Honor Veterans® Program
Bereavement Support—group and individual counseling available

CAREGIVER SUPPORT

CASTLE CENTER *Adult day program for life enrichment*

The Castle Center offers a little help during the day for folks with medical needs or those who need memory care. Socializing, music, art, crafts, meals & snacks are everyday activities at the Castle Center. Medication monitoring and personal care assistance is offered by our team of nurses and licensed nurse assistants (LNAs).

312 Marlboro Street, Keene
Open Monday-Friday from 7:30 a.m. to 3:00 p.m.

CAREGIVER SUPPORT GROUPS

IN PERSON 1st & 3rd Wednesdays from 1:00 to 2:00 p.m.
312 Marlboro Street, Keene

ZOOM 2nd & 4th Wednesdays from 1:00 to 2:00 p.m.
Link provided following completion of registration

Ongoing support for those caring for a person with any chronic illness, including dementia.
Emotional support and possible solutions to concerns are shared.

Registration is required for first time participants by contacting John Everest at jeverest@HCSservices.org or 603-352-2253. Offered at no charge. New members are always welcome!



NUTRITION SERVICES

MEALS ON WHEELS - Nutritious meals are delivered in many communities to homebound older adults and adults with disabilities. Meals on Wheels is also a friendly “hello” and a daily safety check.

FRIENDLY MEALS - Available for area seniors age 60+ for a suggested donation of \$5.00 per meal. Reservations are needed by 9:00 a.m. two day prior to the meal.
Keene Senior Center—Tuesdays at 11:30 a.m.—Reservations: 603-352-5037
United Church of Jaffrey—Wednesdays at 11:30 a.m.—Reservations: 603-242-7986



FOOT CARE CLINICS

Our foot care nurse will trim your toenails, file calluses and rough patches, massage feet with lotion, assess for foot issues, and make referrals if needed.

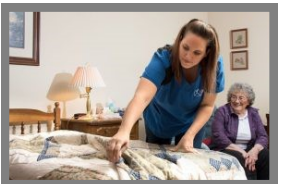
Appointments are needed; call 603-352-2253. There is a \$25 fee for this service.



HOME SUPPORT SERVICES

Home Support Services assists older adults and individuals with disabilities with maintaining the cleanliness and safety of their home. When non-medical activities of daily living become too challenging, our home support staff help with essential activities to help individuals remain as independent as possible.

Sweeping, Mopping, Vacuuming | Clean, Dry, Put Away Dishes | Wash, Dry, Fold Laundry
Shopping/Errands | Light Meal Prep | Make Bed or Change Linens | Dusting | Empty Wastebaskets



HEALTHY STARTS AT HCS *Because great childhoods start at home*

The Healthy Starts program “invests early” in children and families to promote health, stability, and resiliency. The Healthy Starts social workers and home visitors partner with parents to create a nurturing and safe home as their children grow.

SPECIALTY SERVICES

Kinship Navigator Program | Family Resource Center



TRANSPORTATION - CALL 352-8494

The Friendly Bus provides door to door service for older adults in Keene, Monday-Friday. Reservations one day in advance are necessary.

City Express public transportation is available in Keene for people of all ages. No reservations are required. Complete schedule information is available at www.cityexpress.org.

Medical Transportation to the VA in White River Junction and Dartmouth-Hitchcock Lebanon is available every Wednesday. Advance reservations are necessary.



DO YOU HAVE HOME CARE QUESTIONS?

Find the answers at **Walk-in Wednesdays**.
Free and confidential!

The FIRST Wednesday of every month
HCS Keene Office, 312 Marlboro Street, 1-3pm

The THIRD Wednesday of every month
HCS Charlestown, 33 Arborway, 1-3pm

The FOURTH Wednesday of every month
HCS Peterborough, 9 Vose Farm Road, 1-3pm

HCS is Medicare certified and licensed by the State of NH as a home care provider. We accept Medicare, Medicaid, many private insurances, and we do not deny anyone the care necessary for their health and safety solely on the basis of their ability to pay. Some programs are also available for a sliding fee or donation, based on the availability of funding.