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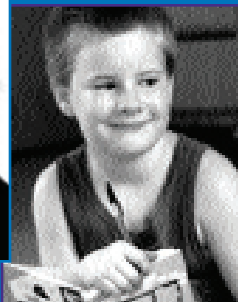


**PARMENTER**  
Community Health Leaders since 1954

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**WAYSIDE HOSPICE**

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*We Have a Lot to Give*

**PROVIDING A COMPREHENSIVE  
RANGE OF SERVICES TO RESIDENTS  
OF THE METROWEST AREA**

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## PARMENTER COMMUNITY HEALTH

is a nonprofit agency, providing home health care, hospice care, bereavement support, adult day health, community education and clinics to the MetroWest and surrounding communities, through a variety of specialized programs.

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### ■ TO MAKE A REFERRAL

To arrange for home care for yourself or a family member, please call our Intake Coordinator at 508-358-3000 x255.

### ■ OUR SERVICE AREA

Located in Wayland, our core service area includes most of the MetroWest area of Boston. If you're not sure, please call us.

### ■ PAYMENT INFORMATION

Parmenter Community Health is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and accepts Medicare, Medicaid, most insurances and private pay. Some of our programs are available to all, regardless of ability to pay.

### ■ TO LEND YOUR SUPPORT

Parmenter Community Health is a non-profit, local agency that provides many services for our community, which are not fully reimbursed by Medicare, Medicaid or insurance. Donations are always welcome, as are volunteers. For more information, please call 508-358-3000 or visit us at [www.parmenter.org](http://www.parmenter.org)



266 Cochituate Rd. • Wayland, MA 01778  
508-358-3000 phone • 508-358-3005 fax  
For the deaf: TTD/TTY 508-358-0194  
[www.parmenter.org](http://www.parmenter.org)

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*Parmenter Community Health does not discriminate on the basis of race, religion, color, national origin, handicap, age, or sexual orientation on admission, access to treatment, employment or in its programs and activities.*

*Parmenter Community Health  
is an agency that provides  
home health care, hospice,  
bereavement support,  
adult day health,  
health screenings  
and community education  
to the MetroWest  
and surrounding communities,  
through a variety  
of specialized programs.*

♥♥ Your professionalism was far superior to anything we had ever experienced before. ♥♥

— R.M., Wayland

♥♥ A note to thank you for my health care nurse, Karen. She was a true professional, who dispensed TLC and encouragement during my recovery. Once again, you sent an angel. ♥♥

— J.I., Sudbury

*If you or your family need any  
of these services, turn to us!  
We can help!*



## ■ HOME HEALTH CARE

Parmenter offers a range of home health care services to clients of all ages, 24 hours a day, 7 days a week.

Our professional staff provides compassionate, patient-focused care after a hospital stay, during a rehabilitation program or through a prolonged or terminal illness. Services include Skilled Nursing Care, Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Aide Services, Palliative Care, Nutrition Services and Medical Social Work.

## ■ PARMENTER *Plus +*

PARMENTER *Plus +* provides all the important extra services that are beyond the scope of coverage by Medicare, Medicaid, Managed Care, and other health insurance.

Services ranging from homemaking chores, laundry, shopping assistance, personal care and assistance with hygiene, to pursuing new hobbies and interests and providing meaningful companionship and involvement with others, are all available with PARMENTER *Plus +*.

*As well as...*

## ***Additional services...***

### **■ WAYSIDE HOSPICE**

Because Wayside Hospice is a program of Parmenter, its clients enjoy continuity of treatment. A home care patient in the early stages of a terminal illness, who then transitions into hospice, can continue with the same nurse and aide into the hospice program. The nurse works closely with other members of the Hospice Team to introduce specialized care for the entire family.

### **■ HOSPICE CARE AT HOME**

Many people with terminal illnesses are choosing home as the place to spend the last months of their lives. In the familiar surrounding of their own home, patients can enjoy being with the people they love, while still receiving the compassionate, professional care that they need and deserve.

### **■ MIRIAM BOYD PARLIN HOSPICE RESIDENCE**

For some people, our Hospice Residence is a better choice, providing a local alternative to a hospital or a nursing home. When persons are unable to remain in their own home, the Hospice Residence offers a comfortable, home-like atmosphere where clients can spend their final days surrounded by their family and caring health professionals from Wayside Hospice.

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**♥♥ Thank you all for the love and care you give to so many lives. You all make a difference in this world. ♥♥**

— P. F., Wayland

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## ■ HEART play <sup>SM</sup>

After a death, our award-winning HEART play programs offer a creative arts experience for children ages 3 -12 who have experienced the death of a loved one. Guided by an expressive therapist who specializes in bereavement issues, children document their losses through visual expression, music, writing, or storytelling.

During the Heart play workshops, adults are invited to participate in an optional, informal discussion facilitated by a Wayside Hospice staff person.



## ■ BEREAVEMENT SUPPORT

Bereavement support is a key component of the hospice experience. Wayside Hospice provides bereavement support to loved ones for one year after the client's death.

## ■ THE DORA EFTHIM HEALING GARDEN

The Dora Efthim Healing Garden is a wonderfully peaceful place for quiet and reflection, located just outside our hospice residence. It is adjacent to conservation land and is open to the public. The design is based on the concept of the Native American medicine wheel. Memorial contributions of \$1,000 or more, made in a loved one's memory, can be incorporated into a memorial plaque in the garden.

## ■ ADULT DAY HEALTH CENTER

The Parmenter Adult Day Health Center is a special place for adults who are unable to remain by themselves during the day— a place where friendship and laughter are shared, and respect and security are assured. Additionally, it provides participants and their families with a cost-effective, viable alternative to nursing home placement for any age adult facing physical and mental challenges, including dementia, mental retardation and frailties associated with aging.

## ■ HEALTH EDUCATION & CLASSES

Parmenter regularly runs a variety of programs and classes which are available to the public. There are classes in CPR, First Aid, Pediatric Heartsaver, Babysitting, Home Alone, and more.

## ■ SCREENING PROGRAMS & CLINICS

Parmenter offers a number of health screenings which are supported by the Wayland and Sudbury Boards of Health, including: blood pressure, glucose, blood sugar, TB, and seasonal flu shots.

## ■ WAYLAND FOOD PANTRY

The Wayland Food Pantry helps residents of Wayland who need a little extra help with food to make ends meet.

## ■ PERSONAL EMERGENCY RESPONSE SYSTEM

Always within reach, with the push of a button, you or your loved ones can get the help you need. This takes the worry out of living alone, and leaves you free to go about your daily activities with greater confidence.



## A HISTORY OF SERVICE

The Parmenter name in the MetroWest area spans three centuries. The man whose generous bequest established Parmenter Community Health, Jonathan Maynard Parmenter, lived most of his 90 years in the 1800's. The health center bearing his name opened in 1954 and continues to grow in the 21st century.

Parmenter Community Health has evolved with the changing times. Parmenter today provides to the MetroWest area Home Care, Hospice Care, Bereavement Support, Adult Day Health, Clinics, Community Education and more.

For more details about Jonathan Parmenter or our history and services, please visit us at:  
**[www.parmenter.org](http://www.parmenter.org)**