

Carlisle Council on Aging Elder Resource Guide



A Visit to the JFK Library

Carlisle Council on Aging
66 Westford Street
Carlisle, MA 01741

August 2016

Welcome to the Carlisle Council on Aging

The Carlisle COA is a department of the Town of Carlisle serving Carlisle residents, 60 and older, their families, and our multi-generational community.

The Carlisle Council on Aging gratefully acknowledges the materials and support provided by the Bedford and Billerica Council on Aging and Concord Carlisle Youth and Community Services in developing this document along with the support of volunteers Launa Zimmaro, Amanda Li, Joan Rolfe, Jane Lawson, Giovanna DiNicola and Holly West.

Contact information

Carlisle Council on Aging

66 Westford Street

Carlisle, MA 01741

Office: (978) 371-2895 or (978) 371-6693

Transportation services: (978) 371-6690, coaride@carlisle.mec.edu

Fax: (978) 371-0594

Website: carlislema.gov/Pages/CarlisleMA_COA/index

Hours: Monday, Wednesday and Thursday 9:00 AM to 3:00 PM

Tuesday: 9:00 to 7:00 PM

Friday 9:00 AM to 12:00 PM

Services and program offerings include:

- Transportation to medical appointments. Please provide **2 business dFFays notice**;
- Information and referral for seniors and their family members to help identify available support resources;
- Health services including blood pressure checks, flu clinics and podiatry;
- Fitness classes including fitness, cardio, Zumba and more;
- Informational programs on health, legal, financial and other issues;
- Humanities lectures, trips and many other educational, social, cultural and recreational events;
- Monthly lunches, coffees and breakfasts;
- Medical equipment loan program.

Carlisle residents 60 and older are eligible for all services and activities. All Carlisle residents are eligible for fuel and food assistance. Programs and services are generally offered free. Fees generally apply for classes and trips while donations are requested for lunches and some other services such as transportation. Note: The Carlisle COA cannot recommend any contractor, but lists a number of vendors who offer transportation services. Please check licenses, referrals and insurance as needed.

July 29, 2015

Carlisle Council on Aging Staff

Director: David Klein 978-371-6693, coadirector@carlisle.mec.edu

Outreach Coordinator: Angela Smith 978-371-2895, asmith@carlisle.mec.edu

Transportation Coordinator: Debbie Farrell 978-371-6690 (leave a message),

Administrative Assistant: Linda Cavallo-Murphy 978-371-2895,
coaadmin@carlisle.mec.edu

Social Worker: Peter Cullinane 978-371-2895

If you are in need of services for a parent or spouse who lives in another town or state, the Carlisle Council on Aging will try to support you with general information. Local services may be available by contacting the local or regional Council on Aging, Senior Center or Department of Elder Affairs.

July 29, 2015

Table of Contents

ADULT DAY CARE (HEALTH OR SOCIAL)	1
ADVOCACY	3
ASIAN RESOURCES	6
ASSISTED LIVING FACILITIES	6
CONTRACTORS	7
COUNCIL ON AGING	7
DENTAL CARE	8
DISABILITY SERVICES	11
DOMESTIC VIOLENCE	18
ELDER ABUSE	20
ELDER HOTLINE	21
ELDER INFO	21
EMERGENCY INFORMATION	22
ENGLISH AS A SECOND LANGUAGE AND RELATED SERVICES	23
EMPLOYMENT	23
FAMILY CAREGIVERS INFORMATION AND REFERRAL	24
FINANCIAL ASSISTANCE	25
FITNESS PROGRAMS	29
FOOD AND NUTRITION	29
GOVERNMENT HEALTH INSURANCE BENEFITS	33
HAIRDRESSER/COSMETOLOGY	34
HEALTH CARE PROXY	35
HEALTH INFORMATION - JOURNALS AND INTERNET ACCESS	35
HEALTH RESOURCES FOR LOW-INCOME AND UNINSURED	36
HOME AND PERSONAL SAFETY	37
HOSPICE	38
HOUSING	39
MORTGAGE FORECLOSURE PREVENTION	42
IDENTITY THEFT	47
INDIGENT DRUG PROGRAMS OFFERED BY DRUG COMPANIES	48
IN-HOME CARE	49
INSURANCE COVERAGE AND BENEFITS, MEDICARE	49

July 29, 2015

INVESTOR INFORMATION AND PROTECTION	50
LEGAL SERVICES	50
LIFELINE	53
MEDICAL ORDERS FOR LIFE SUSTAINING TREATMENT (MOLST)	54
MEDICAL EQUIPMENT & SUPPLIES	54
MENTAL HEALTH SERVICES	56
PRESCRIPTIONS	61
PRINT AND AV MEDIA	61
RELIGIOUS SERVICES AND GRIEF COUNSELING	62
RESPIRE CARE	62
SOCIAL SECURITY	63
SPECIFIC HEALTH ISSUES SUPPORT	63
SUBSTANCE ABUSE SERVICES	64
SUPPORT GROUPS	64
TRANSPORTATION	66
VETERANS AND MILITARY RETIREES BENEFITS ASSISTANCE	70
APPENDICES	73
AN A TO Z DIRECTORY OF HELPFUL PHONE NUMBERS	73
EMERSON HOSPITAL PHONE DIRECTORY	78
CAREGIVERS' ONLINE RESOURCES	80
FOOD ASSISTANCE	81
LOCAL HOUSES OF WORSHIP	83
MASSACHUSETTS ELDER CARE AGENCIES, ADVOCATES, & PROGRAMS	86
TAXPAYER HELP & RESOURCES	90
OTHER USEFUL LINKS	91

July 29, 2015



February (2016) Bingo with National Charity League centerpiece.



Chelmsford Crossing Lunch

July 29, 2015

Adult Day Care (Health or Social)

Adult Day - Health

All Care Adult Day Health at North Village

20 Sheila Ave, #6

No. Chelmsford, MA 01863

Phone: 978-251-0367

(Carlisle residents are accepted even though does not show Carlisle as being in their service area.)

<http://www.allcare.org/adult-day-health/>

<http://www.allcare.org/service-area/>

Blaire House of Tewksbury Adult Day Health Center

10 Erlin Terrace

Tewksbury, MA 01876

Phone: 978-851-3121

www.elderservices.com

<http://www.elderservices.com/blaire-house-of-tewksbury>

Community Family Alzheimer's & Adult Day Health Programs

[Call to see if they provide transportation for your area of Carlisle, otherwise you can provide your own transportation.]

236 Broadway

Lowell, MA 01854

Phone: 978-458-4844

www.communityfamily.org

Cooperative Elder Services

[See website for Arlington, Burlington, and Milton]

7 Chamberlin Dr.

Concord, MA 01742

Phone: 978-318-0046

8 West Main Street

Groton, MA 01450

Phone: 978-448-1400

www.cooperativedelderservices.com

August 2016

D'Youville Senior Care Adult Day Health Center

91 Varnum Avenue

Lowell, MA 01854

Phone: 978-569-1000

<http://www.dyouville.org/>

Home Away From Home Adult Day Health Center

[Carlisle residents must provide their own transportation.]

150 Industrial Avenue

Lowell, MA 01852

Phone: 978-453-4663

<http://www.homeawayfromhomeadhc.net/>

Adult Day -Social

Andover Social Supportive Day Program

Open to all seniors Monday-Friday 8 AM – 4:00 PM

Mailing Address:

38 Bartlett Street

Andover, MA 01810

Location:

30 Whittier Court,

Andover, MA 01810

Phone: 978-623-8321

<http://www.andoverseniorcenter.org/>

Chelmsford Adult Day Social Program

75 Groton Street

Chelmsford, MA 01863

Phone: 978-788-6178 (Adult Day Care Program)

Phone: 978-251-0533 (Senior Center main number)

www.townofchelmsford.us

Littleton Social Club

The LSC meets on Tuesdays, Wednesdays and Thursdays from 9:00 AM to 1:00 PM at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch.

NOTE: Carlisle residents must provide their own transportation.

33 Shattuck Street, Littleton, MA 01460

Phone: 978-540-2470

www.littletonma.org

August 2016

Pleasantries Adult Day and Consulting Services

Pleasantries Adult Day Program is located in a residential home setting within a lakeside neighborhood in Marlborough, MA. Ten to fourteen guests attend daily to eliminate loneliness, boredom, and depression. Our program specializes in memory impairment disorders such as Alzheimer's or other dementia. Pleasantries is a non-medical program serving higher functioning individuals.

195 Reservoir Street

Marlborough, MA 01752

Phone: 508-481-0809

www.pleasantriesads.com

Advocacy

Alcoholics Anonymous

Phone: 617-426-9444

www.aaboston.org

Answering service available in Lowell

Phone: 978-957-4690

www.aamassd21.org

AARP (American Association of Retired Persons)

Massachusetts Regional Office

One Beacon Street, Suite 2301, Boston, MA 02108

Phone: 866-448-3621

www.aarp.org

American Red Cross, Regional Headquarters

139 Main Street, Cambridge, MA 02142

Phone: 617-274-5200

www.redcross.org/local/massachusetts

Attorney General's Office

Elder Consumer Hotline

One Ashburton Place, Boston, MA 02108

Phone: 888-243-5337

<http://www.mass.gov/ago/>

Better Business Bureau of Eastern Massachusetts

290 Donald Lynch, Boulevard, Suite 102

Marlborough, MA 01752-4705

Phone: 508-652-4800

<http://www.bbb.org/boston>

August 2016

Cell Phones

Cell Phone or Landline discount for low-income people.

If you receive public benefits you may be eligible for discounted telephone service through federal Lifeline and Link-up programs. In Mass. available through Safelink Wireless for cell phones; through Verizon for landlines.

For cell phones: 800-977-3768

www.safelinkwireless.com

For landlines: 800-837-4966

www.verizon.com

<https://www.verizon.com/support/consumer/consumer-education/lifeline>

Consumer Credit Counseling

101 Federal Street

Ste. 1900

Boston MA, 02110

800-873-2227

<http://www.moneymanagement.org/>

Consumer Hotline

To report unfair or deceptive practices, call the Consumer Hotline, or visit their website.

Phone: 617-727-2200 (Attorney General's Office)

617-727-8400 (Public Inquiry and Assistance Center)

<http://www.mass.gov/ago/consumer-resources/consumer-assistance/>

Consumer Products Safety Commission

Phone: 301-804-7923

www.cpsc.gov

Consumer Rights and Ways to Protect Your Financial Interest

Phone: 617-973-8787 (toll free in MA: 888-283-3757)

www.mass.gov/consumer

D.E.A.F., Inc.

215 Brighton Ave., Allston, MA 02134

Phone: 617-254-4041

www.deafinonline.org

Diabetes Association

Phone: 800-342-2383 (800-DIABETES)

www.diabetes.org

August 2016

Domestic Violence

REACH Beyond Domestic Violence - REACH, an acronym for: Refuge, Education, Advocacy and CHange. Programs include 24-hour hotline services, emergency shelter and safe home, support groups, legal advocacy, specialized children's services, community-based victim advocacy programs, outreach, education and training.

Phone: 800-899-4000

www.reachma.org

Driving Resources/Programs

Registry of Motor Vehicles – Medical Affairs Branch

Mailing Address:

Attn: Medical Affairs Branch

Registry of Motor Vehicles

P.O. Box 55889

Boston, MA 02205

Location:

Haymarket Center

136 Blackstone St, Boston

This branch of the Registry sets policies and procedures regarding the minimum physical qualifications to operate a motor vehicle. Issues disabled plates and placards.

Placard applications are also available at the Senior Center.

Phone: 857-368-8020

https://www.massrmv.com/rmv/medical/plates_placs.htm

Driver Safety Program – AARP

Phone: 888-687-2277

www.aarp.org

Driver Evaluation Program

New England Rehabilitation Hospital

2 Rehabilitation Way, Woburn, MA 01801

Phone: 781-939-1875

www.newenglandrehab.com

Medical Coverage Complaints

Department of Public Health

Division of Health Care Quality

Resolves complaints about inadequate care and abuse in hospitals and nursing homes

Phone: 800-462-5540

<http://www.mass.gov/eohhs/gov/departments/dph/programs/hcq/healthcare-quality/healthcare-facility-complaints/complaints-for-nursing-homes-health-care-facilities.html>

MassPRO

Resolves complaints about inadequate hospital care, including early discharges for all Medicare beneficiaries. Call MassPRO immediately when you have a concern about a discharge or other Medicare coverage-related situation.

Phone: 800-252-5533

www.masspro.org/

Medicare Advocacy Project

Advice and free legal representation to Massachusetts Medicare beneficiaries who have problems with Medicare coverage

Phone: 800-323-3205

www.gbls.org/

Asian Resources

Boston Chinese Golden Age Center

5 Oak Street West Quincy Tower, Boston, MA 02116

Care Management, caregiver support group, adult day health, day care – other, health and education programs, Emergency response service, information and referral – housing, area agencies on aging, insurance information and referrals, ethnic meals.

Phone: 671-423-7560

www.gbcgac.org

Assisted Living Facilities

There are many options available. For information on assisted living facilities in the area, call the COA: 978-371-2895

August 2016

A Place for Mom

A Place for Mom helps seniors (men and women) and their families find senior care and housing based on their unique needs and budget. They are the nation's largest senior living referral service with more than 300 highly trained, experienced and compassionate Senior Living Advisors located in cities across the country. These Advisors provide personal help and information to those seeking senior living and eldercare. A Place for Mom is paid by the senior living communities and care providers in their network so their service is provided to consumers at no charge.

Phone: (866) 344-8005 8 a.m.-9 p.m.

www.aplaceformom.com

SeniorAdvisor.com

Largest directory of senior living home care options. Browse photos, ratings, and opinions of assisted living, dementia care, independent living, senior apartments, and more - all by people just like you. You'll also find top rated senior in-home care providers, elder care attorneys, and a community full of advice for virtually every facet of your retirement planning

Phone: 800-805-3621

www.senioradvisor.com

Contractors

If you need to hire a contractor when appropriate, ensure that the person is licensed and insured. Although the COA cannot recommend any contractor, we have captured names and numbers of contractors that other folks in town have used. Call the COA for this information: 978-371-2895

Council on Aging

COA Activities/Programs

The COA Newsletter, *The Senior Connection*, will provide dates and times of all programs and activities mentioned in this guide. Some programs are free; others are donations requested while others are fee-based. If you are 60 or older and not currently receiving a copy of "The Senior Connection" please call to be added to our mailing list.

Phone: 978-371-2895

"The Senior Connection" may be viewed online at

http://www.carlislema.gov/Pages/CarlisleMA_COA/index

August 2016

Volunteering

Volunteering is a personal choice of individuals to offer a part of themselves, whether it is through work at one particular task or helping in a variety of positions with no direct financial compensation expected. An individual's satisfaction is in knowing that they helped to improve the quality of life for someone in their community. We rely on volunteers in order to offer great programs and activities and provide support for our seniors.

We are very grateful to all the volunteers who give of their time and talents.

If you are interested in volunteering, we would be happy to meet with you. All volunteers must be CORId (Criminal Offender Record Information). If you are interested in volunteering, please call the Carlisle COA.

Phone: 978-371-2895

Dental Care

Boston University Dental School Clinic

100 East Newton Street,

Boston, MA 02215

All Types of services are offered.

If a student treats you (under supervision), the rate is much lower.

They accept Mass. Health.

An instructor or regular dentist treats the more complex cases and that cost will be similar to regular dental fees.

You need two- or three-weeks lead time to get the first appointment – exam, X-rays.

On Thursdays and Fridays, they have a walk-in clinic – 8:00AM – 11:00AM.

Phone: 617-638-4700

Community Gardner Health Connections Family Health Center

175 Connors Street

Gardner, MA 01440

All services are available except crowns and posts – these are referred to the Fitchburg Clinic. Mass. Health is accepted.

The first appointment generally consists of X-rays and an exam.

Medical hours: Monday, Tuesday and Friday: 8:00 AM to 5:00 PM.

Dental hours: Monday, Tuesday and Friday: 8:00AM – 5:00PM: Wednesday and

Thursday: 8:00 AM – 7:00 PM.

Phone: 978-410-6100

<http://chcfhc.org/>

Community Health Connections Family Health Center

14 Manning Avenue, 4TH floor.

Leominster, MA 01453

All types of services are offered except root canals or crowns*

Mass. Health is accepted.

Otherwise, costs are about 25% less than regular dental fees. Ask if other help may be available. They need 4-5 weeks of lead-time; an appointment is necessary.

Hours: 8:30AM – 4:00PM - Tuesday until 7:00PM.

*These are done at the Fitchburg Clinic.

Phone: 978-847-0110

Community Health Connections Family Health Center

Bullock Building

326 Nichols Roads

Fitchburg, MA 01420

Mass. Health is accepted.

Hours: 8:00AM – 5:00PM, Monday – Friday

Phone: 978-878-8420

Forsyth Dental Hygiene Clinic

First must have their comprehensive oral assessment then other services are oral prophylaxis (cleaning), fluoride, dental sealants, athletic mouth guards, non-surgical periodontal therapy, whitening trays, and dental radiographs (including digital and panoramic). Oral prophylaxis (cleaning) available to seniors for \$15.00

Some major types of insurance are accepted, but insurance is not required to visit the clinic.

MCPHS University Boston

101 Palace Road

Boston MA 02115

Phone: 617.278.2700

<http://www.mcphs.edu/patient%20clinics%20and%20community%20outreach/forsyth%20dental%20hygiene%20clinic>

Harvard University Dental School Clinic

188 Longwood Avenue

Boston, MA 02115

All types of services are offered.

Charges are 30-50% less than a regular dentist when treated by students under supervision. Appointments are necessary – need 3-4 weeks advance notice.

