
RESOURCE LIST FOR SENIORS

Compiled by Cornish Aging In Place (CAIP)

An organization of residents volunteering to support Cornish Seniors living at home.



THIS LIST is available:

- **Online at the Cornish Town website**, cornishnh.net (then click on "Directory" and under *Support Services* you will find *Aging in Place*). [Resource List For Seniors](#)
- **By hardcopy or email** – just call Reigh Sweetser (603) 675-5030

www.cornishnh.net ("Local Organizations" tab)

www.facebook.com/CornishAgingInPlace/

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Always contact the provider directly for service confirmation and updates.

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INTRODUCTION

In our small, mostly rural community of about 1600 residents, people are proud, resourceful, independent and may be reluctant to ask for help. Here neighbors help neighbors and respect each other's privacy. Volunteers and neighbors work together alongside professional staff to manage the affairs of the Town and its safety, welfare and emergency services.

One of those volunteer groups is **Cornish Aging in Place (CAIP)** whose team of local residents is committed to helping seniors who are aging in place in their homes. ***We have compiled this list of resources to provide seniors, their families and caretakers a directory of care and service options to respond to their needs.***

CORNISH AGING IN PLACE (CAIP)

CAIP is a committee of Cornish volunteers focused on providing information and resource options to Cornish seniors.

Our goal is to support seniors who wish to remain in their homes as they age. CAIP provides volunteer assistance for tasks such as transportation (to medical appointments, grocery shopping, misc. errands), stacking wood, garden clean-up. CAIP also maintains a list of resources that can provide seniors with information on healthcare, food, clothing, pet care, medical equipment, mental health care, and financial or legal planning

As you familiarize yourself with this list, please keep CAIP in mind and contact any of its team to if you have questions.

CAIP Services:

- **Advance Directives**

Contact: Jan Lord 603-675-6417, jblord_2007@comcast.net;
Jody Schubert 603-675-6081, jodyschubert0@gmail.com

An Advance Directive is a legal document that explains to others what your medical care choices are if you cannot make the decisions yourself. This may be one of the most important life-planning tools for any Senior.

Jan Lord and Jody Schubert are both trained to provide direct assistance completing or updating Advance Directives.

- **Emergency Refrigerator Card**

Contact: Jan Lord 603- 675-6417, jblord_2007@comcast.net

We provide free magnetized refrigerator document holders. The yellow contact information card, completed by you, and inserted into the plastic holder is intended to be placed on your refrigerator so it is visible and accessible to first responders or a family member or friend who is helping you in a medical emergency situation. The holder can accommodate a copy of your *Advance Care Directive and DNR order.



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- **Local Businesses & Professionals for Hire*** (*Home & Property Maintenance, In-Home Care etc.*):

Contact: *This list is available only through Leigh Callahan 603-543-0365.

Leigh maintains a resource list of local businesses and individuals for hire who provide lawn care, carpentry, painting, plumbing, electrical work, homecare, and other services, including in-home care. This list is updated continually with providers who have been recommended by local people who have used their services.

- **Medical Equipment Closet (housed in the Cornish General Store)**

Contact:

Audrey Jacquier 603-469-3245, audreyjac@icloud.com

Jan Lord 603-675-6417, jblord_2007@comcast.net

Jody Schubert 603-675-6081, jodyschubert0@gmail.com

Reigh Sweetser 603-675-5030, reighhelen@comcasyt.net

CAIP has a robust inventory of medical equipment available to lend at no charge, such as: walkers, wheelchairs, grabbers, crutches, commodes, shower chairs, etc.

Also, if you have equipment (clean and in good working order) to donate, please call.

- **RESOURCE LIST FOR CORNISH:**

This list includes local, state and community services: healthcare, food and clothing, pet care, medical equipment, mental healthcare, and financial and legal planning.

This extensive provider resource list is on:

-the Town of Cornish website (www.cornishnh.net); ([Resource List for Seniors](#))

-our Facebook page (www.facebook.com/CornishAginginPlace/) or

-call any CAIP member for referral information and for answers to your questions.

- **Senior Conversations:**

Contact: Jan Lord 603-675-6417, jblord_2007@comcast.net

Jody Schubert 603-675-6081, jodyschubert0@gmail.com

Schedule a time to meet with us to talk in the privacy of your home about resources and options for you and to share your ideas and concerns or find out how you might help and support other Seniors.

- **Useful Tools of Life Planning:**

This 4-session course is offered FREE of charge through the Aging Resource Center at Dartmouth Health via ZOOM. A three-ring binder with all information and forms needed for the course will be mailed to your home ahead of the first class.

At the end of this course, you will:

- ✓ Understand the role of your healthcare agent.
- ✓ Be better prepared to have an in-depth conversation with your healthcare agent and family about your wishes.
- ✓ Understand how to document your medical care choices and communicate them sufficiently to your healthcare agent and family so they are prepared to advocate



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- for you and communicate your wishes/choices to your healthcare providers if and when you are unable to do that for yourself.
- ✓ Be prepared to complete the Checklist that will provide the essential information needed to wrap up or carry out your administrative affairs if or when you are unable to do so.
 - ✓ Understand the services and benefits of both Palliative and Hospice Care.

You may register for this course which is offered at least twice a year by calling the Aging Resource Center at 603-653-3460 or emailing them at agingcenter@dartmouth-hitchcock.org/aging-resource-center. Look under events to find the Useful Tools Course. Contact Jan for more information or assistance in accessing this course.

- **Volunteers Helping Seniors:**

Transportation (to medical appointments, grocery shopping, misc. errands), stacking wood, yard and garden clean up, pet walking, shoveling snow, etc.. If we don't have a volunteer available, we'll help refer you to another service provider.

Contact any of us with your questions, concerns, and thoughts, or if you would like to volunteer. Your communications with us are confidential.

CAIP MEMBERS AND CONTACT INFO

1	Leigh Callahan	603-543-0365	leigh.callahan@comcast.net
2	Laura Cousineau	603-675-2575	lauracousineau@gmail.com
4	Liz Gage	603-675-5722	lizgagenh@gmail.com
5	Audrey Jacquier	603-469-3245	audreyjac@icloud.com
6	Jeff Katchen	603-675-6726	katchenj@hotmail.com
7	Linda Leone	201-787-9789	linellenleone@gmail.com
8	Jan Lord, Co-Chair	603-675-6417	jblord_2007@comcast.net
9	Jody Schubert, Co-Chair	603-675-6081	jodyschubert0@gmail.com
10	Reigh Sweetser	603-675-5030	reighhelen@comcast.net
11	Martha Zoerheide	603-675-2295	mzoerheide@gmail.com



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CORNISH EMERGENCY & WELFARE SERVICES - *Working together for you.*



1. Cornish Police Department: E. Douglas Hackett, Chief of Police
Tel Non-emergency: (603) 543-0535. **Emergency:** 911.

2. Cornish Volunteer Fire Department: Mike Boutelier, Chief
Tel Non-emergency, fire stations 1&2 (603) 675-2177 & (603) 542-4605. **Emergency:** 911.
Trained, volunteer fire fighters are at your service in case of fire, if you smell smoke, suspect a gas leak, can't identify a strange odor or need help with smoke or carbon monoxide detectors, or for fire safety inspections in your home. Don't wait, call any time if you're afraid or need assistance.

