Carlisle Council on Aging
Elder Resource Guide

Photo by Mike Quayle

photo by Ellen Huber

Carlisle Council on Aging
66 Westford Street
Carlisle, MA 01741

Photo by Susan Goodall
All photos are courtesy of the Carlisle Mosquito

July 26, 2013

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 Community Service Coordinator in developing this document along with the support of volunteers Launa Zimmaro, Amanda Li, Joan Rolfe, and Jane Anderson.

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 9:00 AM to 5:00 PM
Tuesday – Thursday 9:00 to 3:00 PM
Friday 9:00 AM to 1:00 PM

Services and program offerings include:

- Transportation to medical appointments. Please provide 2 **business** days 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.

Carlisle Council on Aging Staff

Director: David Klein, 978-371-6693

Outreach Coordinator: Angela Smith 978-371-2895

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

Administrative Assistant: Marna Sorenson 978-371-2895

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.

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Adult Day Care (Health or Social)

Adult Day - Health

All Care Adult Day Health at North Village
20 Sheila Ave.
No. Chelmsford, MA 01863
Phone: 978-251-0367

Blaire House of Tewksbury Adult Day Health Center
10 Erlin Terrace
Tewksbury, MA 01876
Phone: 978-851-3121
www.elderservices.com

Castle Hill Adult Day Health
225 Stedman Street
Lowell, MA 01851
Phone: 978-323-7811
www.castlehilladhc.com

Community Family Alzheimer's & Adult Day Health Programs
236 Broadway
Lowell, MA 01823
Phone: 978-458-4844
www.communityfamily.org

Cooperative Elder Services
7 Chamberlin Dr.
Concord, MA 01742
Phone: 978-318-0046
8 West Main Street, Suite 2
Groton, MA 01450
Phone: 978-448-1400
www.cooperativelderservices.com

D'Youville Senior Care Adult Day Health Center
91 Varnum Avenue
Lowell, MA 01854
Phone: 978-569-1000

Home Away From Home Adult Day Health Center
150 Industrial Avenue
Lowell, MA 01852
Phone: 978-935-8219

Adult Day -Social

Andover Social Supportive Day Program
Senior Connections

38 Bartlett Street
Andover. MA 01810
Phone: 978-623-8321

Chelmsford Adult Day Social Program
75 Groton Street
Chelmsford, MA 01863
Phone: 978-251-8880
www.townofchelmsford.us

Cooperative Elder Services Adult Day Care
On-site daytime care at a variety of area sites
Phone: 978-318-0046
elderdayservices.com/

The Roudenbush Community Center
65 Main Street
Westford, MA 01886
Phone: 978-692-5511
roudenbush.org/new/index.php

Advocacy

Alcoholics Anonymous
Phone: 617-426-9444
www.alcoholics-anonymous.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, Merrimack Valley Chapter
77 Ward Hill Avenue, Haverhill MA, 01835
Phone: 978-372-6871
www.arcmv.org

Attorney General's Office
Elder Consumer Hotline
One Ashburton Place, Boston, MA 02108
Phone: 888-243-5337
www.mass.gov/ag

Better Business Bureau of Eastern Massachusetts
235 West Central Street, Suite 1, Natick, MA 01760
Phone: 888-243-5337
www.bostonbbb.org

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.
Cell Phone: 800-977-3768
www.safelinewireless.com
Landline: 800-870-9999
www.verizon.com

Consumer Credit Counseling
800-873-2227
www.cccsintl.org

Consumer Hotline
To report unfair or deceptive practices, call the Consumer Hotline, or visit their website.
617-727-8400
www.ago.state.ma.us

Consumer Products Safety Commission
800-638-2772
www.cpsc.gov

Consumer Rights and Ways to Protect Your Financial Interest
Phone: 866-283-3757
www.mass.gov/consumer

***D.E.A.F., Inc*.**
215 Brighton Ave., #1, Allston, MA 02134
617-254-4041
www.deafinconline.org

Diabetes Association
800-232-3472
www.diabetes.org

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.
800-899-4000
www.reachma.org

Driving Resources/Programs
Registry of Motor Vehicles – Medical Affairs Branch
P.O. Box 55889, Boston, MA 02205

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.
617-351-9222, TTY 877-768-8833
www.mass.gov/rmv

Driver Safety Program – AARP
888-687-2277
www.aarp.org

Driver Evaluation Program
New England Rehabilitation Hospital
2 Rehabilitation Way, Woburn, MA 01801
781-935-5050
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: 866-627-7968
www.mass.gov/dph

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, heath 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

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 Activites/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
You can also subscribe though www.seekandfind.com

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 CORIed (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 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: Fridays, 8:00AM – 5:00PM. Monday – Thursday, 8:00AM – 8:00PM.
Dental hours: Monday, Tuesday and Friday: 8:00AM – 5:00PM: Wednesday and Thursday: 8:00AM – 8:00PM.
Phone: 978-410-6100

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
275 Nichols Roads
Fitchburg, MA 01420
Mass. Health is accepted.
Hours: 8:00AM – 5:00PM, Monday – Friday
Phone: 978-878-8100

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

Middlesex Community College
Low cost dental hygiene by supervised students
Phone: 781-280-3250
http://www.middlesex.mass.edu/

Tufts University Dental School Clinic
1 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

Disability Services

Disabled Persons Protection Commission
50 Ross Way, Quincy, MA 02169
Services for persons 18-59 years old.
Phone: 800-426-9009 V/TTY
www.mass.gov/dppc

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 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

Hearing Impairment

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@lneu.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, DeafBlind and Late-Deafened individuals from diverse ethnic and cultural populations.
info@deafinconline.org
PHONE: 617-254-4041 TTY/V
617-254-7091 FAX

Mass Commission for the Deaf and Hard of Hearing

600 Washington Street
Boston, MA 02125
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 Technonogy 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 Relay

703 W. Housatonic Street
Suite 148
Pittsfield, MA 01201
MassRelay 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.
TTY and ASCII Users: 800-720-3480
Voice and Hearing Users: 800-720-3479

Travelers Protective Association of America
3755 Lindell Boulevard
St. Louis, MO 63108
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: 314-371-0533 voice
314-371-0537 FAX
e-Mail: support@tpahq.org
www.travelersprotectiveasn.com (links to various guides regarding hearing loss including one covering financial assistance.)