Phone: 617-432-1000

August 2016

Middlesex Community College

44 Middle Street

Lowell, MA 01852

Low cost dental hygiene by supervised students

Phone: 781-280-3250

<http://www.middlesex.mass.edu/>

Mount Ida College Community Dental Clinic

Provides dental treatment to adults and children. Dental hygiene students provide preventative dental hygiene services, including cleanings, X-rays, sealants and whitening; while our dentist performs restorative services, such as crowns, extractions and dentures. We accept Mass Health and other insurances.

Academic Technology Building at Mount Ida (first floor)

777 Dedham Street in

Newton, MA

Phone: 617- 928-7360

<http://www.mountida.edu/community/mount-ida-college-dental-clinic/>

Tufts University Dental School Clinic

One Kneeland Street

Boston, MA 02111

This emergency clinic is a walk-in clinic for patients experiencing pain only.

Sign-in opens at 7:00AM. They can only see a limited number of patients, so early sign-in is recommended. Hours of this clinic are: 9:00AM - 10:30AM and 11:00PM – 2:30PM – first come, first served. Fee is \$82, due at the time of service; extractions cost more.

All other patients must make an appointment to become a new patient at the dental school. First visit with a student and faculty member involves general exam and X-rays and costs \$73 due at the time of service. Second visit is more comprehensive and costs \$63. Treatment itself begins on the third visit. Each appointment takes approximately 3 hours.

Phone: 617-636-6828

Universal Dental Plan

Universal Dental Plan is a member based-fee for service Discount Dental Savings Plan. It is not Dental Insurance. Members receive 20%-50% discounts on unlimited dental procedures when they visit a participating network dentist who will charge members according to UDP discounted fee schedule. There are no waiting periods, pre-existing condition exclusions, deductibles, claim forms, annual maximums, or visit limitations.

<http://universaldentalplan.com/>

Disability Services

Boston Center for Independent Living

The Boston Center for Independent Living is an organization led by people with disabilities that advocates to eliminate discrimination, isolation and segregation by providing advocacy, information and referral, peer support, skills training, and PCA services in order to enhance the independence of people with disabilities.

60 Temple Place

Boston, MA 02111

Phone: 617-338-6665, TTY: 617-338-6662

<http://bostoncil.org/>

Disabled Persons Protection Commission

50 Ross Way, Quincy, MA 02169

Services for persons 18-59 years old.

Phone: 800-822-0350 V/TTY

www.mass.gov/dppc

Mass Equipment Distribution Program

MassEDP Main Office

1380 Bay St.

Taunton, MA 02780

A service that provides residents with a permanent disability access to the telephone network in their homes by offering specialized telephones for free or at a reduced cost, depending on income.

Phone: 800-300-5658

Mon - Fri 8:30am to 5:00pm. (You will hear a series of beeps before the operator speaks.)

<http://www.massedp@state.ma.us>

Mass Office on Disability

Information, technical assistance and advocacy for people with disabilities

Phone: 800-322-2020 or 671-727-7440

<http://www.mass.gov/anf/employment-equal-access-disability/oversight-agencies/mod/>

Mass Options

The Executive Office of Health and Human Services (EOHHS) in Massachusetts

Connections to services for elders and individuals with disabilities – simplified.

Offers a website and call center aimed at improving access to community and long-term services and supports for individuals throughout the Commonwealth

Phone: 844-442-6277 – Seven days a week, 8 AM – 8:00 PM

www.massoptions.org/massoptions/

August 2016

Mass Rehabilitation Commission MRC

600 Washington Street
Boston, MA 02111

Vocational rehabilitation, independent living, employment services, van and home modifications, home care assistance

Phone: 800-245-6543

MRC Ombudsperson

Phone: 617-204-3603

Disabled Persons Protection Hotline

Phone: 800-426-9009

<http://www.mass.gov/eohhs/gov/departments/mrc/agency-programs-and-divisions.html>

Universal Access Program

Massachusetts Department of Conservation and Recreation

Universal Access Program

251 Causeway Street, Suite 900

Boston, MA 02114-2104

The Mass Dept. of Conservation and Recreation provides outdoor recreation for people of all abilities through specialized equipment and accessible recreation programs.

Phone: 617-626-1250

<http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/>

Hearing Impairment***American Medical Resources Foundation (recycles hearing aids)***

P.O. Box 3609

46 North Montello Street

Brockton, MA 02301

Phone: 508-580-3301

www.amrf.com

Assistive Technology Exchange in New England

Independent Living & Assistive Technology Services

Mass Rehabilitation Commission

27 Wormwood Street

Boston, MA 02210-1616

Phone: 617-204-3851 ext. 3623, 617-204-3815 (TTY)

www.getatstuff.org/

August 2016

Audient Program

Northwest Hearing Care
901 Boren Avenue, Suite 810
Seattle, WA 98104
Phone: 206-838-7194
www.audientalliance.org

Boston Guild for the Hard of Hearing

Northeastern University Hearing Outreach Program & NUused Pilot Program
Behrakis Health Sciences Center
30 Leon Street, 503
Boston, MA 02115
Low cost hearing aids – long wait time and recycled hearing aids.
Contact: Sandra Cleveland, Director, Audiology
Sa.cleveland@neu.edu
Phone: 617-373-2492 voice

D.E.A.F., Inc.

215 Brighton Avenue Allston, MA 02134
D.E.A.F. offers a comprehensive package of programs and services in a supportive community environment that is linguistically and culturally accessible for Deaf, Hard of Hearing, Deaf/Blind and Late-Deafened individuals from diverse ethnic and cultural populations.
info@deafinonline.org
Phone: 617-254-4041 TTY/V
617-254-7091 FAX

Enrichment Audio Resource Services (E.A.R.S)

E.A.R.S. is a nonprofit public charity. We provide, free of charge, audio lessons that teach adaptive daily living skills to the vision impaired and their caregivers. The lessons, modeled after current blind rehabilitation techniques, are a must for anyone coping with loss of eyesight. We are committed to teaching, each of the 1 out of 6 seniors who have developed limited vision, the skills necessary to continue living their lives with confidence and dignity.
<http://earsforeyes.info/>

Mass Commission for the Deaf and Hard of Hearing

600 Washington Street

Boston, MA 02111

Phone: 800-882-1155

www.mass.gov/mcdhh

Information Specialist:

Phone: 617-740-1668

800-530-7570 TTY

617 740 1850 FAX

For comprehensive resource guide: www.mass.gov/mcdhh on right side see publications, resource guide

Mass Commission for the Deaf and Hard of Hearing, Assistive Technology Fund

Call to check on availability of funding.

600 Washington Street

Phone: 617-740-1600

Contact: Mary Macone

Phone: 617-740-1653

617-740-1700 TTY

617-740-1850 FAX

Mass Health Medicaid Program

600 Washing Street, 5th Floor

Boston, MA 02111

Phone: 617-348-5500, 617-373-8927 (TTY)

Mass Relay

703 W. Housatonic Street

Suite 148

Pittsfield, MA 01201

Mass Relay is a free, confidential 24/7 service enabling hearing people or people who do not use a text telephone (TTY) to communicate over regular telephone lines with people who are deaf, hard-of-hearing, late deafened, or speech disabled. A Relay Operator (OPR) will complete your call, dialing the person you wish to contact and then stay on the line to relay messages electronically via a TTY or verbally to people who can hear. OPRs provide exact transcriptions of what they hear and speak what is typed to them, unless the caller directs them to do otherwise.

Phone: TTY and ASCII Users: 800-720-3480

Phone: Voice and Hearing Users: 800-720-3479

Travelers Protective Association of America

2041 Exchange Drive,

Saint Charles, MO 63303

Scholarship Trust for the Deaf and Near Deaf, provides financial aid to children and adults who qualify. Assistance for mechanical devices, medical or specialized treatment or education. Grants enable purchase of listening devices and help with cost of cochlear implants.

Phone: (877) 872-2638 Voice

(636) 724-2457 FAX

www.tpahq.org

VA Boston Healthcare System

Outpatient Clinic

Audiology Department

150 South Huntington Avenue

Jamaica Plains, MA 02130

Only veterans enrolled in area VAs can get free hearing aids.

Contact: Dr. Anne Hogan, Chief of Audiology and Speech Pathology

Phone: 857-364-4730 – for clinic appointments

www.boston.va.gov

Memory Concerns

Memory Diagnostic Clinic for Veterans

Geriatric Research Education and Clinical Centers (GRECC)

Evaluations and treatment for eligible veterans with memory concerns

VA Hospital

Only veterans enrolled in area VAs are eligible to use this service.

Phone: 781-687-2701 - for clinic appointments

<http://www.bedford.va.gov>

Visual Impairment

Association for Blind Citizens

The purpose of the Association of Blind Citizens (ABC) is to advance relevant causes, increase opportunities in education, employment, cultural, recreational and other life activities, as well as enhance the social, political, and economic well-being for all persons who are blind or visually impaired. ABC offers publications, informative meetings, a special radio show, In Focus, as well as education, employment, recreational, and cultural opportunities to promote full inclusion in society.

Phone: 781-961-1023

<http://www.blindcitizens.org/index.htm>

August 2016

Bay State Council of the Blind

Membership organization. Resources, meetings, conference, publications and radio programs, leisure and recreation, legislative advocacy.

Marcia Dresser, President

Phone: 781-944-3586, 781-439-5211

mn.dresser@verizon.net

<http://www.acb.org/node/91>

Lowell Association for the Blind (LAB)

LAB is a non-profit, community based organization dedicated to working with the blind and visually impaired. Established in 1923, LAB has been serving the Greater Lowell/Merrimack Valley Community for 91 years. Their mission is to support, educate and nurture the blind and visually impaired residents of the Greater Merrimack Valley by helping them Enright their lives and gain independence.

Phone: 978-454-5704

www.lowellassociationfortheblind.org

Lions Clubs

Lions Clubs support sight programs and services, including vision screening and equipment. Find a local club.

<http://www.lionsclubs.org/EN/index.php>

Mass Association for the Blind and Visually Impaired (MAB)

Programs and services for the visually impaired: low vision centers, in-home services, support groups, volunteer help, technology.

Phone: 888-613-2777 or 508-854-0733

Mass Commission for the Blind

Eyewear not supplied. Commission supplies magnifiers and low-vision aids at cost or no cost. Must be referred by doctor for being legally blind. Veterans can go through VA services and doctors.

Phone: 617-727-5550 general number.

Information: Mimi Flannery, 617-626-7546

For Carlisle senior care call:

Alan White, Director of Metro West (includes Carlisle).

600 Washington Street

Boston MA 02111

Phone: 617-626-7685

<http://www.mass.gov/eohhs/gov/departments/mcb/>

National Federation of the Blind of Massachusetts

Membership organization. Provides information to members and public about blindness and low vision, resources, legislative advocacy.

9 Quail Run

Hingham, Massachusetts 02043

Phone: 617-752-1116

<http://www.nfbma.org/>

Perkins Braille and Talking Book Library

For those who meet one or more of the following: are legally blind; have corrected vision, but cannot read for extended periods; have a physical condition that makes holding a book difficult; have been certified as having a reading disability with a physical basis which prevents one from reading standard print. No fee.

175 North Beacon Street

Watertown, MA 02472-2790

Phone: 800-852-3133, 617-972-7240

TTY: 617-972-7690

<http://www.perkins.org/library>

Perkins School for the Blind

Variety of services for those eligible

175 North Beacon Street

Watertown, MA 02472-2790

Phone: 617-924-3434

perkins.org/

Talking Information Center

Radio broadcast of newspapers and magazines. Listen live at

<http://ticnetwork.org/listen-to-tic/>

Phone: 800-696-9505

<http://ticnetwork.org>

VA Boston Healthcare System

Advanced Low Vision Clinic

Primary care, optometry, and low vision exams. Coordinator assessment and plan, may include consults/referrals, training, or equipment.

Services are only for veterans who are eligible to use VA for health care.

Phone: 800-857-3384

Vision USA

Vision USA has free eye exams for the low-income uninsured who have not had an eye exam within the past 24 months. Must meet eligibility guidelines. Referrals are necessary.

Phone: 800-766-4466

<http://www.aoafoundation.org/vision-usa/>

August 2016

Visions of Independence

On referral from a doctor, trained therapists provide in-home independent living training. May be covered by Medicare or other insurance companies.

Phone: 781-784-3320

<http://visionsofindependence.info/voi.htm>

Domestic Violence

*** For issues of personal safety, do not view these websites if you suspect your computer is being monitored by a violent partner. Most internet use and phone calls are traceable even after computer history is cleared. Please keep this in mind when choosing devices to research issues of domestic violence! ***

Asian Taskforce against Domestic Violence

617-338-2350

<http://www.atask.org/site/>

Emerson Hospital

978-369-1400

Offers emergency services and referrals for victims of domestic violence

<https://www.emersonhospital.org/>

Boston Area Rape Crisis (24/7 hotline)

800-841-8371

<http://www.barcc.org/help>

Department of Transitional Assistance

978-446-2414

<http://www.mass.gov/eohhs/gov/departments/dta/help-for-victims-of-domestic-violence-on.html>: Lowell area.

Domestic Violence Hotline/Shelter-REACH

800-899-4000

<http://reachma.org/>

Domestic Violence Services Network, Inc.

888-399-6111

<http://www.dvsn.org/>

National Safelink 24-hour hotline

800-799-723

<http://www.thehotline.org/>

TTY: 800-787-3224

Safelink for Massachusetts

877-785-2020

<http://www.casamyrna.org/safelink-home/>

TTY: 877-521-2601

Rape Crisis Center (24/7, Greater Lowell Area)

800-542-5212

<http://www.chhinc.org/>

August 2016

Voices against Violence
<http://www.smoc.org/voices-against-violence.php>

800-593-1125
TTY: 508-626-8686

OTHER EMERGENCY NUMBERS

Gay, Lesbian & Bisexual Violence, National Hotline
<http://www.thehotline.org/is-this-abuse/lgbt-abuse/>

800-799-7233

Samaritans (24/7) Suicide Crisis Hotline
<http://samaritanshope.org/our-services/247-crisis-services/>

877-870-4673

Legal Assistance

South Middlesex Legal Services
<http://www.mwlegal.org/>

508-620-1830

For Reporting of Actual or Suspected Abuse/Neglect

The following agencies will investigate reports of abuse/neglect:

Child Abuse/Neglect (Dept. of Social Services) **800-792-5200**
<http://www.mass.gov/eohhs/gov/departments/dcf/child-abuse-neglect/reporting-abuse.html>

Disabled Persons Abuse Hotline **800-426-9009**

Minuteman Senior Services **781 272-7177)**
26 Crosby Drive
Bedford, MA

See also **Violence Prevention and Intervention Services division of the Massachusetts Health and Human Services Department**

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/violence/>

Domestic Violence Services Network (Concord)

DVVAP Advocates support clients in identifying their own pace for change and finding appropriate intervention. They also assist in risk assessment, safety planning, and referrals to viable, effective and appropriate resources.

Phone: Helpline: 888-399-6111, Office: 978-318-3421

<http://www.dvsn.org/>

August 2016

Jane Doe: The Massachusetts Coalition Against Sexual Assault and Domestic Violence

Education, support, economic empowerment, prevention and social change to end sexual assault and domestic violence. Many resources to find help for different types of abuse and relationships.

Phone: 617-248-0922; 617-263-2200 (TTY)

www.janedoe.org

The Rose Fund

In partnership with medical affiliates, The Rose Fund provides female survivors of domestic abuse with access to medical and dental reconstructive procedures.

Phone: 617-482-5400

<http://www.rosefund.org/>

The Second Step

The Second Step partners with adult and children survivors of domestic violence to enhance supportive community and identify a pathway to physical and emotional healing, housing and financial security.

Phone: 617-965-3999

<http://www.thesecondstep.org/Home.aspx>

Elder Abuse

Minute Man Senior Services

Phone: 888-222-6171 or 781-272-7177

Ask for Protective Services.

Institutional Abuse: Department of Public Health

10 West Street, Boston, MA 02111

Phone: 800-462-5531

www.mass.gov/dph

Mass Elder Abuse Hotline

Open 24x7.

Phone: 800-922-2275

U.S. Dept. of Justice: Elder Justice Website

A resource for victims of elder abuse and financial exploitation and their families.

Available is information about how to report abuse and exploitation and how to find local resources for assistance.

<http://www.justice.gov/ovw/areas-focus>

<http://www.justice.gov/elderjustice/support>

August 2016

Elder Hotline

Mass Elder Hotline

Monday through Friday, 10AM-5PM Provides statewide information on elder related issues and programs, including but not limited to: debt and debt collection practices, health insurance, home improvement, landlord/tenant issues, long-term care insurance, scam awareness, telemarketing.

Phone: 888-243-5337, TTY 617-727-4765

<http://www.mass.gov/ago/consumer-resources/consumer-information/resources-for-elders/>

Elder Info

800 Age Info

Offered through Minute Man Senior Services and designed to provide families, caregivers and health care professionals with over 40,000 connections to providers of elder services across the state. This resource was developed in a joint partnership with the MA Executive Office of Elder Affairs and Mass Home Care Association. Open Monday through Friday 9-5.

Phone: 800-ageinfo (800-243-4636)

<http://www.mass.gov/ago/consumer-resources/consumer-information/resources-for-elders/>

Mass 211

Mass 211 is a helpline connecting callers to information about critical health and human services available in their community, 24 hours a day, 7 days a week.

Phone: 2-1-1 or 877-211-MASS (6277).

<http://www.mass211.org/>

Mass Senior Care

Access complete consumer information, along with comprehensive and up-to-date facility data 24 x 7.