3. Cornish Volunteer Rescue Squad: Chris Chilton, Chief
Tel Non-Emergency (603) 398-8855. **Need help? Call: 911**
Trained, volunteers will come at your call 24/7. There is no charge. Don't wait if you've fallen and can't get up, if you can't get out of the bath, anything. They do not transport, but will stabilize you until an ambulance arrives. They will look on your refrigerator for your emergency card and advance directives.

4. Cornish Emergency Management: Dale Lawrence, Director. Tel: (603) 675-2002
Mobilized in times of disaster, only, not a resource for "everyday" emergencies.

5. Cornish General Assistance: Marie DeRusha, Director
Tel (603) 558-0391. **Email:** m_m_marie32@yahoo.com
Offers aid to Cornish residents who may experience hardship and be unable to manage basic living; eligibility based on income and need. Don't know where to turn? Call Marie.



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CORNISH NEIGHBOR-TO-NEIGHBOR (N2N)

Cornish N2N	Contacts: Linda Leone - 201-787-9789; Steve Bobin - 603-675-5513 Service: A group of Cornish volunteers available to assist Cornish neighbors in need. Examples include stacking firewood, emergency firewood, cutting up a downed tree, minor repair, etc.
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CORNISH COMMUNITY COMMUNICATIONS

ConnectCornish

To subscribe: ConnectCornish@ConnectCornish.org, or
<https://tinyurl.com/ConnectCornishsignup>, or

Call 603-675-2030 or 603-398-9762.

"ConnectCornish" is an email-based bulletin board for Cornish residents and other locals. It has important announcements for formal and informal events, as well as local want and classified ads. It is issued on Mondays and Fridays. Submit post requests by 6pm the day before the issue.

CAIP –
Facebook Page

www.facebook.com/CornishAgingInPlace/

Connect with and follow us on social media: tips, reminders, info, and kindness.

Town of Cornish –
Official Website

<https://www.cornishnh.net/>

Town calendar, officials, boards, committees, services, emergencies code red, recreation, more

CLOTHING

Plainfield Christ Community
Church Swap Room (Red
Barn)

1259 Rte. 12A, Plainfield, NH.

Contact: Administrative Assistant for updates

Tel: 603-675-5673

Swap Room provides free clothing for adults and children.

Open to all

Hours: 9am-1pm Tues., Wed., and Thurs.



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COVID GUIDANCE

We recognize that the first and most dangerous impacts of COVID have been mitigated through vaccination and public education. We also understand that we should remain cautious, not just for ourselves but for others who may be more vulnerable. Senior citizens are among our more vulnerable populations.

We suggest you contact the following for the latest information and guidance:

1. Contact your primary care physician to discuss concerns, symptoms, and vaccination.
2. NH Department of Health & Human Services (NH DHHS) COVID-19
 - a. Home Page: <https://www.covid19.nh.gov/> , 866-444-4211
 - b. Vaccine Info Page: <https://www.vaccines.nh.gov/?vaccinated>, 603-271-4501
3. Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
Tel. 800-232-4636
4. Mt. Ascutney Hospital and Health Center, Ascutney, VT
<https://www.mtascutneyhospital.org/>
Tel. 802-674-6711
5. Valley Regional Hospital, Claremont, NH <https://vrh.org/>
Tel. 603-542-7771
6. VA White River Junction Health Care, www.va.gov/white-river-junction-health-care
Tel. 800-698-2411
7. New Hampshire's information and referral line
Call 211
8. CAIP (Cornish Aging in Place) – call any of us and we will try to help or refer you to a useful resource (page 5).
9. Cornish General Assistance (Marie DeRusha)
Tel. 603-558-0391; **Email:** m_m_marie32@yahoo.com



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FINANCIAL / LEGAL SERVICES

Assistance with State Tax
Refund

Contact: Reigh Sweetser
Tel: 603-675-5030 (Cornish Aging In Place)
For help regarding eligibility and assistance with application.
Filing period is May 1-June 30.

Town of Cornish General
Assistance

Contact: Marie DeRusha, General Assistance Director,
Tel: 603-558-0391
Email: m_m_marie32@yahoo.com.
This is a Town of Cornish service helping qualified individuals
pay for utilities, food, housing, etc.

Department of Veterans
Affairs

Tel: 800-827-1000
Website: www.va.gov
Information available on veterans' healthcare, other benefits,
burial and memorial information.

Disabled American Veterans

Website: www.va.gov/pension/aid-attendance-housebound/
For explanations and help navigating housebound benefits
for qualified veterans and survivors.

Elderly Tax Exemption and
Abatements, Town of
Cornish.

Address: Cornish Town Offices, 488 Town House Road,
Cornish, NH 03745
Contact: Mary Curtis,
Tel: 603-675-5611
Email: townbos@comcast.net
Website: www.cornishnh.net

Some application criteria:

Elderly Tax Exemption: Tax exemptions or credits are
available to eligible elderly, disabled, blind, veteran or
veteran's spouse.

Income Limits: Single=\$22,000; Married=\$30,000;
Asset Limit=\$40,000 for single or married, excluding
residence.

Applicant must be 65 years old as of April 1 of the tax year
applying. For married couples, the elder should apply first.
Applicant must have resided in the state of NH for at least 3
years prior to year of application.

Abatements: If you believe that your assessment contains an
error, you may apply for an abatement by March 1.

New Hampshire Legal Aid

Tel: 800-639-5290 or 603-224-3333
Website: (www.603legalaids.org)
Hours: 9am-2pm Mon-Thurs
New Hampshire Legal Aid gives free, non-criminal legal
services to people who qualify. If you do not qualify, you may



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qualify for legal aid at a reduced fee. Legal counseling is primarily by phone.

Voter Registration Town of
Cornish

Address: Cornish Town Offices, 488 Town House Road,
Cornish, NH

Contact: Cornish Town Clerk, Paula Harthan

Tel: 603-675-5207

Email: cornishtownclerk@comcast.net

Website: www.cornishnh.net

Register to vote at the Town Clerk's Office. (Town Clerk's office is open every day (3-5pm) prior to election day; call to confirm.) Absentee ballots may be requested, and the ballot can be delivered to your home. You may also register to vote at all public meetings of the Supervisors of the Checklist.

Residents may also register to vote on Election Day.

FOOD

Claremont Soup Kitchen

Address: 51-53 Central St., Claremont, NH

Tel: 603-543-3290

Website: claremontsoupkitchen.wordpress.com

Email: info@claremontsoupkitchen.org

Non-profit organization providing meals and a monthly food pantry box. Call to register for monthly food box.

