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.

Our original guide was started with materials and support provided by the Bedford and Billerica Council on Aging and Concord Carlisle Youth and Community Services which we gratefully acknowledge and thank. Our current volunteers who researched the information included and whose hard work made this guide possible are Jane Lawson and Giovanna DiNicola. We are so appreciative of their long hours and dedication.

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@carlislema.gov
Fax: (978) 371-0594
Website: https://www.carlislema.gov/173/SeniorsCouncil-on-Aging

Hours: Monday: 9:00 AM to 5:00 PM
Tuesday, Wednesday, Thursday: 9:00 to 3:00 PM
Friday 9:00 AM to 1:00 PM
Summer hours may differ. See https://www.carlislema.gov/173/SeniorsCouncil-on-Aging

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.

**DISCLAIMER:** The Carlisle COA tries to provide information that will be helpful to our residents. We only recommend sources or vendors that are government supported. Because we include in this Guide sources and vendors that may not be government supported but may be helpful, please check their recommendations, licenses and referrals before using their services.

February 12, 2019
Carlisle Council on Aging Staff.  
**Director:**  David Klein 978-371-6693, dklein@carlislema.gov  
**Outreach Coordinator:**  Angela Smith 978-371-2895, asmith@carlislema.gov  
**Transportation Coordinator:**  Debbie Farrell 978-371-6690 (leave a message), coaride@carlislema.gov  
**Program Assistants:**  
  Linda Cavallo-Murphy 978-371-2895, lcavallomurphy@carlislema.gov  
  Myriam Fleurimond 978-371-2895, mfleurimond@carlislema.gov  
**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.
# Table of Contents

**ADULT DAY CARE (HEALTH OR SOCIAL)** ................................................................. 1
  ADULT DAY - HEALTH .................................................................................. 1
  ADULT DAY - SOCIAL ................................................................................. 2

**ADVOCACY** .................................................................................................. 3
  GENERAL SERVICES .................................................................................... 3
  DRIVING RESOURCES/PROGRAMS ............................................................... 5
  MEDICAL COVERAGE COMPLAINTS ............................................................ 6

**ANIMALS** ...................................................................................................... 7

**ASIAN RESOURCES** ....................................................................................... 8
  BOSTON CHINESE GOLDEN AGE CENTER .................................................... 8

**ASSISTED LIVING FACILITIES** ..................................................................... 8

**CONTRACTORS** ............................................................................................ 9

**COUNCILS ON AGING** ................................................................................. 10
  CARLISLE COUNCIL ON AGING ................................................................. 10
    Hours ....................................................................................................... 10
    Carlisle COA Activities/Programs ............................................................. 10
    COA Newsletters ................................................................................... 12
  OTHER COUNCILS ON AGING ................................................................. 13
    Acton Council on Aging ........................................................................ 13
    Bedford Council on Aging .................................................................... 13
    Billerica Council on Aging ................................................................... 13
    Chelmsford Council on Aging ............................................................... 13
    Westford Council on Aging .................................................................. 13
  MASSACHUSETTS COUNCIL ON AGING ................................................. 14

**DENTAL CARE** ............................................................................................. 18

**DISABILITY SERVICES** ................................................................................. 20
  GENERAL SERVICES .................................................................................. 20
  HEARING IMPAIRMENT ......................................................................... 23
  MEMORY CONCERNS ............................................................................... 25
  VISUAL IMPAIRMENT .............................................................................. 25

**DOMESTIC VIOLENCE** ................................................................................. 29
  GENERAL SERVICES .................................................................................. 29
  OTHER EMERGENCY NUMBERS ............................................................... 30
  LEGAL ASSISTANCE .................................................................................. 30
  FOR REPORTING OF ACTUAL OR SUSPECTED ABUSE/NEGLECT ............ 30

**ELDER ABUSE** ............................................................................................ 32

**ELDER HOTLINE** ......................................................................................... 33

**ELDER INFO** ............................................................................................... 33

**EMERGENCY INFORMATION** .................................................................... 35

February 12, 2019
ENGLISH AS A SECOND LANGUAGE AND RELATED SERVICES ............................................35
EMPLOYMENT ..........................................................................................................................35
FAMILY CAREGIVERS INFORMATION AND REFERRAL ....................................................36
FINANCIAL ASSISTANCE .......................................................................................................38
  GENERAL SERVICES .................................................................................................................38
  TAXPAYER HELP & RESOURCES ..........................................................................................40
  UTILITY ASSISTANCE ...........................................................................................................41
FITNESS PROGRAMS ..............................................................................................................42
FOOD AND NUTRITION .........................................................................................................43
  GENERAL SERVICES .................................................................................................................44
  LOCATIONS FOR READY TO EAT MEALS .............................................................................48
  FOOD ASSISTANCE ...............................................................................................................50
  GROCERY DELIVERY ..............................................................................................................53
GOVERNMENT HEALTH INSURANCE BENEFITS .................................................................53
HAIRDRESSER/COSMETOLOGY ...............................................................................................55
HEALTH CARE PROXY ............................................................................................................56
HEALTH INFORMATION - JOURNALS AND INTERNET ACCESS ...........................................56
HEALTH RESOURCES FOR LOW-INCOME AND UNINSURED .............................................58
HOSPICE ....................................................................................................................................59
HOUSING ..................................................................................................................................60
  GENERAL SERVICES .................................................................................................................60
  ALTERNATIVE HOUSING ........................................................................................................62
  MORTGAGE FORECLOSURE PREVENTION ...........................................................................63
  SENIOR HOUSING AND REAL ESTATE TAX RELIEF ...........................................................65
  AREA HOUSING AUTHORITIES .............................................................................................66
  OTHER AREA HOUSING OPTIONS ..........................................................................................68
    Bedford: ................................................................................................................................68
    Concord: ..............................................................................................................................68
    Lincoln: ................................................................................................................................68
    Littleton: ..............................................................................................................................69
    Pepperell: ............................................................................................................................69
  SHELTER – EMERGENCY HOUSING ASSISTANCE ...............................................................69
IDENTITY THEFT ....................................................................................................................69
  CREDIT BUREAUS ..................................................................................................................70
  OTHER RESOURCES ..............................................................................................................70
INDIGENT DRUG PROGRAMS OFFERED BY DRUG COMPANIES ......................................71
IN-HOME CARE .......................................................................................................................71
INSURANCE COVERAGE AND BENEFITS, MEDICARE .......................................................71
INVESTOR INFORMATION AND PROTECTION .................................................................72
LEGAL SERVICES ....................................................................................................................72

February 12, 2019

Page v
Kay Woodward celebrates her 100th Birthday

Chair Volleyball
Adult Day Care (Health or Social)

**Adult Day - Health**

*All Care Adult Day Health at North Village*
20 Sheila Ave, #6
No. Chelmsford, MA 01863
Phone: 978-251-0367
(Carlisle residents are accepted even though website does not show Carlisle as being in their service area.)
https://www.allcare.org/adult-day-health/
https://www.allcare.org/service-area/

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

*Community Family Alzheimer’s & Adult Day Health Programs*
[Call to see if they provide transportation for your area of Carlisle, otherwise you can provide your own transportation.]
236 Broadway
Lowell, MA 01854
Phone: 978-458-4844
http://www.communityfamily.org/

*Cooperative Elder Services*
[See website for Arlington, Burlington, and Milton]
7 Chamberlin Dr.
Concord, MA 01742
Phone: 978-318-0046
8 West Main Street
Groton, MA 01450
Phone: 978-448-1400
http://www.elderdayservices.org/
**D’Youville Senior Care Adult Day Health Center**
91 Varnum Avenue
Lowell, MA 01854
Phone: 978-569-1000
[https://www.dyouville.org/](https://www.dyouville.org/)

**Home Away From Home Adult Day Health Center**
[Carlisle residents must provide their own transportation.]
150 Industrial Avenue East
Lowell, MA 01852
Phone: 978-453-4663
[http://www.homeawayfromhomeadhc.net/](http://www.homeawayfromhomeadhc.net/)

**Adult Day - Social**

**Andover Social Supportive Day Program**
Open to all seniors Monday-Friday 8 AM – 4:00 PM
Mailing Address:
   - 38 Bartlett Street
   - Andover. MA 01810
Location:
   - 30 Whittier Court,
   - Andover, MA 01810
Phone: 978-623-8320
[https://andoverma.gov/227/Elder-Services-Center-at-Punchard](https://andoverma.gov/227/Elder-Services-Center-at-Punchard)

**Chelmsford Adult Day Social Program**
75 Groton Street
Chelmsford, MA 01863
Phone: 978-788-6178 (Adult Day Care Program)
   - 978-251-0533 (Senior Center main number)
[https://www.townofchelmsford.us/223/Senior-Center-Council-on-Aging](https://www.townofchelmsford.us/223/Senior-Center-Council-on-Aging)

**Littleton Social Club**
The LSC meets on Tuesdays, Wednesdays and Thursdays from 9:00 AM to 1:00 PM at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch.
NOTE: Carlisle residents must provide their own transportation.
33 Shattuck Street
Littleton, MA 01460
Phone: 978-540-2470
[https://www.littletonma.org/elder-and-human-services](https://www.littletonma.org/elder-and-human-services) (Click on the newsletter for the current month to find out more information)

February 12, 2019
Pleasantries Adult Day and Consulting Services
Pleasantries Adult Day Program is located in a residential home setting within a lakeside neighborhood in Marlborough, MA. Ten to fourteen guests attend daily to eliminate loneliness, boredom, and depression. Our program specializes in memory impairment disorders such as Alzheimer’s or other dementia. Pleasantries is a non-medical program serving higher functioning individuals.
195 Reservoir Street
Marlborough, MA 01752
Phone: 508-481-0809
https://www.pleasantriesads.com/

Advocacy

General Services

Alcoholics Anonymous
Phone: 617-426-9444
https://aaboston.org/
Answering service available in Lowell
Phone: 978-957-4690
https://www.aaemassd21.org/

AARP (American Association of Retired Persons)
Massachusetts Regional Office
One Beacon Street, Suite 2301
Boston, MA 02108
Phone: 866-448-3621 (toll free)
https://www.aarp.org/
https://local.aarp.org/carlisle-ma/

American Red Cross, Regional Headquarters
139 Main Street
Cambridge, MA 02142
Phone: 617-274-5200
https://www.redcross.org/local/massachusetts.html

Attorney General’s Office
One Ashburton Place, Boston, MA 02108
Phone: 617-727-2200
https://www.mass.gov/orgs/office-of-attorney-general-maura-healey

February 12, 2019
Attorney General’s Elder Hotline
The hotline is staffed by senior volunteers to help you find answers to your questions, resolve disputes with businesses, and assist with other issues including: abuse and exploitation of elders; debt and debt collection practices; health insurance; home improvement; landlord, tenant, and housing issues; long-term care; identity theft and scams; retail disputes; and telemarketing.
Phone: 888-243-5337 (toll free) (Mon-Fri: 10:00AM – 4:00 PM)
617-727-4765 (TTY)

Better Business Bureau of Eastern Massachusetts
290 Donald Lynch, Boulevard, Suite 102
Marlborough, MA 01752-4705
Phone: 508-652-4800

Consumer Credit Counseling
101 Federal Street
Ste. 1900
Boston MA, 02110
Phone: 800-873-2227 (toll free)
https://www.moneymanagement.org/

Consumer Hotline
To report unfair or deceptive practices, call the Consumer Hotline, or visit their website.
Phone: 617-727-2200 (Attorney General’s Office)
617-727-8400 (Public Inquiry and Assistance Center)
https://www.mass.gov/get-consumer-support

Consumer Products Safety Commission
Phone: 301-504-7923
800-638-2772 (toll free)
https://www.cpsc.gov/

Consumer Rights and Ways to Protect Your Financial Interest
Phone: 617-973-8787
888-283-3757 (toll free in MA)

D.E.A.F., Inc.
215 Brighton Ave.
Allston, MA  02134
Phone: 617-254-4041
https://www.deafinconline.org/

February 12, 2019

Page 4
Diabetes Association
Phone: 800-342-2383 (800-DIABETES) (toll free)
https://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.
Phone: 800-899-4000 (toll free)
https://reachma.org/

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

Driving Resources/Programs

Registry of Motor Vehicles – Medical Affairs Branch
Mailing Address:
   Attn: Medical Affairs Branch
   Registry of Motor Vehicles
   P.O. Box 55889
   Boston, MA  02205
Location:
   Haymarket Center
   136 Blackstone St, Boston
This branch of the Registry sets policies and procedures regarding the minimum physical qualifications to operate a motor vehicle. Issues disabled plates and placards. Placard applications are also available at the Senior Center.
Phone: 857-368-8020 [This is NOT a toll-free number]
https://www.mass.gov/disability-plates-and-placards

February 12, 2019
Driver Safety Program – AARP
AARP Driver Safety first launched in 1979 to help to keep older drivers independent, safe and confident while on the road.
Phone: 888-687-2277 (toll free)
https://www.aarp.org/benefits-discounts/all-driver-safety/

Driver Evaluation Program
New England Rehabilitation Hospital
2 Rehabilitation Way, Woburn, MA 01801
Phone: 781-939-1921
https://www.encompasshealth.com/newenglandrehab

Driver Assessment Program
Emerson Hospital (Emerson Health Center)
310 Baker Avenue
Concord MA 01742
If you, a loved one, or a clinician is concerned about your safety while driving, you will need to request a referral (required) from your Primary Care Physician or Specialist for this program. (Cost is $350 for the clinical assessment and is payable by the patient at the time of scheduling.) Upon completion of the clinical evaluation, you will be scheduled for an on-road assessment, if qualified. (There is an additional fee paid directly to an independent certified driver instructor, estimated cost $200.) The occupational therapist who performed your assessment will accompany you on the driving test. If you should require additional occupational therapy training, a rate of $100/hr will apply. Cost and fees are subject to change
Phone: 978-287-8244. (to schedule an assessment)

Medical Coverage Complaints

Department of Public Health
Division of Health Care Quality
Resolves complaints about inadequate care and abuse in hospitals and nursing homes
Phone: 800-462-5540 (toll free)
https://www.mass.gov/how-to/file-a-complaint-regarding-a-nursing-home-or-other-health-care-facility

Medicare Advocacy Project
Advice and free legal representation to Massachusetts Medicare beneficiaries who have problems with Medicare coverage
Phone: 800-323-3205 (toll free)
https://www.gbls.org/

February 12, 2019
Animals

Animal Control Officer
Please call the Police non-emergency line to be connected to the Animal Control Officer.
Phone: 978-369-1155
https://www.carlislema.gov/348/Animal-Control

Animal Rescue League Boston
The Animal Rescue League offers affordable veterinary care and behavioral resources to families of limited economic means.
https://www.arlboston.org/

ASPCA Animal Poison Control Center
Call if you think your pet may have ingested a potentially poisonous substance. A $65 consultation fee may be applied to your credit card.
Phone: 888-426-4435 (toll free)
https://www.aspca.org/pet-care/animal-poison-control

The Hoarding of Animals Research Consortium
The Hoarding of Animals Research Consortium has a variety of information on topics including information on intervention, animal welfare, and public health all surrounding issues of animal hoarding.
https://vet.tufts.edu/hoarding/

MSPCA
The MSPCA-Angell participates in national and international animal protection and veterinary medicine organization providing direct hands-on care for thousands of animals each year. Offers low cost spaying/neutering programs for pet owners with limited economic means. Eligibility is considered through an application process. Applicants should hear results within a week of submittal. Information on training and pets is also available.
350 South Huntington Avenue,
Boston, MA 02130
Phone: 617-522-5055
https://www.mspca.org/

Tufts School of Veterinary Medicine
The Cummings School of Veterinary Medicine of Tufts University offers lower cost spaying and neutering for dogs and cats.
200 Westboro Rd.
N. Grafton, MA 01536
Phone: 508-839-5395
https://vetmed.tufts.edu/lerner-spay-neuter-clinic/about-the-clinic/
https://vet.tufts.edu/

February 12, 2019
Asian Resources

Boston Chinese Golden Age Center
75 Kneeland Street, Suite 204
Boston, MA 02111
Phone: 617-357-0226
Boston Chinese Golden Age Center offers care management, caregiver support groups, adult day health (ADH) care and other health and education programs. They have an emergency response service and provide information on housing, area agencies on aging, insurance information. These services and ethnic meals are available at their three centers:
Quincy Tower: 5 Oak Street West, Boston, MA 02116; Phone: 617-423-7563
Hong Lok House: 25-31 Essex St, Boston, MA 02111; Phone: 617-542-7458
Brighton House: 677 Cambridge St, Brighton, MA 02135; Phone: 617-789-4289
https://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

New LifeStyles
New LifeStyles provides a search tool that lets you find senior community or care providers that best fits your needs. From independent living to skilled nursing care, a simple search will show you the options available. Simply enter the name and state of interest (or its zip code) and the search tool will list the various housing/care facilities and products/services in the area. The Carlisle COA has hard copies of the directory available.
https://www.newlifestyles.com/
The Seniors Blue Book
The Seniors Blue Book provides seniors, caregivers and senior professionals a comprehensive source of services, senior housing options, resources and information that enrich the lives of the elder population while affording those businesses and individuals serving that population a unique medium to present their products and services. It lists over 70 categories of information, most of which are free resources that support the community. The guide’s producers understand that there are many valuable services available, whether they are paying advertisers or not, and producers are proud to support the communities it serves by listing all options available to its readers, not solely based on advertising. The Seniors Blue Book also provides a senior activities calendar where you can find out about local events and activities, many of which are free, all of which are worthwhile.
https://www.seniorsbluebook.com/
https://www.seniorsbluebook.com/local/boston/

2Sisters – Senior Living Advisors
2Sisters Senior Living Advisors help families find the best supportive living options, making life transitions easier for seniors and their children. With deep industry expertise, 2Sisters know all the options, from home care to assisted living to memory care. And 2Sisters don’t just refer you – they get to know you, tour with you, and guide you. Best of all, with a long family history of making a difference in the lives of seniors, 2Sisters bring a unique empathy and compassion that makes a difficult process as stress-free as possible.
Phone: 617-701-7007
https://2sisters-sla.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
Councils on Aging

Carlisle Council on Aging

Hours
Monday: 9:00AM to 5:00PM
Tuesday, Wed and Thursday: 9:00AM to 3:00PM
Friday: 9:00AM to 1:00PM.
Summer hours may differ. Call 978-371-2895

Carlisle COA Activities/Programs

Educational Programs
The Council on Aging (COA), often along with the Friends of the COA and the Carlisle Library, offers educational series that are free to all Carlisle residents and include such topics as Art, Health, History, Legal Issues and Computer Education.