Phone: 800-CARE-FOR (800-227-3367)

www.maseniorcare.org/consumers

A Place for Mom

A Place for Mom helps seniors (men and women) and their families find senior care and housing based on their unique needs and budget. They are the nation's largest senior living referral service with more than 300 highly trained, experienced and compassionate Senior Living Advisors located in cities across the country. These Advisors provide personal help and information to those seeking senior living and eldercare. A Place for Mom is paid by the senior living communities and care providers in their network so their service is provided to consumers at no charge.

Phone: (866) 344-8005 8 AM.-9 PM

www.aplaceformom.com

SeniorAdvisor.com

Largest directory of senior living homecare options. Browse photos, ratings, and opinions of assisted living, dementia care, independent living, senior apartments, and more - all by people just like you. You'll also find top rated senior in-home care providers, elder care attorneys, and a community full of advice for virtually every facet of your retirement planning

800-805-3621

www.senioradvisor.com

Stop Medicare Fraud

A website of the U.S. Department of Health & Human Services and U.S. Department of Justice providing information about Medicare fraud, how to prevent it, and how to report incidences of it.

<http://www.stopmedicarefraud.gov/index.html>

Emergency Information

Carlisle Fire Department

911 for emergencies

Phone for general business: 978-369-1442

www.carlislema.gov/pages/carlislema-fire/index

Carlisle Police Department

Phone: 978-369-1818 or 978-369-1155

www.carlislema.gov/Pages/CarlisleMA_Police/index

English as a Second Language and Related Services

Gleason Public Library

Provides a variety of resources

Phone: 978-369-4898

www.gleasonlibrary.com

Greater Boston Chinese Golden Age Center

A variety of services provided. Call for eligibility.

Phone: 617-357-0226 or 800-410-5288

Fax: 617-357-5323

<http://www.gbcgac.org/>

Employment

Senior Tax Work Program

Property owners aged sixty and over are eligible to apply for this program. Sixteen applicants are matched to town department requests and work up to 87.5 hours annually to acquire a tax credit of up to \$700. Most placements are made in early July, but applications are accepted year round. Application forms are available through and should be submitted to the Carlisle Council on Aging.

Phone: 978-371-2895

The Career Place

The Career Place helps individuals to find current job openings, assess their skill levels and interests, and enter education and training programs.

Phone: 888.273.WORK, 781-932-5500; TTY (781) 932-5566

careerplacejobs.com/

CareerOneStop

CareerOneStop is the flagship career, training, and job search website for the U.S. Department of Labor. The website serves job seekers, businesses, students, and career advisors with a variety of free online tools, information and resources.

Phone: 877-872-5627, TTY 877-889-5627

<http://www.careeronestop.org/>

Massachusetts One Stop Career Centers

A network of One-Stop Career Centers throughout the Commonwealth of Massachusetts form the foundation of the state's delivery system for employment and training services for job seekers, employers, and their workers

<http://www.mass.gov/lwd/employment-services/career-services/career-center-services/>

August 2016

Family Caregivers Information and Referral

Care.com

Internet service for finding high-quality caregivers for every facet of care: childcare, special needs care, senior care, pet care, housekeeping and more. Detailed profiles, free job listings and hiring advice are just a few of the unique services they provide to help families and individuals find and select the best care available.

www.Care.com

Carlisle Council on Aging

Information and referral to local, statewide and national resources:

Phone: 978-371-2895

carlislema.gov/Pages/CarlisleMA_COA/index

Minuteman Senior Services

Metrowest Caregiver Support Project

Information and referral to resources, care advisement, assistance planning, caregiver training

26 Crosby Drive

Bedford, MA 01730

Phone: 888-222-6171 or 781-272-7177

www.minutemansenior.org

Eldercare Locator

The Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services

Phone: 800-677-1116

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

A Place for Mom

A Place for Mom helps seniors (men and women) and their families find senior care and housing based on their unique needs and budget. They are the nation's largest senior living referral service with more than 300 highly trained, experienced and compassionate Senior Living Advisors located in cities across the country. These Advisors provide personal help and information to those seeking senior living and eldercare. A Place for Mom is paid by the senior living communities and care providers in their network so their service is provided to consumers at no charge.

Phone: (866) 344-8005 8 AM.- 9 PM

www.aplaceformom.com

August 2016

Senior Advisor

Largest directory of senior living home care options. Browse photos, ratings, and opinions of assisted living, dementia care, independent living, senior apartments, and more - all by people just like you. You'll also find top rated senior in-home care providers, elder care attorneys, and a community full of advice for virtually every facet of your retirement planning

Phone: 800-805-3621

<https://www.senioradvisor.com>

The Family Caregiver Handbook: Finding Eldercare Resources in Massachusetts

<http://web.mit.edu/workplacecenter/hndbk/>

Financial Assistance

For help with housing see [Housing](#) section.

Economic Assistance Resources for Carlisle Residents - Resource Guide

<http://www.carlislema.gov/Pages/index>

AARP Foundation Tax Aid

AARP hosts free tax help in locations around the concord area – including the Concord, Acton, and Bedford public libraries.

<http://www.aarp.org>

Benefits Check Up

A free service of the [National Council on Aging](#) (NCOA).

There are over 2,000 federal, state and private benefits programs available to help adults over 55 pay for prescription drugs, health care, utilities, and other basic needs, but many people don't know these programs exist or how they can apply. By answering a series of questions on the BenefitsCheckUp website, you will get a report describing the programs you may get help from.

<https://www.benefitscheckup.org/>

Bentley Low Income Taxpayer Clinic

The Volunteer Income Tax Assistance Program offers free tax help to people who make \$50,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals in local communities. This program is available in the spring only

Service-Learning Center, Bentley University, Morison 101

175 Forest Street

Waltham, MA 02452-4705

Phone: 781-891-2710

Email: ga_VITA@bentley.edu

<http://www.bentley.edu/centers/service-learning-center/volunteer-income-tax-assistance>

ClearPoint Credit Counseling Solutions

225 Franklin St., #2672

Boston, MA 02110

Counseling and other assistance to help reduce debt and learn money management.

Phone: 617-426-0615, 800-750-2227

<http://www.clearpointcreditcounselingsolutions.org/>

Consumer Credit

This website offers bankruptcy, credit and housing counseling, as well as help forming debt management programs.

Phone: 800-769-3571

<http://www.consumercredit.com/>

EyecareAmerica

EyeCare America, the public service program of the Foundation of the American Academy of Ophthalmology, provides eye care through volunteer ophthalmologist at no cost to those who qualify.

www.eyecareamerica.org

Massachusetts Assistive Technology Loan Program

The Massachusetts Assistive Technology Loan Program, operated by [Easter Seals Massachusetts](#), is an alternative financing project that gives people with disabilities and elders access to low interest cash loans to purchase assistive devices and services such as hearing aids, electric wheelchairs or scooters, adapted vehicles, computers with special programs.

Phone: 800-244-2756 x 431 or x 428, 800-564-9700 (TTY)

<http://massatloan.org/index.html>

August 2016

Minuteman Senior Services

Money Management Program: Assistance in paying bills and managing money, organizing bills, writing checks for client signature and balancing checking account for those who meet income and age requirements

Phone: 888-222-6171 or 781-272-7177

minutemansenior.org/

Massachusetts Health and Human Services Gateway Screening Service

The Virtual Gateway Screening Service is a quick and easy way for people who live in Massachusetts to find out if they might be able to get help getting health care or health insurance, help paying for child care, help getting food, and help with many other needs.

https://service.hhs.state.ma.us/screening/ScreeningWelcome_input

Money Management International

MMI is a nonprofit, full-service credit counseling agency delivering professional financial guidance, credit counseling, community-wide educational programs, debt management assistance, bankruptcy counseling and education services, and housing counseling assistance to consumers via phone, Internet and in-person sessions. There is no fee or obligation for clients engaging in a counseling session. Normally, if a client chooses to establish a Debt Management Plan, there will be a one-time set-up charge and a monthly fee to contribute toward the cost of administering a Debt Management Plan.

Phone: 866-515-2227

www.MoneyManagement.org

National Foundation for Credit Counseling

NFCC provides credit, housing and bankruptcy counseling, as well as other financial education and consumer tools.

Phone: 800-388-2227

<https://www.nfcc.org/>

Weatherization Assistance Program (WAP)

Community Teamwork, Inc. (CTI)

45 Kirk Street, Lowell, MA 01852

Provide energy conservation measures to homes that will help families to stay warmer and conserve fuel. This program is available to both homeowners and renters with landlord permission.

Phone: 978-459-6161

www.comteam.org

Utility Assistance

Local utility companies sometimes offer a variety of budget and payment plans to help customers maintain their service.

August 2016

Fuel Assistance (Nov. through April)

LIHEAP – Low Income Home Energy Assistance Program

An annual cash benefit to help pay for heating fuel for those who meet income and other requirements. Apply by making an appointment at Carlisle Council on Aging at 978-371-2895. The COA has access to other fuel assistance based on meeting eligibility criteria.

Good Neighbor Fund (Salvation Army)

December Emergencies, January – April

An annual cash benefit to help pay for heating fuel for those who are slightly over income for LIHEAP support. Full assistance is also available based on income and other criteria. Contact the COA to review eligibility and more information.

Phone: 978-371-2895

Citizen's Energy

Citizen's Energy will deliver a voucher for 100 gallons of home heating oil for free to people in financial need one time per heating season. No citizenship requirements. Not an emergency assistance program; application process takes 4-5 weeks, and supply of oil is limited. See website for information on application process.

Phone: Oil Assistance 877-563-4645 (877-JOE-4-OIL)

Gas: Citizens Energy will issue a onetime payment of \$150 towards the household's gas account. Citizens Energy Natural Gas Heat Assistance Program payments are made directly to the gas company and are only available for households in Massachusetts.

Phone: Gas Assistance 866-427-9918 (866-GAS-9918)

<http://www.citizensenergy.com/assistance-programs>

MASSSave

Provides energy conservation services; also home energy analysis to help you save on energy bills. (Eversource)

<http://www.masssave.com/>

Comcast:

800-622-2278

www.comcast.com

National Grid:

800-732-3400

www.nationalgridus.com/masselectric/home/rates/4_lowincome.asp

Eversource:

800-592-2000

<https://www.eversource.com/Content/ema-e/residential/programs-services/financial-assistance>

Verizon:

800-837-4966

www.verizon.com

August 2016

For additional fuel assistance resources, see Economic Assistance Resources for Carlisle Residents - Resource Guide:
http://www.carlislema.gov/pages/carlislema_housing/20160404EconomicAssistanceResources

Fitness Programs

Note: Many COAs will let seniors from other towns participate in exercise classes.

Council on Aging

Fitness, cardio, ballroom dancing, tap and other classes (fee based). Call for current programs and more information.

Phone: 978-371-2895 or 978-371-6693

carlislema.gov/Pages/CarlisleMA_COA/index

Yoga - Carlisle Recreation Program.

Carlisle seniors receive special rates through the generosity of the Friends of the COA.

Phone: 978-369-9815

www.carlisle.org/rec

Mass Senior Games

Athletic competition for all Mass seniors

Phone: 413-748-3812

<http://www.maseniorgames.org/>

Food and Nutrition

See also the "[FOOD ASSISTANCE](#)" chart in the Appendices for a list of Community Food Pantries and Community Suppers.

Carlisle Council on Aging

- Meals on Wheels (frozen and hot meals)
 - Monthly luncheons: on the third Thursday, 11:45 PM Union Hall. Donation.
 - Alternate lunches: September – June, first Wednesday or Thursday
 - Minuteman Tech or Nashoba Tech: October – May, second Tuesday of the month
 - Monthly Coffee: September – June, first Wednesday or Thursday of the month. Sleeper Room at Village Court, School Street. Fee.
 - Men's Breakfast: September – June, second Thursday of the month. Sleeper Room at Village Court, School Street. Fee.
 - Women's Breakfast: Quarterly, Sleeper Room at Village Court, School Street. Fee.
- Phone: 978-369-2895

August 2016

Commodity Supplement Food Program (CSFP)

This is a once-a-month food distribution for individuals 60 years of age or older. Eligible individuals two free already packed bags of food once a month containing healthy shelf stable products. Proof of identity and age are required to apply.

Phone: 617-598-5022

csfp@gbfb.org

Minuteman Senior Services, Meals on Wheels

Nutritious lunches and dinners delivered on Tuesdays and Thursdays. Frozen dinners for other days can be arranged. Donation requested. All homebound Carlisle residents 60+ are eligible. Please let the Carlisle COA know about registration on Meals on Wheels since deliveries are made Tuesday and Thursday by COA volunteers.

Phone: 888-222-6171 or 781-272-7177

minutemansenior.org/

Family Table

Jewish Family & Children's Service

1430 Main Street

Waltham, MA 02451

The largest kosher food pantry in New England.

Phone: 781-647-JFCS (5327)

<http://www.jfcsboston.org/Our-Services/Community-Services/Center-for-Basic-Needs-Assistance/Family-Table>

Food Stamps/SNAP (Supplemental Nutrition Assistance Program)

Department of Transitional Assistance

Provides discount food cards to those who meet eligibility requirements and income limits.

SNAP benefits are provided by the federal government and administered by DTA.

Residents of the Commonwealth who participate in SNAP are families with children, elders and disabled making ends meet. To get more information about SNAP/food stamp benefits and an application, call the Department of Transitional Assistance Line at 1-877-382-2363.

www.mass.gov/snap

See [Project Bread](#) entry below for assistance with SNAP.

<http://www.mass.gov/eohhs/gov/departments/dta/>

Neighborhood Brigade

Volunteers who will help with such tasks as meal delivery, rides to follow-up medical appointments, and light household chores/errands, pet care (non-boarding). Requests must be submitted on their web site and a "chapter leader" will respond in 24-48 hours. Services are free of charge.

<http://www.neighborbrigade.org/1-public/request-help/?chapter=ConcordCarlisleMA#help-request-form>

August 2016

Nutrition Info Line of the American Dietetic Assn.

Phone: 800-877-1600

www.eatright.org

2015-2020 Dietary Guidelines for Americans

The 2015–2020 Dietary Guidelines is designed to help Americans eat a healthier diet. Intended for policymakers and health professionals, this edition of the Dietary Guidelines outlines how people can improve their overall eating patterns — the complete combination of foods and drinks in their diet. This edition offers 5 overarching Guidelines and a number of Key Recommendations with specific nutritional targets and dietary limits.

<http://health.gov/dietaryguidelines/2015/>

Dietary Assistance

Ever wonder what you should be eating? Are you looking for help to improve your diet and health? Have a medical condition that requires you to eat certain foods and are you having a hard time putting a plan in place? If you answered, yes to this then you may want to contact Julie Hersey at Stop and Shop in Chelmsford. For \$25 you can have an individual meeting with her and get a \$25 gift certificate! Julie just completed our Community Conversation on Mindful Holiday Eating and all who attended enjoyed meeting her and appreciated the tips (not to mention the wonderful food!).

Julie Hershey at 978-250-4102 x8

julie.hersey@stopandshop.com

Project Bread

Project Bread provides immediate hunger relief through food vouchers—gift cards that can be used at local grocery stores—as well as help to homebound elders. It also helps assure continuous nutrition by assisting in SNAP enrollment and by helping seniors take full advantage of the Massachusetts Elderly Nutrition Program, connecting them with resources like congregate meals that help to expand their food budgets.

Phone: 1-800-645-8333, TTY 1-800-377-1292

Monday-Friday 8am-7pm & Saturday 10am-2 pm

<http://www.projectbread.org/get-help/foodsource-hotline.html>

Table of Plenty

First Parish Unitarian Universalist Church

2 Westford Street

Chelmsford, MA 01824

A free weekly meal is served every Tuesday from 5:00 - 6:00 PM. All are welcome, no questions asked.

Phone: 978-710-8328

<http://tableofplentyinchelmsford.org/index.htm>

August 2016

Locations for Ready to Eat Meals

Ferns Country Store

8 Lowell Road, Carlisle, MA 01741

Ready-to-eat meals, pizza, full deli, grocery, wine and beer, coffee, bakery, indoor and outdoor cafes.

Free delivery offered from 4pm-9pm (\$10.00 minimum, note: driver's gratuity not included).

Phone: 978-369-0200

www.fernscountystore.com

Minuteman Regional High School

Fife and Drum Grill

758 Marrett Road, Lexington, MA 02420

Head back to school for gourmet fare at fast-food prices. Culinary students prepare and serve entrees and sandwiches at the surprisingly posh school restaurant.

Phone: 781-861-6500

Nashoba Valley Technical High School

The Elegant Chef Restaurant

100 Littleton Road, Westford, MA 01886

Serving lunch September - June

Phone: 978-692-9958

Shawsheen Valley Technical High School,

Rams Den Restaurant

100 Cook Street, Billerica, MA 01821

The Rams Den Restaurant offers two seatings. Open every weekday, except holidays and school vacations. Excellent food at low cost. Also offers frozen meals to take home. (School has excellent bakery as well.) Call for reservation.

Phone: 978-667-2111

Grocery Delivery

Crescent Ridge Dairy

Phone: 781-784-2740

Roche Brothers:

Phone: 978-263-0404

Stop & Shop (PeaPod)

Delivered to your home for a cost, with a minimum order.