US Veterans Administration
VA Outpatient Clinic
Audiology Department
150 South Huntington Avenue
Jamaica Plains, MA
Only veterans enrolled in area VA can get free hearing aids.
Contact: Dr. Anne Hogan, Chief of Audiology and Speech Pathology
Phone: 617-232-9500 voice
VA Clinic for appointments: X44730
617-264-6703 FAX

Memory Concerns

Memory Diagnostic Clinic for Veterans
Evaluations and treatment for eligible veterans with memory concerns
VA Hospital
Phone: 781-687-2000
http://www.bedford.va.gov/about/

Visual Impairment

Mass Association for the Blind and Visually Impaired (MAB)
Programs and services for the visually impaired.
Phone: 800-852-3029, 617-926-4232

Mass Commission for the Blind
Eyeware 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: 617-626-7486
http://www.mass.gov/eohhs/gov/departments/mcb/

Perkins Braille and Talking Book Library
No fee.
Phone: 800-852-3133, 617-972-7240
TTY: 617-972-7690
www.library@perkins.org

Perkins School for the Blind
Variety of services for those eligible
Phone: 617-924-3434
perkins.org/

Domestic Violence

Emerson Hospital	**978-369-1400**
Battered Women's Hotline	**800-992-2600**
Boston Area Rape Crisis (24/7)	**617-492-7273**
Department of Transitional Assistance	**617-629-1400**
Domestic Violence Hotline/Shelter-REACH	**800-899-4000**
Domestic Violence Victim Assistance Program	**978-318-3421**
Network for Women's Lives Referral Service	**978-287-4089**
Rape Crisis Center (24/7, Greater Lowell Area)	**800-542-5212**
Victim Witness Unit of the District Attorney	**978-369-0225**
Voices Against Violence	**508-626-8686**

Other Emergency Numbers

Gay, Lesbian & Bisexual Violence (M-F 9-5)	**617-267-9001**
Samaritans (24/7) Suicide Prevention Hotline	**866-912-4673**

Legal Assistance

South Middlesex Legal Services	**508-620-1830**

Counseling for Men Who Are Abusive to Women

Common Purpose	**617-739-3831**

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

Elder Abuse/Neglect (Dept. of Elder Affairs) 800-922-2275

See also http://www.mass.gov/eohhs/consumer/family-services/domestic-violence/

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

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

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)

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 Home Care
26 Crosby Drive, Bedford, MA 01730
Source of eldercare information and services.
Phone: 978-502-3794
http://masshomecare.org/

massresources.org
What type of assistance do you need? Find out what programs are available, who is eligible, which benefits you can get, and how to apply in Massachusetts.
http://www.massresources.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 www.maseniorcare.org/facilitysearch

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

Elderly Housing in Carlisle

Village Court Housing Management Company
The Hodges Companies
Phone: 603-224-9221
Sleeper Room: 978-369-5968
http://www.carlisle.org/~ceha/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
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
Job placement assistance
Phone: 781-932-5500; TTY (781) 932-5552
careerplacejobs.com/

Family Caregivers Information and Referral

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

Phone: 888-222-6171 or **781-272-7177**
www.minutemansenior.org

Eldercare Locator
Referral to service agencies, nationwide, for elders and those with disabilities
Phone: 800-677-1116
eldercareservices.com/

Financial Assistance

For help with housing see Housing section.

Economic Assistance Resources for Carlisle Residents - Resource Guide: see: http://www.carlislema.gov/Pages/CarlisleMA_Housing/Economic%26MortgageResources/20120504EAR.pdf

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/

Consumer Credit Counseling Service
Counseling and other assistance to help reduce debt and learn money management
Phone: 888-656-2227 0r 800-966-3328
http://www.cccsstl.org/

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.
Phone: 800-222-EYES (3937)
www.eyecareamerica.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, community service organization dedicated to delivering professional consumer credit education, confidential financial counseling, and debt repayment programs to financially distressed families. When you visit with a trained counselor at MMI there is no obligation, and the initial appointment is free.
Phone: 866-515-2227

www.MoneyManagement.org

Weatherization Assistance Program (WAP)
Community Teamwork, Inc. (CTI)
517 Moody Street, Lowell, MA 01854
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.

Fuel Assistance *(Nov. through April)*
Community Teamwork, MA
(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.
CTI Phone: 978-459-6161

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

MASSave
Provides energy conservation services; also home energy analysis to help you save on energy bills. (NStar**)**
www.massave.com

Comcast: 800-622-2278 www.comcast.com

National Grid: www.nationalgridus.com/masselectric/home/rates/4_lowincome.asp

NStar: www.nstar.com/residential/customer_information/financial_assistance

Verizon: 800-837-4966 www.verizon.com

See also Social Security section.

Fitness Programs

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

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

Mass Senior Games
Athletic competition for all Mass seniors
Phone: 413-748-3812
http://www.maseniorgames.org/

Food and Nutrition

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

Concord-Carlisle Angels
A volunteer-based organization that can help both families and individuals experiencing short-term disability or long-term illness by:
- Preparing and delivering meals
- Running errands
- Providing rides to and from medical appointments
- and more!

