

## HEALTH CLINIC AND SERVICES

In partnership with HomeCare VNA, we are able to offer a comprehensive health clinic on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 9:00am-11:00am. Elders are attended to on a first come, first served basis. Health clinic services include: Vitamin B12 injections at the request of a physician, prescription drug counseling, blood pressure monitoring and nutritional guidance.

A donation is requested from participants, however, these clinics are partially funded by Elder Services of the Merrimack Valley, Inc. with Older American Act funds.

Counseling is available for depression, grief, family difficulties, etc. during the twice monthly clinic by a professional counselor from Family Services, Inc. This service is provided with funds from the Commonwealth's Executive Office of Elder Affairs. Other health programs and clinics (see listing below) are offered throughout the year. Programs include: cholesterol, vision and hearing screenings, nutrition workshops, seasonal flu shots, weight management programs and health fairs.

Numerous types of donated health aide equipment such as wheelchairs, walkers, canes, bath seats and more are available on a free-loan basis subject to availability. Contact 978-983-8825 to inquire if the item you need is available.

All services are provided in a confidential manner.

Additional Clinics sponsored by the City of Methuen Health Department with no appointment is necessary, on a first come-first served basis include:

Mystic Street. City Nurse. 1<sup>st</sup> Tuesday of each month, 1:00-2:00pm.

St. Lucy's Parish Hall. 2<sup>nd</sup> Monday of the month, 1:00-2:00pm.

Methuen Senior Activity Center. 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month. 9:00-11:00am.

Methuen Health Dept. Every Thursday, 10:00-11:30am.