Phone: 800-573-2763, www.peapod.com

August 2016

Government Health Insurance Benefits

Medicare

Call the Carlisle COA office (978-371-2895) to schedule an appointment with the SHINE (Serving Health Information Needs of Elders) Counselor if you have questions about Medicare. For information about health coverage for in-patient and out-patient care for those who are 65 and meet eligibility requirements, call:

Phone: 800-633-4227

www.medicare.gov/

Medicare Replacement Card

Free personal online Social Security information.

https://socialsecurity.gov/myaccount/?gclid=CK_D1aiXlckCFYc7gQodEkICiw

MassHealth/Medicaid

Mass Office of Health and Human Services

Health coverage, for costs not paid by Medicare, for those who meet income and other eligibility or call for a SHINE appointment for assistance with application

Phone: 800-841-2900

<http://www.mass.gov/eohhs/>

Massachusetts Senior Medicare Patrol

For more information on how to protect, detect and report health care errors, fraud and abuse, or to schedule a free education session, please contact the MA SMP program.

Phone: 800-892-0890

www.esmq.org, www.masmp.org, www.Medicareoutreach.org

Prescription Advantage

Prescription Advantage is a prescription drug insurance plan available to all Massachusetts residents age 65 and older, as well as younger individuals with disabilities who meet income and employment guidelines.

Phone: 1-800-243-4632 or 1-800-age-info

www.mass.gov

Qualified Medicare Beneficiary/Special Low Income Beneficiary (QMB/SLMB)

Mass Office of Health and Human Services

QMB and SLMB programs pay Medicare premiums, co-pays and deductibles for those who meet eligibility guidelines. Call MassHealth for an application or make an appointment with SHINE (Serving Health Information Needs of Elders) for assistance in filling out application.

Phone: 800-841-2900

Appointments with the Carlisle SHINE Counselor can be made by calling the Carlisle COA. Phone: 978-371-2895.

<http://www.massresources.org/masshealth-medicare-buyin.html>

August 2016

Hairdresser/Cosmetology

Hair on the Go

Call Suzanne Hickey or Georgia Traintafille
Phone: 978-457-0390 Phone: 978-807-9208

Haircuts at Your Place

Phone: 978-250-9528, 978-761-7114

Hairdresser Home Services (Call George Fichera)

Phone: 978-804-2608

Minuteman Career and Technical High School Salon

758 Marrett Rd., Lexington, MA 02421

Salon Hours: Tuesday – Friday 8:30AM – 12:00PM

20% Senior discounts on Tuesdays and Wednesdays.

Hair, nail and skin care.

Appointments

Phone: 781-861-6500 X2732

Nashoba Valley Technical High School Salon

100 Littleton Road, Westford, MA 01886

Salon Hours: Wednesday – Friday 9:00 AM – 1:00 PM

Hair, nail and skin care.

Phone: 978-692-4711 X6142

Shawsheen Valley Technical High School

100 Cook Street, Billerica, MA 01821

Hair and nail care.

Services given by juniors and seniors on alternate weeks.

Junior week hours: 8:30 -10:30

Senior week hours: 8:00-11:00

Phone: 978-671-3677.

Health Care Proxy

The Health Care Proxy is a simple legal document that allows you to name someone you know and trust to make health care decisions for you if, for any reason and at any time, you become unable to make or communicate those decisions. It is an important document, however, because it concerns not only the choices you make about your health care, but also the relationships you have with your physician, family, and others who may be involved with your care.

For more information and a form:

<http://www.massmed.org/Patient-Care/Health-Topics/Health-Care-Proxies-and-End-of-Life-Care/Health-Care-Proxies-and-End-of-Life-Care/#.VmWXb7grLIU>

or at <http://www.massmed.org/>, select “Health Topics” from the “Patient Care” pull down tab and then click “Read More” under “Health Care Proxies and End of Life Care”

Minuteman Senior Services

Health Care Planning: Minuteman Senior Services is partnering with Honoring Choices Massachusetts to bring you health care planning information and tools to make a personal health care plan. Health care planning is not one document or one conversation, but a life process to get the best possible care that matches your values and choices at every stage of health. It's generally recommended that a basic plan include a Health Care Proxy, a Personal Directive (Living Will), and a Durable Power of Attorney for the best protection of your rights and choices under Massachusetts law. Start by choosing a Health Care Agent, your advocate who can step in to talk with clinicians and make decisions on your behalf if you are not able to make decisions yourself. The link below has forms to get you started.

<http://minutemansenior.org/resources/health-care-planning>

Phone: 888-222-6171 or 781-272-7177

Health Information - Journals and Internet Access

Gleason Public Library

Provides a variety of resources and internet access

Phone: 978-369-4898

www.gleasonlibrary.org

Affordable Health Care Act

Key features of the new Affordable Health Care Act.

<https://www.healthcare.gov/how-does-the-health-care-law-protects/>

August 2016

Federal Trade Commission

“The FTC protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace. We conduct investigations, sue companies and people that violate the law, develop rules to ensure a vibrant marketplace, and educate consumers and businesses about their rights and responsibilities. We collect complaints about hundreds of issues from data security and deceptive advertising to identity theft and Do Not Call violations, and make them available to law enforcement agencies worldwide for follow-up.” As part of these efforts the FTC website contains a wealth of free information to help citizens avoid fraud and deception and to understand the competitive process.

<http://www.ftc.gov/>

Massachusetts Department of Public Health

Information on a variety of public health programs and services including healthy aging and disability; also licensure and inspection of a variety of health care facilities and assistance with quality care complaints.

Phone: 617-624-6000; TTY/TTD 617-624-6001

<http://www.mass.gov/eohhs/gov/departments/dph/>

Understanding and Living with Dementia: A Resource for Families

by Hebrew Senior Life

<http://files.ctctcdn.com/2789196c001/67d29b3b-d582-4b37-aebb-6bec30e68ea7.pdf?ver=1469205454000>

Health Resources for Low-Income and Uninsured

Community Health Connections Family Health Center

Locations in Fitchburg, Gardner, Leominster with various contact information. They accept Mass Health, Health Safety Net, and most commercial health insurance plans and also help the uninsured enroll in health insurance and offer a Sliding Fee Discount to those who qualify. In-house pharmacies offer low cost prescriptions.

Phone: 978-878-8100

<http://www.chcfhc.org/>

Consumer Health Helpline

Questions on co-payments, health insurance rules, and other insurance questions.

Phone: 800-272-4232

<http://www.hcfama.org/>

Edward M. Kennedy Community Health Center

The Edward M. Kennedy Community Health Center has locations in Worcester, Clinton, Framingham and Milford, offering medical care, dental care, behavior health and a low cost pharmacy, regardless of an individual's ability to pay. They have staff members who will help individuals find appropriate insurance plans.

Phone: 800-853-2288

<http://www.kennedychc.org/>

Charles River Community Health Center

The Charles River Community Health Center offers both medical and dental care in Brighton and Waltham. You may be placed on a waiting list for care.

Phone: 617-783-0500

<http://www.charlesriverhealth.org/>

Lowell Community Health Center

161 Jackson St,

Lowell MA

Lowell Community Health Center provides services to adults and children regardless of their ability to pay.

Phone: 978-937-9700

<http://www.lchealth.org/>

Women's Help Network: Dept. of Public Health

Provides Care Coordination and Patient Navigation services (including free mammograms and cervical cancer tests) to low income women primarily seen in community health centers around the state. The program requires that women be below 250% of the federal poverty level and receive care in one of their contracted health centers.

Phone: 877-414-4447

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/womens-health-network.html>

Home and Personal Safety

Carlisle Police Department

Information about home alarm systems

978-369-1818 or 978-369-1155

Household Goods Recycling Ministry

530 Main Street
Acton, MA 01720
978-635-1710

Household Goods Recycling Ministry (HGRM) provides a full range of donated furniture and household items, free of charge, to help people in need make a home. HGRM also accepts donations of gently used furniture and household items.

Hospice

Beacon Hospice

529 Main Street, Suite 126, Boston, MA 02129
Phone: 877-242-8394
Toll free: 877-242-8394
<http://www.beaconhospice.com/>

Ascend Hospice

100 Locke Drive
Marlborough, MA 01752
Phone: 508-229-8390
www.ascendhospice.com

Care Dimensions

75 Sylvan St, Suite B-102
Danvers, MA 01923
Phone: 888-283-1722 or 888-287-1255
<https://www.caredimensions.org/>

Compassionate Care Hospice

800 West Cummings Park
Woburn, MA 01801
Phone: 781-935-5550 or toll-free 866-209-4371
<http://cchnet.net>

Hospice and Palliative Care Federation

Referrals to hospice programs.
Phone: 781-255-7077
hospicefed.org/

August 2016

Partner's Healthcare at Home

281 Winter Street

Waltham, MA

Phone: 781-290-4000

<http://www.partnersathome.org/>

VNA Hospice Care

Care is provided in the patient's home or in any "home-like" setting including any of their hospice residences located in [Cambridge](#), [Needham](#) or [Worcester](#)

Woburn, MA

Phone: 781-569-2888

<http://www.bostonvna.org>

VNA of Middlesex-East

607 North Ave, Suite 17

Wakefield MA 01880

Phone: 800-607-4299

<http://www.vnaofme.org/>

Housing

Carlisle Housing Authority

The mission of the Carlisle Housing Authority is to develop and support affordable housing opportunities for Carlisle. The Housing Authority also works with other Town departments and boards to provide housing referrals and housing education to Carlisle residents.

In addition to housing referrals and education, the Housing Authority provides information on resources on state-funded programs for home modification for accessibility for disabled residents and frail seniors. The Housing Authority also provides information on government-funded resources for households facing mortgage foreclosure.

Town of Carlisle Housing Coordinator:

Elizabeth DeMille Barnett, Carlisle Town Hall, Second Floor

Phone: 978-371-6694

Email: ebarnett@carlisle.mec.edu

Economic Assistance Resources for Carlisle Residents - Resource Guide: see: http://www.carlislema.gov/pages/carlislema_housing/20160404EconomicAssistanceResources

August 2016

Massachusetts, Department of Housing and Community Development

The DHCD provides foreclosure, housing, shelter and fuel assistance information and resources.

Phone: 617-573-1100

<http://www.mass.gov/hed/economic/eohed/dhcd/>

Carlisle Elderly Housing Association

Village Court, 146 Church Street, Carlisle

Phone: 1-800- 742-4686 or TDD #1-800-545-1833 X 614

<http://www.carlisle.org/ceha/>

Massachusetts Housing Consumer Education Centers

Mass Housing Consumer Education provides information on a broad range of issues, addressing concerns of tenants, landlords, prospective buyers and homeowners.

Examples of the wide range of topics covered includes energy saving, laws and regulations, insurance information and homelessness

Phone: 800-224-5124

<http://www.housingconsumereducationcenters.org/>

The MassAccess Housing Registry

Assists people looking for affordable and market rate housing in Massachusetts. A key feature of the Registry is its listing of accessible and barrier-free housing.

<http://www.massaccesshousingregistry.org/>

Alternative Housing

Saab Residence Supportive Housing

(On the campus of d'Youville Life & Wellness Community)

The Saab Residence is unique in its provision of 30 apartments of affordable supportive housing for low and moderate income individuals subsidized by D'Youville and 15 market-rate supportive housing apartments. The monthly fee includes an apartment, utilities, full dining services, common gathering areas, scheduled daily activities, a customized wellness plan, medication management, assistance with Activities of Daily Living, 24-hour on-site staff, safe gardens and patios and much more

1085 Varnum Ave, Lowell, MA

Phone: 978-569-1016

<http://www.dyouville.org/the-saab-residence/>

A Place for Mom

A Place for Mom helps seniors (men and women) and their families find senior care and housing based on their unique needs and budget. They are the nation's largest senior living referral service with more than 300 highly trained, experienced and compassionate Senior Living Advisors located in cities across the country. These Advisors provide personal help and information to those seeking senior living and eldercare. A Place for Mom is paid by the senior living communities and care providers in their network so their service is provided to consumers at no charge.

Phone: (866) 344-8005 8 AM-9 PM

www.aplaceformom.com

SeniorAdvisor.com

Largest directory of senior living home care options. Browse photos, ratings, and opinions of assisted living, dementia care, independent living, senior apartments, and more - all by people just like you. You'll also find top rated senior in-home care providers, elder care attorneys, and a community full of advice for virtually every facet of your retirement planning

Phone: 800-805-3621

<https://www.senioradvisor.com>

Sutton Home for Women

7 Sewall Street, Peabody, MA

The Sutton Home is an elegant and stately ten-bedroom lodging home for women which offers spacious and sunny rooms, sunrooms and porches, $\frac{3}{4}$ acre yard for outdoor enjoyment. A chair lift and basic cable are available. The home provides with three delicious meals served daily and has laundry and housekeeping services. Staffing is on duty 24 hours daily and medication reminders are offered.

Phone: 978-595-1249

<http://suttonhomeforwomen.com/>

Timothy Wheeler House of Concord - Independent Living for Senior Citizens

110 Walden Street

Concord, MA 01742

There are seven spacious bedrooms, each with a private bath. Three excellent meals are served daily in the attractive dining room. Additionally, there is 24-hour staff coverage. Housekeeping and laundry services are also provided.

Phone: 978-369-3771

www.TimothyWheelerHouse.org

For more information on Assisted Living or Nursing Care, please call the COA at 978-371-2895

August 2016

Mortgage Foreclosure Prevention

Please do not wait until it's too late!

CareConnect USA

For families falling behind on mortgage payments, this national agency will work with your mortgage company to arrange a workout plan to catch up missed payments. Housing counselors will discuss all options available to avoid foreclosure. Agency does not make loans or buy property

Phone: 800-750-8956 (this goes to the local provider based on your phone number) or call 888-770-7312

www.careconnectusa.org

Homeowner's Hope Hotline

Information on mortgages, financial planning, and foreclosure prevention.

Phone: 888-995-HOPE (4673)

<http://www.995hope.org/>

The Home Preservation Center (HPC)

450 Merrimack Street, Lowell, MA 01854

Sponsored by Coalition for a Better Acre (C.B.A.) in collaboration with Community Teamwork Inc. (CTI). HPC provides information about foreclosure prevention options. They conduct Foreclosure Prevention Workshops and are trained to help you set up a customized action plan to resolve your situation. Free of charge for foreclosure mitigation.

info@cbacre.org

Phone: 978-970-0600, Ext. 1

<http://www.coalitionforabetteracre.org/home-preservation-center/about-hpc>

Home Improvement Loan Program and Septic Loan Program

Massachusetts Housing Finance Agency

One Beacon Street, Boston, MA 02108-3110

Phone 617-854-1000

www.masshousing.com

Mortgage Foreclosure Assistance for Carlisle Residents

Are you worried about and/or having difficulty making your mortgage payments? Are you facing mortgage foreclosure? Or are you being approached with offers of mortgage assistance which you are not sure about?

Please contact the Carlisle Housing Coordinator

Phone: 978-371-6694

For additional information, see Economic Assistance Resource Guide for Carlisle Residence (page 9).

http://www.carlislema.gov/pages/carlislema_housing/20160404EconomicAssistanceResources

August 2016

The Southern Middlesex Opportunity Council (SMOC) Home Modification Loan Program

Providing low- and no-interest loans to modify the homes of elders and individuals with disabilities

7 Bishop Street, Framingham, MA 01702

Phone: 508-872-4853

<http://www.smoc.org/housing-continuum.php>

Senior Housing and Real Estate Tax Relief

Benfield Farms

575 South Street

Carlisle, MA 01741

Affordable 1 & 2 Bedroom Apartments

Managed by: Peabody Properties, Inc.

536 Granite Street

Braintree, MA 02184

Phone: 978-369-2400

<http://benfieldfarmsapts.com/>

Carlisle Elderly Housing Association Village Court Development

145 Church Street

Carlisle, Massachusetts 01741

Affordable 1 & 2 Bedroom Apartments

Managed by: The Hodges Companies

Phone: 603-224-9221

Carlisle Village Court Sleeper Room: 978-369-5968

<http://www.carlisle.org/~ceha/index.html>

Commonwealth of Massachusetts Department of Revenue – Senior Circuit Breaker Tax Credit

Certain taxpayers age 65 or older may be eligible to claim a refundable credit on their state income taxes for:

- the real estate taxes paid during the tax year on the residential property they own in Massachusetts that is used as their principal residence; or
- the rent paid during the tax year on the residential property they rent in Massachusetts that is used as their principal residence.

The maximum credit for 2014 was \$1050. Income guidelines in 2014 stated that an owner or renter could not exceed \$56,000 for a single individual; \$70,000 for a head of household; and \$84,000 for a married couple filing a joint return. The property's assessed valuation could not exceed \$691,000.

<http://www.mass.gov/dor/individuals/filing-and-payment-information/guide-to-personal-income-tax/credits/real-estate-tax-credit.html>

Homeowner Options for MA Elders (H.O.M.E.)

Provides information about ways to use home equity through refinancing, reverse mortgages, and tax deferrals to help low to moderate income seniors remain in their home.

