



**CORNERSTONE VNA**  
HOME • HEALTH • HOSPICE

**800-691-1133 • [www.cornerstonevna.org](http://www.cornerstonevna.org)**

*Cornerstone VNA is your local nonprofit organization  
serving communities in NH & ME*

## Home Care

We offer specialized services and support for our patients, wherever they call home. We have Skilled Nurses, Licensed Nursing Assistants, Rehabilitation Specialists (PT, OT, ST) and Medical Social Workers. We also offer remote Telehealth monitoring for high-risk patients.

### Specialized Care and Support

- Certified Wound & Ostomy Care
- Certified Intravenous Therapy
- Certified Chronic Care Management
- Certified Lee Silverman Voice Treatment
- Certified Lymphedema Specialists
- Certified Vestibular Specialists
- Fall Prevention/Balance Therapies
- Specialized Mental Health Team
- Mental Health First Aid Trained Staff
- Alzheimer's Trained Staff
- Telehealth
- Pediatric Care

## Hospice Care

Hospice provides compassionate care for people with a life-limiting illness. We provide physical, emotional, and spiritual comfort to patients, family members, and caregivers. Our highly skilled team, including a Physician, Nurse Practitioners, Certified Hospice Nurses and LNAs, Spiritual Care Providers, and Social Workers, will develop an individualized plan of care that promotes quality of life and comfort at end of life.

### Specialized Care and Support

- Expert Pain & Symptom Management
- Family/Caregiver Support
- Advance Directives
- Bereavement Counseling
- Grief Support Groups
- Hospice Volunteers
- Pet Peace of Mind Volunteers
- We Honor Veterans Partner (Level 5)

**Intake/Referrals (On call 24/7)**

Phone: 800-691-1133

Fax: 877-234-9902

## Palliative Care

Palliative Care is specialized medical care for people with a serious illness with distressing symptoms. Our Team includes Nurse Practitioners and Certified Palliative Care Nurses that are experts in managing symptoms and addressing individual care needs. This improves the quality of life for both patients and their families and decreases the need for emergency room visits and hospitalizations.

### Specialized Care and Support

- Care Coordination
- Expert Pain & Symptom Management
- Advance Care Planning
- Family & Caregiver Support

## Life Care - Private Duty

A private duty program for people who wish to age in place or need support after a surgery, accident or illness. Life Care provides personal care and homemaking services to help individuals live in their home and community safely, independently and comfortably. An individualized, flexible plan will address short-term or long-term health needs.