For assistance, email angels@concordcarlisleangels.org.
For information about the CC Angels go to http://www.concordcarlisleangels.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/

Food Stamps/SNAP (Supplemental Nutrition Assistance Program)
Department of Transitional Assistance
Provides discount food cards to those who meet eligibility requirements and income limits.
Phone: 1-866-950-3663
http://www.mass.gov/eohhs/gov/departments/dta/

Nutrition Info Line of the American Dietetic Assn.
Phone: 800-3661655
www.eatright.org

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.fernscountrystore.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**
- Groceries Delivered (Home Care): **Phone: 978-532-4544**
- H P Hood: **Phone: 800-946-6311**
- Horizon Foods: **Phone: 781-938-6383**
- 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

See also the Appendix for a list of Community Food Pantries and Community Suppers.

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/

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 educations session, please contact the MA SMP program.

Phone: 800-892-0890

www.esmg.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

HAIRDRESSER/COSMETOLOGY

At Home Hairdresser (Call Diana)
Phone: 978-328-2316

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
Senior discounts.
Hair, nail and skin care.
Appointments
Phone: 781-861-6500 X250

Nashoba Valley Technical High School Salon
100 Littleton Road, Westford, MA 01886
Salon Hours: Wednesday – Friday 9:00AM – 12:00PM
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.
Phone: 978-667-2111 Ask for Cosmetology.

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/AM/Template.cfm?Section=Search&CONTENTID=2570&TEMPLATE=/CM/ContentDisplay.cfm

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-protect-me/

Federal Trade Commission
Government agency whose mission is "To prevent business practices that are anticompetitive or deceptive or unfair to consumers; to enhance informed consumer choice and public understanding of the competitive process; and to accomplish this without unduly burdening legitimate business activity." 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** www.mass.gov.dph

Home and Personal Safety

Carlisle Police Department
Information about home alarm systems
978-369-1818 or 978-369-1155

Hospice

Affinity Hospice of Life
Bedford
Phone: 888-239-0401
affinityhospice.com

Beacon Hospice
Boston
Phone: 781-996-5479, 877-889-6516 or 800-840-0668
beaconhospice.com/

Care Alternative of MA
Marlboro, MA
Phone: 508-229-8390
hospicefed.org/hospice_pages/hospices/carealt.html

Emerson Hospital Hospice Care
Concord, MA
Phone: 781-894-1100
http://www.emersonhospital.org/SupportServicesAndGroups/SupportServices/HospiceCare.aspx

Evercare Hospice
Waltham
Phone: 781-472-8640
evercarehospice.com

Hospice and Palliative Care Federation
Referrals to hospice programs.
Phone: 800-962-2973
hospicefed.org/

Hospice Care, Inc.
Hospice care for those who meet medical criteria.
Woburn, MA
Phone: 781-569-2888
hospicecarema.org/

Parmenter Community Health Care
Wayland, MA
Phone: 508-358-3000

Partner's Hospice
Waltham, MA
Phone: 781-290-4000
partnershomecare.org/hospice.html

VNA Care Hospice
Worcester, MA

Phone: 800-728-1862
vnacarenetwork.org/services/rose.html

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/Economic%26MortgageResources/20120504EAR.pdf

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.
www.massmassaccesshousingregistry.org

Alternative Housing

Horn Home for the Aged –Level IV Residential Rest Home
98 Smith Street
Lowell, MA 01851
Home has up to 14 residents, eleven private rooms for either men or women, personal care assistance, and housekeeping/ laundry services.
24-hour staff supervision, medication management, home-cooked meals, and activities. RN consultant monthly. Dietitian quarterly. EAEDC financial aid.
Phone: 978-459-2170

Sutton Home for Women
7 Sewall Street, Peabody, MA
Home has 10 elegant bedrooms and other common areas – formal living room, dining room, social room, sunrooms and a welcoming front porch. The home also features home-cooked meals. Staffing is on duty 24 hours daily and medication reminders are

offered. A new chair lift has been installed. For interested parties wanting more information about the Sutton Home, tours and private consultations are now underway.
Phone: 978-531-0815

***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. Two parlors, a screened porch, as well as a lovely garden. Additionally, there is 24-hour staff coverage. Housekeeping and laundry services are also provided. For further information or to arrange a tour of the house, please call the Residence Manager.
Phone: 978-369-3771
TWH110@comcast.net
www.TimothyWheelerHouse.org

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

Mortgage Foreclosure Prevention - Please do not wait until it's too late!

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 plant to resolve your situation. Free of Charge. Call or email Wen Farina.
Phone: 978-970-0600, Ext. 1
www.wayne.farina@cbacre.org

Home Improvement Loan Program and Septic Loan Program
Massachusetts Housing Finance Agency
One Beacon Street, Boston, MA 02108
Phone 617-854-1000
www.masshousing.com

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
Christina Cutting, Coordinator
Phone: 617-204-3739
http://www.mass.gov/mrc/hmlp

Senior Housing and Real Estate Tax Relief

Benfield Farms - Affordable Rental Housing Opportunity/Selection by Lottery
575 South Street
Carlisle, MA 01741
Applications available online at benfieldfarmsapts.com , by phone 978-369-2400, or at the COA office
Information Session August 14, 2013, 4:30 pm and 6:00 pm
Lottery Drawing – September 18, 2013, 1:00 PM at Carlisle Town Hall
Mail completed applications to:
Peabody Properties, Inc.
c/o Benfield Farms Lottery, 536 Granite Street, Braintree, MA 02184
Deadline for completed applications: Received/postmarked by NOON on September 9, 2013

Carlisle Elderly Housing Association Village Court Development
145 Church Street
Carlisle, Massachusetts 01741
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.
http://www.mass.gov/dor/individuals/filing-and-payment-information/guide-to-personal-income-tax/credits/real-estate-tax-credit.html#General
The Senior Circuit Breaker Tax Credit is a highly effective, targeted tax credit for any owner or renter 65 years or older who meets the income and property value guidelines. The maximum credit for 2012 was $1000.