Phone: 800-583-5337

www.elderhomeowners.org

Area Housing Authorities

Acton Housing Authority

68 Windsor Ave., Acton, MA 01720

Phone:978-263-5339

Ayer Housing Authority

18 Pond St # A, Ayer, MA 01432

Phone: 978-772-2771

Bedford Housing Authority

Ashby Place, Bedford, MA 01730

Phone: 781-275-2428

Billerica Housing Authority

16 River Street, Billerica, MA 01821

Phone: 978-667-2175

Burlington Housing Authority

15 Birchcrest St., Burlington, MA 01803

Phone:781-272-7786

August 2016

Chelmsford Housing Authority

10 Wilson St., Chelmsford, MA 01824

Phone: 978-256-7425

Concord Housing Authority

34 Everett St., Concord, MA 01742

Phone: 978-369-8435

Lexington Housing Authority

One Countryside Village, Lexington, MA 02420

Phone: 781-861-0900

Littleton Housing Authority

19 Shattuck St # 1 Littleton, MA 01460

Phone: 978-486-8833

Lowell Housing Authority

350 Moody Street, Lowell, MA 01854

Phone: 978-937-3500,

Pepperell Housing Authority

4 Foster Street Pepperell, MA 01463

Phone: 978-433-9882

Sudbury Housing Authority

55 Hudson Road Sudbury, MA 01776

Phone: 978-443-5112

Tewksbury Housing Authority

Saunders Circle, Tewksbury, MA 01876

Phone: 978-851-7392

Westford Housing Authority

65 Tadmuck Road Westford, MA 01886

Phone: 978-692-6011

Other Area Housing Options

Bedford:

Carleton-Willard Village

100 Old Billerica Road, Bedford, MA 01730

Phone: 781-275-8700

August 2016

Heritage at Bedford Springs

100 Thompson Farm, Bedford, MA 01730

Phone: 866-797-5074

Patriot Place

18 Springs Road, Bedford, MA 01730

Phone: 781-275-1038

Concord:

Concord Green Condominiums

1024 Main Street Concord, MA 01742

Phone: 978-369-7409

Lincoln:

The Commons in Lincoln

One Harvest Circle Lincoln, MA 01773

Phone: 781-430-6000

Lincoln Woods

50 Wells Road, Lincoln, MA 01773

Phone: 781-259-0150

<http://lincolnwoods.aptdemo.com/>

Littleton:

Mill Pond Apts, Peabody Properties

50 Mill Rd, Littleton, MA 01460

Phone: 978-486-9719

Pepperell:

Pepperell Meadows

18 River Rd, Pepperell, MA 01463-1622

Phone: 603-669-8551

SHELTER – EMERGENCY HOUSING ASSISTANCE

Community Teamwork Inc., Division of Housing and Homeless Services

Pawtucket House

Lowell, MA 01852

Phone: 978-452-5410, Monday – Friday 9:00 AM – 5:00 PM

<http://www.commteam.org/how-we-help/housing-utilities/>

August 2016

Greater Lowell Emergency Family Shelter

Lowell, MA 01852

Phone: 978-459-0551

House of Hope

812 Merrimack Street Lowell MA 01854

Phone: 978-458-2870

Lowell Transitional Living Center

Lowell, MA 01852

Phone: 978-458-9888

Merrimack House

Lowell, MA 01854

Phone: 978-937-2418

Under the Oak Day Shelter

Lowell, MA 01852

Under the Oak is a day shelter that is Christian based and located at Christ Church United in Lowell, Ma. UTO is open every Wednesday from 11am till 2 PM. On cold or snow days we open earlier and stay open later. We serve a hot lunch along with fellowship and arts and crafts - UTO helps those in need.

Phone: 978-459-9631

Identity Theft

To report suspected credit fraud and to place fraud alerts on your credit report, contact the following agencies.

NOTE: At one point there was a security problem with at least one of the Equifax, Experian and TransUnion websites. As of August 2016, that problem has been corrected. However, it serves as a reminder that you should never enter your Social Security Number (SSN) into any website unless it is secure. You can tell if it is secure by looking at the address at the top of the website to make sure that its address begins with “https” (not just “http” without the “s”). The “s” at the end of “https” stands for “secure”. It means that all communications between your computer and the website are encrypted. Instead, if you do not see “https”, contact the website’s organization using the provided phone numbers (and alert them to the problem with their website).

Equifax

Phone: 800-525-6285 or 888-766-0008

https://help.equifax.com/app/answers/detail/a_id/125/~/-/placing-a-fraud-alert

August 2016

Experian

Phone: 888-397-3742

<http://www.experian.com/credit-education/victim-assistance.html>

TransUnion

Phone: 800-680-7289

<http://www.transunion.com/fraud-victim-resource/important-contacts>

Federal Trade Commission (FTC)

Information and support relating to protecting yourself against identity theft and what to do if you become a victim.

Phone: 877-ID-THEFT (1-877-438-4338); TTY: 1-866-653-4261

<http://www.consumer.ftc.gov/features/feature-0014-identity-theft>

<https://www.identitytheft.gov/>

Identity Theft Resource Center

This is the best all-round source of general information, specific contacts, and victim assistance.

Phone: 858-693-7935 or (toll free 888-400-5530)

www.idtheftcenter.org

Privacy Rights Clearinghouse

Phone: 619-298-3396

www.privacyrights.org

Social Security Administration

To report someone that you suspect of committing fraud, waste or abuse

Office of the Inspector General/Fraud Hotline

U.S. Mail:

Social Security OIG Hotline

P.O. Box 17785

Baltimore, Maryland 21235-7785

Phone: 800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Standard Time

TTY: 866-501-2101 for the deaf or hard of hearing.

FAX: 410-597-0118

<http://oig.ssa.gov/report>

Indigent Drug Programs Offered by Drug Companies

Many drug companies provide various benefits, including free or low-cost drugs for those who meet drug manufacturer's guidelines. Contact your physician for info.

August 2016

In-Home Care

Contact the COA for information on agencies and individuals who provide in-home support: 978-371-2895.

A Place for Mom

A Place for Mom helps seniors (men and women) and their families find senior care and housing based on their unique needs and budget. They are the nation's largest senior living referral service with more than 300 highly trained, experienced and compassionate Senior Living Advisors located in cities across the country. These Advisors provide personal help and information to those seeking senior living and eldercare. A Place for Mom is paid by the senior living communities and care providers in their network so their service is provided to consumers at no charge.

Phone: (866) 344-8005 8 AM.-9 PM

www.aplaceformom.com

SeniorAdvisor.com

Largest directory of senior living home care options. Browse photos, ratings, and opinions of assisted living, dementia care, independent living, senior apartments, and more - all by people just like you. You'll also find top rated senior in-home care providers, elder care attorneys, and a community full of advice for virtually every facet of your retirement planning

Phone: 800-805-3621

<https://www.senioradvisor.com>

Insurance Coverage and Benefits, Medicare

See also [Government Health Insurance Benefits](#) in this document

SHINE (Serving Health Information Needs of Elders) Program of Minuteman Senior Services available through the COA

Counseling on health care coverage and related benefits

Phone: 978-371-2895 for an appointment.

www.minutemansenior.org/benefits.html

Massachusetts Health Connector

The Health Connector is a state-based health insurance marketplace that makes shopping for affordable health and dental coverage easier for Massachusetts individuals, families, and small businesses.

Phone: 877-MA-ENROLL (1-877-623-6765)

<https://www.mahealthconnector.org/>

August 2016

Investor Information and Protection

Massachusetts Security Division

Phone: 800-269-5428 (in MA), 617-727-3548

<http://www.sec.state.ma.us>

Legal Services

Boston Bar Lawyer Referral Service

The Boston Bar Association Lawyer Referral Service (BBA LRS) is a public service provided by the Boston Bar Association. It makes referrals to lawyers or other resources that specialize in the area of law related to your specific situation.

16 Beacon Street, Boston MA 02108

Phone: 800-552-7046, 617-742-0625

www.bostonbarlawyer.org

Dial-A-Lawyer

On the first Wednesday of every month from 5:30-7:30 Dial-A-Lawyer provides free legal advice by telephone. The mission of this program is to assist anyone and everyone, but particularly those who are not eligible for free legal services or cannot afford to hire a lawyer.

Phone: 617-338-0610

<https://www.massbar.org/for-the-public/need-a-lawyer/dial-a-lawyer>

Disability Law Center

The DLC is the Protection and Advocacy agency for Massachusetts. DLC is responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities. Provides information referrals, technical assistance and representation regarding legal rights and services for people with disabilities including access to community services, special education, health care and disability benefits.

Phone: 617-723-8455

<http://www.dlc-ma.org/>

Harvard Legal Aid Bureau

The Harvard Legal Aid Bureau is a student run legal aid service with no charge for low-income individuals and with particular focus on housing, eviction, domestic/family, government benefits, disability and unemployment.

Phone: 617-495-4408

<http://www.harvardlegalaid.org/>

August 2016

Health Law Advocates

Health Law Advocates, Inc. is dedicated to health care access. They provide free legal assistance to hundreds of Massachusetts families each year.

Phone: 617-338-5241

<http://www.healthlawadvocates.org/>

Legal Advocacy and Resource Center (LARC)

Legal Advocacy and Resource Center (LARC) operates a free legal hotline to help low-income Massachusetts residents with legal problems by providing quality legal information and advice, and by making referrals to legal and social service agencies.

Phone (for brief advice & referrals): 800-342-LAWS (800-342-5297), 617-603-1700

<http://www.larcma.org/>

Massachusetts Bar Association Lawyer Referral Service

20 West Street, Boston, MA 02111

There is no cost to utilize LRS, but referrals are made to fee-charging attorneys, who may charge you no more than \$25 for the initial half-hour consultation

Phone: 866-627-7577

www.masslawhelp.com/

Massachusetts Legal Help

Massachusetts legal aid programs put together this website to help you find practical information about your legal rights. For example, information about issues regarding health and mental health, Special Education services, immigration and many more areas.

<http://www.masslegalhelp.org/>

Massachusetts Legal Resource Finder

Massachusetts Legal Resource finder can help you find free civil legal aid, free self-help materials and legal information, court-based lawyer for the day programs, and lawyer referral services.

<http://www.masslegalservices.org/findlegalaid>

MetroWest Legal Services

63 Fountain Street, Suite 304

Framingham, MA 01702

Phone: 800-696-1501, 508-620-1830

<http://www.mwlegal.org>

<http://www.mwlegal.org/getlegalhelp/links>

National Lawyers Guild

14 Beacon Street, Suite 407, Boston, MA 02108

\$15 fee for initial half-hour consultation. Fees based on sliding scale.

Phone: 617-227-7335

www.nlgmass.org

August 2016

LEGAL SERVICES – HOMELESS and LOW INCOME INDIVIDUALS

Committee for Public Council Services

Handles criminal cases for homeless and low income clients.

44 Bromfield Street, Boston, MA 02108

Phone: 617- 482-6212

<https://www.publiccounsel.net/>

Shelter Legal Services Foundation

885 Centre Street, Newton, MA 02459

<http://www.shelterlegalservices.org/index.php>

SLSF accepts the following types of cases: child custody/visitation/support, bankruptcy, consumer debt, CORI issues/sealing criminal records, divorce, evictions, IRS debt, Public Benefits (SNAP MassHealth), Public Housing, security deposit disputes, Social Security disability, unemployment and veteran benefits.

All legal services are free of charge. No appointment is necessary. It is advisable to call a clinic in advance to confirm hours of operation. Prospective clients must qualify for low-income eligibility.

Clinic locations and times:

The Chelsea Soldiers Home

91 Crest Street, Chelsea, MA 02150

Services for veterans only.

Alternative Mondays, 10:30 AM – 1:30 PM

Phone: 617-884-5660

<http://www.mass.gov/eohhs/gov/departments/che/>

The New England Center for Homeless Veterans

17 Court Street, Boston, MA 02108

Services for veterans only.

Wednesdays, 6:00 PM – 8:00 PM

Phone: 617-371-1800

[www. http://nechv.org/](http://www.nechv.org/)

The Lawyers Clearinghouse

Operates free legal clinics at Boston shelters. To qualify, clients must be homeless, using shelter services or otherwise income eligible for free legal services. TLC does not handle the following legal issues: divorce, custody, child support, domestic relations.

They do not represent defendants in criminal cases. If possible, clients should sign up in advance by contacting the representative listed on each clinic. Clients who are unable to sign up in advance may still attend a clinic. For questions:

Phone: 617-778-1980 (Maribeth Perry)

Clinics start at 9:30 AM. Locations listed below:

<http://www.lawyersclearinghouse.org/get-involved/contact-us/>

August 2016

Pine Street Inn - for Men

444 Harrison Avenue, Boston, MA 02118
Phone: 617-892-9207 (Sharon)
<http://www.pinestreetinn.org/>

Pine Street Inn - for Women

444 Harrison Avenue, Boston, MA 02118
Phone: 617-892-9303 (Hawah)
<http://www.pinestreetinn.org/>

St. Francis House

39 Boylston Street, Boston, MA 02112
Phone: 617-654-1206 (Doug)
http://www.stfrancishouse.org/site/PageServer?pagename=SFH_homepage

Lifeline

Notify contractors that you were referred by the Carlisle COA and you should be able to have the installation charge waived, or contact the COA at 978-371-2895 for discount coupons. If you are income eligible, you may receive benefits under Minuteman Senior Services. Call 781-272-7177 to ask for information and referral.

Be Safer at Home

<http://www.besaferathome.com/>

978-658-6992

Philips Lifeline

www.Lifeline.philips.com

800-242-1306 x4752

Protection One

<http://www.protection1.com/>

781-937-0310

Mount Auburn Hospital Lifeline

www.mountauburnhospital.org/lifeline or
www.mountauburnhospital.org/care-treatment/home-health/medical-alert-services/

617-499-5525

Alert1/Response Link

www.Alert-1.com

800-693-5433

Massachusetts Council on Aging (MCOA)

(For information about MCOA and helpful information, see www.mcoaonline.com)

413-527-6425

August 2016

Medical Orders for Life Sustaining Treatment (MOLST)

MOLST is a written medical order that describes certain types of medical treatments that a patient wants or does not want to be given to try to keep them alive near the end of life.

A MOLST form can be used by a person of any age who has a serious medical condition, illness or injury from which they may not recover. Using a MOLST form is voluntary.

MOLST is a medical order with clear instructions about medical treatment for a person who is very sick. It is based on the person's own preferences and is honored by all health care providers. It goes into use when it is signed.

Learn more about the Medical Care Orders form at www.molst-ma.org

Medical Equipment & Supplies

If you live in and need to borrow medical equipment, please call Carlisle Council on Aging at 978-371-2895. If they do not have what you need, here are a few other vendors.

Donating Medical Supplies

American Medical Resource Foundation (Brockton).

Contact: <mailto:Victor@amrf.com>

Phone: 508-946-0026

<http://www.amrf.com/>

Metrowest Free Medical Clinic (Sudbury, Framingham)

Phone: 508-656-0740

<http://metrowestfreemedicalprogram.org/>

Equipment Reuse Options

REquipment Program (operated by MRC/MassMATCH)

Provides refurbished, gently used wheeled mobility, lifts and other durable medical equipment (DME) free to people of all ages. Delivery available in the Greater Boston area. Donations of DME of that is gently used and under 5 years old accepted.

Phone: REquipment 617-204-3626 or 866-244-6156

Mail to: info@dmerequipment.org

<http://www.dmerequipment.org/>

August 2016

Get AT Stuff Program: Assistive Technology Exchange of Northeast (operated by MRC/MassMATCH)

Free web-based assistive technology exchange service for people to post used adaptive equipment for sale or donation. The individual must arrange the pickup of the device with the seller/donor.

Phone: 877-508-3974 or 617-204-3851

Mail to: ATinMA@getatstuff.com

Search for items at www.getatstuff.org

Boston Center for Independent Living

Reuse: Picks up unwanted wheeled mobility (and other DME) in the Greater Boston area. Provides minor refurbishment (replaces batteries and tires) and delivers within BCIL's service area.

Repair: Some repairs done as well.

Phone: Tom Perry (617) 338-6665

<http://bostoncil.org/>

The Boston Home

Reuse: Receives donations of used wheeled mobility. Will distribute equipment if recipient can pick up at The Boston Home. Has created the B.Mobile! Mobility Enhancement Center. It will provide evaluation, adjustment and modifications to mobility equipment.

Repair: Has the ability to do repairs on a fee for service basis. Works in concert with Mass Health DME vendors.

Phone: Florence Rawls, (617) 326-4310, [mail to:frawls@thebostonhome.org](mailto:frawls@thebostonhome.org)

<http://www.thebostonhome.org/>

SMD Help Foundation, Inc.

Reuse: Durable medical equipment is available to borrow free of charge for home use only. You do not have to be a Freemason to borrow equipment. Includes items such as canes, commodes, tub seats, walkers, wheelchairs, transfer benches, hospital beds, a Hoyer lift, wheelchair ramps. HELP offers free equipment on Saturdays from their Woburn location at the Rear Entrance of the Wakefield Masonic Building in Cummings Park, 500 West Cumming Park (rear), Suite 1150, Washington St. Woburn MA 01801. Pick up hours: 9am-12:00 noon.

Phone: 781-322-1052

<http://smd-help.org/>

Craigslist

Community of buyers and sellers of all kinds of items, some of which are free.

<http://boston.craigslist.org/>

Freecycle Groups

Freecycle members donate all kinds of items for free. Search by zip code to find your local freecycle group at <http://www.freecycle.org>

International Wheelchair Donations

There are several organizations whose mission is to provide wheelchairs to children and adults in less-resourced countries worldwide. Please see this web page below to find organizations that donate equipment internationally as well as in the US.

<http://www.mobility-advisor.com/wheelchair-donations.html>

Equipment Purchase Options

Bouvier Pharmacy & Home Medical Solutions

515 Lincoln Street, Marlborough

Phone: 508-485-0432

<http://www.bouvierpharmacy.com/medical-equipment>

Natale Company & SafetyCare LLC

West Dexter Ave

Woburn, MA 01801

Phone: 781-933-7205

<http://safety-care.com/>

Mental Health Services

Eliot Community Human Services

111 Old Rd to 9 Acre Corner (ORNAC) # 2001

Concord, MA, 01742

Hotlines, Crisis Intervention, Outpatient Geriatric Assessment, Information & Referral-Mental Health, In-Home Mental Health Psychiatric Services, Outpatient Mental Health Psychiatric Services, Health and/or Disease Education Program.