File of Life
The Carlisle Firefighter’s Relief Association and the Friends of the Carlisle Council on Aging has purchased “FILE OF LIFE” kits for Carlisle seniors. The “FILE OF LIFE” contains a mini medical history posted on the outside of one’s refrigerator. In an emergency the “FILE OF LIFE” card enables emergency medical technicians (EMTs) to obtain a quick medical history and vital personal information when a patient is unable to offer it. These are being provided free of charge.

The card, which is kept in a red plastic pocket labeled “File of Life,” lists the patient’s name, emergency contacts, health insurance policy and social security numbers, health conditions, medications including dosages, allergies, recent surgeries, religion, doctor’s name and whether or not there is a health care proxy or living will. The entire pocket is held, with a magnet, to the outside of the refrigerator for easy access in an emergency.

The “FILE OF LIFE” cards are available at the Council office at Town Hall. If you are unable to pick one up or have any questions about the “File of Life” program, please call 978-371-2895.

Fitness Programs
We have several low-cost exercise programs designed specifically for seniors. Currently these include Zumba, Tai Chi, Line Dancing, Fitness, Cardio and SAMA (Senior Approach to Maintaining Agility) as well as Tap Dancing. Call the COA to sign up for these classes. You are welcome to attend a class for free to see if it is something you would like to attend regularly.
Health & Wellness
The COA offers blood pressure clinics several times a month that are free to the seniors and are announced in the monthly newsletter and are visible on the Town website HERE. Other clinics that we provide are for podiatry and vaccinations.

Intergenerational Programs
The COA offers many interesting and fun programs and activities that bring the whole community closer together.

Medical Equipment
We have many pieces of medical equipment available to the community that include but are not limited to: wheelchairs, walkers, crutches, canes, shower chairs, transfer benches, grabbers and commodes. The equipment is lent out free of charge to anyone in Carlisle.

Nutritional Programs
The COA offers several nutritional programs including monthly lunches, breakfasts, and coffees. The COA works with the local schools, senior housing facilities, and churches that provide venues for these events. We also provide Meals on Wheels for those who are home-bound and cannot provide for themselves.

Outreach
The COA has an Outreach and Program Manager and a part time social worker who are available to provide consultation, advice, and referrals. We work with family members to help identify available support resources and provide telephone reassurance and home visits to seniors. See https://www.carlislema.gov/436/Outreach-Services

RUOK®
If you live alone, you may want to sign up for the FREE RUOK® Telephone Reassurance System. The system will call you at the predetermined time you request. When you answer, you'll hear a short pre-recorded call message. If you don't respond after several tries, the police will personally try to reach you, and if there is still no reply they will stop by and check on you at home. This system has saved lives. Call the Council on Aging to sign up at 978-371-2895. For more information, click here (PDF).

Senior Tax Worker Program:
If you are a Carlisle property owner and sixty years old or older, you are eligible to apply for our Senior Tax Worker Program. If you live with a Carlisle senior who qualifies, you can work on their behalf. Approved applicants provide work assistance to town departments such as the Council on Aging, School, Police, Library, and Town Clerk’s office. Tax workers can earn up to $1,000 working their hours at the current minimum wage. For more information and an application, click here (PDF).
Transportation
There are two transportation programs available for Carlisle seniors and disabled residents:
First is our existing COA Transportation program. We take clients to medical appointments, grocery shopping, or other errands for personal needs generally within about a 15-mile radius of Carlisle. Rides within Carlisle are free, but for rides within 15 miles we suggest a donation of $2 and beyond 15 miles, $5. Service is limited to COA office hours which are Monday through Friday from 9:00 am to 3:00 pm. Call the COA Transportation line at 978-371-6690 to request a ride. Please schedule your trip at least two days in advance. All rides are on a best effort basis, so call as early as possible to arrange transportation.
Carlisle Transportation Services (CTS) is a service that adds range and scheduling flexibility to the existing COA Transportation program. The town has contracted with vendor Flow Transportation for this service. Rates vary based on distance from Carlisle and can be as far away as 30 miles (which permits trips to Logan). If you are a 60+ senior or are disabled, you can reduce the trip costs by using $3 vouchers that can be purchased at the COA office. Trips should be scheduled with Flow Transportation (call 978-602-5606 in Leominster) at least two days in advance. Requests received with less than 48 hours-notice will be made on a best-efforts basis only. Click here for more information including distance and prices.
See also the section on Transportation.
Volunteering
The COA is very appreciative to all those who volunteer their time in supporting our many activities and events. It would not be possible to offer all that we do without their support and dedication. We have many opportunities for those interested in donating their time and support. A list of some of the activities available to those interested in participating include: Friendly Visitors, Friendly Drivers, Program/Activities Support, Luncheon Committees, Trip Escorts, Meals on Wheels Drivers, Class Instructors, and Friends of the COA. Please contact the COA office (978-371-2895) if you are interested in participating in any of these wonderful programs or click here for more information

COA Newsletters
Carlisle Connection, serving Carlisle’s 60+ community, is a publication that is published every other month and provides dates and times of COA program and activities. Some programs are free, others request donations, while others are fee-based. If you are a Carlisle resident, are 60 or older and are not currently receiving a copy of Carlisle Connection please call 978-371-2895 to be added to the mailing list. Carlisle Connection may be viewed online at https://www.carlislema.gov/441/COA-Newsletter

February 12, 2019
*Bits and Bytes* is a weekly publication that is emailed to subscribers on Friday of each week. It lists the events that will be happening in Carlisle in the next week as well as those that will be happening in following weeks that require registration. It also includes information on some events in surrounding towns. It contains last-minute corrections, updates and special notices of things that have changed or are hot off the press. To subscribe to *Bits and Bytes*, please call 978-371-2895.

*Bits and Bytes* may be viewed online at:

https://www.carlislema.gov/655/Bits-and-Bytes

**Other Councils on Aging**

The following COA’s generally welcome out-of-town residents to events that they are running (you can always call that COA and check).

**Acton Council on Aging**
30 Sudbury Road, Rear; Acton MA 01720
Phone: 978-929-6652
https://www.actoncoa.com/

**Bedford Council on Aging**
12 Mudge Way, Bedford MA 01730
Phone: 781-275-6825
https://www.bedfordma.gov/council-on-aging

**Billerica Council on Aging**
25 Concord Road. Billerica MA 01821
Phone: 978-671-0916
https://www.town.billerica.ma.us/136/Council-on-Aging

**Chelmsford Council on Aging**
60 Groton Road, North Chelmsford MA 01824
Phone: (978) 251-0533
https://www.townofchelmsford.us/223/Senior-Center-Council-on-Aging

**Westford Council on Aging**
20 Pleasant Street, Westford MA 01886
Phone: 978-692-5523
https://westfordma.gov/593/Council-on-Aging
Massachusetts Council on Aging

These links are provided by the Massachusetts Council on Aging [https://mcoaonline.com/elder-networks/links-to-elder-agencies/](https://mcoaonline.com/elder-networks/links-to-elder-agencies/). Or go to the list below and click to open hyperlink.

**AARP** – AARP is a nonprofit, nonpartisan, social welfare organization with a membership of nearly 38 million that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families — such as health care, employment and income security, and protection from financial abuse.

**Alzheimer’s Association** – Formed in 1980, the Alzheimer’s Association advances research to end Alzheimer's and dementia while enhancing care for those living with the disease.

**Bridges Together** – Bridges Together’s mission is to educate, empower and connect generations in order to transform lives today and tomorrow.

**Carroll Center for the Blind** – Established in 1936, The Carroll Center has pioneered many innovative services for the blind and visually impaired.

**Executive Office of Elder Affairs** – The Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers.

**Home Care Aide Council** – The Home Care Aide Council (Council) is a non-profit trade association with over 150 members throughout Massachusetts committed to enhancing quality of care throughout the home care industry by focusing on the advancement of the home care aide workforce.

**Home Care Alliance of Massachusetts** – With 40 years of experience, and about 180 agency members from Boston, to Provincetown, to the Berkshires, the Home Care Alliance of Massachusetts has the resources and information you need to answer your home care questions.

**Jewish Family & Children’s Services Boston** – Guided by Jewish values, JF&CS cares for people at all stages of life who seek support, guidance, and a purposeful, independent life. We focus on serving particularly vulnerable populations including children and adults with disabilities or mental illness, new mothers and their infants, older adults living with chronic conditions, and people experiencing financial crisis, hunger, or domestic abuse.

February 12, 2019

Page 14
Leading Age Massachusetts – LeadingAge Massachusetts is the only organization representing the full continuum of mission-driven, not-for-profit providers of health care, housing, and services for older persons in Massachusetts.

LGBT Aging Project – The LGBT Aging Project is a non-profit organization dedicated to ensuring that lesbian, gay, bisexual and transgender older adults have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors take for granted. They now have a nice variety of offerings from weekly luncheons, monthly brunches, a monthly women’s program and two monthly supper programs.

Massachusetts Advocates for Nursing Home Reform – MANHR’s mission is to improve the quality of care and ensure the dignity and quality of life for MA long-term care residents.

Massachusetts Assisted Living Association – The Massachusetts Assisted Living Association (Mass-ALA, formerly Mass-ALFA) is a non-profit association dedicated to professionally operated assisted living residences in Massachusetts that provide housing and services for individuals with varied needs and income levels.

Massachusetts Association for the Blind and Visually Impaired – MABVI’s mission is to work with individuals with vision loss to eliminate barriers and create opportunities.

MA Coalition for Serious Illness Care - Our mission is to ensure that health care for everyone in Massachusetts is in accordance with their goals, values and preferences at all stages of life and in all steps of their care.

Massachusetts Commission on the Status of Grandparents Raising Grandchildren – is devoted to fostering education, networking, research, programs and support to grandparents and all relatives raising grandchildren.

Massachusetts Government Agencies:

  800AgeInfo
  Centers for Medicare & Medicaid Services
  Massachusetts Attorney General’s Office
  Massachusetts Commission for the Blind
Massachusetts Commission for the Deaf and Hard of Hearing
Massachusetts Department of Health and Human Services
Massachusetts Department of Mental Health
Massachusetts Department of Public Health
Massachusetts Department of Revenue (Information for Senior Citizens and Retirees)
Massachusetts Department of Veteran’s Services
Massachusetts Office of Consumer Affairs
Massachusetts Rehab Commission
Massachusetts Secretary of State

Massachusetts Gerontology Association – MGA focuses on promoting dialogue between researchers and practitioners and has a special interest in relating gerontological knowledge to policy making.

Massachusetts Home Care – To help you live at your highest level of functioning possible, in the least restrictive setting possible, for as long as possible.

Massachusetts Municipal Association – The Massachusetts Municipal Association is a nonprofit, nonpartisan association that provides advocacy, training, publications, research and other services to Massachusetts cities and towns.

Massachusetts Municipal Association Human Services Council – The MMA Human Services Council (formerly Local Officials Human Services Council) was established in 1975 as the human services arm of the Massachusetts Municipal Association, the statewide advocacy group providing legislative lobbying for and technical assistance to cities and towns. The Human Services Council was founded with the understanding that municipal leaders are in a unique position to assess human needs in their communities and to respond effectively.

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

February 12, 2019
Mass Senior Action Council – Massachusetts Senior Action Council is a statewide, grassroots, senior-run organization that empowers its members to collectively address key public policy and community issues that affect their health and well-being.

Massachusetts Senior Care Association – The Massachusetts Senior Care Association represents a diverse set of organizations that deliver a broad spectrum of services to meet the needs of older adults and people with disabilities.

Massachusetts Service Alliance – The Massachusetts Service Alliance (MSA), established in 1991, is a private, nonprofit organization that serves as the state commission on service and volunteerism.

Massachusetts Statewide Independent Living Council – The Massachusetts Statewide Independent Living Council (MASILC) is a Governor appointed Council. Members include persons who are knowledgeable about centers for independent living and the services they provide. The Council was established by Executive Order No.373 of William F. Weld, Governor of the Commonwealth of Massachusetts on September 26, 1994. The Council includes representation of individuals with a range of physical and mental disabilities from the various geographic areas within the Commonwealth of Massachusetts.

Minuteman Senior Services – We help seniors and people with disabilities live in the setting of their choice by engaging community resources and supporting caregivers.

NCOA – The National Council on Aging (NCOA) is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. Our mission is to improve the lives of millions of older adults, especially those who are struggling. Through innovative community programs and services, online help, and advocacy, NCOA is partnering with nonprofit organizations, government, and business to improve the health and economic security of 10 million older adults by 2020.

The Perkins School for the Blind – Perkins is a progressive, multi-faceted organization committed to improving the lives of people with blindness and deafblindness all around the world.
Dental Care

Boston University Dental School Clinic
100 East Newton Street
Boston, MA 02118

All Types of services are offered.
If a student treats you (under supervision), the rate is much lower.
An instructor or regular dentist treats the more complex cases and that cost will be similar to regular dental fees.
They accept Mass. Health; otherwise, they require payment (cash, checks, Visa, MasterCard, American Express, and Discover) at the time of service.
You need two- or three-weeks lead time to get the first appointment – exam, X-rays.
They have an urgent care walk-in clinic – 8:00AM – 1:00PM.
Phone: 617-638-4700
https://www.bu.edu/dental/patients/

Community Health Connections
175 Connors Street
Gardner, MA 01440

All services are available except crowns and posts – these are referred to the Fitchburg Clinic. Mass. Health is accepted. The first appointment generally consists of X-rays and an exam.
Medical hours: Monday, Tuesday and Friday: 8:00 AM to 5:00 PM; Wednesday and Thursday 8:00 AM – 5:00 PM
Dental hours: Monday, Tuesday, Wednesday and Friday: 7:30AM – 5:00PM; Wednesday and Thursday: 8:00 AM – 8:00 PM.
Phone: 978-410-6100
https://www.chcfhc.org/
https://www.chcfhc.org/locations/greater-gardner-chc/

Community Health Connections
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
https://www.chcfhc.org/
https://www.chcfhc.org/locations/leominster-chc/

February 12, 2019
Community Health Connections
Bullock Building
326 Nichols Road
Fitchburg, MA 01420
All types of services are offered
Mass. Health is accepted.
Hours: Monday - Friday: 7:30AM – 5:00PM (Wednesday until 8:00PM)
Phone: 978-878-8420
https://www.chcfhc.org/
https://www.chcfhc.org/locations/fitchburg-chc/

Mass College of Pharmacy and Health Services -- Forsyth Dental Hygiene Clinic
101 Palace Road 10 Lincoln Square
Boston MA 02115 or Worcester, MA
Phone: 617-278-2700 Phone: 774-243-3410 or 774-243-3415
First must have their comprehensive oral assessment then other services are oral
prophylaxis (cleaning), fluoride, dental sealants, athletic mouth guards, non-surgical
periodontal therapy, whitening trays, and dental radiographs (including digital and
panoramic). Oral prophylaxis (cleaning), fluoride treatment, and necessary radiographs
(X-rays) available to seniors for $15.00
Some major types of insurance are accepted, but insurance is not required to visit the
clinic.

