

Carlisle Council on Aging Elder Resource Guide



A Visit to the JFK Library

**Carlisle Council on Aging
66 Westford Street
Carlisle, MA 01741**

March 15, 2015

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, 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, 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,
coadmin@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.



Generations United Award

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JKF Library Guide Frank Rigg



Patio Lunch

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.cooperativederservices.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/

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.safelinkwireless.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.deafinonline.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, 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

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

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
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 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 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

326 Nichols Roads

Fitchburg, MA 01420

Mass. Health is accepted.

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

Phone: 978-878-8420

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

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/index.htm>

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 Equipment Distribution Program

MassEDP Main Office

1380 Bay St, Bldg B

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

<http://www.mass.gov/eopss/agencies/massedp/>

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

Universal Access Program

Massachusetts Department of Conservation and Recreation

Universal Access Program

251 Causeway Street, Suite 600

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

36 Station Avenue

Brockton, MA 02404

Phone: 401-789-4527

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/

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, DeafBlind and Late-Deafened individuals from diverse ethnic and cultural populations.
info@deafinonline.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 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

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

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: 781-654-2000

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

Baystate 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>

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: 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/>

National Federation of the Blind of Massachusetts

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

Phone: 508-679-8543

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

Perkins Braille and Talking Book Library

March 15, 2015

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.

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

TTY: 617-972-7690

www.perkins.org/community-programs/btbl

Perkins School for the Blind

Variety of services for those eligible

Phone: 617-924-3434

perkins.org/

Talking Information Center

Radio broadcast of newspapers and magazines.

Phone: 800-696-9505

<http://ticnetwork.com/>

Veterans Administration

Visual Impairment Services Team

Call to determine VA eligibility. Primary care, optometry, and low vision exams. VIST Coordinator assessment and plan, may include consults/referrals, training, or equipment.

Phone: 857-364-6555, 617-232-9500 x4655

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. A referral is necessary.

<http://www.aoafoundation.org/vision-usa/how-the-program-operates/>

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	617-338-2355
Emerson Hospital	978-369-1400
Battered Women's Hotline	800-992-2600
Boston Area Rape Crisis (24/7)	800-841-8371,
Department of Transitional Assistance	617-629-1400
Domestic Violence Hotline/Shelter-REACH	800-899-4000
Domestic Violence Services Network, Inc.	888-399-6111
Emergency Shelter---Safelink 24 hour hotline	800-799-7233
	877-785-2020
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	800-593-1125,
	TTY: 508-626-8686

Other Emergency Numbers

Gay, Lesbian & Bisexual Violence (M-F 9-5)	617-267-1901
Samaritans (24/7) Suicide Crisis Hotline	866-912-4673

Legal Assistance

South Middlesex Legal Services	508-620-1830
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Counseling for Men Who Are Abusive to Women

Common Purpose	617-739-3831
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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/>

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/>

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.

www.justice.gov

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

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

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

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) 932-5552

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: 877-348-0502 , TTY 877-348-0501

<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/>

Family Caregivers Information and Referral

Carlisle Council on Aging

Information and referral to local, statewide and national resources:

March 15, 2015

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/

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

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/20140811EconomicResources.pdf

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>

BenefitsCheckUp, a free service of the [National Council on Aging](http://www.ncoa.org) (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

Bentley accounting students offer their expertise to those in need, particularly the elderly, low and limited income taxpayers, and individuals with disabilities. Tax returns are done on a first come, first served basis.

Phone: 781-891-2714

Email: ga_VITA@bentley.edu

www.bentley.edu/newsroom/latest-headlines/bentley-university-students-offer-free-income-tax-help-0

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/office-locations/massachusetts/boston/>

Consumer Assistance Office—Metro West, Inc.

The Consumer Assistance Office offers information on a variety of issues including auto sales, home improvement, landlord/tenant relationships, credit, debt, and more.

<http://www.consumermetrowest.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.

Phone: 800-222-EYES (3937)

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 ; x 428, 800-564-9700 (TTY)

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

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](http://TheVirtualGatewayScreeningService) 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

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/index.php>

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.

See also: *Economic Assistance Resources for Carlisle Residents - Resource Guide:*

http://www.carlislema.gov/pages/carlislema_housing/20140811EconomicResources.pdf

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

Citizen's Energy

Citizen's Energy will deliver 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, Gas Assistance 866-427-9918

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

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

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

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

March 15, 2015

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.ifcsboston.org/OurServices/CommunityServices/FamilyTable/tabid/213/Default.aspx>

Food Stamps/SNAP (Supplemental Nutrition Assistance Program)

Department of Transitional Assistance

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

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>

Nutrition Info Line of the American Dietetic Assn.