Phone: 800-988-1111 for emergencies

978-369-1113 Concord Clinic

www.eliotchs.org

Emerson Hospital

133 ORNAC

Concord, MA 01742

Medical Support Group, Support Group-other, Widowed Support Services, Physician Referral Services, Dialysis, Hospice Care – At Home, Hospital- General Medical, Sub-Acute Care Unit, Inpatient Mental Health/Psychiatric Services, Volunteer Opportunities, Additions Services/Support, Inpatient Substance Abuse Treatment, Outpatient Substance Abuse Treatment, Fitness and Wellness Programs, Driver's Evaluation Program.

Phone: 978-287-3458

www.emersonhospital.org

AAD Counseling Center

Mental health counseling.

Phone: 781-275-2122

aadcounselingcenter.com/

Advocates, Inc.

1881 Worcester Road

Framingham, MA 01702

Services include: Residential Supports; Outpatient Mental Health and/or Addiction; Psychiatric Emergencies; Home-Based Services for Children and Families; Advocacy, Benefits and Legal Services; Day Habilitation

Phone: 508-628-6300

24-hour crisis support: 800-640-5432

www.advocatesinc.org

Advocates Psychiatric Emergency Service

675 Main Street

Waltham, MA 03563

Phone: 781-893-2003 or 800-540-5806

Emergency service providers are 24-hour, community-based, mobile mental health and chemical dependency teams which provide a comprehensive range of acute care services designed to address the unique needs of its customers. Services are offered in the following areas regardless of insurance or ability to pay.

Acton, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Lexington, Maynard, Stow, Waltham, Watertown, Wilmington, Winchester and Woburn.

Alzheimer's Association MA Chapter

480 Pleasant Street, Watertown, MA 02472

Offers 24 x 7 helpline.

Phone: 800-272-3900

www.alz.org

August 2016

Anxiety and Depression Association of America

ADAA has information on Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder and Agoraphobia, Posttraumatic Stress Disorder, Social Anxiety Disorder, specific phobias, depression, stress, suicide and related illnesses, as well as ways to find help to live a comfortable life.

<http://www.adaa.org/>

Boston Medical Center

One Medical Center Place
Boston, MA 02118

Alzheimer's Diagnostic Centers, Physician Referral Services, Podiatrist, Private Bilingual Physician, Hospital-General Medical, Outpatient Occupational Therapy, Outpatient Physical Therapy, Outpatient Speech Therapy, Nutritional Counseling, Outpatient Mental Health/Psychiatric Services, Fitness and Wellness Programs, Smoking Cessation Program.

Phone: 617-638-8000

www.bmc.org

Department of Mental Health

20 Academy Street, Room 304
Arlington, MA 02476

Outpatient Mental Health/Psychiatric Services.

Phone: 781-641-8100

<http://www.mass.gov/eohhs/gov/departments/dmh/>

Depression Bipolar Support Alliance of Boston

DBSA-Boston is a resource for people with affective disorders and their families and friends. They offer support groups, events and trainings related to affective disorders.

Phone: 617-855-2795

<http://www.dbsaboston.org/>

Dr. Charles Wasserman

Specializing in geriatric psychiatric care.

Harvard Vanguard Medical Associates

228 Billerica Road

Chelmsford, MA 01824

Phone: 978-250-6240

330 Baker Avenue

Concord, MA 01742

Phone: 978-287-9380

August 2016

Edinburg Center

1040 Waltham Street
Lexington, MA 02421

Provides an array of innovative services which promote personal growth and independence, foster hope and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions and/or developmental disabilities. Develops skills that build on a person's existing strengths. Includes services that provide alternatives to hospitalization

Phone: 781-862-3600

<http://www.edinburgcenter.org>

Lawrence Memorial Hospital

170 Governors Ave
Medford, MA 02155

Provides a full continuum of treatment and services, helps reintegrate patients into community life, and provides education for patients, families, and the community. Includes Inpatient Care, Outpatient Services, Intensive Outpatient Program (for individuals who require less than 24-hour care, but who need more comprehensive psychiatric evaluation and treatment than can reasonably be provided in a traditional outpatient setting), Geriatric Psychiatry and Electroconvulsive therapy (ECT)."

Phone: 781-306-6000

Massachusetts Commission for Suicide Prevention

MCSP works with government agencies, such as the Department of Public Health and Department of Mental Health, as well as in partnership with community based agencies and individuals to reduce the incidence of suicide and self-harm. They host meetings and trainings and have other related resources.

<http://www.masspreventssuicide.org/>

McLean Hospital

115 Mill Street
Belmont, MA 02478

McLean provides inpatient, residential, partial hospital and outpatient clinical services in the following areas: alcohol and drug abuse; child and adolescent; depression and anxiety; geriatric psychiatry; psychotic disorders; and women's mental health. A referral from a psychiatrist, therapist or crisis team is required for inpatient services. Services are offered at a number of locations, including at the hospital's main campus in Belmont.

Phone: 617-855-2000 or 800-333-0338

www.mcleanhospital.org

MSPP Interface

A free and confidential referral service for our residents from the William James College formerly Massachusetts School of Professional Psychology for those that may need to consult with a mental health professional either for themselves or a loved one.

Phone: (617) 332-3666 x1 or (888) 244-6843 x1.

Monday-Friday, 9am-5pm

<https://interface.williamjames.edu/>

National Alliance on Mental Illness (NAMI)in Central Middlesex County

Information, referral, educational programs, and library

Phone: 781-982-3318 Lincoln, MA

<http://namicentramiddlesex.org/>

Nursing Homes

There are many options available. For a listing of Nursing Homes in the area, contact the COA: 978-371-2895.

A Place for Mom

A Place for Mom helps seniors (men and women) and their families find senior care and housing based on their unique needs and budget. They are the nation's largest senior living referral service with more than 300 highly trained, experienced and compassionate Senior Living Advisors located in cities across the country. These Advisors provide personal help and information to those seeking senior living and eldercare. A Place for Mom is paid by the senior living communities and care providers in their network so their service is provided to consumers at no charge.

Phone: (866) 344-8005 8 AM.-9 PM

www.aplaceformom.com

SeniorAdvisor.com

Largest directory of senior living home care options. Browse photos, ratings, and opinions of assisted living, dementia care, independent living, senior apartments, and more - all by people just like you. You'll also find top rated senior in-home care providers, elder care attorneys, and a community full of advice for virtually every facet of your retirement planning

800-805-3621

<https://www.senioradvisor.com>

Prescriptions

MCPHS Pharmacy Outreach is a free, confidential service available to all Massachusetts residents who are seeking information regarding their medications. Whether you are having difficulties affording your medications or want to know what the side effects are to your prescriptions, MCPHS Pharmacy Outreach can help. By calling a toll-free help line, you can speak to pharmacists and case managers one-on-one to receive personal assistance with answering your pharmacy related questions or finding programs to help with the cost of your medications.

Phone: 1-866-633-1617, Monday-Friday, 8:30AM – 5 PM

www.mcphs.edu/pharmacyoutreach

Pharmacies that Deliver

Acton Pharmacy

978-263-3901

CVS

(on line only)

<http://www.cvs.com>

Super Stop & Shop Pharmacy

781-271-9403

337 Great Rd., Bedford, MA 01730

<https://stopandshop.com/live-well/pharmacy/>

Walgreen's

(on line only)

www.walgreens.com

West Concord Pharmacy

978-369-3100

Podiatry Services

Carlisle Council on Aging

Podiatry clinics offered for basic foot care, screenings. Call for information or to register for next clinic.

Phone: 978-371-2895

www.carlislema.gov/pages/carlislema_coa/index

Print and AV Media

Gleason Public Library

22 Bedford Road

Carlisle, MA 01741

Phone: 978-369-4898

www.gleasonlibrary.com

August 2016

Religious Services and Grief Counseling

Carlisle churches and a synagogue in Concord are listed below. An additional listing of nearby [religious organizations](#) is in the appendix. Contact the COA (978-371-2895) for specific support groups and more churches in neighboring towns.

Carlisle Congregational Church

147 School Street or P.O. Box 141
Carlisle, MA 01741
Phone: 978-369-7830
www.carlislecongregational.org/

Congregation Kerem Shalom (Vine of Peace)

659 Elm Street
Concord, MA
Phone: 978-369-1223
www.keremshalom.org

First Religious Society, Unitarian - Universalist

27 School Street or P.O. Box 817
Carlisle, MA 01741
Phone: 978-369-5180
frs@uucarlisle.org
<http://www.uucarlisle.org/>

St. Irene's Roman Catholic Church

181 East Street
Carlisle, MA 01741
Phone: 978-369-9863 (church) 978-369-3940 (rectory)
<http://www.stirenes.org/>

Respite Care

Contact the COA for a list of respite services: (978) 371-2895.

Massachusetts Lifespan Respite Coalition

Find a provider; obtain a caregiver toolbox, financial assistance and training resources
464 Common St, Suite 226
Belmont, MA 02478
Phone: (508) 507-6572 (MLRC)
<http://www.massrespite.org>

August 2016

Minuteman Senior Services

In-home care; Call for eligibility and costs.

Phone: 888-222-6171 or 781-272-7177

minutemansenior.org/

Social Security

Social Security Administration

Cash benefit to retirees who meet age and working qualifications.

STE 300, 151 Warren Street, Lowell MA 01852

Monday, Tuesday, Thursday, Friday: 9AM-3PM

Wednesday: 9AM-12PM

Phone: 877-746-9850 or TTY 978-458-5702 (Lowell Office)

800-772-1213, TTY 800-325-0778 (General Contact Numbers)

<http://www.socialsecurity.gov/>

Supplemental Security Income

Supplement to Social Security for Social Security recipients who meet income requirements

Social Security Administration

Phone: 877-746-9850 or TTY 978-458-5702 (Lowell Office)

800-772-1213, TTY 800-325-0778 (General Contact Numbers)

www.socialsecurity.gov/ssi/

Specific Health Issues Support

AIDS	617-437-6200	aac.org/
Alzheimer's	800-272-3900, 617-868-6718	alz.org/MANH/
Arthritis	800-283-7800, 800-766-9449	arthritis.org/
Cerebral Palsy	617-926-5480	ucp.org/
Cystic Fibrosis	800-966-0444, 508-655-6000	cff.org/
Diabetes	800-342-2383, 617-482-4580	diabetes.org/
Epilepsy	216-579-1330	epilepsyinfo.org/
Head Injury	631-543-2245	lihia.org/
Heart	781-373-4500, 800-242-8721	heart.org
Kidney	781-278-0222	kidney.org/
Lung	781-890-4262, 800-548-8252	lung.org/
Lupus	202-349-1155, 800.558.0121	lupus.org
Multiple Sclerosis	781-890-4990, 800-344-4867	nationalmssociety.org
Parkinson's	800-473-4636	parkinson.org/
Stroke	888-478-7653	strokeassociation.org/STROKEORG
Social Security	See Social Security section	

August 2016

Substance Abuse Services

VCAT Substance Abuse Program

Substance abuse counseling, support groups, and aftercare programs for veterans with substance abuse

Phone: 781-687-2275 (eligibility) or 781) 687-2580 (after care)

<http://www.bedford.va.gov/Mentalhealth/vcat.asp>

Support Groups

Contact the COA for additional information about support groups: 978-371-2895.

Adult Diabetes Support Groups

Care One of Concord

57 Old Road to Nine Acre Corner
Concord, MA 01742

First Thursday of each month, 1:30PM – 2:30PM, first floor conference room.

Call Mary Bannon.

Phone: 978-371-3400

Lowell General Hospital

Saints Campus

2 Hospital Drive

Lowell, MA 01854

Phone: 978-446-2740

<http://www.lowellgeneral.org/health-and-wellness/support-groups/general-support-groups/diabetes-management-center-support-groups>

Alzheimer's & Related Dementias - Caregiver support groups

Chelmsford Senior Center:

Meets 2nd & 4th Monday of each month from 1:00PM - 2:30PM.

Phone: 978-788-6178

<http://www.townofchelmsford.us/>

August 2016

The Inn at Robbins Brook

Route 27

Acton, MA

Meets the 4th Wednesday of each month, 4:00-5:30PM, with light supper served.

Registration is required. Call Lauren Sepe

Phone: 978-264-4666

Bereavement Support Groups

VNA Hospice Care

100 Sylvan Road, G500

Woburn, MA 01801

Phone: 781-569-2888 or 866-279-7103

<http://www.hospicecare.org/>

Nashoba Nursing Service & Hospice

Support includes phone calls, informational mailings, support groups, bereavement visits, Evenings of Remembrance, and informational presentations. Bereavement support groups are a free service to the community. Those with concerns or questions can call:

Phone: 978-425-6675

<http://www.nashoba.org/hospice/bereavement-support>

For times and locations of the support group meetings, check the calendar at:

<http://www.nashoba.org/calendar> (in the "Agenda" pulldown, select only the "Support Groups" box)

Care Dimensions

Offers a wide variety of grief support groups and workshops. A calendar of their current events (including those held at Emerson Hospital) is available from their website. [Click on the "Download Now" notice at the right of the website for a calendar of bereavement-specific events.]

Phone: 855-774-5100

<https://www.caredimensions.org/grief-support/>

Caregiver support groups

Parkinson's Support Group

Except for August, meets the first Monday of each month (Second Monday in September) from 2:00PM – 4:00PM

Newbury Court, 100 Deaconess Rd, Concord, MA 01742

Phone: 978-369-0419

<https://www.emersonhospital.org/SupportServicesAndGroups/SupportGroups/Other.aspx>

August 2016

RiverCourt Residences

Caregiver support group. First Wednesdays of every month, 6-8pm.
8 West Main Street, Groton, MA 01450
Phone: 978-448-4122

<http://www.rivercourtresidences.com/contact-rivercourt-residence-groton-ma/>

Various Support Groups

Emerson Hospital

Phone: 978-369-1400

<https://www.emersonhospital.org/en/SupportServicesAndGroups/SupportGroups.aspx>

Lahey Medical Center

Social Work Department

Phone: 781-744-3496

<http://www.lahey.org/SupportGroups/> and <http://www.lahey.org/SocialServices/>

Transportation

Carlisle COA Transportation Line

For transportation to medical appointments, shopping or errands, contact our COA Transportation Line at 978-371-6690 or email coaride@carlisle.mec.edu. Please contact us 48 hours in advance.

If the COA cannot meet your needs, see below for other transportation options.

Carlisle Transportation Service (CTS) is a new transportation service being piloted by the Town of Carlisle to add range and scheduling flexibility for residents' transportation needs, particularly seniors and those with disabilities that might not have access to other transportation. The Town has contracted with a vendor called Flow Transportation to provide the transportation services. Information about the program can be found on our new Transportation website at www.Carlislematransportation.com.

Although the program is meant to help those with mobility challenges, the agreement with Flow Transportation offers favorable ride rates to all Carlisle residents. This is a livery service, not a taxi firm, so please make reservations two or more days in advance. Requests received with less than 48 hours-notice from the time of your trip will be made on a best efforts basis only.

Any questions regarding this service, please contact the COA at 978-371-2895.

August 2016

Acton/Concord/Maynard Taxi

P.O. Box 274

Concord, MA 01742

Wheel chair accessible by van (if not busy).

No senior discounts

Phone: 978-263-1333

American Cancer Society (not wheelchair accessible)

Cancer patients all ages

Cancer treatments

Service: 24-7

Free transportation help for cancer patients. This service is run by volunteers and is for ambulatory patients only.

Phone: 800-227-2345

www.cancer.org

Armstrong Ambulance

Ambulance only no chair cars

24 x 7 service

Phone: 781-648-0612

Bruce Blake Taxi

Bedford, MA

Advance notice: 1 day good; also try last minute.

First hour ride is \$25. Additional hours, \$25 each.

Phone: 781-492-2743

CharlieCard

Reusable and Rechargeable—the easiest and most affordable way to ride. The CharlieCard is a 'smart card' that stores value for single or multiple-rides and/or a T-pass. You load the card with value or a T-Pass using cash, credit or debit cards, or even T-Tokens at in-station fare vending machines or at retail sales terminals, T ticket offices and eventually, online. For more information call or visit website.

Phone: 617-222-5438

Phone: 617-222-5854 (TTY)

www.mbta.com

FISH (Friends in Service Helping)

Transportation for Medical appointments only. Call a minimum of 48 hours in advance – Free service to Carlisle & Concord area. Will take wheelchair if person can transfer self in and out of chair. No trips to Boston.

Phone: 978-369-2244

August 2016

Flow Transportation (Wheelchair Accessible)

978-602-5606

New pilot program with the Town of Carlisle, offering an additional transportation resource in Carlisle. All residents, but those who are disable or 60 and older will be able to get special discount vouchers, purchased from the COA. Available for nights & weekend rides as well as trips into Boston.

<http://carlislematransportation.com/cts-transportation/>

Gentle Arms Daily

Wheelchair vans, group vans, and sedans

No senior discounts (pricing based on mileage)

9:30/10:00 am to 2:00 pm Monday-Friday (private rides)

Sat-Sun. Generally closed – but do call before- hand and inquire might be able to help.

Phone: 978-809-0033

www.gadtransport.com

Harrison Global Cab

Service: 24-7, 10% senior discount

As much notice as possible

224 Calvary Street, Waltham, MA 02453

Phone: 781-863-2626

Mass Health Transportation (only for Mass Health clients)

Monday-Friday 8 am – 5 pm

Through minuteman services and Blair House of Tewksbury

Phone: (978) 851-3121 – No charge – billed through minuteman to insurance company

Massachusetts Registry of Motor Vehicles

Handicapped Placard

Medical Affairs Branch

P.O. Box 199100, Boston, MA 02119

Phone: 800-858-3926

www.mass.gov

MBTA Senior Pass

Back Bay Station, 145 Dartmouth St., Boston, MA 02116

Reduced fare on MBTA buses and subway for people 65 and older or with disabilities.