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
https://hsdm.harvard.edu/harvard-dental-center

Middlesex Community College
44 Middle Street (Talbot Building)
Lowell, MA 01852
Low cost dental hygiene by supervised students
Phone: 781-280-3250 or 978-656-3250
https://www.middlesex.mass.edu/dhclinic/
Tufts University Dental School Clinic
One Kneeland Street
Boston, MA  02111
New patients need two initial visits: one for a screening and to take x-rays; the other for a comprehensive oral exam. Treatment itself begins on the third visit. Each appointment takes approximately 3 hours.
[There is an emergency walk-in clinic for patients experiencing pain only. Hours of this clinic are: 9:00AM - 10:30AM and 1:00PM – 2:30PM – first come, first served.] MassHealth and most dental insurances accepted. (Mass Health has some restrictions; see https://dental.tufts.edu/patient-care/insurance-and-billing )
Phone:  617-636-6828
https://dental.tufts.edu/patient-care

Universal Dental Plan
20 Park Plaza, 4th Floor
Boston, MA 02116
Universal Dental Plan (UDP) 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.
Phone: 617-859-1777
http://universaldentalplan.com/

Disability Services

General Services

Boston Center for Independent Living
60 Temple Place
Boston, MA 02111
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.
Phone:  617-338-6665, TTY:  617-338-6662
https://bostoncil.org/
Disabled Persons Protection Commission
300 Granite Street, Suite 404
Braintree, MA 02184
The mission of the Disabled Persons Protection Commission (DPPC) is to protect adults with disabilities from the abusive acts or omissions of their caregivers through investigation oversight, public awareness and prevention.
Phone: 800-426-9009 (800-822-0350 TTY) (toll free): ages 18-59 (DPPC)
800-922-2275 (toll free): ages 60 and older (Executive Office of Elder Affairs)
800-792-5200 (toll free): ages birth to 17 (Department of Children and Families)
800-462-5540 (toll free): all ages if in a long-term care facility (Dept. of Public Health)
https://www.mass.gov/orgs/disabled-persons-protection-commission

Mass Equipment Distribution Program
MassEDP Main Office
151 Campanelli Drive, Suite A
Middleborough, MA 02346
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 (toll free): Mon - Fri 8:30am to 5:00pm (You will hear a series of beeps before the operator speaks.)
https://www.mass.gov/massachusetts-equipment-distribution-program-massedp

Mass Office on Disability
Information, technical assistance and advocacy for people with disabilities
One Ashburton Place #1305
Boston, MA 02108
Phone: 800-322-2020 (toll free) or 617-727-7440
https://www.mass.gov/orgs/massachusetts-office-on-disability

Mass Options
MassOptions is a service of the Executive Office of Health and Human Services (EOHHS) in Massachusetts. It is a free referral service for elders, individuals with disabilities, caregivers, and family members looking to get information about and referral to community services and supports in Massachusetts.
Connections to services for elders and individuals with disabilities – simplified.
Offers a website and call center aimed at improving access to community and long-term services and supports for individuals throughout the Commonwealth.
Phone: 844-422-6277 (toll free) – Seven days a week, 8 AM – 8:00 PM
https://www.massoptions.org/massoptions/

February 12, 2019
Mass Rehabilitation Commission (MRC)
The MRC assists individuals with disabilities to live and work independently. It is responsible for Vocational Rehabilitation, Community Living and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs for Massachusetts citizens with disabilities. MRC serves people with all types of disabilities except those who are blind. Individuals with visual disabilities are served through the Massachusetts Commission for the Blind (MCB).

Lowell Vocational Rehabilitation Office
325 Chelmsford Street, #6
Lowell, MA 01851
Phone: 978-458-4544
MRC Administrative Office
600 Washington Street
Boston, MA 02111
Phone: 800-245-6543 (toll free) (MRC Main Information Number)
617-204-3603 (MRC Ombudsperson)
https://www.mass.gov/service-details/mrc-services

Universal Access Program
Massachusetts Department of Conservation and Recreation
Universal Access Program
PO Box 484, Amherst, MA 10004
The Mass Dept. of Conservation and Recreation provides outdoor recreation for people of all abilities through specialized equipment and accessible recreation programs.
Email: DCR.UniversalAccess@mass.gov
Phone: 413-545-5760
https://accessrec.org/
**Hearing Impairment**

**Assistive Technology Exchange in New England**
The Assistive Technology (AT) Exchange in New England & New York is a collaborative effort among the State AT Act Projects in New England and New York. It is operated by MassMATCH under the Massachusetts Rehabilitation Commission. The goal of this site is to put AT equipment that is not currently being used into the hands of someone who can benefit from it. The Exchange is a FREE "classified ad" type resource designed to help people find, buy, sell or give away used AT equipment.
Phone: 877-508-3974 (toll free in state), or 617-204-3851; 617-204-3815 (TTY)
https://getatstuff.massmatch.org/

**Boston Guild for the Hard of Hearing**
Northeastern University Hearing Outreach Program
Behrakis Health Sciences Center
30 Leon Street, 503
Boston, MA 02115
for those with financial need – long wait time and recycled hearing aids.
Contact: Sandra Cleveland, Director, Audiology Sa.cleveland@neu.edu
Phone: 617-373-2492 voice

**D.E.A.F., Inc.**
215 Brighton Avenue
Allston, MA 02134
D.E.A.F. offers a comprehensive package of programs and services in a supportive community environment that is linguistically and culturally accessible for Deaf, Hard of Hearing, Deaf/Blind and Late-Deafened individuals from diverse ethnic and cultural populations.
info@deafinconline.org
Phone: 617-254-4041
   617-505-4823 VP
   617-254-7091 FAX
https://www.deafinconline.org/
Mass Commission for the Deaf and Hard of Hearing
600 Washington Street
Boston, MA 02111
Phone: 800-882-1155 (toll free voice)
General information:
Phone: 617-326-7546 (video phone)
800-530-7570 TTY (toll free)
A comprehensive resource directory of services can be found at

MassHealth Medicaid Program
Nearest enrollment center is at:
367 East Street
Tewksbury, MA 01876
Phone: 800-841-2900 (toll free); TTY 800-497-4648 (toll free)
https://www.mass.gov/service-details/masshealth-enrollment-centers-mecs

Mass Relay
Mass Relay is a free, confidential 24/7 service enabling hearing people or people who
do not use a text telephone (TTY) to communicate over regular telephone lines with
people who are deaf, hard-of-hearing, late deafened, or speech disabled. A Relay
Operator (OPR) will complete your call, dialing the person you wish to contact and then
stay on the line to relay messages electronically via a TTY or verbally to people who
can hear. OPRs provide exact transcriptions of what they hear and speak what is typed
to them, unless the caller directs them to do otherwise.
703 W. Housatonic Street
Suite 148
Pittsfield, MA 01201
Phone: 800-720-3480 (toll free) TTY and ASCII Users
800-720-3479 (toll free) Voice and Hearing Users
VA Boston Healthcare System
Only veterans enrolled in area VAs can get free hearing aids.
Outpatient Clinic
Audiology Department
150 South Huntington Avenue, 8th floor
Jamaica Plains, MA 02130
Contact: Dr. Anne Hogan, Chief of Audiology and Speech Pathology
Phone: 857-364-4730 [This is NOT a toll-free number] – for clinic appointments
https://www.boston.va.gov/

Memory Concerns

Memory Diagnostic Clinic for Veterans
Geriatric Research Education and Clinical Centers (GRECC)
Evaluations and treatment for eligible veterans with memory concerns
Only veterans enrolled in area VAs are eligible to use this service.
VA Hospital
200 Springs Road
Bedford, MA 01730
Phone: 781-687-2701 - for clinic appointments
https://www.va.gov/GRECC/New_England_GRECC.asp

Visual Impairment

Association for Blind Citizens
PO Box 246
Holbrook, MA 02343
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 monthly radio show (In Focus), as well as education, employment, recreational, and cultural opportunities to promote full inclusion in society.
Phone: 781-961-1023
https://blindcitizens.org/

Bay State Council of the Blind
Membership organization. Resources, meetings, conference, publications and radio programs, leisure and recreation, legislative advocacy.
57 Grandview Ave.
Watertown MA 02472-1634
Phone: 773-572-6312 or 617-398-7VIS (7847)
http://acbofma.org/

February 12, 2019
**Enrichment Audio Resource Services (E.A.R.S)**
E.A.R.S. is a nonprofit public charity. We provide, free of charge, audio lessons that teach adaptive daily living skills to the vision impaired and their caregivers. The lessons, modeled after current blind rehabilitation techniques, are a must for anyone coping with loss of eyesight. We are committed to teaching, each of the 1 out of 6 seniors who have developed limited vision, the skills necessary to continue living their lives with confidence and dignity.

Phone: 800-843-6816 (toll free)
http://earsforeyes.info/

**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.

https://www.aao.org/eyecare-america

**Lions Clubs**

Lions Clubs support sight programs and services, including vision screening and eyeglass recycling. Local Lions Clubs will connect people having financial needs with the applicable services.

Concord Lions Club
P.O. Box 382
Concord MA 01742
Phone: 978-505-1475
labossiere.rj@gmail.com or info@lionsofconcord.org
http://lionsofconcord.org/

To locate other local clubs: https://directory.lionsclubs.org/?language=EN
https://lionsclubs.org/en

**Lowell Association for the Blind (LAB)**

169 Merrimack Street, 2nd Floor,
Lowell, MA 01852

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

Phone: 978-454-5704
http://www.lowellassociationfortheblind.org/
Mass Association for the Blind and Visually Impaired (MAB)
200 Ivy Street
Brookline, MA 02446
Programs and services for the visually impaired: low vision centers, in-home services, support groups, volunteer help, technology.
Phone: 888-613-2777 or (toll free)
508-854-0733 (FAX)
https://www.mabvi.org/

Mass Commission for the Blind
600 Washington Street
Boston MA 02111
Eyewear not supplied. Commission supplies magnifiers and low-vision aids at cost or no cost. Must be referred by doctor for being legally blind. Veterans can go through VA services and doctors.
Information: Mimi Flannery, 617-626-7546
For Carlisle senior care call Alan White, Director of Metro West (includes Carlisle): 617-626-7486 Alan.White@State.MA.US.
Phone: General numbers:
   617-727-5550 or 800-392-6450 (toll free) (Voice)
   800-392-6556 (toll free) (TTD)
   617-626-7685 (FAX)
https://www.mass.gov/orgs/massachusetts-commission-for-the-blind

National Federation of the Blind of Massachusetts
Membership organization. Provides information to members and public about blindness and low vision, resources, legislative advocacy.
Mailing address; 22 Cottage Park Ave, Unit 8, Cambridge MA 02140
Meetings are usually held at the Citywide Senior Center (806 Massachusetts Ave, Cambridge) from 5:30 PM - 7:30 PM on the second Monday of each month but check the web for any changes.
Phone: 617-752-1116
http://www.nfbma.org/
**Perkins Braille and Talking Book Library**
This is a free library service 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 by a medical doctor or doctor of osteopathy as having a reading disability with a physical basis which prevents one from reading standard print.
Services include audio described videos, braille books, talking books, talking newspapers and magazines. A complete list of library services can be found at:
https://www.perkins.org/library/services
175 North Beacon Street
Watertown, MA 02472-2790
Phone: 800-852-3133 (toll free), 617-972-7240
617-972-7363 (FAX)
https://www.perkins.org/library

**Perkins School for the Blind**
Variety of services for those eligible
175 North Beacon Street
Watertown, MA 02472-2790
Phone: 617-924-3434
https://www.perkins.org/

**Talking Information Center**
Radio broadcast of newspapers and magazines. Learn about the various ways to listen at: https://ticnetwork.org/programs/how-to-listen/
Phone: 800-696-9505 (toll free)
https://ticnetwork.org/

**VA Boston Healthcare System**
Advanced Low Vision Clinic
VA Boston HCS, 8th Floor, Room 8B-52
150 South Huntington Avenue
Jamaica Plain, MA 02130
Primary care, optometry, and low vision exams. Coordinator assessment and plan may include consults/referrals, training or equipment. Services are for veterans and active duty service members with low vision or legal blindness who are eligible to use VA for health care and have a VA primary care provider
Phone: 617-232-9500
https://www.boston.va.gov/services/Advanced_Low_Vision_Clinic_at_Jamaica_Plain.asp
Visions of Independence
34 Crest Road Way
Sharon, MA 02067
On referral from a doctor, trained occupational therapists teach people with limited vision in their homes with new ways to do everyday tasks and introduce them to some simple adaptive equipment that can make doing things a lot easier. 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! ***

General Services

Address Confidentiality Program (ACP)
Survivors of domestic violence, sexual assault, and stalking often attempt to escape from actual or threatened violence by establishing new addresses. Too often the perpetrator of violence locates the new address. ACP provides a means by which victims may use a confidential address in order to stay safe from actual or threatened violence.
Phone: 617-727-3261 or (toll free) 866-SAFE-ADD
https://www.sec.state.ma.us/acp/acpidx.htm

Asian Taskforce against Domestic Violence
Phone: 617-338-2355
https://www.atask.org/site/

Boston Area Rape Crisis (24/7 hotline)
Phone: (toll free) 800-841-8371
https://barcc.org/help

Department of Transitional Assistance
Domestic Violence Unit (Lowell Area)
Phone: 978-446-2414
https://www.mass.gov/service-details/domestic-violence-services

Domestic Violence Hotline/Shelter-REACH
Phone: (toll free) 800-899-4000
https://reachma.org/

February 12, 2019
Domestic Violence Services Network, Inc.
Phone: (toll free) 888-399-6111
http://www.dvsn.org/

National Safelink 24-hour hotline
Phone: (toll free) 800-799-7233
(toll free) 800-787-3224 (TTY)
https://www.thehotline.org/

Safelink for Massachusetts
Phone: (toll free) 877-785-2020
https://www.casamyrna.org/get-support/safelink/

Rape Crisis Center (24/7, Greater Lowell Area)
Phone: (toll free) 800-542-5212
https://chhinc.org/

Voices against Violence
Phone: 508-626-8686 or (toll free) 800-593-1125
(toll free) 844-807-7089 (TTY)
https://www.smoc.org/voices-against-violence.php

OTHER EMERGENCY NUMBERS

Gay, Lesbian & Bisexual Violence, National Hotline
Phone: (toll free) 800-799-7233
(toll free) 800-787-3224 (TTY)
https://www.thehotline.org/is-this-abuse/lgbt-abuse/

Samaritans (24/7) Suicide Crisis Hotline
Phone: (toll free) 877-870-4673
https://samaritanshope.org/our-services/247-crisis-services/

Legal Assistance

South Middlesex Legal Services
Phone: 508-620-1830 or (toll free) 800-696-1501
https://www.mwlegal.org/

February 12, 2019
For Reporting of Actual or Suspected Abuse/Neglect

The following agencies will investigate reports of abuse/neglect:

Child Abuse/Neglect (Dept. of Social Services)
Phone: (toll free) 800-792-5200
https://www.mass.gov/how-to/report-child-abuse-or-neglect

Disabled Persons Abuse Hotline
Phone: (toll free) 800-426-9009
https://www.mass.gov/reporting-abuse-and-neglect

Domestic Violence Services Network (Concord)
DVSN works with people who call the DVSN helpline or who are referred by local agencies, including the police, the court, Emerson Hospital, among others. As appropriate, DVSN will develop safety plans, explain court procedures, and help with financial planning, career coaching, wellness training, self-defense, expanded legal assistance, and specialized trauma-informed therapy for victims and their children.
Phone: (toll free) 888-399-6111 (Helpline)
978-318-3421 (Office)
http://www.dvsn.org/

Hagar’s Sisters
Hagar’s Sisters uniquely provides domestic violence education and support within the context of a woman's spiritual beliefs. Whether she is a woman of deep faith or a woman who questions if God is real, Hagar’s Sisters is a safe place to explore the tough spiritual questions every woman asks in the midst and aftermath of abuse. Hagar’s Sisters is a Christian program that is not affiliated with any church.
Phone: 508-320-1292 (Hotline)
978-266-0053 (Office)
https://www.hagarssisters.org/

Jane Doe, Inc.: The Massachusetts Coalition Against Sexual Assault and Domestic Violence
14 Beacon Street, Suite 507
Boston, MA 02108
JDI is a coalition of 60 local member programs working together with their allies to find lasting solutions that promote the safety, liberty, and dignity for victims and survivors of sexual and domestic violence. They work for social change to help create a world free of violence and abuse. JDI provides a search tool to locate the programs that service each community. Just enter “01741” in the zip code box or select “Carlisle” from the provided list and press the “Search” button.
https://www.janedoe.org/find_help/search
Phone: 617-248-0922; 617-263-2200 (TTY)
https://www.janedoe.org/

February 12, 2019
Minuteman Senior Services
Phone: 781-272-7177 or (toll free) 888-222-6171
26 Crosby Drive
Bedford, MA
https://www.minutemansenior.org/

The Second Step
P.O. Box 600213
Newtonville, MA 02460
The Second Step partners with adult and children survivors of domestic violence to enhance a supportive community and identify a pathway to physical and emotional healing, housing and financial security.
Phone: 617-965-3999
https://thesecondstep.org/

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

Elder Abuse

Institutional Abuse: Department of Public Health
99 Chauncy St, Boston, MA 02111
Phone: (toll free) 800-462-5531
https://www.mass.gov/orgs/department-of-public-health

Mass Elder Abuse Hotline
A service provided by the MA Executive Office of Elder Affairs, the Elder Abuse Hotline is open 24 hours a day, 7 days a week.
Phone: (toll free) 800-922-2275

Minuteman Senior Services
Phone: 781-272-7177 or (toll free) 888-222-6171
Ask for Protective Services.