Fees: No fees for meals, all are welcome.

Meals: all are on site, 2nd floor

Hours: Meal schedule subject to change. Pantry M-F, 9-1; Breakfast M-F 9-10a, Lunch 12-1p. Dinner 7 days a week 4-5p.

Free Medical Clinic 2nd & 4th Monday 4-5p.

Sullivan County Nutrition
Services (Meals on Wheels)

Address: 76 South Main Street, PO Box 387, Newport, NH

Contact to enroll: "CJ"

Email: scnsnsc@gmail.com

Tel: 603-863-6770, 3177

Covers Sullivan County (except Plainfield); 5 meals a week, delivered 3-times a week and prepared at the Newport Senior Center. For ages 60+, primarily for home-bound people who are unable to prepare their own meals.

Suggested donation: \$3/meal.



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Cornish Senior Luncheon	<p>Address: Cornish Town Hall, 294 Town House Road, Cornish, NH</p> <p>Website: https://www.cornishnh.net/senior-luncheon/</p> <p>Contact: Audrey Jacquier</p> <p>Tel: 603-469-3245</p> <p>Homemade lunch usually served the 4th Tuesday monthly; August & December dates change from year to year. Menus and dates are posted monthly on the Town of Cornish Website</p>
Cornish Senior Luncheon, Cont'd.	
Town of Plainfield Resource Room and Food Pantry (Red Barn)	<p>Address: Christ Community Church, 1259 Rte. 12A, Plainfield, NH</p> <p>Contact: Stephanie Schel;</p> <p>Tel: 603-469-3201</p> <p>Email: cr.director@plainfieldnh.org</p> <p>Community resource room and food pantry. 1st Thurs. and 3rd Fri. and Sat. 9am-10:30am. Cornish residents welcome.</p>
Plainfield Community Lunch	<p>Tel: Stephanie Schell or Plainfield Town Office</p> <p>Phone: 603-469-3201</p> <p>Email: cr.director@plainfieldnh.org</p> <p>Website: https://www.plainfieldnh.org/calendarview.aspx?cid=43186</p> <p>Venue and dates subject to change, please refer to the website above. Cornish residents welcome.</p>
Upper Valley Haven	<p>Address: 713 Hartford Ave., White River Junction, VT</p> <p>Website: www.uppervalleyhaven.org</p> <p>Contact: 802 295-6500</p> <p>This is a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, housing, clothing, support, services coordination and children's programs.</p>
Willing Hands Drop-Off	<p>Address: 294 Town House Road, Cornish, NH</p> <p>Website: www.cornishnh.net/?s=willing+hands&submit=Search</p> <p>Contact: 603-542-3781; 603-558-1178; 603-469-3245</p> <p>Hours: Every Wednesday at 11:30am.</p> <p>Service: Fresh vegetables and fruit, free. Pick up at the Cornish Town Hall.</p>
Windsor Senior Luncheon (Volunteers in Action)	<p>Indefinitely on hold due to COVID.</p> <p>Contact: Volunteers in Action (Windsor) for questions/updates:</p> <p>Email: melanie.sheehan@mahhc.org or amanda.smith@mahhc.org</p> <p>Tel: 802-674-5971</p>



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GENERAL HEALTH SERVICES

Addictions and Substance Abuse: Also see New Hampshire Care Collaborative (NHCC) below.

Website & Link:

<https://www.nhcarepath.dhhs.nh.gov/substance-use/> ([New Hampshire Substance Use Concerns](#))

Tel: 211

Services and Supports for Personal and Legal Rights:

Substance use concerns may arise if the use of alcohol or other drugs is affecting the independence or quality of life for you or someone you care for.

NHCarePath connects you to services and supports for substance use concerns. There are many programs and support groups to assist with overcoming substance misuse and disorders.

Alanon

Tel: 603-369-6930

Website: www.nhal-anon.org/

Provides support for relatives and friends of alcoholics. Call or visit the website for more details and to find a meeting.

Alcoholics' Anonymous

Contact and Hotline: 800-593-3330

Website: www.nhaa.net/

Peer support groups for people who wish to stop drinking. Call or visit the website for more details and to find a meeting.

Foot Clinic: Lake Sunapee Region VNA & Hospice

Where: Available at the Sr. Centers of Charlestown, Claremont, Newport, Lebanon and New London NH.

Contact for Appointments: Loraine

Tel: 603-748-1731

Website for info: Visit the website for current locations and hours: <https://lakesunapeevna.org/>

Fee: \$30 cash or check. Appointments are required.

Good Neighbor Clinic & Red Logan Dental Clinic

Address: 70 North Main St., White River Junction, VT

Tel: 802-295-1868 (medical). 802-295-7573 (dental).

Website: www.goodneighborhealthclinic.org/

After qualifying through an application process, uninsured and underinsured clients receive free medical and dental services.

New Hampshire Care Collaborative (NHCC) (formerly the Monadnock Collaborative)

Address (local): 3 Tremont St., Claremont, NH 03743

Tel: 603-352-7707; 866-826-2340 (toll-free)

Email: help@nhcare-c.org

Website: www.nhcare-c.org

The mission statement is, "NHCC fosters personal choice by educating and empowering individuals in our communities to navigate and connect with resources so they may live dignified and fulfilled lives."



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New Hampshire Care
Collaborative (NHCC), Cont'd

Today NHCC works with hundreds of older adults, adults living with disability or chronic illness, and family caregivers every year. The professional, committed staff provide case management through the NH Choices for Independence (CFI) program in nine of NH's ten counties; staff the NH ServiceLink Resource Centers in the Monadnock Region and Sullivan County; and coordinate care for Veterans receiving care through the Veteran Directed Care program. NHCC staff also coordinate services and supports for family caregivers, counsel people on Medicare options, help people apply for Medicaid, provide private pay case management, and more.

Parkinson's Disease Support
Group, DHMC Aging
Resource Center

Address: 3 Tremont St., Claremont, NH 03743
Tel: 603-653-3460 for general support group. ***All initial contact should be made through this number.***
Tel for neurology medical appointments: 603-650-5104
Email: agingcenter@hitchcock.org
Website: www.dartmouth-hitchcock.org/aging-resource-center
Volunteer Contact: Bill Brawley, bbrawley@mac.com
(volunteer leader)
Monthly virtual meeting, 4th Wednesday 1-2:30pm; monthly in-person meeting, last Tuesday (call to confirm)

HOSPITALS, VETERANS ADMINISTRATION, HOSPICE, BEREAVEMENT & PALLIATIVE CARE

Alice Peck Day Memorial
Hospital (affiliated with
Dartmouth-Hitchcock Medical
Center)

Address: 10 Alice Peck Day Drive, Lebanon, NH
Tel. 603-448-3121
Website: www.alicepeckday.org/
Service: Provides patient-focused general outpatient healthcare services that respond to community needs, promote wellness in the community. Through its Geriatric Department, APD provides care focused on aging-in-place, using an integrated team—including a social worker, care coordinator, and nurse practitioner—to identify highly effective and less expensive ways to make it possible for seniors to enjoy their lives and live at home. Home visits are offered.