Pass available in person or by mail.

Neighborhood Brigade

Volunteers who will help with such tasks as meal delivery, rides to follow-up medical appointments, and light household chores/errands, pet care (non-boarding). Requests must be submitted on their web site and a “chapter leader” will respond in 24-48 hours. Services are free of charge.

<http://www.neighborbrigade.org/1-public/request-help/?chapter=ConcordCarlisleMA#help-request-form>

Our Pleasure 2 Help, LLC

2 Springdale Road, Lexington, MA 02421

Transportation for Medical appointments, Daily errands, etc. Throughout Lexington and the surrounding communities, as well as into Boston & Logan. Call 24 or 48 hours ahead if possible. **No Wheelchair lift**, person must be able to transfer self in and out from chair.

Phone: 781-862-4300

www.ourpleasure2help.com

Palms Pride Inc. Transportation

24/7 operation – Non Emergency – Medical and Non-Medical rides

Phone: 781-373-3460 or 978-667-6203

Call for pricing (Paul Kise)

Plaza Limousine

Gregory Ryan – 978-453-0000

Call give him a budget to work with for our COA day trips

PrideSTAR EMS

9 West Adams Street, #3, Lowell, MA 01851

Ambulance 24 x 7 – need 24-hour notice.

No senior discounts

Do non-emergencies only.

Phone: 978-441-0911

www.pridestarems.com

Right At Home – In Home Care & Assistance

Client Services to arrange appointments. Their drivers are Home Health Aides – going to residents homes and assisted living facility – using their own cars for transportation – no wheelchair vehicles

They work 24/7 – weekends & holidays. Please call 48 hours or more in advance to arrange transportation – 3 hour minimum. Groceries – Errands – Doctor appt. Library – Social Events – They will drive anyway including Boston. Client will be invoiced after transportation trip

Phone: 781-275-1400

August 2016

Sunshine Taxi

69 Commonwealth Ave.
Concord, MA
Phone: 978-567-9149

Veteran Taxi

Service: 24-7, 10% senior discount
Provide as much notice as possible.
224 Calvary Street, Waltham, MA 02453
Phone: 617-527-0300

Veterans and Military Retirees Benefits Assistance

Veterans Agent

Kenneth Buffum (covering Carlisle and Billerica)
Assistance with veterans' benefits and other issues
Phone: 978-671-0969

Edith Norse Veterans Administration Hospital

200 Springs Road
Bedford, MA 01730
Job Placement, Alzheimer's Services, Geriatric Specialists, Hospital-Veterans, In-patient Geriatric Assessment, Inpatient Physical Therapy, Osteoporosis Program/Care, Outpatient Veterans Health Services, Nutritional Counseling, Outpatient Mental Health/Psychiatric Services, Inpatient Substance Abuse Treatment, Veterans Services, Smoking Cessation Program.
Only veterans enrolled in area VAs are eligible to use these services.
Phone: 781-275-7500
www.bedford.va.gov

Billerica Town Hall

Veterans Office, 365 Boston Road, Billerica, MA 01821
Assistance with veteran issues.
Phone: 978-667-0968
www.town.billerica.ma.us

Department of Veterans Services

600 Washington Street, Suite 1100, Boston, MA 02111
Leading advocate for veterans, their families and survivors.
Phone: 617-210-5480
www.mass.gov/veterans

August 2016

Senior Helpers

Aids veterans in finding quality and affordable in-home care services.

3 Littleton Road, Suite 3, Westford, MA 01886

Phone: 978-467-4300

www.seniorhelpers.com/westford

US Department of Veteran Affairs

Medications by mail, covered if enrolled in uniform benefits package. Co-payment may be required. Only veterans enrolled in area VAs are eligible to use this service.

Phone: 800-827-1000

<http://www.va.gov/healthbenefits/access/prescriptions.asp>

VA Boston Health Care System

Only veterans enrolled in area VAs are eligible to use this service.

150 South Huntington Avenue, Jamaica Plain, MA 02130

Phone: 617-232-9500

www.boston.va.go

Guide to Veterans' Laws and Benefits.

The Secretary of State's Citizen Information Service and the Department of Veterans' Services collaborated to produce a guide called Veterans' Laws and Benefits.

You can download a [PDF formatted version](#) of the guide or [view the guide in your browser](#) an html document.

The Veterans' Laws and Benefits guides are available from the Citizen Information Service by calling 617-727-7030/800-392-6090 (toll-free in MA only).

<http://www.mass.gov/veterans/about-veterans-services/publications/guide-to-veterans-laws-and-benefits.html>

Lowell Community Based Outpatient Clinic, VA

130 Marshall Road, Lowell, MA 01852

Only veterans enrolled in area VAs are eligible to use this clinic.

Phone: 800-865-3384

Mass 211

Mass 211 is a helpline connecting callers to information about critical health and human services available in their community, 24 hours a day, 7 days a week.

Phone: 2-1-1 or 877-211-MASS (6277).

<http://www.mass211.org/>



Lunch with Santa



August 2016

Appendices

An A to Z Directory of Helpful Phone Numbers

AT&T	800-222-0400
Carlisle Assessor's Office	978-369-5557
Carlisle Building Dept. (including electrical, gas, & plumbing permits/inspections)	978-369-6689
Carlisle Board of Health (including septic issues)	978-369-0283
Carlisle Congregational Church	978-369-7830
Carlisle Council on Aging	978-371-2895 and 978-371-6693
Carlisle Council on Aging Van Line	978-371-6690
Carlisle Housing Authority Coordinator	978-371-6694
Carlisle Public Works	978-369-6156
Carlisle Recreation Department	978-369-9815
Carlisle Town Administrator	978-371-6688
Carlisle Town Clerk	978-369-6155
Carlisle Treasurer/Tax Collector	978-369-5557
Carlisle Village Court	978-369-5968
Carlisle Schools	978-369-6550
Comcast Cable	800-Comcast (800-266-2278)

August 2016

Concord Congregational Church	978-369-7830
Department of Transitional Assistance	978-446-2400; Lowell office, Monday – Friday 7AM-5PM
DigSafe	888-344-7233
Dog Officer	978-369-1155
Elder Abuse Hotline	800-922-2275 (9-5 M-F) 781-272-7177 (after regular hours/weekends)
Eliot Community Human Services	800-988-1111 Emergencies 978-369-1113 Concord Clinic 781-861-0890 Ombudsman
Emergency	911 (Medical, Fire, or Police)
Emerson Hospital	978-369-1400, TTY: 1-800-439-0183 ER: 978-287-3690
Fire Department - non-emergency and Open Burning	978-369-1442
First Religious Society	978-369-5180
Food Source Hotline	800-645-8333, TTY: 800-377-1292 http://www.projectbread.org/
Food Stamps	800-645-8333
Fuel Assistance (Community Teamwork)	978-459-6161
Gleason Public Library	978-369-4898
Governor Charlie Baker Massachusetts State House Office of the Governor, Room 280 Boston, MA 02133	617-725-4405, 888-870-7770 Fax: 617-727-9725 TTY: 617-727-3666 http://www.mass.gov/governor/constituent-services/contact-governor-office/
Hospice and Palliative Care	800-962-2973
Lahey Hospital	781-744-5100
Lawyer Referral Service	866-627-7577

August 2016

Lifeline Mount Auburn Hospital	617-492-3500
Lowell General Hospital	978-937-6000
MCI	800-950-5555
MBTA	617-222-3200
Mass Health	800-841-2900, TTY 800-497-4648
Mass Health Connector	877-MA-ENROLL (1-877-623-6765)
MSPCA Animal Poison Control (\$65 fee)	888-426-4435
Medicaid	800-841-2900
Medicare	800-633-4227, TTY 877-486-2048
Minuteman Senior Services	888-222-6171, 781-272-7177, TTY 781-275-1285
National Grid	800-233-5325 Gas Emergencies 800-732-3400 Customer Service 800-233-5325, ext. 711 Hearing & Speech Impaired
Poison Control Center	800-682-9211 (MA only) 800-222-1222 (American Association of Poison Control Centers) TTY 888-244-5313
Police Department - non-emergency and animal problems	978-369-1155
President Barack Obama The White House 1600 Pennsylvania Avenue, NW Washington, DC 20500	202-456-1111, TTY 202-456-6213 (Comments) 202-456-1414 (Switchboard) 202-456-2121 (Visitor's Office) http://www.whitehouse.gov/contact/write-or-call#write
Registry of Motor Vehicles	617-973-7777

Representative in the Massachusetts General Court (Fourteenth Middlesex District)	https://malegislature.gov/ (enter "Carlisle" or "01741" in the "Find A Legislator" search window to learn the name and number of Carlisle's current representative)
State Representative Cory Atkins <u>Boston Office</u> (617-722-2015) State House, Room 195 Boston, MA 02133	http://www.coryatkins.com/ <u>District Office</u> (978-369-5299) 93 Pilgrim Road Concord, MA 01742
Saint Irene Catholic Church	978-369-9863 (Church); 978-369-3940 (Rectory)
Saints Medical Center (part of Lowell General Hospital)	978-458-1411
Senator in Massachusetts General Court (Third Middlesex District)	https://malegislature.gov/ (enter "Carlisle" or "01741" in the "Find A Legislator" search window to learn the name and number of Carlisle's current senator)
State Senator Michael J. Barrett <u>Boston Office</u> (617-722-1572) State House, Room 416 Boston, MA 02133	http://senatormikebarrett.com/ <u>District Office</u> (none given)
Social Security, Lowell Office	877-746-9850 or TTY 978-458-5702
Sprint	888-211-4727 (Customer Service) 866-866-7509 (Sales)
U.S. Post Office	800-275-8777 Carlisle: 978-369-6820 TTY: 877-889-2457
U.S. Representative (Third District)	http://www.house.gov/representatives/ (Select "M" from the alphabet index and then scroll to "Massachusetts". Clicking on the representative's name brings up their webpage with local "Contact" information http://tsongas.house.gov/
U.S. Representative Niki Tsongas <u>Lowell Office</u> (978-459-0101) 26 John Street, Suite 12 Lowell, MA 01852	<u>Washington Office</u> (202-225-3411) 1714 Longworth HOB Washington, DC 20515

<p>U.S. Senator Elizabeth Warren <u>Boston Office</u> 2400 JFK Federal Building 15 New Sudbury Street Boston, MA 02203</p> <p><u>Washington Office:</u> 317 Hart Senate Office Bldg. Washington, DC 20510</p>	<p>617-565-3170 http://www.warren.senate.gov</p> <p>202-224-4543 http://www.warren.senate.gov</p>
<p>U.S. Senator Edward Markey</p> <p><u>Boston Office:</u> 975 JFK Federal Building 15 New Sudbury Street Boston, MA 02203</p>	<p>617-565-8519 http://www.markey.senate.gov</p> <p><u>Washington Office:</u> 218 Russell Senate Office Building Washington, DC 20510 202-224-2742</p>
Verizon	800- VERIZON (800-837-4966)
Veterans Administration in Bedford	781--687-2000
Veterans Services in Billerica	978-671-0968
Wells & Pumps Inspection	978-369-0283 (Board of Health)
Winchester Hospital	781-729-9000

Emerson Hospital Phone Directory

Main Campus: 978-369-1400, TTY: 1-800-439-0183

Physician Referral Service: 1-877-936-3776

Addiction Services: 978-287-3520

Admitting/Registration: 978-287-3060/3062

Birthing Center: 978-369-1400

Blood Bank: 978-287-3390

Bone and Joint Center: 1-877-936-3776

Breast Health Center: 978-287-8100

Mass General Cancer Care at Emerson – Bethke: 978-287-3346

Cancer Services: 978-287-3349

Cardiac Rehabilitation: 978-287-3732

Cardiology: 978-287-3730

Chaplain: 978-287-3015

Community Health Education: 978-287-3777

Coumadin Clinic: 978-287-3286

Critical Care Unit: 978-287-3150/3155

CT Scan: 978-287-3701

Development: 978-287-3080

Diabetes Center (Agarwal Diabetes Center): 978-287-8590

Dietitians: 978-287-3785

Emergency Department (Polo Emergency Center): 978-287-3690

Emerson Hospital Information: 978-369-1400

Emerson Medical at Sudbury: 978-579-6000

Endoscopy: 978-287-3300

Groton Health Center: 978-449-6300

Health Cost Estimating: 978-287-3106

Healthy Living Program: 978-287-3777

Home Care: 978-287-8300

Hospice: 978-774-7566

Human Resources: 978-287-3070

Infusion Center (Naka Infusion Center): 978-287-3412

Labor & Delivery: 978-287-3310

Laboratory (Emerson Blood Draw & Specimen Collection): 978-287-3576

Library: 978-287-3090

Mammography Center: 978-287-8100

Maternity: 978-287-3320

Medical Records/Health Information Management: 978-287-3870

MRI (Magnetic Resonance Imaging): 978-287-3591

August 2016

Neurology: 978-287-3735
Nursery: 978-287-3315
Nutritional Counseling: 978-287-3785
Patient Accounts: 978-287-3020
Patient Advocate: 978-287-3095
Patient Information: 978-369-1400
Patient Registration/Outpatient: 978-287-3062
Pediatric Intervention Team (PIT): 978-287-3422
Pediatrics: 978-287-3420
Perinatal Education: 978-287-3268
Physical Therapy: 978-287-8200
Physician Referral Service: 1-877-936-3776
Physician Relations/Marketing/Recruitment: 978-287-3002
Psychiatric Services: 1-877-936-3776
Public Relations: 978-287-3458
Pulmonary Rehabilitation: 978-287-3715
Radiation Oncology: 978-287-3290
Radiology (Yeatts Radiology Center): 978-287-3700
Rehabilitation Services (Center for Sports Rehabilitation and Specialty Services):
978-287-8200
Respiratory Care: 978-287-3740
Short-term Rehabilitation Care (Transitional Care Unit): 978-287-3620
Sleep Disorders Center: 1-800-432-8808
Social Work/Care Coordination: 978-287-3170
Speech Therapy: 978-287-8200
Surgical Center (Clough Surgical Center): 978-287-3165
Surgical Center (Pre-Surgical Testing): 978-287-3166
Surgical Day Care: 978-287-3165
Surgical Weight Loss Center: 978-287-3532
Tender Beginnings: 978-287-3268
Ultrasound: 978-287-3702
Westford Health Center: 978-589-6999
Wound Care and Hyperbaric Medicine: 978-287-8550

Caregivers' Online Resources

Caregiver Action Network	http://caregiveraction.org/
Massachusetts Eldercare Options	http://www.eldercare.gov
Family Caregiver Alliance	http://www.caregiver.org
National Alliance for Caregiving	http://www.caregiving.org
National Family Caregiver Support Program Resource Room	http://www.aoa.gov/aoa_programs/hcltc/caregiver/index.aspx
National Family Caregivers Association	http://www.nfeacares.org
Online Elder Care Resource for New England	www.maseniors.org
Online service to find elder care.	www.Care.com
Online directory of senior living homecare options.	www.senioradvisor.com
Today's Caregiver Magazine	http://www.caregiver.com
Well Spouse Association	http://www.wellspouse.org

Also helpful:

AARP <http://www.aarp.org/home-family/caregiving/>

Job Accommodation Network <http://askjan.org/>

Medicare Interactive Website www.medicareinteractive.org

National Academy of Elder Law Attorneys (NAELA) www.naela.org

August 2016

FOOD ASSISTANCE

Note: Most agencies will request a picture ID for clients that indicates their address.

