

Greenbelt Home Care Clinic schedules

Greenbelt Home Care of Eldora will be holding clinics during the month of February throughout the county. The schedule of services and locations is listed below. Instructions for each clinic are given and should be followed for an accurate screening.

- February 2 – Foot Care Clinic at Cedar Ridge in Iowa Falls, 8:30 a.m. to 4:00 p.m.; \$30, in-home foot care \$35.
- February 2—Informational session on Low Blood Pressure and also Seasonal Affective Disorder (SAD) at Cedar Ridge in Iowa Falls, 9:30 a.m. Session is free.
- February 2– Blood Pressure Checks and Cholesterol Checks at the Nutrition Site in Iowa Falls, 11:15 a.m. to 12:30 p.m.; \$4.00 for Cholesterol, Blood Pressure Check is free, but donations are accepted.
- February 5 —Blood Pressure Checks and Cholesterol Checks at Dorothy’s Senior Center in Eldora, 11:15 a.m. to 12:30 p.m.: \$4.00 for Cholesterol Check, Blood Pressure Check is free, but donations are accepted.
- February 5—Informational session on Seasonal Affective Disorder (SAD) at Dorothy’s Senior Center in Eldora, 12:30 p.m. to 1:00 p.m. Session is free.
- February 9—Foot Care Clinic at Greenbelt Home Care in Eldora, 8:30 a.m. to 4:00 p.m.; \$30, in home foot care \$35.
- February 16—Foot Care Clinic at the Presbyterian Village in Ackley, 8:30 a.m. to 4:00 p.m.; \$30, in home foot care \$35.
- February 18—Informational session on Seasonal Affective Disorder (SAD) at the Iowa Falls Nutrition site, 12:30 p.m. to 1:00 p.m. Session is free.

Blood Pressure and Cholesterol Checks

Participants for the Cholesterol screening should not eat 3 hours prior to the testing. Drinking water is ok.

There will be a \$4.00 fee for the Cholesterol Checks. The blood pressure screening is free, but donations are accepted.

Foot Care Clinic

Each individual at the foot clinic is allowed time for a foot inspection, trimming of toenails, and foot massage. Prior to coming to the clinic, participants are asked to soak their feet in warm soapy water for 20 minutes. Participants need to bring the following with them to the clinic: medications or a list of medications, a bath towel, and lotion of preference. To schedule an appointment please call (641) 939-8444 or 1-877-283-0959. Inform the nurse if you are diabetic or have problems with circulation in your feet. The cost is \$30.00, \$35 if seen in the home. Gift certificates are available.