To qualify, an owner or renter's total income cannot exceed $53,000 for a single individual; $67,000 for a head of household; and $80,000 for a married couple filing a joint return. The property's assessed valuation cannot exceed $705,000.

The program is retroactive for three years, so taxpayers who find themselves eligible in tax year 2010 may also be in line for credits for previous tax years. This credit last year delivered nearly $60 million in tax credits to more than 77 thousand eligible taxpayers.

The credit also works for renters. It is equal to the amount by which 25 percent of the rent actually paid during the taxable year exceeds 10 percent of the taxpayer's total income, with the credit capped at $1000.

Homeowner Options for MA Elders (H.O.M.E.)
150 Grossman Drive, Suite 401, Braintree, MA 02184
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: 781-848-5200
www.elderhomeowners.org

Area Housing Authorities

Acton Housing Authority
68 Windsor Ave., PO Box 681, Acton, MA 01720
Phone:978-263-5339

Ayer Housing Authority
18 Pond St # A Ayer, MA 01432-1656
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:978-667-1275

Burlington Housing Authority
15 Birchcrest St., Burlington, MA 01803
Phone:781-272-7786

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 01460-1295
Phone:978-486-8833

Pepperell Housing Authority
8 Foster Street Pepperell, MA 01463-1643
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
67 Tadmuck Road Westford, MA 01886-3161
Phone: 978-692-6011

Other Area Housing Options
Bedford:
Carleton-Willard Village
100 Old Billerica Road Bedford, MA 01730-1283
Phone: 781-275-8700

Heritage Farm at Bedford Springs
100 Thompson Farm, Bedford, MA 01730
Phone: 781-276-1600

Patriot Place
18 Springs Road, Bedford, MA 01730
Phone: 781-275-1038

Concord:
Concord Green Condominiums
1024 Main Street Concord, MA 01742-3134
Phone: 978-369-7409

Lincoln:
The Groves
One Harvest Circle Lincoln, MA 01773
Phone: 781-430-6000

Lincoln Woods
50 Wells Road, Lincoln, MA 01773
Phone: 781-259-0150
http://www.lincolnwoods.org

Littleton:
Lyttleton Green
423 King St, Littleton, MA 01460-1247
Phone:978-774-8098

Mill Pond Apts, Peabody Properties
50 Mill Rd, Littleton, MA 01460-1523
Phone: 978-486-0719

Pepperell:
Pepperell Meadows
18 River Rd, Pepperell, MA 01463-1622
Phone: 603-669-8551

Identity Theft

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

Equifax
Phone: 800-525-6285
www.freecreditreportservice.com

Experian
Phone: 888-397-3742
www.freecreditreportservice.com

TransUnion
Phone: 800-680-7289
www.freecreditreportservice.com

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

Identity Theft Resource Center
This is the best all-round source of general information, specific contacts, and victim assistance.
Phone: 858-693-7935
www.idtheftcenter.org

Privacy Rights Clearinghouse
Phone: 619-298-3396
www.privacyrights.org

Social Security Administration
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://www.socialsecurity.gov/kc/id_resources.htm

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.

In-Home Care

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

Home and Community-Based Services Waivers (HCBS)
The Home and Community-Based Services Waiver (HCBS) is a program for low-income Massachusetts residents who qualify for nursing facility or other institutional care but want to live at home. The Waiver allows MassHealth members to get needed health care and support services at home rather than in an institution. MassHealth does not cover these home-based services without a waiver.
http://www.massresources.org/masshealth-waiver.html

Insurance Coverage and Benefits, Medicare

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

See also Government Health Insurance Benefits in this document

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
16 Beacon Street, Boston MA 02108
Phone: 800-552-7046, 617-742-0625
www.bostonbarlawyer.org

Greater Boston Legal Services
Elderly Unit
197 Friend Street,
Boston, MA 02114
Phone: 617-603-1576
http://www.gbls.org/service.htm

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
Fee-based legal services for range of legal issues
Phone: 866-627-7577 or **TTY for hearing impaired clients 617-338-0585**
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 Senior Legal Help Line
The Helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including: SS/SSI, Veterans Benefits, Mass Health, Medicare, Consumer Issues, Public Benefits, Unemployment, Foreclosures, Guardianship, Powers of Attorney, Bankruptcy, Eviction, Landlord/Tenant, Utilities, Family Law, Nursing Home
Phone: 866-778-0939 – if you get their voicemail, please leave your name, telephone number and town where you reside and they will return your call within two business days.
http://www.legalhotlines.org/hotline_profile.php?id=131

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

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	**978-658-6992**
Caregiver Plus	**781-937-0310**
Lifeline	**800-543-3546**
Mount Auburn Hospital Lifeline	**617-499-5525**
Philips	**800-242-1306 x4752**
Response Link	**888-873-6337**

Massachusetts Council on Aging (MCOA). **413-527-6425**
(For information about MCOA and helpful information: www.mcoaonline.org)

Medical Care 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 Loan

Call the Carlisle Council on Aging to borrow available medical equipment such as walkers, canes, commodes, raised toilet seats, shower chairs, wheelchairs and more: 978-371-2895

Mental Health Services

Eliot Community Human Services
111 ORNAC
Concord, MA
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
Pam Bachrach, Elizabeth Casey, Ombudsman: 781-861-0890
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.
354 Waverly Street, Suite 305
Framingham, MA 01702
Care Management, Adult Foster Care, Congregate Housing, Legal Information & Referral Services, Outpatient Mental Health/psychiatric Services, Psychiatric Emergency Services, Additions Services/Support, Information & Referrals on Substance Abuse, Outpatient Substance Abuse Treatment.
Phone: 508-661-2020
www.advocatesinc.org

Alzheimer's Association MA Chapter
311 Arsenal Street, Watertown, MA 02472
Offers 24 x 7 helpline.
Phone: 800-272-3900
www.alz.org