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Bayada Hospice

Address: 316 Main Street Unit EH-6 Norwich, VT 05055

Tel: (802) 526-2380

Website: www.bayada.com (**Bayada Hospice**)

Service: comprehensive social, medical, and spiritual care supporting patients and their families when an illness no longer responds to curative treatments, or when a patient chooses not to pursue aggressive therapies. Eligibility: patients with a life expectancy of fewer than 6 months as determined by their physician.

Mt. Ascutney Hospital and Health Center (affiliated with Dartmouth-Hitchcock Medical Center). (**Hospice & Palliative Care**).

Address: 289 County Road, Windsor, VT 05089

Tel: 802-674-6711

Website: www.mtascutneyhospital.org/

Service: This is a full-service, non-profit, critical access, community hospital, **palliative** and **hospice** care. Also sponsors various support groups, such as: AA, diabetes, smoking, Wellness Action Recovery Plan for burnout and stress, help with advance directives, bereavement services and, many more programs of care.

Valley Regional Hospital (**Hospice Care**)

Address: 243 Elm Street, Claremont, NH

Tel: 603-542-7771

Website: www.vrh.org.

Service: Offers a variety of primary and specialty healthcare, inpatient facility, urgent care, **hospice**.

White River Junction Veterans Administration (VA) Medical Center (**Hospice Care**)

Address: 215 North Main St., Whiter River Junction, VT

Tel: 802-295-9363 | 866-687-8387

Website: www.whiteriver.va.gov/about/index.asp

Service: Delivers healthcare services to eligible veterans in Vermont and the 4 contiguous counties of New Hampshire, including Sullivan County. The Medical Center is a 74-bed, acute care facility that provides a full range of primary, secondary, and specialty care. Inpatient care includes: medical/surgical; ICU; psychiatry; Residential Recovery Center (a Substance Abuse Residential Rehab Treatment Program), **hospice**.

Lake Sunapee Region VNA& Hospice – **Hospice & Palliative Care**

Service: The visiting nurse association provides hospice and palliative care among their array of home-care services. (SEE “IN-HOME” CARE, Section 12.)



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BEREAVEMENT

Lake Sunapee Regional VNA & Hospice

Contact: Elizabeth Gantner, Bereavement Coordinator and Spiritual Care Counselor at Hospice (New London, NH)

Email: egantner@lakesunapeevna.org

Tel: 603-748-2225

Service: [Lake Sunapee VNA](#) provides "New Hope Journeys: Grief & Bereavement Services" for 14 months. These services include person-to-person visits, phone calls, time-sensitive mailings and literature, a lending library, support groups and referral support. Support groups are open to all people grieving a death. **Open to wider community (perfect for Cornish seniors)**, these are true support groups facilitated by a counselor.

There are 3 groups:

1. widow-to-widow, 1st Monday of the month;
2. newly-bereaved (spouses/partners) w/in the first 2 years of a loss, 2x monthly on 2nd and 4th Thursdays; and
3. bereavement tune up is an open group for any type of grief at any stage, 3rd Wednesday.

Compassionate Friends

Contact: tcfuppervalley@gmail.com

Tel: [413-374-4585](tel:413-374-4585) (Denice)

([Bereavement Services Locator](#))

Service: provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

- This group currently meets on the 4th Wednesday of every month from 7-8pm at the Kilton Public Library, 80 Main Street, West Lebanon, NH.

Dartmouth Hitchcock Aging Resource Center

Contact: Deadra Ashton

Email: Deadra.B.Ashton@hitchcock.org

Tel: 603-653-3461

Service: [The Aging Resource Center](#) offers one-on-one bereavement support, periodic 8-week support groups, a lending library and assistance finding ongoing bereavement support in the Upper Valley.



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HOUSING

Beno Management	<p>42 Central Square C, Bristol, NH 03222 Tel: 1-800-775-3890 Email: sueben@aol.com Service: Independent living senior housing apartments in Enfield, Canaan and Bristol NH. Eligibility based on income. There is a waiting list. Seniors interested in senior housing are encouraged to sign up for the waiting list well in advance.</p>
Claremont Housing Authority	<p>Address: 243 Broad St., Claremont, NH 03743 Tel: 603-542-6411 Email: housing@claremontha.org Service: Independent living senior housing apartments in Claremont, NH. Eligibility based on income. Vacancies are filled based on the waiting list. It is recommended that you sign up in advance if you are interested in living in senior housing.</p>
Lebanon Housing Authority	<p>Address: 31 Romano Cir, West Lebanon, NH 03784 Tel: 603-298-5753 Email: info@lebanonhousing.org Service: Independent living senior housing apartments in Lebanon and W. Lebanon, NH. Eligibility based on income. Vacancies are filled based on the waiting list. It is recommended that you sign up in advance if you are interested in living in senior housing.</p>
Stewart Property Management	<p>Address: P.O. Box 10540 Bedford, New Hampshire 03110 NH: 603-641-2163, Email: cmeagher@stewartproperty.net</p> <p>White River Junction Service: Contact: 802-230-0291 Email: khaehnel@stewartproperty.net</p> <p>Windsor VT Contact: 802-674-9455. Email: sboyle@stewartproperty.net Service: Senior living in Newport NH, White River Jct. VT and Windsor Vt. Eligibility based on income. Vacancies are filled base on the waiting list. It is recommended that you sign up in advance if you are interested in living in senior housing.</p>
Twin Pines Housing	<p>Address: 226 Holiday Dr #20, White River Junction, VT 05001 Tel: 802-291-7000 Email: info@tphtrust.org Service: Independent living senior housing apartments in Hanover, Lebanon and W. Lebanon. Eligibility based on</p>



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

www.facebook.com/CornishAgingInPlace/; www.cornishnh.net ("Local Organizations" Tab)

Twin Pines Housing, Cont'd.

income. Vacancies are filled based on the waiting list. is recommended that you sign up in advance if you are interested in living in senior housing. Units in Hanover, Lebanon and West Lebanon, New Hampshire.

HOUSING - Referral, Information (Options for Residential Care, Assisted Living/Memory Care)

A Place For Mom

Contact: www.aplaceformom.com

Service: Require private pay or long-term care insurance. Provides information regarding more than 20,000 senior housing and elder care providers to seniors and their families throughout the United States and Canada through a network of local "senior living advisors". It also serves as a marketing tool for the thousands of senior housing communities and care providers to which it refers. It is the largest such service in North America.