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.
https://www.justice.gov/ovw/areas-focus
https://www.justice.gov/elderjustice/find-support-elder-abuse

February 12, 2019
**Elder Hotline**

*Mass Elder Hotline*

The hotline is manned Monday through Friday, 10AM-5PM but you can leave a message at other times and they will call you back. They provide 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: (toll free) 888-243-5337
  
  617-727-4765 (TTY)

[https://www.mass.gov/resources-for-elders-at-the-attorney-generals-office](https://www.mass.gov/resources-for-elders-at-the-attorney-generals-office)

---

**Elder Info**

*For more information*, please call the COA at 978-371-2895

**800 Age Info**

Offered through Minuteman 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: (toll free) 800-ageinfo (800-243-4636)

[https://www.800ageinfo.com/](https://www.800ageinfo.com/)

[https://providers.800ageinfo.com/search-for-services-1](https://providers.800ageinfo.com/search-for-services-1)

---

**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 (toll free) 877-211-MASS (6277).

[https://mass211.org](https://mass211.org)

---

**Mass Senior Care**

Allows you to search for facilities meeting your requirements. Provides comprehensive and up-to-date facility data.

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

[https://www.maseniorcare.org/consumers](https://www.maseniorcare.org/consumers)
New LifeStyles
New LifeStyles provides a search tool that lets you find senior community or care providers that best fits your needs. From independent living to skilled nursing care, a simple search will show you the options available. Simply enter the name and state of interest (or its zip code) and the search tool will list the various housing/care facilities and products/services in the area. The Carlisle COA has hard copies of the directory available.
https://www.newlifestyles.com/

The Seniors Blue Book
The Seniors Blue Book provides seniors, caregivers and senior professionals a comprehensive source of services, senior housing options, resources and information that enrich the lives of the elder population while affording those businesses and individuals serving that population a unique medium to present their products and services. It lists over 70 categories of information, most of which are free resources that support the community. The guide’s producers understand that there are many valuable services available, whether they are paying advertisers or not, and producers are proud to support the communities it serves by listing all options available to its readers, not solely based on advertising. The Seniors Blue Book also provides a senior activities calendar where you can find out about local events and activities, many of which are free, all of which are worthwhile.
https://www.seniorsbluebook.com/
https://www.seniorsbluebook.com/local/boston/

2Sisters – Senior Living Advisors
2Sisters Senior Living Advisors help families find the best supportive living options, making life transitions easier for seniors and their children. With deep industry expertise, 2Sisters know all the options, from home care to assisted living to memory care. And 2Sisters don’t just refer you – they get to know you, tour with you, and guide you. Best of all, with a long family history of making a difference in the lives of seniors, 2Sisters bring a unique empathy and compassion that makes a difficult process as stress-free as possible.
Phone: 617-701-7007
https://2sisters-sla.com/

Stop Medicare Fraud
A Medicare website provides information about Medicare fraud, how to prevent it, and how to report incidences of it.
https://www.medicare.gov/forms-help-resources/help-fight-medicare-fraud
Emergency Information

Carlsle Fire Department
911 for emergencies
Phone for general business: 978-369-1442
https://www.carlislema.gov/168/Fire-Department

Carlsle Police Department
Phone: 978-369-1818 or 978-369-1155
https://www.carlislema.gov/169/Police-Department

English as a Second Language and Related Services

Gleason Public Library
Provides a variety of resources
Phone: 978-369-4898
http://www.gleasonlibrary.org/

Greater Boston Chinese Golden Age Center
5 Oak Street West Quincy Tower, Boston, MA 02116
Phone: 617-357-0226
ESL classes are available at their senior centers:
Quincy Tower: 5 Oak Street West, Boston, MA 02116; Phone: 617-423-7563
Hong Lok House: 25-31 Essex St, Boston, MA 02111; Phone: 617-542-7458
Brighton House: 677 Cambridge St, Brighton, MA 02135; Phone: 617-789-4289
https://gbcgac.org/

Employment

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: (toll free) 877-872-5627
(toll free) 877-889-5627 (TTY)
https://www.careeronestop.org/
Massachusetts One Stop Career Centers
A network of One-Stop Career Centers throughout the Commonwealth of Massachusetts forms the foundation of the state’s delivery system for employment and training services for job seekers, employers, and their workers. Job seekers and workers can access a variety of job assistance services, including working with experienced career counselors, attending workshops and short-term training, accessing up-to-date local, statewide and national job listings, using a PC to hunt for jobs, develop your resume, write cover letters, and more
Career Center of Lowell
107 Merrimack Street, Lowell, MA 01852
Phone: 978-458-2503
https://masshirelowellcc.com/
https://www.mass.gov/masshire-career-centers

Senior Tax Work Program
If you are a Carlisle property owner and sixty years old or older, you are eligible to apply for our Senior Tax Worker Program. If you live with a Carlisle senior who qualifies, you can work on their behalf. Approved applicants provide work assistance to town departments such as the Council on Aging, School, Police, Library, and Town Clerk’s office. Tax workers can earn up to $1,000 working their hours at the current minimum wage. For more information and an application, click here (PDF)

Family Caregivers Information and Referral
For more information, please call the COA at 978-371-2895

Care.com
Internet service for finding caregivers for every facet of care: childcare, special needs care, senior care, pet care, housekeeping and more. Profiles, free job listings and hiring advice are just a few of the unique services they provide to help families and individuals find and select the best care available. However, each individual is solely responsible for selecting an appropriate care provider or care seeker for themselves or their families and for complying with all applicable laws in connection with any employment relationship they establish.
https://www.care.com/

Carlisle Council on Aging
Information and referral to local, statewide and national resources:
Phone: 978-371-2895
**Eldercare Locator**
The Eldercare Locator, a public service of the U.S. Administration on Aging, is a nationwide service that connects older Americans and their caregivers with information on senior services
Phone: (toll free) 800-677-1116
https://eldercare.acl.gov/Public/Index.aspx

**The Family Caregiver Handbook: Finding Eldercare Resources in Massachusetts**
The Handbook assists the families and friends of Massachusetts elders in finding information and accessing services. Each section poses basic questions caregivers need to ask – and answer – as they design elder care plans and make elder care choices. Section 8 of the Handbook is a “gateway” to key elder care organizations across the Commonwealth, providing telephone numbers, locations and website addresses so that caregivers can find the most appropriate resources closest to their own community
http://web.mit.edu/workplacecenter/hndbk/

**Minuteman Senior Services**
Family Caregiver Support Program
Information and referral to resources, care advisement, assistance planning, caregiver training
26 Crosby Drive
Bedford, MA 01730
Phone: 781-272-7177 or (toll free) 888-222-6171
https://www.minutemansenior.org/our-services/caregiver-support
https://www.minutemansenior.org/

**New LifeStyles**
New LifeStyles provides a search tool that lets you find senior community or care providers that best fits your needs. From independent living to skilled nursing care, a simple search will show you the options available. Simply enter the name and state of interest (or its zip code) and the search tool will list the various housing/care facilities and products/services in the area. The Carlisle COA has hard copies of the directory available.
https://www.newlifestyles.com/
The Seniors Blue Book
The Seniors Blue Book provides seniors, caregivers and senior professionals a comprehensive source of services, senior housing options, resources and information that enrich the lives of the elder population while affording those businesses and individuals serving that population a unique medium to present their products and services. It lists over 70 categories of information, most of which are free resources that support the community. The guide’s producers understand that there are many valuable services available, whether they are paying advertisers or not, and producers are proud to support the communities it serves by listing all options available to its readers, not solely based on advertising. The Seniors Blue Book also provides a senior activities calendar where you can find out about local events and activities, many of which are free, all of which are worthwhile.
https://www.seniorsbluebook.com/
https://www.seniorsbluebook.com/local/boston/

2Sisters – Senior Living Advisors
2Sisters Senior Living Advisors help families find the best supportive living options, making life transitions easier for seniors and their children. With deep industry expertise, 2Sisters know all the options, from home care to assisted living to memory care. And 2Sisters don’t just refer you – they get to know you, tour with you, and guide you. Best of all, with a long family history of making a difference in the lives of seniors, 2Sisters bring a unique empathy and compassion that makes a difficult process as stress-free as possible.
Phone: 617-701-7007
https://2sisters-sla.com/

Financial Assistance
For help with housing see Housing section.

General Services

AARP Foundation Tax Aid
AARP Foundation Tax-Aide offers free tax preparation help to anyone if you’re 50 or older, and can’t afford a tax preparation service. AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There’s no fee and no sales pitch for other services and AARP membership is not required. During tax season (January/early February to April 15), you can find locations at:
https://www.aarp.org/money/taxes/aarp_taxaide/
https://www.aarp.org/
**Benefits Check Up**
A free service of the National Council on Aging (NCOA).
There are over 2,000 federal, state and private benefits programs available to help adults over 55 get tax relief or 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/

**Consumer Credit**
130 Rumford Ave #202, Auburndale, MA 02466
A non-profit organization offering financial education and credit counseling. The website offers bankruptcy, credit and housing counseling, as well as help forming debt management programs.
Phone: 800-769-3571 (toll free)
https://www.consumercredit.com/

**Economic Assistance Resources for Carlisle Residents - Resource Guide**

**Massachusetts Assistive Technology Loan Program**
The Massachusetts Assistive Technology Loan Program, operated by Easter Seals Massachusetts, is an alternative financing project that gives people with disabilities and elders access to low interest cash loans to purchase assistive devices and services such as hearing aids, electric wheelchairs or scooters, adapted vehicles, computers with special programs.
Phone: 800-244-2756 x 431 or x 428 (toll free), TTY: 800-564-9700 (toll free)
https://www.massalternativefinance.org/

**Massachusetts Health and Human Services**
Massachusetts offers services and resources to keep you and your loved ones healthy, safe, and happy. These include housing assistance, health insurance, and food and cash assistance among others.
https://www.mass.gov/topics/health-social-services

**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 (toll free) or 781-272-7177
https://www.minutemansenior.org/
Money Management International
225 Franklin St., #2672
Boston, MA 02110
MMI is a nonprofit, full-service credit counseling agency delivering professional financial
guidance, credit counseling, community-wide educational programs, debt management
assistance, bankruptcy counseling and education services, and housing counseling
assistance to consumers via phone, Internet and in-person sessions. There is no fee or
obligation for clients engaging in a counseling session. Normally, if a client chooses to
establish a Debt Management Plan, there will be a one-time set-up charge and a
monthly fee to contribute toward the cost of administering a Debt Management Plan.
Phone: 888-845-5669 (toll free) or 866-889-9347 (toll free) (for new clients)
https://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 (toll free)
https://www.nfcc.org/

Weatherization Assistance Program (WAP)
Community Teamwork, Inc. (CTI)
45 Kirk Street, Lowell, MA 01852
Provide energy conservation measures to homes that will help families to stay warmer
and conserve fuel. This program is available to both homeowners and renters with
landlord permission.
Phone: 978-654-4904
http://www.commteam.org/
http://www.commteam.org/how-we-help/housing-utilities/liheap/weatherization-assistance-program-wap/

Taxpayer Help & Resources
https://www.irs.gov/help/telephone-assistance. This IRS website has a list of hot topics.
It recommends “Before you call, check out the topics people ask about most. We have
high call volumes and encourage you to click on one of these hot topics for faster
service.”

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.

February 12, 2019
**Telephone Assistance for Individuals:**
Toll-Free, 800-829-1040
Mon-Fri, 7:00 a.m. – 7:00 p.m. your local time (Alaska & Hawaii follow Pacific Time).

**Telephone Assistance for Businesses:**
Toll-Free, 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, 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 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](https://www.irs.gov/taxtopics/tt102).

**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 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](https://www.irs.gov/identity-theft) page.

**Telephone Assistance for people who live outside the United States**
Hours of availability vary by location. Please see our [International Services](https://www.irs.gov/international-services) page.

**Face-to-Face Assistance**
In certain areas, IRS also has [local offices](https://www.irs.gov/local-office) you may visit to receive assistance.

Utility Assistance

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

**Cell Phones**
The Lifeline Program is a government benefit program that provides eligible low-income consumers a monthly discount on telephone service to help them stay connected to the nation's communications networks, find jobs, access healthcare services, and call for help in an emergency. This service includes, where available, a monthly discount on internet service. The state has published a program guide that can be found here: [Lifeline program guide](https://www.mass.gov/service-details/lifeline-services).

February 12, 2019
**Fuel Assistance** *(Nov. through April)*
Low Income Home Energy Assistance Program (LIHEAP)
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.
Phone: 800-632-8175
https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap

**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. Fuel assistance is also available based on income and other criteria. Contact the COA at 978-371-2895 to review eligibility and more information.
Phone: 978-458-3396 (Lowell Salvation Army)
http://www.magoodneighbor.org/
http://www.magoodneighbor.org/assistance.html

**MASSSave**
Provides energy conservation services; also home energy analysis to help you save on energy bills. (Eversource and National Grid)
https://www.masssave.com/

**Comcast:** *(toll free) 800-622-2278*
https://my.xfinity.com/

**Eversource:** *(toll free) 800-592-2000*
https://www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill

**National Grid:** *(toll free) 800-732-3400*
https://www.nationalgridus.com/MA-Gas-Home/Bill-Help/Payment-Assistance-Programs

**Verizon:** *(toll free) 800-837-4966*
https://www.verizon.com/?lid=global/residential

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

February 12, 2019

Page 42
**Carlisle Recreation Program - Yoga**
Carlisle seniors receive special rates through the generosity of the Friends of the COA.
Phone: 978-369-9815
http://carlisle.org.assn.la/

**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
https://www.carlislema.gov/437/Programs-Services

**Mass Senior Games**
Athletic competition for all Mass seniors. You will need to “Sign In” to create an account which then lets you register for events of your choosing. Each event has a registration fee. (Some events are free to veterans.) All participants receive Mass Senior Games t-shirts; winners receive gold, silver or bronze medals.
Phone: 413-206-6274
https://www.maseniorgames.org/

**Food and Nutrition**
See also the "FOOD ASSISTANCE" chart for a list of Community Food Pantries and Community Suppers.

See also the state’s Department of Transitional Assistance which assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency:
https://www.mass.gov/orgs/department-of-transitional-assistance
General Services

Carlisle Council on Aging

- Meals on Wheels (frozen and hot meals): Contact Minuteman Senior Services (888-222-6171 toll free or 781-272-7177) for daily meals. Deliveries are made by COA volunteers on Tuesdays and Thursdays.
- Monthly luncheons: on the third Thursday, 11:45 PM Union Hall. Donation.
- Alternate lunches: September – June, first Wednesday or Thursday. Donation.
- Nashoba Tech: October – May, by schedule on Wednesday. Fee.
- Monthly Coffee: September – June, first Wednesday or Thursday of the month. Sleeper Room at Village Court, School Street. FREE.
- Men’s Breakfast: September – June, generally the second Thursday of the month. Unless otherwise noted. (Fri in 2020); Sleeper Room at Village Court, School Street. Donation.
- Women’s Breakfast: By appointment, Sleeper Room at Village Court, School Street. Donation.

See weekly Bits and Bytes and the COA Newsletter that is produced every other month for details.

Phone: 978-371-2895

Commodity Supplemental Food Program (CSFP)

CSFP in Massachusetts is administered by Greater Boston Food Bank in partnership with the state department of education. This is a once-a-month food distribution for low-income individuals 60 years of age or older. Eligible individuals receive two free already packed bags of food once a month containing healthy shelf stable products. Proof of identity and age are required to apply.

