

Home Services Happenings

By Cathy Murphy

Pine Island Area Home Services, serving Pine Island and Oronoco are, is sponsoring the following January events.

Fundraiser Dinner:

Lunch and Wal-Mart Trip: Thursday, February 11th, please call the office and reserve a spot. Space is limited.

Foot Care Clinic: Thursday, February 18th. In-home appointments are available for elders having difficulty leaving home. Call to set up an appointment.

Exercise Classes: Tuesdays from 9:30-10:30 am, at Saint Paul Lutheran Church. Gentle stretch, range of motion and strengthening exercises.

Blood Pressure Clinics: City Centre in Pine Island, Tuesdays, February 9th & 23 at 11:00 am and at Pine Island City Hall (upstairs) Thursday, February 25th at 11:00 am. If you are not able to get out and need your blood pressure monitored call 356-2999 to schedule an in-home blood pressure check.

Caregiver Support Group: 2nd and 4th Mondays each month; 1 pm, Saint Paul Lutheran Church in Pine Island. Respite is provided. Open to any caregiver living with or helping someone with memory loss.

Service Highlights: Free Help with Tax Returns for Seniors

Trained Counselors in the Tax-Aide Program of AARP will be available on Wednesday, March 3rd.

This service will offer free assistance in filling out federal and state tax forms for Senior Citizens with low to moderate income. This includes the property tax refund for which either homeowners or renters with low income may qualify for even if they are not required to file an income tax return.

If your income is low, it is important to prepare a tax return even if you do not owe taxes. If you earned wages, you may qualify for earned income credit. Also, if you are a renter, you may qualify for a property tax refund if your household income is less than \$53,030.00.

Please call our office at 356-2999 to set up an appointment to take advantage of this valuable free service.

For more information on services, volunteer opportunities and activities visit our website at www.pineislandareahomeservices.org.