



# CELEBRATING TWENTY YEARS!



Dedicated to helping people remain independent in their homes, **where they want to live.**

# ABOUT US

**Pine Island Area Home Services** was founded in 2002: A Living at Home Block Nurse Program. Our **Mission Statement** is “To provide volunteer and professional services to promote home-based living for adults 65+ in the Pine Island and Oronoco area.”



Our office hours are **Mondays through Thursdays from 9am to 1pm**, located in the Pine Island Senior Center at 109 3rd Street SW. Questions? Call **507-356-2999** or visit [pineislandareahomeservices.lahnetwork.org](http://pineislandareahomeservices.lahnetwork.org).

# SERVICES

## **Volunteer**

- Grocery shopping & errands assistance
- Delivery of Meals on Wheels
- Exercise classes
- Friendly visits and phone calls
- Shopping trips & social outings

## **Office**

- Service coordination
- Home Visits
- Information & referrals
- Reassurance checks
- Assistance with paperwork
- Educational Classes

## **Nursing**

- Blood Pressure Clinics
- Foot Care Clinics
- Hearing Clinic
- Flu Shot Clinics



# GET INVOLVED

**Volunteers are needed to assist with providing services.** Individuals, families, groups are encouraged to join our team to share their time and talents helping those over the age of 65 continue to lead a fulfilling life.

- Volunteer for a direct service, such as transportation
- Volunteer at fundraisers
- Serve on our Board or a committee
- Financial support through donations, bequests