Phone: 617-598-5003 (to get an application and learn of the closest distribution center)

csfp@gbfb.org

2015-2020 Dietary Guidelines for Americans

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

https://health.gov/dietaryguidelines/2015/

February 12, 2019
**Family Table Market Place**  
Jewish Family & Children’s Service  
1430 Main Street  
Waltham, MA 02451  
The Family Table is the largest kosher food pantry in New England. Our clients are individuals and families in need, including people with disabilities, seniors living on fixed incomes, Holocaust survivors, survivors of domestic abuse, and people who have experienced job loss or underemployment. Carlisle residents are welcome at the pantry but the Family Table is sorry that they cannot make home deliveries to Carlisle at this time. For the Family Table Market Place, please call to apply. Times will be confirmed upon acceptance of your application.  
Phone: 781-647-JFCS (5327)  
https://www.jfcsboston.org/Our-Services/Community-Services/Center-for-Basic-Needs-Assistance/Family-Table

**Food Stamps/SNAP (Supplemental Nutrition Assistance Program)**  
SNAP helps people lower the grocery bill and buy the food needed for good health. A food card is provided to those who are eligible, and benefits are given monthly to use to buy groceries. SNAP is for everyone who meets the eligibility requirements and income limits. SNAP benefits are provided by the federal government. The Department of Transitional Assistance (DTA) administers SNAP in Massachusetts. Contact one of the organizations below for more information or to apply:  
Department of Transitional Assistance: 877-382-2363 (toll free), https://www.mass.gov/snap-benefits-food-stamps, or visit a local DTA office  
Project Bread’s Food Source Hotline: (See below)  
SNAP Outreach at The Greater Boston Food Bank: 617-598-5022 or https://www.gbfb.org/what-we-do/our-programs/snap/
**Hannaford Dietary Assistance**

Hannaford Dietitians are in stores to help you make healthier decisions! Whether you need help understanding food labels or finding foods that support a change in your diet - like gluten free or diabetic options - their experts are available to answer your nutrition questions! Hannaford offers classes, demonstrations, and responds to questions posted by email (dietitian@hannaford.com). To talk to the in-store dietician on their scheduled day (or to leave a message on other days), dial the phone number for the Hannaford store of your choosing, select the option for “department” and then the “customer service checkout” option.

These are two of the closest Hannafords:
- Chelmsford (66-2 Drum Hill Shopping Center): 978-459-9304
- Lowell (777 Rogers Street): 978-446-7862

For a schedule of when a dietician is at these and other store locations, for their individual emails and their store phone numbers, see:
- [https://www.hannaford.com/content.jsp?pageName=HLClasses&leftNavArea=HealthLeftNav](https://www.hannaford.com/content.jsp?pageName=HLClasses&leftNavArea=HealthLeftNav)

For information on other things Hannaford’s offers for dietary assistance, see:
- [https://www.hannaford.com/content.jsp?pageName=HealthNutritionLanding&leftNavArea=HealthLeftNav](https://www.hannaford.com/content.jsp?pageName=HealthNutritionLanding&leftNavArea=HealthLeftNav)

**LGBT Community Meals for Older Adults**

We now have a nice variety of offerings from weekly luncheons, monthly brunches, a monthly women’s program and two monthly supper programs. There is also a nice diversity in the location for each of the ten programs. See “Community Meal Programs for LGBT Older Adult” section on the website for a list of current offerings.
- [https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/programs-support-groups/](https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/programs-support-groups/)

**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 Tuesday and Thursday deliveries are made by COA volunteers.

Phone: 888-222-6171 (toll free) or 781-272-7177
- [https://www.minutemansenior.org/](https://www.minutemansenior.org/)
**Neighbor Brigade**
Neighbor Brigade establishes community-specific networks of volunteers that can be mobilized to help residents facing sudden medical crisis on a temporary basis, who will manage day-to-day tasks such as meal preparation, rides, and basic household chores. Requests must be submitted on their web site or by calling them. A “chapter leader” will typically respond in less than 24 hours. Services are free of charge.
Phone: 855-241-HELP (4357) (toll free)
https://www.neighborbrigade.org/

**Nutrition Info Line of the American Dietetic Association**
Phone: 800-877-1600 (toll free)
https://www.diet.com/g/american-dietetic-association
https://www.eatright.org/

**Project Bread**
Project Bread’s FoodSource Hotline has counselors who will refer callers to food resources in their community as well as provide them with information about elder meals programs and about the Supplemental Nutrition Assistance Program (SNAP), screening them for eligibility and helping them with their application.
Phone: 800-645-8333 (toll free), TTY 800-377-1292 (toll free)
Monday-Friday 8am-7pm & Saturday 10am-2 pm
http://www.projectbread.org/get-help/foodsource-hotline.html

**Table of Plenty**
First Parish Unitarian Universalist Church
2 Westford Street
Chelmsford, MA 01824
A free weekly meal is served every Tuesday from 5:00 - 6:00 PM. All are welcome, no questions asked.
Phone: 978-710-8328
http://tableofplentyinchelmsford.org/index.htm
**Women, Infants and Children (WIC) Nutrition Program**

WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify. WIC is for all kinds of families: married and single parents, working or not working. If you’re a parent or legal guardian of a child under 5, you can apply for WIC for your child.

**Lowell WIC Program Main Clinic**
45-47 Kirk St., 1st Floor, Lowell, MA 01852
Phone: 978-454-6397

**Bedford WIC Program (Military only)**
188 Marrett Street, Building 1540, Hanscom AFB, MA 01731
Phone: 781-862-1420 (1st and 3rd Wednesdays of the month; 8:30AM-3:30PM)

[https://www.mass.gov/women-infants-children-wic-nutrition-program](https://www.mass.gov/women-infants-children-wic-nutrition-program)

**Locations for Ready to Eat Meals**

**Ferns Country Store**
8 Lowell Road, Carlisle, MA 01741
Ready-to-eat meals, pizza (after 4:00 PM), full deli, grocery, coffee, bakery, indoor and outdoor cafes.
Phone: 978-369-0200

**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.
During school year: 11:30 AM – 1:00 PM Tuesdays and Thursdays (ala carte) and Friday (buffet); closed Monday and Wednesday
Phone: 781-861-6500 x4631
[https://www.minuteman.org/Page/129](https://www.minuteman.org/Page/129)

**Nashoba Valley Technical High School**
Besides the wonderful meals, The Elegant Chef also has a bakery.
The Elegant Chef Restaurant
100 Littleton Road, Westford, MA 01886
Serving lunch September – June; 11:30 AM – 1:00 PM Tuesday – Thursday (à la carte) and Friday (buffet)
Phone: 978-692-9958 or ask for transfer to “Culinary” after calling 978-692-4711
[https://www.nashobatech.net/contacts/the_elegant_chef_and_bistro](https://www.nashobatech.net/contacts/the_elegant_chef_and_bistro)

February 12, 2019
Northeast Correctional Center
Fife and Drum
1 Barretts Mill Rd., P.O. Box 1069, West Concord, MA 01742
The Fife and Drum Restaurant is located in the minimum-security prison in Concord.
You drive up and park in the small lot and then walk in and give the guard your driver's license and sign in. The restaurant is located just off the lobby and it's small and normally only open Tues-Fri between 11:30 and 12:30. No cameras or electronic devices are allowed inside. One main course that changes daily or a weekly sandwich, soup and salad, soft drinks, dessert and coffee is included in the $3.21 price.
Phone: 978-371-4941 x1109 (Ed Jacobs): To see if they will be open to the public on the day you want to go 978-371-4941 x1109 (Ed Jacobs) or x1201 (Sue Britton): To arrange for groups of 10 or more

Shawsheen Valley Technical High School
Ram's Den Restaurant
100 Cook Street, Billerica, MA 01821
The Ram’s Den Restaurant offers two seatings (11:30 AM and 12:00 noon). Open every weekday, except holidays and school vacations. Excellent food at low cost. Also offers frozen meals to take home. Call for reservation between 8:30 AM and 10:30 AM. (School has an excellent bakery as well -- open 9:00 AM – 12:00 PM.).
Phone: 978-671-3668 (restaurant)
978-671-3674 (bakery)
978-667-2111 (school's main number)

United Teen Equality Center (UTEC) Lowell
Café UTEC
41 Warren St., Lowell MA 01852
Café UTEC is way more than your average lunchtime eatery. While enjoying a delicious panini, a salad of locally-sourced veggies, or a fresh-baked cookie, you are also showing support of UTEC’s important mission to ignite and nurture the ambition of our most disconnected youth to trade violence and poverty for social and economic success. As one of our Workforce Development and Social Enterprise programs, Café UTEC provides youth most in need the opportunity to gain valuable job skills and real earnings to help them pursue positive life choices. Additionally, young leaders are engaged in the building and management of our businesses, further igniting their entrepreneurial spirit. Offers soup, salads, sandwiches, cookies, and non-alcoholic beverages prepared by local at-risk youth from the Lowell, Lawrence and Haverhill areas. Although the Café is open Monday-Friday from 8:00 AM-3:00PM, you should get there between 12:15 and 12:50 to place your order at the counter.
Phone: 978-441-9949
http://www.cafeutec.org/
https://utecinc.org/what-we-do/social-enterprises/food-services/
**Food Assistance**

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

<table>
<thead>
<tr>
<th><strong>Acton Community Supper and Food Pantry</strong></th>
<th><strong>Lowell Senior Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>978-635-9295</td>
<td>978-970-4131</td>
</tr>
<tr>
<td>235 Summer #205, Boxborough MA</td>
<td>276 Broadway St.</td>
</tr>
<tr>
<td>Food Pantry and Clothing Closet hours:</td>
<td>Lowell, MA</td>
</tr>
<tr>
<td>• Wednesdays, 10:00 AM – 7:00 PM</td>
<td>Meals: Monday – Friday</td>
</tr>
<tr>
<td>• Thursdays, 9:30 AM – 11:30 AM</td>
<td>• Breakfast ($0.50) 6:00 AM - 9:00 AM</td>
</tr>
<tr>
<td>• The Pantry is closed one week of every month - the week of the 4th Wednesday of the month.</td>
<td>• Lunch ($2.50) 11:15-noon</td>
</tr>
<tr>
<td>Clothes Closet: free clothing.</td>
<td></td>
</tr>
<tr>
<td>All are welcome</td>
<td></td>
</tr>
<tr>
<td><a href="https://www.actonfoodpantry.org/">https://www.actonfoodpantry.org/</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Central Food Ministry</strong></th>
<th><strong>Lowell Transitional Living Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>978-454-7445</td>
<td>978-458-9888</td>
</tr>
<tr>
<td>370 W. Sixth St.</td>
<td>189 Middlesex St.</td>
</tr>
<tr>
<td>Lowell, MA</td>
<td>Lowell, MA</td>
</tr>
<tr>
<td>Food Pantry hours:</td>
<td>Meals every day Sun-Sat</td>
</tr>
<tr>
<td>• Tues, Wed, Thu: 10:00 AM-1:00 PM</td>
<td>• Breakfast: 6:45 AM – 8:00 AM</td>
</tr>
<tr>
<td>• Thu: 7:00-8:00 PM</td>
<td>• Lunch: 11:45 AM – 1:00 PM</td>
</tr>
<tr>
<td></td>
<td>• Dinner: 5:45 – 6:45 PM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Chelmsford Food Pantry</strong></th>
<th><strong>Open Pantry Greater Lowell</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>978-250-3818</td>
<td>978-453-6693</td>
</tr>
<tr>
<td>50 Rear Billerica Road</td>
<td>13 Hurd St.</td>
</tr>
<tr>
<td>Chelmsford, MA - in beige trailer</td>
<td>Lowell, MA</td>
</tr>
<tr>
<td><a href="http://www.chelmsfordfoodpantry.org">http://www.chelmsfordfoodpantry.org</a></td>
<td>• Mon-Fri: 9:00 AM – 12:00PM</td>
</tr>
<tr>
<td>Has handicapped entrance</td>
<td>• Wed: 5:30 PM - 7:00 PM additionally</td>
</tr>
<tr>
<td>Food Pantry hours:</td>
<td></td>
</tr>
<tr>
<td>• Wednesday, 5-8 PM</td>
<td></td>
</tr>
<tr>
<td>• Thursday, 2-4 pm</td>
<td></td>
</tr>
<tr>
<td>• Friday 6:30 to 8 pm</td>
<td></td>
</tr>
<tr>
<td>• Saturday 12:00 – 1:30 pm (first week in December through last week in April)</td>
<td></td>
</tr>
<tr>
<td>Open to residents of any town</td>
<td></td>
</tr>
<tr>
<td><strong>Christ Church United</strong></td>
<td><strong>Open Table, Inc.</strong></td>
</tr>
<tr>
<td>--------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>978-459-9631</td>
<td>978-369-2275</td>
</tr>
<tr>
<td>1 Bartlett St.</td>
<td>First Parish Church</td>
</tr>
<tr>
<td>Lowell, MA</td>
<td>20 Lexington Rd, Concord 01742</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.opentable.org">http://www.opentable.org</a></td>
</tr>
<tr>
<td>Meals: Wed</td>
<td>• Free dinner Thursdays starting at 5:30 PM</td>
</tr>
<tr>
<td>• Breakfast 10:00-11:15 AM</td>
<td>Open to residents of any town</td>
</tr>
<tr>
<td>• Lunch: 12:00 – 1:15 PM</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Christ Jubilee Food Pantry</strong></th>
<th><strong>Open Table, Inc.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>978-452-9976</td>
<td>978-369-2275</td>
</tr>
<tr>
<td>101 Smith St.</td>
<td>33 Main St.</td>
</tr>
<tr>
<td>Lowell, MA</td>
<td>Maynard, MA 01754</td>
</tr>
<tr>
<td>Food Pantry: Please call ahead</td>
<td><a href="http://www.opentable.org">http://www.opentable.org</a></td>
</tr>
<tr>
<td></td>
<td>• Dinner: Tue. 5:00-7:00pm</td>
</tr>
<tr>
<td></td>
<td>Pantry (by appointment):</td>
</tr>
<tr>
<td></td>
<td>• Mon. &amp; Thu. 3:00-7:00pm;</td>
</tr>
<tr>
<td></td>
<td>• Tue. (for seniors) 1:00-3:00pm</td>
</tr>
<tr>
<td></td>
<td>Open to residents of any town</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Dwelling House of Hope</strong></th>
<th><strong>Salvation Army</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>866-674-9988 (toll free)</td>
<td>978-458-3396</td>
</tr>
<tr>
<td>125 Mt. Hope St</td>
<td>150 Appleton St.</td>
</tr>
<tr>
<td>Lowell, MA</td>
<td>Lowell, MA</td>
</tr>
<tr>
<td></td>
<td>Meals</td>
</tr>
<tr>
<td></td>
<td>• For 55 and older ($2 donation suggested):</td>
</tr>
<tr>
<td></td>
<td>• Breakfast Tue &amp; Thu 8:30 AM – 10:00 AM</td>
</tr>
<tr>
<td></td>
<td>• Lunch Tue &amp; Thu starting at 11:30 – noon</td>
</tr>
<tr>
<td></td>
<td>• For all (no donation)</td>
</tr>
<tr>
<td></td>
<td>• Lunch Sat 1:00 – 2:00 PM</td>
</tr>
<tr>
<td></td>
<td>• Dinner Sun starting at 4:30 – 5:00 PM</td>
</tr>
<tr>
<td></td>
<td>Pantry: Mon, Wed, Fri: 9:00 AM – 11:00 AM</td>
</tr>
</tbody>
</table>

Food Pantry: Please call ahead
<table>
<thead>
<tr>
<th><strong>Food Pantry</strong></th>
<th><strong>St. Paul's Kitchen</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>978-443-3168</td>
<td>978-430-0653</td>
</tr>
<tr>
<td>Our Lady of Fatima Church</td>
<td>273 Summer St.</td>
</tr>
<tr>
<td>160 Concord Rd.</td>
<td>Lowell, MA</td>
</tr>
<tr>
<td>Sudbury, MA 01776</td>
<td>Meals: Dinners Mon – Fri: 5:00 – 6:00 PM</td>
</tr>
<tr>
<td>• Tuesdays and Thursdays 12:00 to 2:15 PM</td>
<td></td>
</tr>
<tr>
<td>If this is your first time, you will need a government-issued photo ID and proof of residence (e.g., driver’s license and utility bill) and register at 11:45 AM. Closed when Sudbury schools are closed because of weather. <a href="http://sudburyfoodpantry.org/">http://sudburyfoodpantry.org/</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Greater Boston Foodbank Website:</strong></th>
<th><strong>Table of Plenty</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://www.gbfb.org/">https://www.gbfb.org/</a></td>
<td>978-710-8328</td>
</tr>
<tr>
<td>Enter your zip code (e.g., 01741) into the search box at <a href="https://www.gbfb.org/need-food/">https://www.gbfb.org/need-food/</a> to get a list of places that have food banks or community meals. Click on “More Info” to get their times of operation and phone number. You should call to confirm the times (the website does not always have current information)</td>
<td>Meals are normally served at:</td>
</tr>
<tr>
<td></td>
<td>First Parish Unitarian Universalist Church</td>
</tr>
<tr>
<td></td>
<td>2 Westford Street</td>
</tr>
<tr>
<td></td>
<td>Chelmsford, MA 01824</td>
</tr>
<tr>
<td></td>
<td>They are temporarily being served at:</td>
</tr>
<tr>
<td></td>
<td>75 Groton Road (Rte 40)</td>
</tr>
<tr>
<td></td>
<td>North Chelmsford, MA 01824</td>
</tr>
<tr>
<td></td>
<td>See <a href="http://tableofplentyinchelmsford.org/">http://tableofplentyinchelmsford.org/</a> for any changes</td>
</tr>
<tr>
<td></td>
<td>Every Tuesday from 5:00 - 6:00 PM.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Helping Hand Pantry</strong></th>
<th><strong>Westford Community Food Pantry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>617-876-4381</td>
<td>978-692-5523</td>
</tr>
<tr>
<td>While St. James Episcopal Church (1991 Massachusetts Avenue) is being redeveloped, the food pantry is located at the rear door in the middle of the three towers at the: Fresh Pond Apartments 364 Rindge Ave. Cambridge, MA 02140 Hours of operation (but call before going to confirm): • Tues: 12:30 PM - 1:30 PM • Thu: 11:00 AM – 12:30 PM Bring Massachusetts ID or driver’s license. You should ½ hour before opening time to pick up a ticket.</td>
<td>Cameron Senior Center 20 Pleasant Street Westford, MA 01886 • 1st and 3rd weeks of month: Mon, Wed-Sat • 2nd and 4th weeks of month: Wed, Fri, Sat For times, see calendar at <a href="https://www.westfordfoodpantry.org/i-need-help/">https://www.westfordfoodpantry.org/i-need-help/</a> For those needing food in emergencies on non-food pantry days, two bags of prepackaged food are available. Go to main desk to ask.</td>
</tr>
</tbody>
</table>
Lex Eat Together
No Phone
Lex Eat Together in Lexington, MA consists of volunteers who desire to share community with those in need. All are welcome without question.
Church of Our Redeemer
6 Meriam St.
Lexington, MA 02420
- Wednesdays at 5:15 to 6:30 PM
http://www.lexeattogether.org
Supper will not operate when the Lexington Public Schools close for weather reasons.