<p>Acton Community Supper and Food Pantry 978-635-9295 235 Summer #205, Boxborough MA Food Pantry and Clothing Closet hours:</p> <ul style="list-style-type: none"> • Wednesdays, 10:00 AM – 7:00 PM • Thursdays, 9:30 AM – 11:30 AM by appointment. • Closed the 4th week of the month. <p>Clothes Closet: free clothing. All are welcome www.actoncommunitysupper.org</p>	<p>Open Table, Inc. 978-369-2275 Open Table - Concord First Parish Church 20 Lexington Rd, Concord http://www.opentable.org</p> <ul style="list-style-type: none"> • Free dinner Thursdays 5:30-6:30pm • Food Pantry Thursdays 4:30-5:30 pm <p>Transportation provided for both individuals and families when necessary Open to residents of any town.</p>
<p>Open Table, Inc. 978-369-2275 Open Table – Maynard First floor of former Coolidge School 12 Bancroft St. Maynard, MA 01754 http://www.opentable.org</p> <ul style="list-style-type: none"> • Free dinner – See information for Open Table Maynard/Sudbury • Pantry: Mon. 5:00-7:00 PM Open to residents of any town. 	<p>Open Table, Inc. 978-369-2275 Open Table – Maynard/Sudbury United Methodist Church 251 Old Sudbury Road Sudbury, MA 01776 http://www.opentable.org</p> <ul style="list-style-type: none"> • Free dinner: Temporarily suspended. May resume in January 2017. • Pantry: Mon. 5:00-7:00 PM • Open to residents of any town
<p>Helping Hand Pantry 617-547-4070 St. James Episcopal Church 1991 Massachusetts Avenue, Cambridge, MA 02140</p> <ul style="list-style-type: none"> • Tuesday 4:00 – 6:00 PM • Thursday 11:00am-1:00pm • Saturday 10:am-12:00pm <p>Bring Photo ID Open to residents of any town</p>	<p>Lex Eat Together No Phone Lex Eat Together in Lexington, MA consists of volunteers who desire to share community with those in need. All are welcome without question. Church of Our Redeemer 6 Meriam St. Lexington, MA 02420</p> <ul style="list-style-type: none"> • Wednesdays at 5:15 to 6:30 PM <p>http://www.lexeattogether.org lexeattogether@gmail.com Supper will <u>not</u> operate when the Lexington Public Schools close for weather reasons.</p>

<p>Chelmsford Community Exchange 978-250-3818 50 Rear Billerica Road Chelmsford, MA - in beige trailer http://www.chelmsfordfoodpantry.org Has handicapped entrance Food Pantry hours: • Thursday, 2-4 pm • Friday 6:30 to 8 pm • Saturday 12:00 – 1:30 pm Open to residents of any town</p>	<p>Westford Community Food Pantry 978-692-5523 20 Pleasant Street Westford, MA 01886</p> <ul style="list-style-type: none"> • 1st week of month: <ul style="list-style-type: none"> ○ Monday, 1-3:30 pm ○ Wed., Thurs., & Fri., 8:30-11:30 am • 3rd week of month: <ul style="list-style-type: none"> ○ Monday, 1-3:30 ○ Wednesday, 8:30-11:30 am ○ Thurs., 8:30-11:30 am, 6:00-8:00 pm ○ Friday, 8:30-11:30 am <p>For those needing food on non-food pantry days, two bags of prepackaged food are available. Go to main desk to ask.</p>
<p>Food Pantry 978-443-3168 Our Lady of Fatima Church 160 Concord Rd. Sudbury, MA • Tuesdays and Thursdays 11:30a.m.2:15pm Distribution begins at 12:00 PM.</p>	<p>Table of Plenty 978-710-8328 First Parish Unitarian Universalist Church 2 Westford Street Chelmsford, MA 01824 Every Tuesday from 5:00 - 6:00 PM</p>
<p>Greater Boston Foodbank Website: www.gbfb.org</p>	

LOCAL HOUSES OF WORSHIP

For more info, contact the Carlisle COA 978-371-2895

<p>Acton-Concord Friend Meeting (Quaker) Minuteman ARC, 130 Baker Ave Ext. Concord, MA 978-263-8660</p>	<p>Liberty Christian Family Church 520 Lowell Street, Carlisle, MA Concord Scout House 74 Walden Street 978-369-1919 http://www.lcfconcord.org/</p>
<p>Christian Science Reading Room 20 Main Street, Concord, MA 978-369-4117</p>	<p>The Lutheran Church of the Savior 426 Davis Road Bedford, MA 781-275-6013 http://www.lcsavior.org/</p>
<p>Concord Baha'i Faith (meets in various homes) 978 369-1275 http://www.concordbahais.org/</p>	<p>The New Church of Concord 53 Church Street 978-369-0543 http://www.newchurchconcord.org/</p>
<p>Congregational Church 147 School St Carlisle, MA 978-369-7830 http://www.carlislecongregational.org/</p>	<p>New Life Community Church Emerson Umbrella Center for the Arts 40 Stow Street, Concord, MA PO Box 5 978-369-0061 http://www.newlife.org/</p>
<p>Congregation Kerem Shalom 659 Elm Street Concord, MA 978 369-1223 http://keremshalom.org/</p>	<p>Redeemer Presbyterian Church 191 Sudbury Road (office) Meets at Harvey Wheeler Community Center 978-254-7353 http://www.redeemerma.org/</p>
<p>Duvall Chapel at the New England Deaconess Association 80 Deaconess Road, Concord, MA 978-369-5151 http://www.nedeaconess.org/</p>	<p>St. Irene Parish (Catholic) 181 East Street Carlisle, MA 01741 978-369-3940 (Rectory) 978-369-9863 (Church) http://www.stirenes.org/</p>

August 2016

<p>First Church Of Christ (Scientist) 7 Lowell Road, Concord, MA Monument Square 978 369-2933 http://www.csconcordma.org/</p>	<p>Trinitarian Congregational Church 54 Walden Street Concord, MA 978-369-4837 http://triconchurch.org/</p>
<p>First Parish (Unitarian) 20 Lexington Road Concord, MA 978 369-9602 http://www.firstparish.org/cms/</p>	<p>Trinity Episcopal Church 81 Elm Street Concord, MA 978 369-3715 http://www.trinityconcord.org/</p>
<p>First Religious Society (Unitarian) 27 School St. Carlisle, MA 978-369-5180 http://www.uucarlisle.org/</p>	<p>West Concord Union Church (United Church of Christ) 1317 Main Street West Concord, MA 978-369-6309 http://www.westconcordunionchurch.org/</p>
<p>Holy Family Parish (Catholic) 55 Church Street Monument Square Concord, MA 978 369-7442 or 2810 http://www.holyfamilyconcord.org/</p>	



COA Lunch



COA Lunch

August 2016

MASSACHUSETTS ELDER CARE AGENCIES, ADVOCATES, & PROGRAMS

These links are provided by the Massachusetts Council on Aging
<http://www.mcoaonline.com/home/pages/mcoa-links>. Or go to the list below and click to
open hyperlink.

[1-800-AGE-INFO](#)

[AARP MA](#)

[Alzheimer's Association Massachusetts Chapter](#)

[Assisted Living in Massachusetts](#)

[Bridges Together — Growing Older, Growing Together](#)

[The Carroll Center for the Blind](#)

[Grandparents Raising Grandchildren Support Network](#)

[Healthy Living Center of Excellence](#)

[Home Care Alliance of Massachusetts](#)

[LGBT Aging Project](#)

[Massachusetts Advocates for Nursing Home Reform](#)

[Mass Aging Service Association](#)

[Mass ALFA](#)

[Massachusetts Association of Older Americans \(MAOA\)](#)

[Mass Council for Home Care Aide Services](#)

[Massachusetts Department of Revenue: Information for Senior Citizens and Retirees](#)

[Massachusetts Office of Consumer Affairs](#)

[Massachusetts Department of Public Health — Healthy Aging](#)

[Massachusetts Eye & Ear Infirmary](#)

[Massachusetts Gerontology Association](#)

[Mass Home Care](#)

[Mass Home Care — Think Home Care](#)

[Massachusetts Independent Living Council \(statewide listings of agencies\)](#)

[Mass Senior Action](#)

[Mass Senior Care Association](#)

[Mass Service Alliance](#)

[National Association of Social Workers-Massachusetts Chapter \(NASW-MA\)](#)

[National Braille Press](#)

[The Perkins School for the Blind](#)

[Project Bread](#)

[Senior \\$ents \(Mass DOR/Elder Affairs\)](#)

Medicare

[Medicare Main Page](#)

[Medicare and Medicaid Updates](#)

August 2016

[Centers for Medicare & Medicaid Services \(CMS\)](#)

[MMA — Massachusetts Municipal Association](#)

[Mass Municipal Association \(MMA\)](#)

[MMAHSC— MMA Human Service Council](#)

[Massachusetts Government](#)

[Massachusetts Government \(main page\)](#)

[Massachusetts Governor's Web Page](#)

[Massachusetts Health & Human Services \(HHS\)](#)

[Massachusetts Executive Office of Health and Human Services](#)

[Massachusetts Executive Office of Elder Affairs](#)

[Massachusetts Department of Public Health](#)

[Massachusetts Executive Office of Veterans Services](#)

[Massachusetts Department of Mental Health](#)

[Massachusetts Commission for the Blind](#)

[Massachusetts Commission for the Deaf and Hard of Hearing](#)

[Massachusetts Rehab Commission](#)

[Massachusetts Constitutional Offices](#)

[Massachusetts Secretary of State](#)

[Massachusetts Secretary of State/ Citizens Information Services](#)

[Massachusetts Attorney General's Office](#)

[Massachusetts Legislature](#)

[Massachusetts Legislature](#)

[Massachusetts Senator \(contact info\)](#)

[Massachusetts Representative \(contact info\)](#)

[Other Government Agencies that Connect with MCOA](#)

[MBTA News/Events](#)

[MBTA Public Meetings](#)

[Massachusetts RMV](#)

[Massachusetts Cultural Council](#)

[Massachusetts Office of Consumer Affairs](#)

[Massachusetts Department of Fire Services](#)

[Massachusetts Department of Revenue: Information for Senior Citizens and Retirees](#)

[Massachusetts Mental Health Counselors Association](#)

[Massachusetts Executive Office of Transportation](#)

August 2016

[Massachusetts Office of Tourism](#)
[Massachusetts Office of Refugees and Immigrants](#)
[Massachusetts Department of Transitional Assistance](#)
[Massachusetts Department of Workforce Development](#)
[Massachusetts Commission Against Discrimination](#)
[Massachusetts Office of Campaign and Political Finance \(rules for public employees and public buildings\)](#)
[Massachusetts State Ethics Commission](#)
[Massachusetts Commission on the End of Life Care \(Resource Guide\)](#)

Non Profit Resources — Massachusetts & elsewhere

[ADA-One.com - New ADA Guidelines for Nonprofits](#)

Other States

[MySeniorCare — Out of State Resources](#)
[Connecticut Department of Social Services, Bureau of Aging](#)
[Connecticut Association of Senior Center Personnel](#)
[New Hampshire Bureau of Elderly & Adult Services](#)
[Rhode Island Department of Elderly Affairs](#)

National Links

[AARP National](#)
[Alzheimers.gov](#)
[Alzheimer's Association National](#)
[Age in Place](#)
[American Foundation for the Blind \(AFB\)](#)
[American Society on Aging \(ASA\)](#)
[Calculators.com Senior Health Risk Calculators](#)
[Disability.gov](#)
[EPA](#)
[Families USA](#)
[FEMA](#)
[Medicare — U.S. Government](#)
[National Council on Elder Abuse](#)
[National Council on Aging \(NCOA\)](#)
[National Registry of Evidence-based Programs and Practices](#)
[NIH Senior Health](#)
[NCOA's National Institute of Senior Centers](#)
[NCOA's Benefit for Seniors](#)
[NCOA's Healthy Aging](#)
[Social Security — U.S. Government](#)
[U.S. Administration on Aging](#)

August 2016

International Links

[World Health Organization \(WHO\)](#)

Legal

[Commission on Legal Problems of the Elderly](#)

[Greater Boston Legal Services \(GBLS\)](#)

[Mass Law Reform Institute](#)

[Massachusetts Legal Assistance Corporation](#)

[National Consumer Law Center](#)

[The National Academy of Elder Law Attorneys](#)

[The National Senior Citizens Law Center](#)

[Information concerning Elder law](#)

[Mass Resources: Provides useful information about a wide range of assistance programs for people in need living in Massachusetts](#)

Medical

Find numerous updates and articles at these sites.

[CDC — Centers for Disease Control](#)

[CDC Healthy Aging](#)

[CDC Learning Connection](#)

[HHS — US Department of Health & Human Services](#)

[Healthy People 2020](#)

[News Links for HHS Agencies](#)

[NIH — National Institutes of Health](#)

[NIH Senior Health](#)

[NIH National Library of Medicine — Medline Plus](#)

[NIMH — National Institute of Mental Health](#)

[U.S. National Library of Medicine](#)

[U.S. National Library of Science \(NIH\)](#)

[PMC — US National Library of Science, Archive of Journal literature](#)

Additional Medical Resources (not on the Massachusetts Council on Aging (list))

Previews are available, but you must be a subscriber to read the complete articles.

[Harvard Health Publications](#) (Harvard Medical School)

[JAMA Journal of the American Medical Association](#)

[New England Journal of Medicine](#)

[Nature \(journal\)](#)

[Science \(journal\)](#) – need not subscribe for some articles

August 2016

Additional Medical Information

[Disabilities Understood](#)

[Mesothelioma](#)

[Mesothelioma Symptoms](#)

[Tardive Dyskinesia \(TD\) Syndrome](#)

TAXPAYER HELP & RESOURCES

Telephone Assistance <http://www.irs.gov/uac/Telephone-Assistance>

Live Telephone Assistance

When calling, you may ask questions to help you prepare your tax return, or ask about a notice you have received. Please be aware that when you conclude your discussion, our system will not permit you to return to your original responder.

Telephone Assistance for Individuals:

Toll-Free, 1-800-829-1040

Mon-Fri, F, 7:00 a.m. – 7:00 p.m. your local time (Alaska & Hawaii follow Pacific Time).

Telephone Assistance for Businesses:

Toll-Free, 1-800-829-4933

Mon -Fri, 7:00 a.m. – 7:00 p.m. your local time (Alaska & Hawaii follow Pacific Time).

Telephone Assistance for Exempt Organizations, Retirement Plan Administrators, and Government Entities:

Toll-Free, 1-877-829-5500

Hours of Operation: Monday – Friday, 8:00 a.m. to 5:00 p.m. Local Time.

Telephone Assistance for people with hearing impairments:

Toll-Free 1-800-829-4059 (TDD)

Mon-Fri, 7:00 a.m. – 7:00 p.m. your local time (Alaska & Hawaii follow Pacific Time).

For further information, see [Tax Topic 102](#).

Telephone Assistance for Individuals who believe they may be a victim of Identity Theft.

No Tax Administration Impact - Did not receive a notice from the IRS. Toll-Free 1-800-908-4490 (Automated and live assistance)

Mon-Fri, 7:00 a.m. – 7:00 p.m. your local time (Alaska & Hawaii follow Pacific Time). For additional information, refer to our [Identity Theft and Your Tax Records](#) page.

August 2016

Telephone Assistance for people who live outside the United States
Hours of availability vary by location. Please see our [International Services](#) page.

Face-to-Face Assistance

In certain areas, IRS also has [local offices](#) you may visit to receive assistance.
MASSACHUSETTS
<http://www.mass.gov/dor/individuals/taxpayer-help-and-resources/>

OTHER USEFUL LINKS

Alcoholics Anonymous

Phone: 978-957-4690 (24-hour hotline, Methuen)
<http://www.aaemassd21.org/>

Bedford COA Fix-It-Shop

Repair of clocks, watches, lamps, and a variety of items for the cost of parts and, sometimes, a minimal charge for labor. Donations welcome. Tues/Weds. 9 a.m. - noon. Closed in the summer.
12 Mudge Way,
Bedford, MA
Phone: 781-275-6825
<http://www.bedfordma.gov/council-on-aging/pages/repairs-and-odd-jobs>

Carlisle Garden Club

P.O. Box 231, Carlisle MA 01741
<http://www.carlislegardenclub.org/>

Carlisle Trails Committee

“Trails in Carlisle” map book
<http://carlisletrails.pbworks.com/w/page/15173782/FrontPage>

Community Programs at Middlesex Community College

Non-credit programs designed for individuals in all stages of life and career; offered online and in classrooms at Bedford and Lowell campuses. Programs include professional development and personal enrichment courses, youth programs in the form of summer camps and the after school tutoring program, and the Middlesex Institute for Lifelong Education for Seniors (MILES).
Phone: 781-280-3663
<https://www.middlesex.mass.edu/careertraining/>

August 2016

Concord-Carlisle Adult Education

Financial assistance available upon request

Phone: 978-318-1432

<https://ace.colonial.net/ccace/index.php>

Concord Community Social Services Resource Guide

http://www.concordma.gov/pages/ConcordMA_WebDocs/CONCORD%20Social%20Services%20Resource%20Guide%20FINAL%202015REVjan22.pdf

Drumlin Farm/Mass Audubon Society

Sponsors programs, classes, events, tours.

Phone: 781-259-2200 or 800-AUDUBON (800-283-8266)

<https://www.massaudubon.org/>

Energy Star

ENERGY STAR is a U.S. Environmental Protection Agency (EPA) voluntary program that helps businesses and individuals save money and protect our climate through superior energy efficiency.

Phone: 888-STAR-YES (888-782-7937)

<http://www.energystar.gov/>

Friends of the Carlisle Council on Aging

P.O. Box 38, Carlisle, MA 01741

http://carlisle.org/foccoa/Home_Page.html

Household Goods Recycling Ministry

Household Goods Recycling Ministry (HGRM) provides a full range of donated furniture and household items, free of charge, to help people in need make a home. HGRM also accepts donations of gently used furniture and household items.

530 Main Street

Acton, MA 01720

Phone: 978-635-1710

<http://www.hgrm.org/>

Mass Save

Home Energy Assessments

Take advantage of a program that will improve your home's energy performance, reduce your energy bills, make your home more comfortable, and help you qualify for additional rebates and incentives. Schedule a no-cost Home Energy Assessment with a Mass Save® Energy Specialist by calling:

Phone: 866-527-SAVE (7283)

<http://www.masssave.com/>

<http://www.masssave.com/en/residential/home-energy-assessments>

August 2016

Middlesex Community College

For seniors 60+: costs are \$50 for 3-credit courses; \$65 for 4-credit courses (as of Feb 2016)

Phone: 800-818-3434 (Lowell and Bedford)

<https://www.middlesex.mass.edu/>

Road Scholar (formerly Elder Hostel)

Sponsors senior citizen travel and educational programs in the US and abroad.

Phone: 800-454-5768

<http://www.roadscholar.org>

Seniorliving.Org

FREE resource directory for people looking for senior care options: independent living, assisted living, nursing homes, Hospice, home care, respite care, Alzheimer's care, and hospitals. We do not ask for any personal information and do not charge facilities to list.

<http://seniorliving.org/>

Tower Hill Botanic Gardens

Year-round botanical gardens and café

11 French Drive (PO Box 598)

Boylston, MA 01505.0598

Phone: 508.869.6111 x110

<http://www.towerhillbg.org/>

UMass Lowell

The Learning in Retirement Association (LIRA) is a multi-faceted educational program for the retired and semi-retired. College level learning experiences are provided at a modest cost regardless of previous educational background or age.

Phone: 978-934-3135 (or main number: 978-934-4000)

<http://www.uml.edu/Community/LIRA/>



Dog training lunch with Brenda Baer



Lunch with Savoyard Divas