### Specialized Care and Support

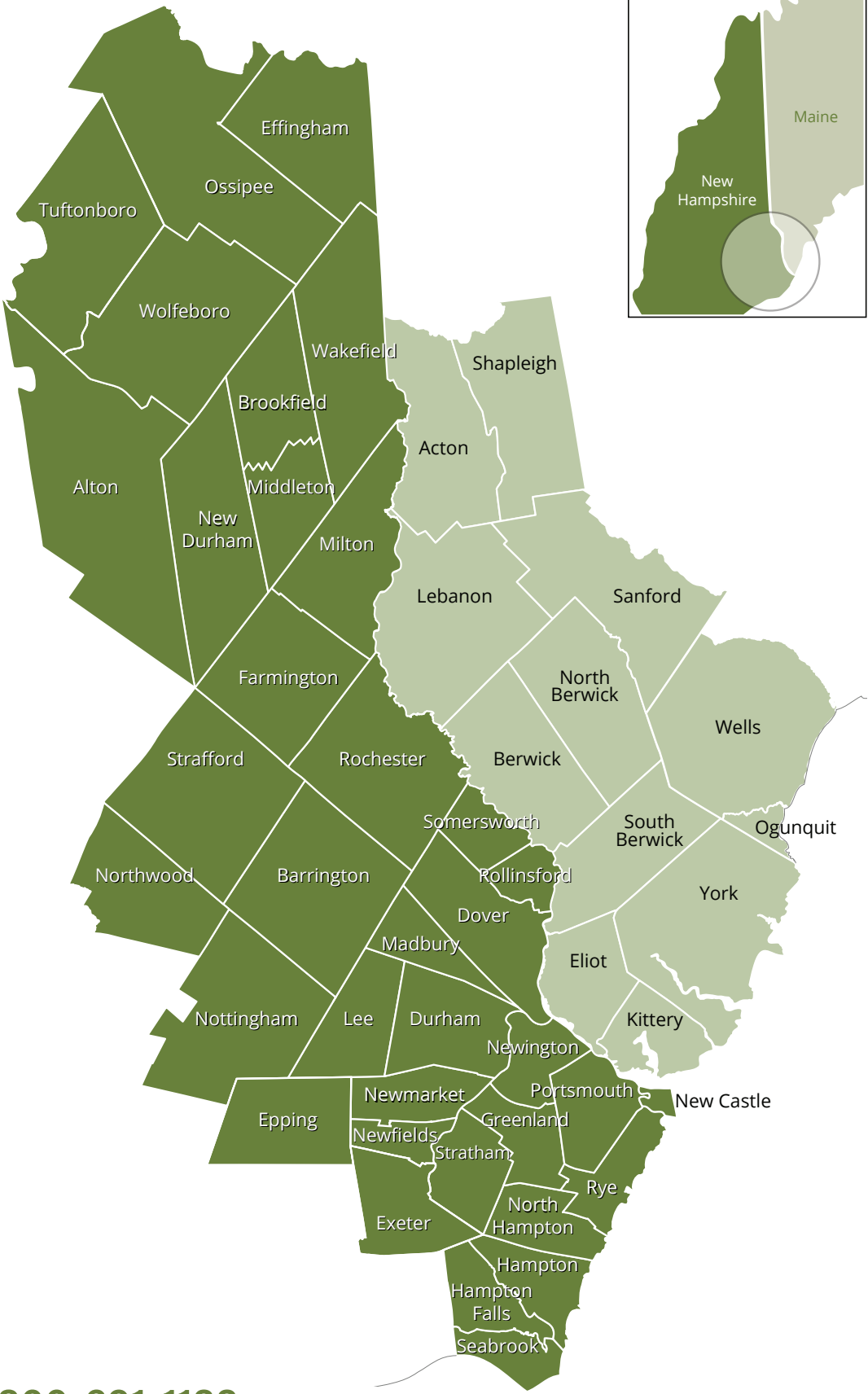
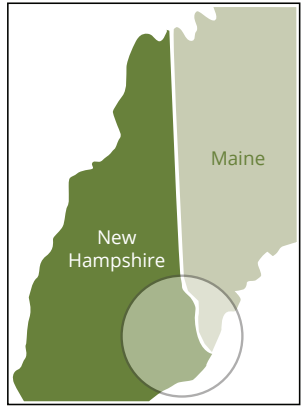
- Alzheimer's and Dementia Care
- Personal Care & Support Care
- Homemaking (*errands, meal preparation, light housekeeping*)
- Medication Reminders
- Respite Care

## Community Care

As a nonprofit, Cornerstone VNA is deeply committed to the community and offers a full scope of programs, clinics and services. Our Community Care Team includes a Certified Health Coach and Nurses, who provide free educational programs and services throughout our service area, including caregiver support programs.

### Specialized Care and Support

- Certified Health Coach
- Health Screenings: Blood Pressure, Weight, Cholesterol, Blood Sugar Checks, Foot Care
- Medication Counseling
- Diet and Nutrition Counseling
- Advance Directives
- Mental Health Support
- Caregiver Support Groups
- Veteran Support Groups



**NH Towns:**

Alton	03809
Alton Bay	03810
Barrington	03825
Brookfield	03872
Center Strafford	03815
Dover	03820-03822
Durham	03824
East Rochester	03868
East Wakefield	03830
Epping	03042
Exeter	03833
Effingham	03882
Farmington	03835
Gonic	03839
Greenland	03840
Hampton	03842-03843
Hampton Falls	03844
Lee	03861
Madbury	03823
Middleton	03887
Milton	03851
Milton Mills	03852
New Castle	03854
New Durham	03855
Newfields	03856
Newington	03801, 03805
Newmarket	03857
North Hampton	03862
Northwood	03261
Nottingham	03290
Ossipee	03864, 03814, 03890
Portsmouth	03801-03804
Rochester	03866-03867
Rollinsford	03869
Rye	03870
Rye Beach	03871
Sanbornville	03872
Seabrook	03874
Somersworth	03878
Strafford	03884
Stratham	03885
Tuftonboro	03894, 03816, 03853
Union	03887
Wakefield	03830
West Nottingham	03291
Wolfeboro	03894
Wolfeboro Falls	03896

**ME Towns:**

Acton	04001
Berwick	03901
Eliot	03903
Kittery	03904
Kittery Point	03905
Lebanon	04027
North Berwick	03906
Ogunquit	03907
Sanford	04073
Shapleigh	04076
Springvale	04083
South Berwick	03908
Wells	04090, 04054
York	03909
York Beach	03910
York Harbor	03911

**800-691-1133**  
**cornerstonevna.org**