

The LaPlanche Clinic

is operated under the auspices of MidState Medical Center. It was established in 1979, and named in honor of Oscar and Peggy LaPlanche. Oscar and Peggy were both dedicated hospital volunteers, instrumental in the establishment of the Clinic at the Meriden Senior Center.

The Clinic is open 20 hours per week and is staffed by a Certified Gerontological Nurse. Appropriate staff is utilized from MidState to conduct the various health screenings and to provide health education information (ie. pharmacist, dietician, clinical nurse specialist).

Free parking is available in the Hanover Street lot across from the rear entrance to the Senior Center.

For more information on the LaPlanche Clinic, call 203 237 0300

To find a MidState doctor, call 1 866 MMC 5678.

Excellence in care. And caring.

LaPlanche Clinic
22-26 W. Main Street
Meriden, Connecticut 06451



Promoting wellness,

**maintaining health,
and preventing disease
for area seniors**

FREE SERVICES OFFERED

Located in the lower level of the Max E. Muravnick Meriden Senior Center, 22-26 W. Main Street, Meriden, the LaPlanche Clinic provides health screenings, education, and referrals to area seniors aged 60 and over.

The goals of the Clinic are to promote wellness, maintain health, and prevent disease.

SCREENINGS

- Blood Pressure
- Diabetes
- Cancer
- Hearing
- Vision

HOURS

Monday, Tuesday
and Wednesday,
9:00 a.m.
to 2:00 p.m.

Appointments
suggested;
walk-ins
welcome.

HEALTH EDUCATION AND COUNSELING

The following is a sample listing of seminars, lectures, and programs presented by area specialists:

- Arthritis
- Diabetes
- First aid
- Living wills
- Strokes
- Health insurance issues
- Back care
- Digestive problems
- Heart disease
- Podiatry
- Nutritional counseling – “Diet Watch”
- Harvest of Wellness
- Complimentary modalities

OTHER SERVICES

- Weekly “Young at Heart” discussion group
- Referrals
- Transportation arrangements
- Medication management
- VNA Foot Clinic
- Community Outreach