Grocery Delivery

Crescent Ridge Dairy
Weekly home deliveries with a $4 delivery charge. Minimum order of $15.
Phone: 781-784-2740
https://crescentridge.deliverybizpro.com/home.php

Roche Brothers
Delivery charge is $9.95 (no minimum order).
Roche Brothers has a call-in service whereby they will take your order, do the shopping for you and deliver your order to your house. They take these orders only on Monday, Tuesday or Wednesday but you can choose any day for the delivery, although they cannot guarantee same-day delivery. There is an additional $5.00 charge for this service.
Phone: 978-263-0404
978-694-5442 (for the call-in service)
https://www.rochebros.com/

Stop & Shop (PeaPod)
Delivered to your home for a cost, with a minimum order. Refer to https://www.peapod.com/pages/newconsumerfaqs for costs.
Phone: 800-573-2763 (toll free)
https://www.peapod.com/

Government Health Insurance Benefits
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 (toll free)

Massachusetts Senior Medicare Patrol
For more information on how to protect, detect and report health care errors, fraud and abuse, or to schedule a free educations session, please contact the MA SMP program.
Phone: 800-892-0890 (toll free)
https://masmp.org/

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 (toll free)
https://www.medicare.gov/

Medicare Replacement Card
Free personal online Social Security information.
https://www.ssa.gov/ssnumber/#issnrc

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: 800-243-4636 (800-age-info) (toll free)
https://www.mass.gov/prescription-drug-assistance

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 (toll free)
Appointments with the Carlisle SHINE Counselor can be made by calling the Carlisle COA. Phone: 978-371-2895.
https://www.masslegalservices.org/content/qmb-slmb-and-qi-programs
https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html
Hairdresser/Cosmetology

Haircuts at Your Place
Phone: 978-250-9528, 978-761-7114

Hair on the Go
Call Suzanne Hickey or Georgia Traintafille
Phone: 978-457-0390 Phone: 978-807-9208

Minuteman Career and Technical High School Salon
758 Marrett Rd.
Lexington, MA 02421
Salon Hours: Tues, Thurs & Fri 9:15 AM – 12:00PM; Wed 9:15-11:30 AM
20% Senior discounts on Tuesdays and Wednesdays.
Hair, nail and skin care.
Appointments
Phone: 781-861-6500 X2732
https://www.minuteman.org/Page/405

Nashoba Valley Technical High School Salon
100 Littleton Road, Westford, MA 01886
Salon Hours: Wednesday – Friday 9:00 AM – 1:00 PM
Hair, nail and skin care.
Phone: 978-692-4711 X6142
https://www.nashobatech.net/contacts/cosmo_cuts_salon

Shawsheen Valley Technical High School
100 Cook Street, Billerica, MA 01821
Hair and nail care.
Services given by juniors and seniors on alternate weeks, Monday - Friday.
Junior week hours: 8:30 -10:30
Senior week hours: 8:00-11:00
Phone: 978-671-3677
https://www.shawsheentech.org/Page/564
Health Care Proxy
The Health Care Proxy is a simple legal document that allows you to name someone you know and trust to make health care decisions for you if, for any reason and at any time, you become unable to make or communicate those decisions. It is an important document, however, because it concerns not only the choices you make about your health care, but also the relationships you have with your physician, family, and others who may be involved with your care.
For more information and a form:
http://www.massmed.org/Patient-Care/Health-Topics/Health-Care-Proxies-and-End-of-Life-Care/Health-Care-Proxies-and-End-of-Life-Care/#.VmWXb7grLIU
or at http://www.massmed.org/, select “Health Topics” from the “Patient Care” pull down tab and then click “Read More” under “Health Care Proxies and End of Life Care” or for an instructional package ($6 charge) or free form:
https://masshealthdecisions.org/get-health-care-proxy-forms/

Minuteman Senior Services
Health Care Planning: Minuteman Senior Services is partnering with Honoring Choices Massachusetts to bring you health care planning information and tools to make a personal health care plan. Health care planning is not one document or one conversation, but a life process to get the best possible care that matches your values and choices at every stage of health. It’s generally recommended that a basic plan include a Health Care Proxy, a Personal Directive (Living Will), and a Durable Power of Attorney for the best protection of your rights and choices under Massachusetts law. Start by choosing a Health Care Agent, your advocate who can step in to talk with clinicians and make decisions on your behalf if you are not able to make decisions yourself. The link below has forms to get you started.
Phone: 888-222-6171 (toll free) or 781-272-7177
https://www.minutemansenior.org/resources/health-care-planning

Health Information - Journals and Internet Access
Affordable Health Care Act
Current information about the Government health care program can be found at:
https://www.healthcare.gov

Cancer Caregivers and Family
Find out what to expect if you become a caregiver for a person with cancer and get tips for making sure that you take care of yourself as well.
https://www.cancer.org/treatment/caregivers.html
Healthy Living Center of Excellence
The Healthy Living Center of Excellence is an innovative collaborative between Elder Services of the Merrimack Valley, Inc., a community-based organization, and Hebrew Senior Life, a medical provider with a goal of helping seniors remain independent and in the community as long as possible. By combining our expertise in the aging service and medical networks, the collaborative encourages older adults to become active partners in managing their health. The Center offers free workshops on several topics at various locations in the area.
Phone: 978-946-1211
https://www.healthyliving4me.org/
https://www.healthyliving4me.org/about-us/ (programs; workshop time and place)

Mesothelioma Applied Research Foundation
The Mesothelioma Applied Research Foundation is the nonprofit (501c(3)) collaboration of patients and families, physicians, advocates, and researchers dedicated to eradicating the life-ending and vicious effects of mesothelioma. The Foundation seeks to offer hope and support to patients and families by educating them on the disease, helping them to obtain the most up-to-date information on treatment options and to connect with meso treatment specialists, and providing them assistance, emotional support and community with others. It seeks to fund the highest quality and most promising meso research projects from around the world through rigorous peer-review; and to raise awareness of meso, and to advocate that the public and private sectors partner in the effort to cure it by directing the resources needed to stop this global tragedy.
1615 L Street NW, Suite 430
Washington, DC 20036
Phone: 877.363.6376 (toll free)
https://www.curemeso.org/

Understanding and Living with Dementia: A Resource for Families
by Hebrew Senior Life

Women Health Care through Medicare
Mammograms: https://www.medicare.gov/coverage/mammograms
Cervical& vaginal cancer screenings: https://www.medicare.gov/coverage/cervical-vaginal-cancer-screenings
Health Resources for Low-Income and Uninsured

Charles River Community Health Center
The Charles River Community Health Center offers both medical and dental care in Allston-Brighton and Waltham. You may be placed on a waiting list for care.
Phone: 617-783-0500
http://www.charlesriverhealth.org/

Community Health Connections
Community Health Connections of a federally qualified health center serving North Central Massachusetts. They have locations in Fitchburg, Gardner, and Leominster. They provide primary medical, dental, behavioral health, optometry, podiatry, acupuncture, and substance use disorder treatment. They accept Mass Health, Health Safety Net, and most commercial health insurance plans. They also help the uninsured enroll in health insurance and offer a Sliding Fee Discount to those who qualify. They have pharmacies offering low cost prescriptions at their Fitchburg and Gardner locations.
Phone: 978-878-8100
https://www.chcfhc.org/

Edward M. Kennedy Community Health Center
The Edward M. Kennedy Community Health Center has locations in Worcester, Clinton, Framingham and Milford, offering medical care, dental care, behavior health and a low-cost pharmacy, regardless of an individual's ability to pay. They have staff members who will help individuals find appropriate insurance plans.
Phone: 800-853-2288 (toll free)
https://www.kennedychc.org/

Health Care For All Helpline
Health Care For All Helpline is the only statewide multilingual phone service that helps Massachusetts residents at all income levels with enrolling into health insurance coverage, answering questions about insurance, and troubleshooting cases. The Helpline is much more than a phone service; counselors form relationships with their clients and hear from them whenever they need help.
Phone: 800-272-4232 (toll free)
https://www.hcfama.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
https://www.lchealth.org/

February 12, 2019
Metrowest Free Medical Clinic (Sudbury, Framingham)
The MetroWest Free Medical Program offers free medical care to those who are uninsured and underinsured in the MetroWest communities.
Phone: 508-656-0740
http://metrowestfreemedicalprogram.org/

Hospice

Ascend Hospice
100 Locke Drive
Marlborough, MA 01752
Phone: 508-229-8390
866-821-1212 (toll free)
http://ascendhospice.com/

Beacon Hospice
Beacon Hospice has been part of the Amedisys family since 2011.
13 Branch Street, Suite 100, Methuen MA 01844
Phone: 978-837-3333
877-242-8394 (toll free)
https://www.amedisys.com/beacon/

Care Dimensions
75 Sylvan St, Suite B-102
Danvers, MA 01923
Phone: 978-774-7566
888-283-1722 (toll free)
888-287-1255 (toll free referral line for new patients)
https://www.caredimensions.org/

Compassionate Care Hospice
800 West Cummings Park
Woburn, MA 01801
Phone: 781-935-5550 or toll-free 866-209-4371
https://locations.amedisys.com/ma/woburn/
https://www.amedisys.com/compassionate-care-hospice/

Hospice and Palliative Care Federation
Referrals to hospice programs.
Phone: 781-255-7077
https://www.hospicefed.org/

February 12, 2019
**VNA Care**

Care can be provided wherever you live: a private home or apartment, or in a nursing home or skilled nursing facility. Hospice care may also be provided in a short-term inpatient setting, such as in one of their three hospice residences located in Cambridge, Needham or Worcester

Phone: 800-521-5539 (toll free)

[https://vnacare.org/patients/by-service/hospice-care](https://vnacare.org/patients/by-service/hospice-care)

---

**Housing**

**General Services**

**Carlisle Housing Board**

Look in the "Affordable Housing" link that can be found in the list at the left of the "Departments, Boards and Committees" page:

[https://www.carlislema.gov/544/Departments-Boards-Committees](https://www.carlislema.gov/544/Departments-Boards-Committees)

**Carlisle Elderly Housing Association**

Village Court, 146 Church Street, Carlisle

The Carlisle Elderly Housing Association, a non-profit corporation, obtained land from the Town of Carlisle and a private party - and with the aid of funds acquired from the US Department of Housing and Urban Development, USDA Rural Development, and others, it built Carlisle Village Court. Village Court is an active senior community located in the heart of Carlisle close to the library, schools and the lively center of the Town. Village Court residents must meet certain income guidelines and be 62 years of age or older. Handicapped or disabled persons may become residents regardless of age. Residents meeting these requirements may be eligible for rental subsidies. Please contact The Hodges Companies for current residency requirements, available rental subsidy information, apartment availability, or other matters.

Phone: 800-742-4686 (toll free)

603-224-9221

TDD: 800-545-1833 X 614 (toll free)

[https://www.carlisle.org/ceha/](https://www.carlisle.org/ceha/)

---

February 12, 2019
**Benfield Farms**
Benfield Farms, 575 South Street, Carlisle
62+ community is located just two miles from the center of Carlisle, Massachusetts and offers one- and two-bedroom apartment homes with amenity rich community features. Benfield Farms was developed by NOAH and is managed by Peabody Properties. Please contact Peabody Properties for current residency requirements, available rental subsidy information, apartment availability, or other matters.
Phone: 978-254-5562

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

**Housing and Urban Development (HUD)**
HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. These agencies can be found by clicking on Massachusetts (or any other state of interest) on the map or selecting the state from the provided list at this website:
[https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm](https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm)
If you are trying to avoid foreclosure, you can find applicable agencies by clicking on or selecting the state here:
For help with the Federal Housing Administration (FHA) reverse mortgages, otherwise known as home equity conversion mortgages (HECMs), select the state of interest at:

**Massachusetts, Department of Housing and Community Development**
The DHCD provides foreclosure, housing, shelter and fuel assistance information and resources.
Phone: 617-573-1100

**Massachusetts Housing Consumer Education Centers**
Mass Housing Consumer Education provides information on a broad range of issues, addressing concerns of tenants, landlords, prospective buyers and homeowners. Examples of the wide range of topics covered includes energy saving, laws and regulations, insurance information and homelessness
Phone: 800-224-5124 (toll free)
[https://www.masshousinginfo.org/](https://www.masshousinginfo.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 which can highlight homes for people with disabilities who need accessible and barrier-free housing.
[https://www.massaccessshousingregistry.org](https://www.massaccessshousingregistry.org)

February 12, 2019
Alternative Housing

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

New LifeStyles
New LifeStyles provides a search tool that lets you find senior community or care providers that best fits your needs. From independent living to skilled nursing care, a simple search will show you the options available. Simply enter the name and state of interest (or its zip code) and the search tool will list the various housing/care facilities and products/services in the area. The Carlisle COA has hard copies of the directory available.
https://www.newlifestyles.com/

Saab Residence Supportive Housing
(On the campus of d'Youville Life & Wellness Community)
The Saab Residence is an Assisted Living and Memory Care residence; it is unique in its provision of 30 apartments of affordable supportive housing for low and moderate-income individuals subsidized by D’Youville and 15 market-rate supportive housing apartments. The monthly fee includes an apartment, utilities, full dining services, common gathering areas, scheduled daily activities, a customized wellness plan, medication management, assistance with Activities of Daily Living, 24-hour on-site staff, safe gardens and patios and much more
1085 Varnum Ave, Lowell, MA
Phone: 978-569-1016
https://www.dyouville.org/the-saab-residence/

The Seniors Blue Book
The Seniors Blue Book provides seniors, caregivers and senior professionals a comprehensive source of services, senior housing options, resources and information that enrich the lives of the elder population while affording those businesses and individuals serving that population a unique medium to present their products and services. It lists over 70 categories of information, most of which are free resources that support the community. The guide’s producers understand that there are many valuable services available, whether they are paying advertisers or not, and producers are proud to support the communities it serves by listing all options available to its readers, not solely based on advertising. The Seniors Blue Book also provides a senior activities calendar where you can find out about local events and activities, many of which are free, all of which are worthwhile.
https://www.seniorsbluebook.com/
https://www.seniorsbluebook.com/local/boston/
2Sisters – Senior Living Advisors
2Sisters Senior Living Advisors help families find the best supportive living options, making life transitions easier for seniors and their children. With deep industry expertise, 2Sisters know all the options, from home care to assisted living to memory care. And 2Sisters don’t just refer you – they get to know you, tour with you, and guide you. Best of all, with a long family history of making a difference in the lives of seniors, 2Sisters bring a unique empathy and compassion that makes a difficult process as stress-free as possible.
Phone: 617-701-7007
https://2sisters-sla.com/

Sutton Home for Women
7 Sewall Street, Peabody, MA
The Sutton Home is an elegant and stately ten-bedroom lodging home for women which offers spacious and sunny rooms, sunrooms and porches, ¾ acre yard for outdoor enjoyment. A stair lift and basic cable are available. The home provides with three delicious meals served daily and has laundry and housekeeping services. Staffing is on duty 24 hours daily and medication reminders are offered.
Phone: 978-531-0815
https://suttonhomeforwomen.com/