Phone: 800-3661655

www.eatright.org

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.

Project Bread maintains a dedicated "Senior Line" for seniors interested in SNAP/Food Stamps or who have general questions about resources. They will be immediately connected, avoiding any extended wait times. Counselors provide free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance in completing the application over the phone and follow up throughout the process to answer questions or concerns that might arise. Counselors are also available to answer questions from current recipients to help ensure they are receiving the maximum benefit.

Phone: 1-800-645-8333, press 2 for the dedicated Senior Line

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

Special hours for seniors in February, March and April:

Mondays & Wednesday 2:00 pm to 7:00 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>

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

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 education 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

Health Resources for Low-Income and Uninsured

Community Health Connections Family Health Center

Locations in Fitchburg, Gardner, Leominster with various contact information. Their services are offered at sliding scale prices and they have staff members who will help

individuals find appropriate insurance plans. 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

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/>

Joseph M. Smith Community Health Center

The Joseph M. Smith Community Health Center offers both medical and dental care in Allston and Waltham. You may be placed on a waiting list for care.

Phone: 617-783-0500, x2028

<http://www.jmschc.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

Referrals to local health center for free mammograms and cervical cancer tests.

Phone: 877-414-4447

www.mass.gov/dph/whn

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/20140811EconomicResources.pdf

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/>

Massachusetts Housing Consumer Education Center

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.

www.massaccesshousingregistry.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

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

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.

March 15, 2015

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!

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. Call or email Wen Farina.

Phone: 978-970-0600, Ext. 1

www.wayne.farina@cbacre.org

Mortgage Payment Assistance

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

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

March 15, 2015

<http://www.mass.gov/mrc/hmlp>

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.)

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

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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:

March 15, 2015

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>

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 pm

www.aplaceformom.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/>

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

Dial-A-Lawyer

On the first Wednesday of every month from 5:30-7:30 Dial-A-Lawyer provides free legal advice by telephone.

Phone: 617-338-0610

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

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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/>

Greater Boston Legal Services

Elderly Unit

197 Friend Street,

Boston, MA 02114

Phone: 617-603-1576

<http://www.gbls.org/service.htm>

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/>

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

Fee-based legal services for range of legal issues. The MBS LRS may be able to make referrals to lawyers who charge no more than \$75.00/hour for clients who meet certain economic guidelines.

Phone: 866-627-7577 , 617-338-0500

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.

Phone: 800-342-5297, 617-603-1700

<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>

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

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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 & Supplies

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

Donating Medical Supplies

American Medical Resource Foundation (Brockton). Contact:
<mailto:Victor@amrf.com>

Metrowest Free Medical Clinic (Sudbury, Framingham) (508) 656-0740

Lithuanian Children's Relief Fund (Brockton) Sister Helen Ivanauskas, (508) 588-5070.

Equipment Reuse Options

REquipment Program (MRC/MassMATCH)

Provides refurbished, gently used wheeled mobility, lifts and other DME free to people of all ages. Delivery available in the Greater Boston area. DME donations accepted.

Phone: REquipment 617-204-3626, <mailto:reuse@massmail.state.ma.us>

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

Get AT Stuff Program: Assistive Technology Exchange of Northeast (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: Kobena Bonney 617-204-3826, Kobena.bonney@massmail.state.ma.us

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

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: Don Fredette, (617) 825-3905 x278, <mailto:dfredette@thebostonhome.org>

DDS Assistive Technology Centers

The MA DDS operates 3 AT Centers across the state that conduct evaluations, design, customize and fabricate seating system for DDS clients in state operated facilities and group homes.

3 Locations:

- DDS AT Center, 324 Clark St, Worcester
- Kelley AT Center, 450 Maple Street Danvers MA
- Northampton AT Center, 195 Industrial Drive, Northampton MA

Reuse: They accept donations of used wheeled mobility but have limited ability for pick up and drop off. They work with Mass Health DME vendors.

Repairs: They also repair wheeled mobility if beyond scope of the DME provider.

Contact Tom Mercier OTR/L ATP, Deputy Director AT Services, Dept. of Developmental Services.,

Phone: 978-774-5000 x215, <mailto:TMercier@massmail.state.ma.us>

H.E.L.P. - Freemason's Hospital Equipment Loan Program

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.

- Woburn - HELP offers free equipment on Saturdays from their Woburn location in Cummings Park, 500 West Cumming Park, Suite 1150. Pick up hours: 9am-12:00 noon.

Phone: Geoff Bemiss, 781-322-1052, <mailto:GABemiss@aol.com>

- Wilmington
Phone: Friendship Lodge, (978) 658-6731: equipment coordinators Brian King at (978) 658-4391 or Bernie Nally at (978) 658-3240

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>

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.