Merrimack Valley Regional Office, Lowell, MA
Phone: 978-937-5576

Bedford Youth and Family Services
Town Center, 12 Mudge Way
Bedford, MA 01730
Counseling Service, Community Education Programs, Outpatient Mental Health/Psychiatric Services.
Phone: 781-275-7727
www.town.bedford.ma.us/youth

Boston Medical Center
One Medical Center Place
Boston, MA 02118
Alzheimers 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 Retardation
20 Academy Street, Room 302
Arlington, MA 02476
Outpatient Mental Health/Psychiatric Services.
Phone: 781-646-5500
www.mass.gov/dmr

Dr. Charles Wasserman
Youville Health Associates
1575 Cambridge Street
Cambridge, MA 02138
Specializing in geriatric psychiatric care.
Phone: 617-349-5804

Driving Under the Influence of Liquor Program
P.O. Box 149
Tewksbury, MA 01876
Outpatient Mental Health/Psychiatric Services, Addictions Services/Support, Outpatient Substance Abuse Treatment.
Phone: 978-863-0048

Edinburg Center
1040 Waltham Street
Lexington, MA 02421
Counseling Service, Support Group-Other, Information & Referral-Mental Health, In-Home mental Health/Psychiatric Services, Outpatient Mental Health/Psychiatric Services, and Psychiatric Emergency Services.

Phone: 781-862-3600

Lawrence Memorial Hospital
170 Governors Ave
Medford, MA 02155
Counseling Services, Medical Support Group, Physician Referral Services, Geriatric Specialists, Hospital-General Medical, Inpatient -Geriatric Assessment, Inpatient I.V. Therapy, Inpatient Occupational Therapy, Inpatient Physical Therapy, Inpatient Speech Therapy, Sub-Acute Care Unit, Inpatient Mental Health/Psychiatric Services, Outpatient Mental Health/Psychiatric Services, Smoking Cessation Program.
Phone: 781-396-9250

McLean Hospital
115 Mill Street
Belmont, MA 02478
Alzheimers Diagnostic Centers, Support Group-other, Day Care-other, Psychiatric Day Care, Geriatric Physician, Alzheimer's Services, Geriatric Specialists, Hospital-Psychiatric, Inpatient Geriatric Assessment, Outpatient Geriatric Assessment, Inpatient Mental Health/Psychiatric Services, Outpatient Mental Health/Psychiatric Services, Additions Services/Support, Inpatient Substance Abuse Treatment, Outpatient Substance Abuse Treatment.
Phone: 617-855-2000
www.mcleanhospital.org

National Alliance on Mental Illness (NAMI)in Central Middlesex County
Information, referral, educational programs, and library
Phone: 781-982-3318 Lincoln, MA

Nursing Homes

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

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

www.massmedline.com

Pharmacies that deliver

Acton Pharmacy
Phone: 978-263-3901

CVS (on line only)
http://www.cvs.com

Walgreen's(on line only)
www.walgreens.com

West Concord Pharmacy
Phone: 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

Religious Services and Grief Counseling

Churches in Carlisle and a synagogue in Concord are listed below. An additional listing of religious organizations in neighboring communities can be found in the appendix of this document. Contact the COA at 978-371-2895 for specific support groups and more info on churches in neighboring towns.

Carlisle Congregational Church
147 School Street or P.O. Box 141
Carlisle, MA 01741

Phone: 978-369-7830

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

St. Irene Roman Catholic Church
181 East Street
Carlisle, MA 01741
Phone: 978-369-9863 (church) 978-369-3940 (rectory)

Respite Care

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

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	arthritis.org/
Cerebral Palsy	617-926-5480	ucp.org/
Cystic Fibrosis	800-966-0444	cff.org/
Diabetes	800-342-2383	diabetes.org/
Epilepsy	216-579-1330	epilepsyinfo.org/
Head Injury	631-543-2245	lihia.org/
Heart	508-630-1700, 800-242-872	heart.org
Kidney	781-278-0222	kidney.org/
Lung	781-890-4262, 202-785-3355	lung.org/
Lupus	202-349-1155	lupus.org
Multiple Sclerosis	781-890-4990	nationalmssociety.org
Parkinsons	800-473-4636	parkinson.org/
Stroke	800-553-6321	heart.org
Social Security	See Social Security section	

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
Concord Health Care Center:
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

Saints Memorial Medical Center
Lowell, MA
Phone: 978-934-8559

Alzheimer's & Related dementias - Caregiver support groups
Chelmsford Senior Center:
Meets 2nd & 4th Monday of each month from 1:00PM - 2:30PM.
Phone: 978-251-8880

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 Maura Capriccio.
Phone: 978-264-4666

Bereavement Support Groups
Affinity Hospice of Life
12 Crosby Drive, Suite 103
Bedford, MA 01730
Contact Louis BaBella
Phone: 781-275-1184

Hospice Care, Inc.
Phone: 781-569-2888 or 866-279-7103
http://www.hospicecarema.org/

VNA Hospice Care, Inc.
100 Sylvan Road, G500
Woburn, MA 01801
Phone: 781-569-2888

YANA (You Are Not Alone) meets at the Westford JV Fletcher Library on the second and fourth Thursdays of the month at 7:00PM.
For information, call Cathy.
Phone: 978-552-4904

Caregiver support groups
Cooperative Elder Services, Concord Office
Phone: 888-489-8779 or 916-783-8779
eldercareservices.com/

Parkinson's Support Group
Meets the first Wednesday of each month **except July and August**

from 2:00PM – 4:00PM at the John Cummings Building, Donaldson Room at Emerson Hospital, Concord. Contact Jerry.
Phone: 978-443-5472 (or)
joconnell@bentley.edu.