Timothy Wheeler House of Concord - Independent Living for Senior Citizens
110 Walden Street
Concord, MA  01742
There are seven spacious bedrooms, each with a private bath. Two common rooms are available for socializing, watching television, playing games, and general entertainment. Three excellent meals are served daily in the attractive dining room. Additionally, there is 24-hour staff coverage. Housekeeping and laundry services are also provided.
Phone: 978-369-3771
https://www.timothywheelerhouse.com/

Mortgage Foreclosure Prevention
Please do not wait until it’s too late!
Home Improvement Loan Program and Septic Loan Program
Massachusetts Housing Finance Agency
MassHousing is charged with providing financing for affordable housing in Massachusetts.
One Beacon Street, Boston, MA 02108-3110
Phone 617-854-1000
https://www.masshousing.com/portal/server.pt/community/home_owners/227/home_owners_home
https://www.masshousing.com/portal/server.pt/community/home/217

Homeowner’s Hope Hotline
Information on mortgages, financial planning, and foreclosure prevention.
Phone: 888-995-HOPE (4673) (toll free)
https://995hope.org/

Mortgage Foreclosure Assistance for Carlisle Residents
Are you worried about and/or having difficulty making your mortgage payments? Are you facing mortgage foreclosure? Or are you being approached with offers of mortgage assistance which you are not sure about?
Please contact the Carlisle Housing Coordinator
Phone: 978-371-6694

Neighborhood of Affordable Housing, Inc. (NOAH)
NOAH offers a free Making Home Affordable (MHA) program. It is administered by the U.S. Department of the Treasury and the U.S. Department of Housing and Urban Development to help families avoid foreclosure and strengthen the housing market recovery. They seek to help those facing foreclosure to understand their options and determine the best and most affordable solution for their own situation. Their experienced counselors work with clients one-on-one to develop an action plan based on individual needs, create budgets, contact lenders, negotiate mortgage terms, and more. They also conduct weekly foreclosure prevention & loan modification workshops every Monday (except for Monday holidays) at 5:30 PM in both English and Spanish at: 143 Border Street
East Boston, MA 02128
Phone: 617-418-8264 (MHA)
617-567-5882 (NOAH)
https://noahcdc.org/?q=programs/foreclosure-prevention-services

February 12, 2019
Opportunity Center
517 Moody St. 3rd floor, Lowell, MA 01854
Sponsored by Coalition for a Better Acre (C.B.A.), Opportunity Center provides information about foreclosure prevention options. Free of charge for foreclosure mitigation.
info@cbacre.org
Phone: 978-452-7523; 978-856-6620
http://www.coalitionforabetteracre.org/home-preservation-center/about-hpc or http://www.cbacre.org/

The South Middlesex Opportunity Council (SMOC)
Home Modification Loan Program
Providing low- and no-interest loans to modify the homes of elders and individuals with disabilities
7 Bishop Street, Framingham, MA 01702
Phone: 508-872-4853 (select the “SMOC housing” option from the phone menu)
https://www.smoc.org/hmlp.php (for the home modification loan program)
https://www.smoc.org/housing-continuum.php (for housing needs)

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: 978-254-5562
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: 800-742-4686 (toll free)
603-224-9221
TDD: 800-545-1833 X 614 (toll free) Carlisle Village Court Sleeper Room: 978-369-5968 (for use only when there is a function in the room)
https://www.carlisle.org/ceha/

February 12, 2019
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 tax year 2018 is $1,100. Income guidelines in 2017 stated that an owner or renter could not exceed $58,000 for a single individual; $73,000 for a head of household; and $88,000 for a married couple filing a joint return. The property’s assessed valuation could not exceed $778,000. Other restrictions apply and are described at: https://www.mass.gov/service-details/senior-circuit-breaker-tax-credit

Homeowner Options for MA Elders (H.O.M.E.)
Provides financial counseling to help low to moderate income seniors remain in their home. May assist homeowner in ways to use home equity through refinancing, reverse mortgages and tax deferrals.
Phone: 978-970-0012
800-583-5337 (toll free)
https://www.elderhomeowners.org/

Area Housing Authorities

Acton Housing Authority
68 Windsor Ave., Acton, MA 01720
Phone: 978-263-5339
https://www.acton-ma.gov/80/Acton-Housing-Authority

Ayer Housing Authority
18 Pond St # A, Ayer, MA 01432
Phone: 978-772-2771
https://ayerhousing.org/

Bedford Housing Authority
Ashby Place, Bedford, MA 01730
Phone: 781-275-2428
https://www.bedfordma.gov/bedford-housing-authority

Billericca Housing Authority
16 River Street, Billerica, MA 01821
Phone: 978-667-2175
http://www.billericahousing.org/

February 12, 2019
Page 66
Burlington Housing Authority
15 Birchcrest St., Burlington, MA 01803
Phone: 781-272-7786
http://www.burlingtonhama.com/Home.aspx

Chelmsford Housing Authority
10 Wilson St., Chelmsford, MA 01824
Phone: 978-256-7425
http://www.chelmsfordha.com/

Concord Housing Authority
34 Everett St., Concord, MA 01742
Phone: 978-369-8435
https://concordma.gov/629/Affordable-Housing-Information

Lexington Housing Authority
One Countryside Village, Lexington, MA 02420
Phone: 781-861-0900
https://www.lexingtonhousing.org/

Littleton Housing Authority
19 Shattuck St, Littleton, MA 01460
Phone: 978-486-8833
https://www.littletonma.org/housing-authority

Lowell Housing Authority
350 Moody Street, Lowell, MA 01854
Phone: 978-937-3500
https://www.lhma.org/

Pepperell Housing Authority
4 Foster Street Pepperell, MA 01463
Phone: 978-433-9882
https://town.pepperell.ma.us/342/Housing-Authority

Sudbury Housing Authority
55 Hudson Road Sudbury, MA 01776
Phone: 978-443-5112
https://sudbury.ma.us/housingauthority/

Tewksbury Housing Authority
Saunders Circle, Tewksbury, MA 01876
Phone: 978-851-7392
https://www.tewksbury-ma.gov/housing-authority

February 12, 2019
Other Area Housing Options

Bedford:

**Carleton-Willard Village**
100 Old Billerica Road, Bedford, MA 01730
Phone: 781-275-8700
https://www.cwvillage.org/

**Heritage at Bedford Springs**
100 Thompson Farm, Bedford, MA 01730
Phone: 844-633-5303 (toll free)
https://www.heritageatbedfordsprings.com/

**Patriot Place**
18 Springs Road, Bedford, MA 01730
Phone: 781-492-2743

Concord:

**Concord Greene Condominiums**
1024 Main Street Concord, MA 01742
Phone: 978-369-7409
https://www.maloneyrealestate.com/condo-developments/concord-greene

Lincoln:

**The Commons in Lincoln**
One Harvest Circle Lincoln, MA 01773
Phone: 781-430-6000; 877-343-3020 (toll free)
https://www.thecommonsinlincoln.com/

**Lincoln Woods**
50 Wells Road, Lincoln, MA 01773
Phone: 781-259-0150
https://www.lincolnwoodsapt.com/
Littleton:

**Mill Pond Apts, Peabody Properties**
50 Mill Rd, Littleton, MA 01460
Phone: 978-486-9719

Pepperell:

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

**Shelter – Emergency Housing Assistance**

**Community Teamwork Inc., Division of Housing and Homeless Services**
155 Merrimack St.
Lowell, MA 01852
Phone: 978-459-0551
http://www.commteam.org/how-we-help/housing-utilities/

**Milly’s Place**
360 Pawtucket St
Lowell, MA 01852
Phone: 978-458-8853

**Merrimack House**
Lowell, MA 01854
Phone: 978-452-5410

**Under the Oak Day Shelter**
Under the Oak is a day shelter that meets every Wednesday from 10am to 2 pm at Christ Church United, UCC. Under the Oak serves those in need by providing a great lunch, fellowship, help, and fun. Everyone 18 and over is welcome.
180 East Merrimack St.
Lowell, MA 01852
Phone: 978-459-9631
https://wewelcomeall.org/ministries/justice/underoak/

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

February 12, 2019
NOTE: These websites may ask for your Social Security Number. Before entering it, make sure that the website is secure. You can tell if it is by looking at the address at the top of the website to make sure that its address begins with “https” (not just “http” without the “s”). The “s” at the end of “https” stands for “secure”. It means that all communications between your computer and the website are encrypted. Web browsers have recently changed how they display these addresses and show neither “http” nor “https” at the front of the address. If that is the case, look for a locked padlock image (🔒) – you do not want to see something like these: 🔒 or 🔒 or the words “Not secure.” [You can also click on the symbol to the left of the address to get more definitive information.] If you do not see “https” or a locked padlock, contact the website’s organization using the provided phone numbers (and alert them to the problem with their website).

Credit Bureaus

**Equifax**
Phone: 866-349-5191 (toll free)
https://www.equifax.com/personal/credit-report-services/ or
https://www.equifax.com/personal/contact-us

**Experian**
Phone: 888-397-3742 (toll free)
https://www.experian.com/blogs/ask-experian/credit-education/preventing-fraud/victim-assistance/

**TransUnion**
Phone: 800-680-7289 (toll free)
https://www.transunion.com/fraud-victim-resource/important-contacts

Other Resources

**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 (877-438-4338) (toll free); TTY: 866-653-4261 (toll free)
https://www.identitytheft.gov/

February 12, 2019
Identity Theft Resource Center
The ITRC is a non-profit organization established to support victims of identity theft in resolving their cases at no cost.
Phone: 888-400-5530 (toll free)
https://www.idtheftcenter.org/

Privacy Rights Clearinghouse
Privacy Rights Clearinghouse engages, educates and empowers individuals to protect their privacy. It identifies trends and communicates its findings to advocates, policymakers, industry, media and consumers. Its website allows you to register a complaint, read/download numerous guides about preventing identity theft, and to find out what companies have had reported data breaches back to 2005.
Phone: 619-298-3396
https://www.privacyrights.org/

Social Security Administration
To report someone that you suspect of committing fraud, waste or abuse
Office of the Inspector General/Fraud Hotline
U.S. Mail:
Social Security OIG Hotline
P.O. Box 17785
Baltimore, Maryland 21235-7785
Phone: 800-269-0271 (toll free) from 10:00 a.m. to 4:00 p.m. Eastern Standard Time
TTY: 866-501-2101 (toll free) for the deaf or hard of hearing.
FAX: 410-597-0118
https://oig.ssa.gov/report

Indigent Drug Programs Offered by Drug Companies
Many drug companies provide various benefits, including free or low-cost drugs for those who meet drug manufacturer’s guidelines. Contact your physician for info.

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

Insurance Coverage and Benefits, Medicare
See also Government Health Insurance Benefits in this document
February 12, 2019
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 (877-623-6765) (toll free)
https://www.mahealthconnector.org/

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.
https://www.minutemanseniors.org/our-services/shine

Investor Information and Protection

Massachusetts Security Division
Phone: 800-269-5428 (toll free in MA), 617-727-3548
https://www.sec.state.ma.us/

Legal Services

General Services

Boston Bar Lawyer Referral Service
The Boston Bar Association Lawyer Referral Service (BBA LRS) is a public service provided by the Boston Bar Association. It makes referrals to lawyers or other resources that specialize in the area of law related to your specific situation.
16 Beacon Street, Boston MA 02108
Phone: 800-552-7046 (toll free), 617-742-0625
https://bostonbarlawyer.org/
Court Service Centers
Court Service Centers help people navigate the court system. Centers are open 8:30 AM – 1:00 PM; 2:00 PM – 4:30 PM Monday – Thursday and 8:30 AM – 1:00 PM Friday. Court Service Center staff can give legal information, but not legal advice. Legal information includes answering questions about how the court works and the different options available to you. The staff can't help decide what you should do or predict what will happen in a case. Court staff may give information to all parties to a case, but can’t act as your attorney. Services include:

- Computers with access to online resources that are available on a first-come, first-served basis
- One-on-one help filling out court forms
- Information about court rules, procedures, and practices
- Court documents and written instructions
- Assistance with legal research
- Contact information for community resources, legal assistance programs, and social service agencies

Some forms and self-help materials are available in multiple languages. If you don't speak English well, you have the right to an interpreter at no cost to you. Ask court staff for an interpreter and they'll provide one for you.

Boston:
     Edward W. Brooke Courthouse
     24 New Chardon St, 2nd Floor, Boston MA 02114
     Phone 617-788-8000

Lawrence:
     Lawrence District Court in the Fenton Judicial Center
     2 Appleton St, 2nd Floor, Law Library, Lawrence MA 01840
     Phone: 978-687-7184

Worcester:
     Worcester District Court in the Trial Court Complex
     225 Main St., 1st Floor, Worcester, MA 01608
     Phone: 508-757-8350

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

Phone: 617-338-0610
     877-686-0711 (toll free)

https://massbar.org/public/dial-a-lawyer
Disability Law Center
The DLC is the Protection and Advocacy agency for Massachusetts. DLC is responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities. Provides information, referrals, technical assistance and representation regarding legal rights and services for people with disabilities including special education, rights of individuals in facilities, access to health care, voting rights, discrimination as a result of disability, and access to government services.
Phone: 617-723-8455, 800-872-9992 (toll free)
https://www.dlc-ma.org/

Harvard Legal Aid Bureau
The Harvard Legal Aid Bureau is a student-run legal aid service with no charge for low-income individuals and with particular focus on: housing law (including evictions from public and private apartments); family law (including divorce, child custody, paternity, visitation, and support issues); government benefits law (including appeals of the denial or termination of welfare, food stamps, unemployment, or social security disability benefits); fair wage law (including nonpayment or underpayment of wages); and Special Immigrant Juvenile Status cases (supporting foreign children in the United States who have been abused, abandoned, or neglected).
Phone: 617-495-4408
https://www.harvardlegalaid.org/

Health Law Advocates (HLA)
Health Law Advocates, Inc. HLA provides free legal assistance to income-eligible Massachusetts residents having difficulty accessing health care or health insurance coverage. HLA also provides legal assistance to consumers with unaffordable medical debt. families each year.
Phone: 617-338-5241, 888-211-6168
https://www.healthlawadvocates.org/

Massachusetts Bar Association Lawyer Referral Service (LRS)
20 West Street, Boston, MA 02111
There is no cost to utilize LRS, but referrals are made to fee-charging attorneys, who may charge you no more than $25 for the initial half-hour consultation
Phone: 866-627-7577 (toll free)
https://www.masslawhelp.com/

Massachusetts Legal Help
Massachusetts legal aid programs put together this website to help you find practical information about your legal rights. MassLegalHelp provides understandable, practical legal information about issues which affect low income people, including unemployment, housing, income and benefits, school, domestic violence, children and families, seniors, CORI, disability, health and mental health, and school. Information is available in many languages, including English, Spanish, Portuguese, Russian and Vietnamese.
https://www.masslegalhelp.org/

February 12, 2019
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.
https://www.masslegalservices.org/findlegalaid

MetroWest Legal Services
MetroWest Legal Services provides free civil legal aid to low-income people who would be denied justice without our help. Our priority practice areas include: Family Law, Housing, Homeless Advocacy, Government Benefits (including Social Security), Education, Elder Law & Immigration.
63 Fountain Street, Suite 304
Framingham, MA 01702
Phone: 800-696-1501 (toll free), 508-620-1830
https://www.mwlegal.org/

Volunteer Lawyers Project - Elder Helpline
We provide free legal information and referral services to Massachusetts residents who are 60 years old or older. There is no income limit for the Elder Helpline.
Your Helpline advocate will research your legal issue and provide you with information or referrals on most legal topics. We can also text, e-mail, or mail you links or written materials.
The Elder Helpline is open Monday through Friday 9AM-12PM
Phone: 800-342-5297 (toll free)
https://vlpnet.org/get-help/

Legal Services – Homeless and Low-Income Individuals

Boston Bar Association
The Boston Bare Association (BBA) recognizes the importance of serving the larger community and providing legal services to those in need. The Lawyer Referral Service (LRS) is the BBA’s largest public service program and has a specific commitment to reaching historically underserved populations. The LRS Program connects callers in need of legal assistance with qualified help from private attorneys, legal services agencies, government offices, and community programs.
16 Beacon Street
Boston, MA 02108
Phone: 617-742-0615 - Press 0 for Front Desk
http://www.bostonbar.org/
Committee for Public Council Services
Handles criminal cases for homeless and low-income clients (clients who have been declared indigent by the courts).
44 Bromfield Street, Boston, MA 02108
Phone: 617-482-6212
https://www.publiccounsel.net/

Greater Boston Legal Services (GBLS)
At Greater Boston Legal Services (GBLS), our team of 69 attorneys and 17 paralegals provide free civil (non-criminal) legal assistance to low income families and individuals in and around Boston, including Carlisle seniors.
197 Friend Street, Boston, MA 02114
Phone: 617-371-1234
800-323-3205 (toll free)
https://gbls.org/

The Lawyers Clearinghouse (TLC)
Currently TLC operates eight free legal clinics at shelters in Boston where they provide their services. To qualify, clients must be homeless, using the shelter services or otherwise income eligible for free legal services. TLC does not handle the following legal issues: divorce, custody, child support, or other domestic relations. They do not represent defendants in criminal cases. If possible, clients should sign up in advance by contacting the representative listed on each clinic. Clients who are unable to sign up in advance may still attend a clinic. For questions:
Phone: 617-778-2082 (Mia Friedman)
Clinics start at 9:30 AM.
Locations of the clinics, their representatives and phone numbers:
https://lawyersclearinghouse.org/for-shelter-guests/massachusetts-legal-clinic-for-the-homeless/

Massachusetts Legal Assistance Corporation
Legal services programs that offer legal advice and representation to low-income Massachusetts residents with civil legal problems involving issues such as domestic violence, housing, income maintenance, health care, elder issues, and more. With limited exceptions, clients must be elderly or have incomes below 125 percent of the federal poverty level.
18 Tremont Street, Suite 1010
Boston, MA 02108
Phone: 617-367-8544
https://mlac.org/
Veterans Legal Services (VLS)
VLS’s delivers comprehensive legal services on-site at homeless shelters and service centers allowing it to reach veterans who would otherwise go without the legal help they need. Clients must reside in Massachusetts and must attend one of VLS’s legal clinics for an in-person intake. The clinic for Middlesex county is at the Bedford Veterans Affairs Medical Center, 200 Springs Road, Building 80, Bedford, MA 01730 (Phone:781-687-2000). It meets approximately every 6 weeks. Call Paul Cheney at the Bedford VA at 781-687-2575 to schedule or cancel an appointment. Please arrive 15 minutes before the appointment time. For locations of other clinics in Massachusetts and times, consult https://veteranslegalservices.org/clinics/services/
P.O. Box 8457, Boston, MA 02114
Phone: 857-317-4474
https://veteranslegalservices.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.