Service Link: Services & Supports for Housing and Community Living

Address: 3 Tremont St., Claremont, NH 03743

Tel Sullivan County: 603-542-5177. **Fax:** 603-542-2640

Email: catherine.servicelink@nhcare-c.org

Service: Housing/Community Living involves places to live as well as services to help people reside in their homes and communities even if they need help to stay independent. This service connects you to housing options available throughout New Hampshire. Depending on individual needs and preferences, people may choose to live in a private home or apartment with or without services. Choices also include living in a staffed residence, boarding home, assisted living, or adult foster care environment where services are provided:

- Assisted living
- Living at home
- Living in independent housing
- [Nursing Facilities](https://www.medicare.gov) (medicare.gov) – find detailed information about Medicare and Medicaid-certified nursing homes
- Senior housing
- [Subsidized Housing / Section 8](http://nhhfa.org) (nhhfa.org) – provides safe, sanitary and affordable housing to very low income households.



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HOUSING - Maintenance, Heating, Fuel Bills, etc.

- COVER Home Repair** **Address:** 158 S. Main St., White River Junction, VT 05001
Website: www.coverhomerepair.org
Contact: 802-296-7241
Service: Cover Home Repair for home repair projects (sliding fee scale), weatherization. Cover Store stocks used merchandise for sale; donations accepted.
- Southwestern Community Services** **Address:** 31 Pleasant Street, P. O. Box 1338, Claremont, NH 03743
Tel: 603-542-9528 or toll free 800-529-0005
Website: www.scshehelps.org
Service: Assistance with: heating fuel, electric bills, warming dollars, emergencies, rent, housing, transportation, **emergency hotline (211)**, homeless shelter, ...more.
- Town of Cornish General Assistance** **Contact:** Marie DeRusha
Tel: 606-558-0391
Email: m_m_marie32@yahoo.com
Service: Assistance with: heating fuel, electric bills, warming dollars, emergencies, rent, free firewood coordinated with Neighbor to Neighbor...for Cornish residents, based on need.

IN-HOME CARE

- Angel Heart Care Givers** **Address:** 331 E. Mountain Road, Newport, NH
Tel: 603-504-5511 (prefer emails)
Email: angelheartcregivers@gmail.com
Website: N/A
Hours: 9-5 Mon-Fri
Fee for service.
Private home healthcare agency providing support to seniors desiring to live at home with services such as personal care, homemaking, transportation, companionship, respite and **hospice** care. Fee for service.
- Armistead Caregiver Services** **Address:** 127 Mascoma Street, Lebanon, NH
Tel: 603-678-8485, 866-284-1912
Website: www.armisteadinc.com/company/armistead-home-care-nh
Hours: 8-5 Mon-Fri
Fee for service.
Private home healthcare agencies providing care for seniors at home.



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Lake Sunapee Region VNA & Hospice

Address: P.O. Box 2209, 107 Newport Rd., New London, NH 03257

Tel: 603 526 4077.

Home healthcare including assessment, visiting nurses, physical/occupational/speech therapy, aides, hospice, palliative care, personal care services. Also, "An Ounce of Prevention": a free at-home visit to help assess safety at home with recommendations for community resources to address needs & concerns around in-home safety such as: falling, memory, chronic medical issues, personal care, health education, nutrition, medications.

Visiting Nurse & Hospice (VNH)

Address: 88 Prospect St., White River Junction, VT 05001

Tel: 888-300-8853

Website: www.vnhcare.org/

Available 24/7. Home healthcare services, assessment, visiting nurse, physical/occupational/speech therapy, aides, **hospice**.

CAIP Resource List of Local Professionals, (recommended by townspeople)

Contact: Leigh Callahan, CAIP

Tel 603-543-0365,

Email : leigh.callahan@comcast.net

CAIP maintains a resource list of local businesses and individuals for hire who provide lawn care, carpentry, painting, plumbing, electrical work, homecare, and other services, including in-home care. This list is updated continually with providers who have been recommended by local people who have used their services.

LIBRARIES

Cornish:
George Stowell Library

24 School Street, Cornish Flat, NH

Address: 24 School Street, Cornish Flat, NH

Website: <https://www.cornishnh.net/library/>

Contact: Stephanie McAndrew, Librarian. 603-543-3644 or stowelllibrary@comcast.net

Free for everyone.

Hours

Mon 4-6pm; Tues & Wed 3-6pm; Thurs 10am–1pm; Sat 9am-1pm

Book group meets the first Wednesday of the month at 7pm. Contact group leader Leigh Callahan at leigh.callahan@comcast.net for more information.



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

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Plainfield:
Meriden Library

Meriden Library – 22 Bean Road, Meriden, NH
Note: currently closed for construction
Website: www.plainfieldlibraries.org

Plainfield:
Philip Read Memorial Library

Address: 1088 NH 12A, Plainfield, NH
Note: there is a yearly, non-resident fee of \$40/household
Contact: Mary King, Director.
mary.king@plainfieldlibraries.org
Tel: 603-675-6866
Hours: Mon & Wed 11am-6pm, Tues & Thurs 10am-6pm. Fri 1pm-5pm, Sat 9am-12pm

MEDICAL EQUIPMENT

These are equipment closets of donated medical equipment for loan. Local, volunteer groups maintain the inventory and coordinate delivery and pick up.

For questions about delivery/pick-up coordination, specific inventory items, how to donate, reach out directly by phone/email to the contact individuals listed below.

Cornish Aging in Place

Serves: Cornish Residents
Contacts:
Audrey Jacquier 603-469-3245 audreyjac@icloud.com
Jan Lord 603-675-6417 jblord_2007@comcast.net
Jody Schubert 603-675-6081 jodyschubert0@gmail.com
[Reigh Sweetzer 603-675-5030](tel:603-675-5030)

Plainfield Community
Resource Director

Serves: Plainfield Residents
Contact: Stephanie Schell
Tel/Email: 603-469-3201
Email tschell@aol.com

Claremont, NH

Serves: everyone, regardless of place of residence
Contact: Nick Koloski (the equipment is stored at Nick's home, and he runs the small operation himself)
Email: njkoloski@gmail.com (no phone)

Lebanon, NH. Lebanon
Lion's Club

Serves: Lebanon, Enfield, Canaan residents)
Contact: John Bayliss
Tel: 603-477-8144



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

www.facebook.com/CornishAgingInPlace/; www.cornishnh.net ("Local Organizations" Tab)

MEDICARE/MEDICAID SUPPORT

Sullivan County Service Link
(Claremont, NH)

ServiceLink is a proud
NHCarePath partner.