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
emersonhospital.org/

Lahey Medical Center
Social Work Department
Phone: 781-744-3496
lahey.org/index.asp?bhcp=1

Transportation

Carlisle COA Transportation Line
For transportation to local doctor appointments or errands, please contact our COA Transportation Line and leave a message with your name and number, day, time, location, expected length of appointment/errand, and reason for appointment/errand (i.e. doctor appointment, lab test, errand, grocery, shopping, etc.). Please give two days notice.

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
Cancer patients all ages
Cancer treatments
Not wheelchair accessible
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
Service: 24-7
Phone: 781-648-0612

Bruce Blake Taxi
Bedford, MA
Advance notice: 1 day is good; also try last minute.
First hour ride is $25. Additional hours, $25 each.
Phone: 781-492-2743

Concord-Carlisle Angels
A volunteer-based organization that can help both families and individuals experiencing short-term disability or long-term illness by:

- Preparing and delivering meals
- Running errands
- Providing rides to and from medical appointments
- and more!

For assistance, email angels@concordcarlisleangels.org.
For information about the CC Angels go to http://www.concordcarlisleangels.org/

FISH (Friends in Service Helping)
Transportation for Medical related trips (PT, doctors, etc.) only in the Carlisle and Concord area. Must call a minimum of 48 business hours in advance. FISH is a FREE service whose entire staff is made up of volunteers.

When you call, an operator will record your request. They will then contact the volunteer drivers and call you back to confirm whether or not they can provide you with transportation.
Phone: 978-369-2244

Gentle Arms Daily
Wheelchair vans, group vans, and sedans
No senior discounts
Regular Hours: 7:30 am to 5:00 pm Monday-Friday.
Available 24/7 by appointment.
Phone: 978-809-0033
www.gadtransport.com

Harrison Global Cab
Service: 24-7, 10% senior discount
Provide as much notice as possible
224 Calvary Street, Waltham, MA 02453
Phone: 781-863-2626

Mass Health Transportation
Monday-Friday 8 am – 5 pm
Phone: 800-841-2900

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 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 , (TTY) 617-222-5854
www.mbta.com

MBTA Senior Pass
Senior CharlieCard allows for reduced fare on MBTA buses and subway for people 65 and older. First time buyers must go to the CharlieCard Store located in Downtown Crossing Station (Underground Concourse) Boston. Adjacent to the Red and Orange Lines at Downtown Crossing Station, the CharlieCard Store is open Monday through Friday, 8:00 a.m. to 5:30 p.m.

Many Senior CharlieCard holders looking to renew a lost, damaged, or expired Senior CharlieCard can do so by calling the CharlieCard Store to request a new card be mailed. Note: When receiving a card by mail, it may be necessary for the Reduced-Fare Office to deactivate your existing Senior CharlieCard.
Phone: 617-222-3200, TTY 617-222-5854
www.mbta.com

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

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
Call Client Services to arrange appointments. Drivers are Home Health Aides and go to residents' homes and assisted living facilities, using their own cars for transportation. There are no wheelchair vehicles. Aides work 24/7 – weekends & holidays.

Please call 48 hours or more in advance to arrange transportation. Note that you must have a minimum of 3 hours of work for the aides (e.g. groceries, errands, doctor appointments, library, social events). They will drive anywhere, including Boston.

Client will be invoiced after transportation trip
Phone: 781-275-1400

Sunshine Taxi
69 Commonwealth Ave.
Concord, MA
Provide ½ hour to 1 hour advance notice or more if possible.
$1 senior discount
Phone: 978-567-9149

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.
Phone: 781-275-7500

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.nasdva.com/massachusetts.html

Veterans Administration
Medications by mail, covered if enrolled in uniform benefits package. Co-payment may be required.
Phone: 877-222-8387

VA Boston Health Care System
150 South Huntington Avenue, Jamaica Plain, MA 02130
Phone: 617-232-9500
www.visn1.med.va.gov/boston/jplain.htm

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

Veterans Outpatient Clinic
130 Marshall Road, Lowell, MA 01852
Phone: 978-671-9000

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/

Appendices

An A to Z Directory of Helpful Phone Numbers

AT&T	800-222-0400
Carlisle Assessor's Office	978-369-5557
Carlisle Board of Health	978-369-8221
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 Clerk	978-369-6155
Carlisle Treasurer/Tax Collector	978-369-5557
Carlisle Village Court	978-369-5968
Comcast Cable	800-Comcast (800-266-2278)
Concord Congregational Church	978-369-7830
Department of Public Works	978-978-369-6156
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
Emerson Hospital	978-369-1400, TTY: 1-800-439-0183
Fire Department non-emergency	978-369-1442
First Religious Society	978-369-5180
Food Source Hotline	800-645-8333
Food Stamps	800-645-8333
Fuel Assistance (Community Teamwork)	978-459-6161
Gleason Public Library	978-369-4898
Governor Deval Patrick Massachusetts State House Office of the Governor, Room 360 Boston, MA 02133	617-725-4405 888-870-7770 www.mass.gov
Hospice and Palliative Care	800-962-2973
Lahey Hospital	781-744-5100
Lawyer Referral Service	866-627-7577
Lifeline Mount Auburn Hospital	617-492-3500
Lowell General Hospital	978-937-6000
MCI	800-950-5555
Mass Health	800-841-2900, TTY 800-497-4648
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
NStar - Outages, Emergencies, & General Customer Service	800-592-2000, TTY 800-322-8242
Poison Control Center	800-682-9211 (MA only), 800-222-1222 (American Association of Poison Control Centers)
Police Department non-emergency	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
Saint Irene Catholic Church	978-369-9863
Saints Medical Center	978-458-1411
Social Security, Lowell Office	877-746-9850 or TTY 978-458-5702
Sprint	800-877-7746
State Representative Niki Tsongas 492 Main Street Acton, MA 01720	978-263-1951
U.S. Post Office	800-275-8777 Carlisle: 978-369-6820 TTY: 877-889-2457
U.S. Senator Elizabeth Warren 2400 JFK Federal Building 15 New Sudbury Street Boston, MA 02203	617-565-3170 http://www.warren.senate.gov