One Clarks Hill, Suite 305

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**

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

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/>

Bedford Youth and Family Services

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

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

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

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

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

MSPP INTERFACE

A free and confidential referral service for our residents from the 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 x1411 or (888) 244-6843 x1411.

Monday-Friday, 9am-5pm

www.msppinterface.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.

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

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

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

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

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	<u>See</u> 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

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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, groceries, 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

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

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 to 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

Road to Recovery Van, American Cancer Society

Provides ambulatory cancer patients with ground transportation to and from cancer treatment. Rides are dependent on volunteer driver availability.

Phone: (800) 227-2345

<http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery>

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, Inpatient 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

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

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/>



Women's Breakfast



E. Keast shows off new COA vehicle

Thanksgiving Luncheon



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)
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
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
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) 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

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 <u>Boston Office</u> 2400 JFK Federal Building 15 New Sudbury Street Boston, MA 02203 <u>Washington Office:</u> 317 Hart Senate Office Bldg. Washington, DC 20510	617-565-3170 202-224-4543 http://www.warren.senate.gov
U.S. Senator Edward Markey <u>Boston Office:</u> 10 Causeway St., Suite 559 Boston, MA 02222 <u>Washington Office:</u> 218 Russell Senate Office Building Washington, DC 20510	617-565-8519 202-224-2742 http://www.markey.senate.gov
Verizon	800- VERIZON (800-837-4966)
Veterans Administration in Bedford	781-275-7500
Veterans Services in Billerica	978-671-0968
Wells & Pumps Inspection	978-369-8153
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

Caregivers' Online Resources

Caregiver Action Network	http://caregiveraction.org/
Children of Aging Parents	http://www.caps4caregivers.org
Eldercare Locator	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
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

FOOD ASSISTANCE

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

<p>Community Supper, Inc. 978-635-9295 Acton Congregational Church 12 Concord, Road, Acton MA Free dinner every Wednesday night from 5:15pm-6:15pm</p> <ul style="list-style-type: none"> • Clothes Closet/Free clothing • Acton Food Pantry of Boxborough: Boxborough Business Park. Building 1, 235 Summer Road Boxborough, MA. TAKE NOTE: Closed the 4th week of every month • Open 10-7 on all other Wednesdays. • All are welcome • www.actoncommunitysupper.org 	<p>Open Table, Inc. 978-369-2275 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 4:30-6:30pm • Transportation provided for both individuals and families when necessary • Open to residents of any town
<p>Sudbury 978-443-3168 Food Pantry Our Lady of Fatima Church 160 Concord Rd. Sudbury, MA</p> <ul style="list-style-type: none"> • Tuesdays and Thursdays 11:30a.m.2:15pm • Clients can use 1x per month 	<p>Open Table, Inc. 978-823-0082 Clock Tower Place Cafeteria, Building 8 Maynard, MA 01754 http://www.opentable.org</p> <ul style="list-style-type: none"> • Dinner: Mon. 6:00-7:00pm • Pantry: Mon. 5:00-7:00pm • Open to residents of any town
<p>Helping Hand Pantry 617-547-4070 St. James Episcopal Church 1991 Massachusetts Avenue, Cambridge, MA 02140 Tuesday 6:00pm-8:00pm Thursday 11:00am-1:00pm Saturday 10:am-12:00pm</p> <ul style="list-style-type: none"> • Bring Photo ID • Open to residents of any town 	<p>Neighborhood Supper 978-486-3044 Congregational Church 330 King St. Littleton, MA</p> <ul style="list-style-type: none"> • Free dinner Tuesdays 5:30-6:45pm • Open to any resident of any town <p>Please call ahead of time, for weekly change in location</p>
<p>Chelmsford Community 978-250-3818 Exchange 1 North Rd. (old Town Hall) Chelmsford, MA http://www.chelmsfordfoodpantry.org</p> <ul style="list-style-type: none"> • 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 	<p>Westford Community 978-692-5523 Food Pantry 20 Pleasant Street Westford, MA 01886</p> <ul style="list-style-type: none"> • 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.
<p>Greater Boston Foodbank Website: www.gbfb.org</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>

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

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MASSACHUSETTS ELDER CARE AGENCIES, ADVOCATES, & PROGRAMS

These links are provided by the Massachusetts Council on Aging <http://mcoonline.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](#)

[Healy 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](#)

March 15, 2015

[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

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.

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)

Bedford COA Fix-It-Shop
12 Mudge Way,
Bedford, MA
Phone: 781-275-6825

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

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

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 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/>

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/>

Holiday Luncheon

