

*"I haven't been able to
get around like I used to.
I don't know what
I would have done
without the help of
Project HEARTH."*

—Pearl, Project HEARTH client



**For information on services
or volunteer opportunities,
please contact:**

**610-326-1610
HEARTH@fsmontco.org**

**For information on
counseling, please contact:**

**Deborah Harris, LCSW
610-630-2111 ext. 240
dharris@fsmontco.org**

Project HEARTH is a program of



For more information, visit
www.fsmontco.org.

Project HEARTH is funded by the
Pottstown Area Health & Wellness Foundation;
Penn Community Bank; VNA Foundation
of Greater North Penn; Montgomery County
Office of Senior Services; and
generous private foundations and donors.

Rev. 3/2023



PROJECT HEARTH

**Helping Elderly Adults
Remain in Their Homes**



PROFESSIONAL IN-HOME COUNSELING

A professional, licensed clinician is available for in-home counseling to assist older adults and their families with:

- Issues of grief and loss
- Making difficult life decisions
- Coping with chronic illness
- Challenges with caregivers and family members

TRANSPORTATION AND ERRAND SERVICE

Volunteers are available to run errands and/or escort clients to doctor appointments, pharmacies, therapies, or keep scheduled appointments.



TELEPHONE REASSURANCE

Volunteers make regular (weekdays) phone calls to seniors to ensure their safety and well-being.



HANDYMAN CHORE SERVICE

A community volunteer handyman will provide minor home repairs for older adults who are unable to perform these services themselves.

When materials are needed, there is often a cost to the Project HEARTH client.

FRIENDLY VISITATION

Volunteers are available to meet with clients for friendly visiting.

WHO IS ELIGIBLE FOR SERVICES?

Services are provided free of charge to older adults (ages 60+), who are on a limited/fixed income and live in Montgomery County, Pennsylvania.

Other services may be provided, based on volunteer availability. Please ask the Project HEARTH staff if you have a specific need.

HOW CAN I GET INVOLVED?

To request services, volunteer or learn more about **Project HEARTH**, contact us at the phone number on the back of this brochure.