U.S. Senator Edward Markey 218 Russell Senate Office Building Washington, DC 20510	202-224-2742
Verizon	800- 837-4966
Veterans Administration in Bedford	781-275-7500
Veterans Services in Billerica	978-671-0968
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

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

Neurology: 978-287-3735

Nursery: 978-287-3315

Nutritional Counseling: 978-287-3785

Patient Accounts: 978-287-3020

Patient Care Assessment: 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

FOOD ASSISTANCE

Note: Most agencies will request an ID for client and those who live at residence along with proof of address

Community Supper, Inc. 978-635-9295 Acton Congregational Church 12 Concord, Road, Acton MA Free dinner every Wednesday night from 5:15pm-6:15pm • Clothes Closet/Free clothing • **Food Pantry:** Boxborough Business Park 235 Summer Road Boxborough, MA. **TAKE NOTE: Closed the 4th week of every month** • Open 10-7 on all other Wednesdays. • **All are welcome**	**Open Table, Inc. 978-369-2275** First Parish Church 20 Lexington Rd, Concord http://www.opentableinc.org • Free dinner Thursdays 5:00-6:30pm • Food Pantry Thursdays 5:00-6:30pm • Transportation provided for both individuals and families when necessary • **Open to residents of any town**
Sudbury Community Food Pantry 978-443-3168 Our Lady of Fatima Church 160 Concord Rd. Sudbury, MA • Tuesdays and Thursdays 12:00-2:30pm • Residents can use pantry 2x per month • **Non-residents 1x per month**	**Open Table, Inc. 978-823-0082** Clock Tower Place Cafeteria, Building 8 Maynard, MA 01754 http://www.opentableinc.org • Dinner: Mon. 6:00-7:00pm • Pantry: Mon. 4:30-7:00pm • **Open to residents of any town**
Helping Hand Pantry 617-547-4070 St. James Episcopal Church !991 Massachusetts Avenue, Cambridge, MA 02140 Tuesday 6:00pm-8:00pm Thursday 11:00am-1:00pm Saturday 10:am-12:00pm • **Bring Photo ID** • **Open to residents of any town**	**Neighborhood Supper 978-486-3044** Congregational Church 330 King St. Littleton, MA • Free dinner Tuesdays 5:30-6:45pm • Open to any resident of any town **Please call ahead of time, for weekly change in location**
Chelmsford Community Exchange 978-250-3818 1 North Rd. (old Town Hall) Chelmsford, MA http://www.chelmsfordfoodpantry.org • Has handicapped entrance • Food Pantry Wed 6:30-8 pm • Thursday, 2-4 pm • Friday 6:30 to 8 pm • **Open to residents of any town**	**Westford Community Food Pantry 978-692-5523** 20 Pleasant Street Westford, MA 01886 • 1st week of month: • Monday, 1-3:30 pm • Wed., Thurs., & Fri., 8:30-11:30 am • 3rd week of month: • 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 • For those needing food on non-food pantry days, two bags of prepackaged food are available. Go to main desk to ask.
Great Boston Foodbank Website: www.gbfb.org	

LOCAL HOUSES OF WORSHIP

FOR MORE INFO CONTACT THE CARLISLE COA 978-371-2895

Acton-Concord Friend Meeting (Quaker) Minuteman ARC, 130 Baker Ave Ext. Concord, MA
978-263-8660

Christian Science Reading Room
20 Main Street, Concord
978-369-4117

Concord Baha'i Faith
978 369-1275

Congregational Church
147 School St
Carlisle, MA
978-369-7830

Congregation Kerem Shalom
659 Elm Street
Concord, MA
978 369-1223

Duvall Chapel at the New England Deaconess Association
80 Deaconess Road
978-369-5151

First Church Of Christ, Scientist
Monument Square
978 369-2933

First Parish
20 Lexington Road
Concord, MA
978 369-9602

First Religious Society, Unitarian
27 School St.
Carlisle, MA
978-369-5180

Holy Family Parish
55 Church Street
Monument Square
Concord, MA
978 369-7442 or 2810

Liberty Christian Family Church
Concord Scout House
74 Walden Street
978-369-1919

The Lutheran Church of the Savior
426 Davis Road
Bedford, MA
781-275-6013

The New Church of Concord
53 Church Street
978-369-0543

New Life Community Church
Emerson Umbrella Center for the Arts
40 Stow Street, Concord, MA
PO Box 5

Redeemer Presbyterian Church
191 Sudbury Road (office)
Meets at Harvey Wheeler Community Center
978 369-4512

St. Irene Parish
181 East Street
Carlisle, MA 01741
978-369-3940

Trinitarian Congregational Church
54 Walden Street
Concord, MA
978-369-4837

Trinity Episcopal Church
81 Elm Street
Concord, MA
978 369-3715

United Church of Christ
1317 Main Street
West Concord, MA
978-369-6309

Zaltho Foundation
Zen Sitting Meditation
978-369-4342

MASSACHUSETTS ELDER CARE AGENCIES, ADVOCATES, & PROGRAMS

These links are provided by the Massachusetts Council on Aging http://mcoaonline.com/content/links/index.php. Or go to the list below and click to open hyperlink.