Address: 3 Tremont St., Claremont, NH 03743
Tel: Toll free 1-866-634-9412, or 603-542-5177. **Fax:** 603-542-2640

Contact: Rob Chartier

Email: rchartier@nhcare-c.org

Website: www.servicelink.nh.gov/locator/claremont.htm or
www.nhcare-c.org

Hours: Mon-Fri 8:30am-4:30pm

ServiceLink is a program of the NH Dept. of Health and Human Services operated in Sullivan County by the NH Care Collaborative. ServiceLink helps individuals access and coordinates services and supports including: family caregiver information and supports, small caregiver-directed respite grants, coordination with other service providers, education and application and enrollment assistance for Medicare and Long Term Care Medicaid.

ServiceLink is designated as New Hampshire's Aging and Disability Resource Center (ADRC), State Health Insurance Program (SHIP) and the NHCarePath Full Service Access Partner for the NH Department of Health and Human Services. **Aging and Disability Resource Centers (ADRCs) are a collaborative effort of the Administration on Community Living, the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term support and services system for older adults and people with disabilities of all income levels.**

Services: Long-term care counseling /case coordination, Medicare/Medicaid support, NH Family Caregiver Program, short-term care coordination from nursing home or hospital, coordination with mental health/disability service provider, options counseling.

MENTAL HEALTH SERVICES

Turning Points

Address: 231 Broad Street, Claremont, NH 03743

Tel Hotline (24/7): 800-639-3130

Tel Office: 603-543-0155 (Mon-Fri 9a04:30p)

Website: turningpointsnetwork.org

A private not-for-profit organization offering crisis and support services to female and male survivors of domestic violence, sexual violence and stalking in Sullivan County, with a crisis



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

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Turning Points, Cont'd

WISE: Crisis Support,
Advocacy and Prevention:
Domestic Violence/Sexual
Assault/Stalking

hotline 24/7; emergency sheltering, and other support services.
No fee.

Address: 38 Bank Street, Lebanon, NH

Tel Hotline: 866-348-9473

Tel Office: 603-836-9472

Website: wiseuv.org

Provides advocacy and guidance including where issues of
health, safety, violence, domestic abuse, elder abuse, mental
ability are problematic. Seniors are welcome. No fee.

PET CARE

BOARDING, SHELTERS, EMERGENCY, PANTRIES

Complete Canine

593 Route 12A, Plainfield, NH

Tel: 603-675-5901

Website: www.completecanineinc.com

Kennel/Boarding/Daycare/Grooming/Training

Creature Companion
LLC

Contact: Liz Gage

Tel: 603-558-8066

Email: creaturecompanion@gmail.com

Website: www.creaturecompanion.com

Professional pet sitting in your home.

Lucy Mackenzie
Humane Society

4832 VT Rte 44, W. Windsor, VT

Tel: 802-484-5829

Website: www.lucymac.org

Shelter/Training

Mount Pawscutney
Doggy Daycare

958 Blood Hill Road, West Windsor, VT

Contact/Owner: Nikki White

Tel: 603-504-5632

Email: Nikkiwhite93@hotmail.com

Doggy daycare in Nikki's home.

Town of Plainfield Mobile
Pet Food Pantry

Christ Community Church, 1259 Rte. 12A, Plainfield, NH.

Contact: Town of Plainfield

Tel: 603-469-3201

Pet food pantry pick up for dogs and cats. No charge.

1st Thursday and 3rd Friday and Saturday of the month, 9am-
12pm.



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SAVES (Small Animal
Veterinary Emergency
and Specialty Services)

63 Evans Drive, Lebanon, NH
Tel: 603-306-0007
Website: www.saves.ethosvet.com
EMERGENCY, 24-hour care.

Sullivan County Humane
Society

14 Tremont St., Claremont, NH
Tel: 603-542-3277
Website: www.sullivancountyhumanesociety.org
Cats only. Also operate a pet food bank.

Trafalgar Kennel

611 Route 120, Cornish NH
Tel: 603-542-5304
Website: www.trafalgarkennels.com
Boarding/Grooming.

Upper Valley Humane
Society

300 Old Route 10, Enfield, NH
Tel: 603-448-6888
Website: uvhs.org
Pet food pantry, temporary (up to 2 weeks) emergency sheltering
by appointment, for financial hardship cases only experiencing
displacement or hospitalization.

Mobile Pet Groomers:

Steph's Pet Services
Contact: Stephanie Brown
Tel: 603-727-8069
Email: stephspetservices18@gmail.com

Fresh & Furry Pet Grooming
Contact: Dirk Ussler
Tel: 802-333-4321
Website: freshandfurry.com

Mobile Veterinarians:

No Place Like Home
Contact: Dr. Abbie Fischer
Tel: 603-558-4662
Email: nplvet@gmail.com
Website: nplhvet.com

Homeward Bound Veterinary (small & large animals)
Contact: Dr. Anne Babbot
Tel: 802-738-9102



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

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Pet Sitters In Your Home:

The Pawtastic Nanny LLC. Insured, bonded, pet first aid/CPR, Fear Free certified

Contact: Jennifer Stone

Tel: 603-477-9020

Email: thepawtast McNanny@gmail.com

Website: thepawtast McNanny.com

Molly O's Pet Care LLC. Insured, bonded, pet first aid/CPR, member PSI (Pet Sitters Int'l)

Contact: Molly O'Dwyer

Tel: 603-504-5058.

Email: molly.odwyer20@gmail.com

Website: mollyospetcare.com

Comforts of Home Pet Care, LLC. Insured, bonded, member PSI (Pet Sitters Int'l)

Contact: Megan Boy

Tel: 802-359-3914

Email: meganb@comfypetsvt.com.

Website: comfypetsvt.com

SENIOR CENTERS

Claremont Senior Center

Address: 5 Acer Heights, Claremont NH

Tel: 603-543-5998

Email: seniorctr5@comcast.net

Website: www.cnhcs.org/

Hours: Daily 9am-3pm. *Tues-Thurs, evenings 6-9pm

*Drive-thru meals Tues & Thurs, reserve ahead at 603-543-5998.

Cornish seniors welcome.

Dartmouth-Hitchcock Aging Resource Center

Address: 46 Centerra Parkway, Lebanon, NH

Tel: 603-653-3460

Website:

www.dartmouth-hitchcock.org/aging_resource_center.html

Lending library, computers with internet access, assistance with finding information and resources, support groups, lectures, workshops. Open to all, free of charge.



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

www.facebook.com/CornishAgingInPlace/; www.cornishnh.net ("Local Organizations" Tab)

Lebanon Senior Center

Address: 10 Campbell St., Box 33, Lebanon, NH

Tel: 603-448-4897

Website: <http://www.gcsc.org/index.html>

Their purpose is to develop, strengthen, and provide programs and services that support the health, dignity and independence of older adults and adults with disabilities living in our communities.

TRANSPORTATION

Cornish Aging In Place
(CAIP)

Contact: Martha Zoerheide, 603-675-2295

Email: mzoerheide@gmail.com

A volunteer service organization, CAIP will assist coordinating volunteer transportation for various needs such as: errands, medical appointments, grocery shopping. If CAIP cannot accommodate your needs, they will help find another resource. No fee for service.