1-800-AGE-INFO
AARP MA
Alzheimer's Association Massachusetts Chapter
Assisted Living Facilities / Senior Living Map
Bridges Together — Growing Older, Growing Together
The Carroll Center for the Blind
Disability Policy Consortium
Health Care for All
Healty 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 Medline - http://www.massresources.org/massmedline.html
Mass Senior Action - http://www.masssenioraction.org/
Mass Senior Care Association - http://www.maseniorcare.org/
Mass Service Alliance
National Association of Social Workers-Massachusetts Chapter (NASW-MA)
National Braille Press
The Perkins School for the Blind
Project Bread
SAGE Western MA (LGBT Elders)
Senior $ents (Mass DOR/Elder Affairs)

Medicare
Medicare Main Page
Centers for Medicare & Medicaid Services (CMS)

MMA — Massachusetts Municipal Association
Mass Municipal Association (MMA)
LOHSC — MMA Local Officials Human Service Council

Massachusetts Government
Massachusetts Government (main page)
Massachusetts Governor's Web Page: http://www.mass.gov/governor/
Massachusetts- List of State Agencies

Massachusetts Health & Human Services (HHS)
Massachusetts Executive Office of Health and Human Services
Massachusetts Executive Office of Elder Affairs: http://www.mass.gov/elders/
Massachusetts Department of Public Health:
http://www.mass.gov/eohhs/gov/departments/dph/
Massachusetts Executive Office of Veterans Services: http://www.mass.gov/veterans/
Massachusetts Department of Mental Health
Massachusetts Commission for the Blind:
http://www.mass.gov/eohhs/gov/departments/mcb/
Massachusetts Commission for the Deaf and Hard of Hearing
Massachusetts Rehab Commission: http://www.mass.gov/eohhs/gov/departments/mrc/

Massachusetts Constitutional Offices
Massachusetts Secretary of State
Massachusetts Secretary of State/ Citizens Information Services
Massachusetts Attorney General's Office: http://www.mass.gov/ago/

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: http://www.mass.gov/eopss/agencies/dfs/
Massachusetts Department of Revenue: Information for Senior Citizens and Retirees
Massachusetts Mental Health Counselors Association: http://www.mamhca.org/
Massachusetts Executive Office of Transportation
Massachusetts Office of Tourism
Massachusetts Office of Refugees and Immigrants:
http://www.mass.gov/eohhs/gov/departments/ori/
Massachusetts Department of Transitional Assistance:

http://www.mass.gov/eohhs/gov/departments/dta/
Massachusetts Department of Workforce Development: http://www.mass.gov/lwd/
Massachusetts Commission Against Discrimination
Massachusetts Office of Campaign and Political Finance (rules for public employees and public buildings)
Massachusetts Regional Planning Agency Directory:
http://www.mass.gov/portal/government-taxes/local/counties-regions/planning/
Massachusetts State Ethics Commission: http://www.mass.gov/ethics/
Massachusetts Commission on the End of Life Care (Resource Guide)

Non Profit Resources — Massachusetts & elsewhere
ADA-One.com - New ADA Guidelines for Nonprofits
Hoarding Resources at Masshousing.org

Other States
MySeniorCare — Out of State Resources (NIH Reviewed/Approved)
a community on the topic of senior care providing information on home health care, assisted living, hospice and more.
Connecticut Department of Social Services, Bureau of Aging
Connecticut Association of Senior Center Personnel: http://www.cascp.org/
New Hampshire Association of Senior Centers
New Hampshire Bureau of Elderly & Adult Services:
http://www.dhhs.state.nh.us/dcbcs/beas/index.htm
Rhode Island Department of Elderly Affairs

National Links
AARP National
Alzheimers.gov
Alzheimer's Association National
American Foundation for the Blind (AFB)
American Society on Aging (ASA): http://www.asaging.org/
Disability.gov
EPA Factsheets
Families USA
FEMA
Ready America — Winter Storms
Medicare — U.S. Government
National Council on Aging (NCOA)
National Registry of Evidence-based Programs and Practices
NCOA's National Institute of Senior Centers: http://www.ncoa.org/national-institute-of-senior-centers/
NCOA's Benefit for Seniors: http://www.ncoa.org/enhance-economic-security/benefits-access/
NCOA's Healthy Aging: http://www.ncoa.org/improve-health/center-for-healthy-aging/
Social Security — U.S. Government
U.S. Administration on Aging

International Links
World Health Organization (WHO)

Legal
Commission on Legal Problems of the Elderly
Greater Boston Legal Services (GBLS)
GBLS Medicare Advocacy Project: http://www.gbls.org/impact-advocacy/elder-health-disability
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: http://www.hhs.gov/news/
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

Harvard Health Publications (Harvard Medical School)
JAMA Journal of the American Medical Association (Articles 9 months old generally do not require signing in)
New England Journal of Medicine
Nature (journal)
Science (journal)

Disabilities Understood
Mesothelioma
Mesothelioma Symptoms
Tardive Dyskinesia (TD) Syndrome

TAXPAYER HELP & RESOURCES

IRS 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
Hours of Operation: Monday – Friday, 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
Hours of Operation: Monday – Friday, 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)
Hours of Operation: Monday – Friday, 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)
Hours of Operation: Monday – Friday, 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.

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

Alcholics Anonymous
Phone: 978-957-4690 (24-hour hotline, Methuen)

Middlesex Community College
No fee or minimal fee for Seniors, if space is available.
Phone: 781-280-3200

Community Programs at Middlesex Community College
Sponsors classes, tours, trips, luncheons, and information.
Phone: 781-280-3663
https://www.middlesex.mass.edu/careertraining/

Concord-Carlisle Adult Education
50% discount for 60+
Phone: 978-318-1432

Drumlin Farm/Mass Audubon Society
Sponsors programs, classes, events, tours.
Phone: 781-259-2200
https://www.massaudubon.org/

Elder Hostel Program
Now also known as Road Scholar. Sponsors senior citizen travel and educational programs in the US and abroad.
Phone: 800-454-5768
http://www.roadscholar.org

Seniorliving.Org
A FREE resource directory for people looking for all types of 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/

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

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: 978-934-4000
http://www.uml.edu/Community/LIRA/