Southwestern Services

Website: www.scschelps.org

Tel: (603) 542-9609

Address: 31 Pleasant Street, Claremont, NH

With a 48-hour notice, volunteer drivers will transport for medical appointments, grocery shopping, other important errands and appointments. There are also bus routes. Call for current information.

Southwest also provides many vital services to low income people and families, including assistance with fuel and housing, an emergency hotline, and more: call or visit their website for full information.

Volunteers In Action (ViA)

Address: 1 Railroad Ave., #203, Windsor, VT 05089

Website: www.mtascutneyhospital.org/about/volunteers-action

Contact: Amanda Jordan Smith, Coordinator

Tel: (802) 674-5971

Email: via@mahhc.org

Volunteers in Action (ViA), an affiliate of Mt. Ascutney Hospital & Health Center, seeks to increase the health, wellness, and independence of our neighbors, particularly relating to food security, medical transportation, and quality of life services in the seven towns surrounding Mt. Ascutney Hospital, including Cornish, New Hampshire. Whether through delivering Meals on Wheels, picking up a prescription, knitting for the patients at the hospital, our volunteers' generosity and kindness helps our community continue to be the special and supportive place that it is and also assists many folks in aging in place. All services are provided free of cost. New volunteers are always welcome and encouraged to apply.



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Cornish Aging In Place,

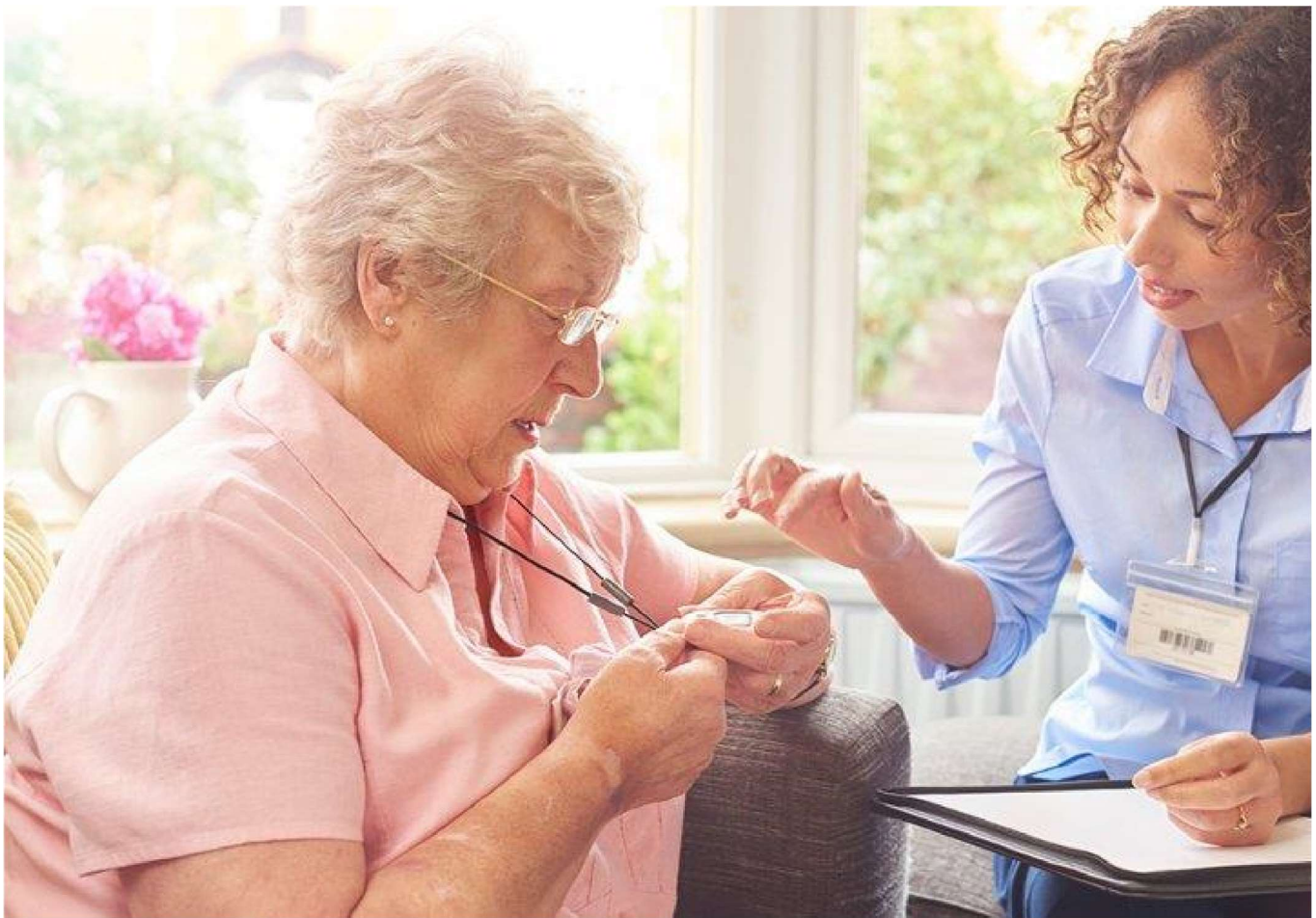
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APPENDIX: How To Choose A Medical Alert System

<https://www.aarp.org/caregiving/home-care/info-2017/medic-alertsystems-options.html>

As technology advances, the range of options has grown by **Amy Goyer, AARP**,

Updated October 22, 2021



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A medical alert system — often referred to as a personal emergency response system (PERS), medical emergency response system (MERS), health monitor or fall monitor — can provide increased independence for loved ones and peace of mind for family caregivers.

How do you find the one that's best for your situation? It can be complicated. Medical alert systems have evolved far beyond a basic, wearable device (like a bracelet or pendant) with a button that triggers a call to a response center in case of emergency.

Now a medical alert device might include GPS, cellular connectivity, fall detection or prevention, in-home health and well-being monitors, [activity trackers](#), movement sensors and more. Alert services might come with smartphones or as a feature of home security systems.

Start by evaluating your loved ones' specific needs and abilities, present and future. For example, if she has dementia, will she understand how to operate a system — or is something automatic, like a fall-detection device, more appropriate? Does he have a disorder that could hinder communication with a call center, like aphasia or [hearing loss](#)? Will limited fine motor skills make putting on a device or pushing a button too difficult?

Here are some key things to think about and questions to ask in choosing a medical alert system. Once you've made a selection, be sure to monitor how it is working for your loved ones. Don't hesitate to switch to another service if it isn't a good fit — it could save a life.

What do you need it to do?

- **Fall detection.** [Falls](#) are perhaps the most common motivator for obtaining a medical alert system. Nearly 36 million older Americans a year experience a fall, and more than 1 in 5 falls causes an injury, according to the U.S. Centers for Disease Control and Prevention.
- **Call for help.** Devices with help buttons can connect the wearer to a live person at a response center or to emergency services such as the police or fire department. The button sends a signal to a base unit connected to a phone, which makes the call.
- **Medical monitoring.** Some systems can be set to monitor vital signs and provide medication reminders.
- **Cellular.** Mobile MERS can be used anywhere cellular service is available.
- **Location detection and tracking.** A device with GPS is especially useful if your loved one is still driving and relatively independent.
- **In-car.** These compact devices plug into your vehicle's 12V power outlet (what used to be the cigarette lighter) and have GPS capability. Some can be connected to a smartphone via Bluetooth.
- **Movement monitoring.** Motion detectors and beacons track movement in the home.



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- **Daily check-in services.** Some monitoring companies will check in with your loved one every day, electronically or via a live phone call.
- **Activity and fitness tracking.** These have features like step counters to monitor healthy activity and fitness goals.
- **Virtual family connections.** Some systems enable users to make or receive ordinary calls, making it easy for family members and friends to check in.
- **Display time.** Alert devices might include a watch feature. Or vice versa: Some smart watches include health monitoring and fall-detection apps.
- **Home security monitoring.** The system detects danger from fire, smoke and carbon monoxide.

What kind of equipment will work best?

- **Is it wearable?** You'll want a device your loved one finds comfortable. Look out for sharp edges, or strap materials that may irritate fragile skin. Also, is it attractive or unobtrusive enough that he or she will be willing to wear it?
- **Is it fully waterproof?** Can it be worn in the shower? Can it be fully immersed in water? Many falls happen in the bathroom and kitchen, so this is vital.
- **What's the range?** With an in-home system, find out how far the wearable help button can be from the base unit and still operate. That could be a real problem if, for example, your loved one falls in the yard or garage, or several rooms away from the base.
- **Is the speaker loud enough?** A care recipient with hearing loss might have trouble hearing the person at the response center speaking through the device or the base unit.
- **How's the battery life?** Also ask about the charging method and how you'll know if the battery is low.
- **Will it need technology updates?** If so, ask if the updates are implemented automatically or manually, and make sure you or your loved one is tech-savvy enough to manage them.
- **How do you set it up?** If there's a base unit or console, will you need more than one to cover the entire home and yard? Should the unit sit on a table or be wallmounted? Is it plug-in or battery-operated? (If the former, does it have a battery backup if the power goes out?) Does it require a



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landline, and does it include cellular in case regular phone service is interrupted? Can you add stationary buttons around the home?

- **Is the system movable?** Not all medical-alert providers offer nationwide service (see below). If your loved ones move, can the system move with them?
- **Does it include a lockbox?** Some companies offer to install a lockbox that emergency medical personnel can access if they need to enter the home when the resident is incapacitated.
- **Can others connect via the device?** Some devices allow you to check in with your loved one through the alert system, using a monitoring app on your smartphone, tablet or computer.
- **Can it be added to a home security system?** Check with your home security provider. Be sure to ask if there is an additional fee.

How do monitoring and response work?

- **Call routing.** Can you designate how you want various types of alerts/calls (urgent, nonurgent, emergency) routed? Is the system “monitored” (connected directly to a response center) or “non-monitored” (it dials numbers you designate, such as to a family member, neighbor or emergency services)? Some systems offer both options.
- **Response center.** Does the company operate its own response center or contract externally? Is the center certified? What's the average response time? (It should be a matter of seconds.) Will your loved one be able to talk with a live person via the wearable device, and can the center communicate in your loved one's preferred language if it is not English?
- **Customer service.** Quality customer relations are key. There should be a live person you can call 24/7 with questions about the service. You should also be able to contact the company via email or live chat. Look as well for an easy-to-navigate website with a comprehensive FAQ section.
- **Cybersecurity.** How does the company protect private information and prevent hackers from accessing your system?
- **False alarms.** It's not uncommon for people to accidentally push the help button — is there a negative consequence if they do? Unlimited false alarms is a great feature.

How much does it cost?

- **Fees.** Beware of complicated pricing plans and hidden costs like activation fees. Some companies include the cost of the device itself in the monthly service fee, while some charge extra for the



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equipment. Ask for a complete price breakdown; some features, such as fall detection, may cost more. Look for a company with no extra fees related to equipment, shipping, installation, activation, or service and repair. Watch out for offers of free service or “donated or used” equipment — they're [scams](#).

- **Contracts.** Don't enter into a long-term contract. You should only have to pay ongoing monthly fees that typically range from \$20 to \$70 a month, depending on selected features. Be careful about paying for service in advance since you never know when you'll need to stop it temporarily (due to a hospitalization, for instance) or permanently.
- **Guarantees and cancellation policies.** Look for a full money-back guarantee, or at least a free trial period, in case you are not satisfied with the service. And you'll want the ability to cancel at any time with no penalties (and a full refund if monthly fees have already been paid).
- **Discounts.** Ask about discounts for multiple people in the same household or for veterans. There might also be special deals available through membership organizations, health insurance or via a hospital, medical or care organization. See if the company offers reduced prices or a sliding fee scale for people with lower incomes.
- **Insurance.** For the most part, [Medicare](#) and private insurance companies will not cover the costs of a medical alert system (although some insurers offer discounts or referrals; check with your provider). In some states, Medicaid may cover all or part of the cost.
- **Tax deductions.** Check with your tax professional to find out if the cost of a medical alert is [tax deductible](#) as a medically necessary expense.

Is it available where you live?

Many national companies offer medical alert services, but they may not all be available near you, so call and inquire about service areas. Local companies may be an option, too. In addition to companies that have been in the medical alert business for decades, technology and home security firms are now increasingly offering these services as well.

- **Do an online search.** Use keywords such as “medical alert systems,” “personal emergency response systems,” “fall detection devices” and “urgent response devices” along with the name of your city or state to find companies that serve your area. Check for customer reviews and complaints with the [Better Business Bureau](#) or your state's [attorney general](#) or [consumer protection agency](#).
- **Contact your local Area Agency on Aging.** Find your local Area Agency on Aging via the federal government's [Eldercare Locator](#) and ask if it has a list of companies offering medical alert services



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locally. (I contacted mine, and it immediately emailed me a list of 16 national and local companies, including one that is offered through the agency itself.)

- **Check with your senior facility.** If you or your loved ones live in a senior community, it may offer an in-house or external medical alert system among its services. Beware of facilities that only have pull cords in a few places throughout the room or apartment — people don't always fall or become ill within convenient reach of the cord.
- **Get referrals.** Ask friends and family members if they can recommend any medical alert systems they have used.

Editor's note: This article, originally published in April 2017, has been updated with more recent information.

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- [Remote monitoring to keep older adults independent and safe](#)
- [How to make a home safe for your aging parent](#)
- [Home health aides: When your loved one needs help with personal care](#)



Always contact the provider directly for service confirmation and updates.

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