Alert1/Response Link (toll free) 866-340-8820
https://www.alert-1.com/

Be Safer at Home 781-938-7377
http://www.besaferathome.com/or toll free: 866-513-7377

Philips Lifeline (toll free) 855-681-5351
https://www.lifeline.philips.com/

Protection One (toll free) 877-776-1911
https://www.protection1.com/

Massachusetts Council on Aging (MCOA) 413-527-6425
(For information about MCOA and helpful information, see https://mcoaonline.com/)

Mount Auburn Hospital Lifeline 617-499-5525
<table>
<thead>
<tr>
<th>Local Houses of Worship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For more info, contact the Carlisle COA 978-371-2895</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Carlisle Congregational Church</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>147 School St</td>
</tr>
<tr>
<td>Carlisle, MA</td>
</tr>
<tr>
<td>978-369-7830</td>
</tr>
<tr>
<td><a href="https://www.carlislecongregational.org/">https://www.carlislecongregational.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The Lutheran Church of the Savior</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>426 Davis Road</td>
</tr>
<tr>
<td>Bedford, MA</td>
</tr>
<tr>
<td>781-275-6013</td>
</tr>
<tr>
<td><a href="https://lcsavior.org/">https://lcsavior.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Concord Baha'i Faith</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>(meets in various homes)</td>
</tr>
<tr>
<td>978-369-1275</td>
</tr>
<tr>
<td><a href="https://www.concordbahais.org/">https://www.concordbahais.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The New Church of Concord</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>53 Church Street</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>978-369-0543</td>
</tr>
<tr>
<td><a href="https://newchurchboston.org/">https://newchurchboston.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Congregation Kerem Shalom</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>659 Elm Street</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>978-369-1223</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>New Life Community Church</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>221 Baker Avenue</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>Mailing address:</td>
</tr>
<tr>
<td>PO Box 5, Concord MA 01742</td>
</tr>
<tr>
<td>978-369-0061</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Duvall Chapel at the New England Deaconess Association</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>80 Deaconess Road</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>978-369-5155</td>
</tr>
<tr>
<td><a href="https://www.newburycourt.org/spiritual.htm">https://www.newburycourt.org/spiritual.htm</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Redeemer Presbyterian Church</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>191 Sudbury Road (office)</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>Meets at:</td>
</tr>
<tr>
<td>Harvey Wheeler Community Center</td>
</tr>
<tr>
<td>1276 Main Street</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>978-254-7353</td>
</tr>
<tr>
<td><a href="https://www.redeemerma.org/">https://www.redeemerma.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>First Church of Christ, Scientist</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Lowell Road</td>
</tr>
<tr>
<td>Concord, MA 01742</td>
</tr>
<tr>
<td>978-369-2933</td>
</tr>
<tr>
<td><strong>Christian Science Reading Room</strong></td>
</tr>
<tr>
<td>20 Main Street, Concord, MA</td>
</tr>
<tr>
<td>978-369-4117</td>
</tr>
<tr>
<td><a href="https://www.csconcordma.org/">https://www.csconcordma.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>St. Irene Parish</strong> (Catholic)</th>
</tr>
</thead>
<tbody>
<tr>
<td>187 East Street</td>
</tr>
<tr>
<td>Carlisle, MA 01741</td>
</tr>
<tr>
<td>978-369-3940 (Rectory)</td>
</tr>
<tr>
<td><a href="https://stirenes.org/">https://stirenes.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>First Parish</strong> (Unitarian)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 Lexington Road</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>978-369-9602</td>
</tr>
<tr>
<td><a href="https://firstparish.org/wp/">https://firstparish.org/wp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Trinitarian Congregational Church</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>54 Walden Street</td>
</tr>
<tr>
<td>Concord, MA</td>
</tr>
<tr>
<td>978-369-4837</td>
</tr>
<tr>
<td><a href="https://triconchurch.org/">https://triconchurch.org/</a></td>
</tr>
</tbody>
</table>

February 12, 2019
<table>
<thead>
<tr>
<th>First Religious Society (Unitarian)</th>
<th>Trinity Episcopal Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>27 School St. Carlisle, MA 978-369-5180</td>
<td>81 Elm Street Concord, MA 978-369-3715</td>
</tr>
<tr>
<td>Holy Family Parish (Catholic)</td>
<td>West Concord Union Church (United Church of Christ)</td>
</tr>
<tr>
<td>12 Monument Square Concord, MA 978-369-7442-</td>
<td>1317 Main Street West Concord, MA 978-369-6309</td>
</tr>
<tr>
<td>Liberty Christian Family Church</td>
<td></td>
</tr>
<tr>
<td>520 Lowell Street Carlisle, MA 978-369-1919</td>
<td></td>
</tr>
</tbody>
</table>

**Medical Orders for Life Sustaining Treatment (MOLST)**

MOLST is a written medical order that describes certain types of medical treatments that a patient wants or does not want to be given to try to keep them alive near the end of life. A MOLST form can be used by a person of any age who has a serious medical condition, illness or injury from which they may not recover. Using a MOLST form is voluntary. It 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 both by the person and their clinician.

Learn more about the Medical Care Orders form at [https://www.molst-ma.org/molst-overview-patients-families](https://www.molst-ma.org/molst-overview-patients-families)


**Medical Equipment & Supplies**

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

**Craigslist**  
Community of buyers and sellers of all kinds of items, some of which are free.  
[https://boston.craigslist.org/](https://boston.craigslist.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  
[https://bostoncil.org/](https://bostoncil.org/)

**The Boston Home**  
The Boston Home’s *outpatient wheelchair/seating assessment* provides a thorough and in-depth evaluation for individuals looking to obtain new Complex Rehabilitation Equipment or seating assessment. For more information on insurance qualification and scope of services please contact Faith Saftler-Savage at 617-326-4283.  
The Boston Home’s *Wheelchair Enhancement Center* provides wheelchair modifications and adjustments that are not typically covered by insurance (provided on a fee-for-services basis) such as attaching consumer electronics, fine tuning power chair electronics and custom seating components. Please call Faith Saftler-Savage at 617-326-4283.  
[https://www.thebostonhome.org/programs-and-services/](https://www.thebostonhome.org/programs-and-services/)  
The Boston Home:  
[https://www.thebostonhome.org/who-we-are/mission.html](https://www.thebostonhome.org/who-we-are/mission.html)

**Freecycle Groups**  
Freecycle members donate all kinds of items for free. Enter a location (city/town and state) to find freecycle groups in the area at  
[https://www.freecycle.org/](https://www.freecycle.org/)

**Get AT Stuff Program: Assistive Technology Exchange of New England & New York** (operated by MassMATCH under the Massachusetts Rehabilitation Commission)  
The Assistive Technology (AT) Exchange in New England & New York is a collaborative effort among the State AT Act Projects in New England & New York. The goal of this site is to put AT equipment that is not currently being used into the hands of someone who can benefit from it. The Exchange is a FREE "classified ad" type resource designed to help people find, buy, sell or give away used AT equipment. The individual must arrange the pickup of the device with the seller/donor.  
Phone: 877-508-3974 (toll free in state) or 617-204-3851  
Mail to: ATinMA@getatstuff.com  
[https://getatstuff.massmatch.org/](https://getatstuff.massmatch.org/)

February 12, 2019  
Page 80
**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.
https://www.mobility-advisor.com/wheelchair-donations.html

**MassMATCH**
MassMATCH is the Commonwealth's initiative to Maximize Assistive Technology (AT) in Consumer's Hands. It is one of 56 state-level AT Act programs in the United States. The MassMATCH mission is to promote the use of assistive technology and assistive technology services to enhance the independence of people with disabilities, enabling equal participation in all of life's activities The MassMATCH Short-Term Device Loan Program allows you to borrow equipment, free of charge, from the inventory of the Assistive Technology Regional Centers (ATRCs). You can search the inventory online to see what is available. Since this inventory involves equipment and products from three Assistive Technology Regional Centers in different parts of Massachusetts, some equipment that you choose may not be available at your local ATRC. Your local ATRC staff will contact you to discuss options.
89 South Street, Boston, MA 02111
Phone: 617-226-2640 or 800-244-2756 (toll free)
Email: ATRCBoston@eastersealsma.org
To donate equipment, call 800-261-9841 (toll free)
https://www.massmatch.org/inventory/

**REquipment Program (operated by MRC/MassMATCH)**
Provides refurbished, gently used wheeled mobility, lifts and other durable medical equipment (DME) free to people of all ages. Delivery available anywhere within Massachusetts. Donations of DME of that is gently used and under 5-6 years old accepted.
Phone: REquipment 508-713-9690 or 800-261-9841 (toll free)
Mail to: info@dmereuse.org
https://dmerequipment.org/
**SMD Hospital Equipment Loan Program (HELP)**

Reuse: Durable medical equipment is available to borrow free of charge for home use only. They cannot pick up or deliver it. Although sponsored by the Masons, you do not have to be a Freemason to borrow equipment. Items include canes, commodes, tub seats, walkers, wheelchairs, transfer benches, hospital beds, and Hoyer lifts. If they do not have what you want, they say you should “go have a cup of coffee and then come back” because it is likely they will have it later (they will put your request on hold for 20 minutes). They caution that lines may be long. You can checkout, return or donate equipment from 9AM to noon on Saturdays at: 500 West Cumming Park (rear), Suite 1150, Washington St. Woburn MA 01801.

Phone: 781-322-1052

https://smd-help.org/

---

**Equipment Purchase Options**

**Bouvier Pharmacy & Home Medical Solutions**
515 Lincoln Street, Marlborough
Phone: 508-485-0432
https://www.bouvierpharmacy.com/medical-equipment

**Natale Company & SafetyCare LLC**
West Dexter Ave
Woburn, MA 01801
Phone: 781-933-7205
https://www.safety-care.com/

---

**Mental Health Services**

**Advocates, Inc.**
Advocates provides a wide range of services at several locations. Their emergency service providers are 24-hour, community-based, mobile mental health and chemical dependency teams which provide a comprehensive range of acute care services designed to address the unique needs of its customers. Services are offered regardless of insurance or ability to pay.
675 Main Street
Waltham, MA 03563
Phone: 781-893-2003
800-540-5806 (toll free) for 24-hour crisis support:
https://www.advocates.org/

February 12, 2019
Alzheimer's Association MA Chapter
Massachusetts & New Hampshire Chapter
309 Waverley Oaks Road, Waltham, MA 02452
https://www.alz.org/manh/
Phone: 800-272-3900 (toll free) (offers 24 x 7 hotline)
https://www.alz.org/

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.
8701 Georgia Avenue, Suite #412, Silver Spring, MD 20910
Phone: 240-485-1001
https://adaa.org/

Boston Medical Center
Alzheimer’s Diagnostic Centers, Physician Referral Services, Podiatrist, Private Bilingual Physician, Hospital-General Medical, Outpatient Occupational Therapy, Outpatient Physical Therapy, Outpatient Speech Therapy, Nutritional Counseling, Outpatient Mental Health/Psychiatric Services, Fitness and Wellness Programs, Smoking Cessation Program.
One Medical Center Place, Boston, MA 02118
Phone: 617-638-8000
https://www.bmc.org/

Call2Talk
Call2Talk is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be suicidal. When calling Call2Talk, those who are struggling with mental health concerns have a safe place to call and will be encouraged to discuss their current experience.
Phone: 508-532-2255 (local)
800-273-8255 (national) (toll free) or text C2T to 741741
https://www.uwotc.org/call2talk

Department of Mental Health
Outpatient Community Mental Health.
365 East St, Tewksbury, MA 01876
Phone: 978-863-5000
https://www.mass.gov/orgs/massachusetts-department-of-mental-health

February 12, 2019
**Depression Bipolar Support Alliance of Boston**

DBSA-Boston offers support groups, events and trainings related to affective disorders, such as bipolar disorder (manic-depressive illness) and clinical depression. The services are provided for people with these affective disorders as well as their families and friends. The groups meet at the McLean Hospital cafeteria (115 Mill St., Belmont) and at the Mass General Hospital (Yawkey Center for Outpatient Care on the fourth floor, Suite 4A, in the Schiff Conference Room). See the website for details.

Phone: 617-855-2795 (toll free)


**Edinburg Center**

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

205 Burlington Road, Bedford, MA 01730

Phone: 781-862-3600

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

**Eliot Community Human Services**

86 Baker Ave Extension, Suite 100
Concord, MA, 01742

Eliot offers individualized treatment and support for each person or family. Its multidisciplinary team of psychiatrists, psychologists, social workers, mental health counselors and other professionals administer a full range of clinical and support services, resulting in a comprehensive collaborative approach to treatment. Services may include individual, couples, family, and group therapy, medication assessment and management, psychological and cognitive testing. Treatment is goal-oriented and often short term, but flexible to meet each person’s needs. Eliot accepts MassHealth and most private insurance plans. A sliding fee scale is available for those who do not have insurance. Same day appointments are often available.

Phone: 800-988-1111 (toll free) for emergencies

978-369-1113 Concord Clinic

[https://www.eliotchs.org/](https://www.eliotchs.org/)
**Emerson Hospital**
Emerson Hospital provides comprehensive mental health and chemical dependency treatment. They have inpatient services for patients 18 years of age or older who have psychiatric and/or substance abuse diagnoses that can be safely treated with a brief stay on a secure unit in a general hospital setting. They also have outpatient programs that offer comprehensive individual and group treatment for substance abuse. Emerson also offers community health and wellness programs and classes designed to support patients with a wide range of health issues including substance abuse. (Addiction Recovery, Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, and Smart Recovery programs are all held at Emerson.) Emerson Hospital provides comprehensive mental health and chemical dependency treatment and serves as a regional treatment facility for several managed health care plans.

133 Old Road Nine Acre Corner (ORNAC), Concord, MA 01742
Phone: 877-936-3776 (toll free) (available 24 hours a day)
https://www.emersonhospital.org/

**Lahey Hospital**
The Department of Psychiatry and Behavioral Medicine (PBM) at Lahey Clinic is a multi-disciplinary practice, which offers a broad variety of quality services. These include: outpatient psychiatric consultation and evaluation, individual psychopharmacological and/or psychotherapy evaluation and treatment, cognitive/behavioral group psychotherapy, and inpatient psychiatric consultation. Lahey provides 24-hour emergency coverage for outpatients and for medical beds "in house".

41 Mall Road, Burlington, MA 01805
Phone: 781-744-5100
https://www.lahey.org/lhmc/department/psychiatry-and-behavioral-medicine/

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

170 Governors Ave, Medford, MA 02155
Phone: 781-306-6000
https://www.melrosewakefield.org/locations/lawrence-memorial-hospital-medford/
Massachusetts Coalition 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.
Metrowest Regional Coalition for Suicide Prevention
46 Park Street
Framingham, MA 01706
Phone: 508-370-4857
https://www.masspreventssuicide.org/regional-coalitions/metrowest-regional-coalition/
https://www.masspreventssuicide.org/

McLean Hospital
McLean provides inpatient, residential, partial hospital and outpatient clinical services in the following areas: alcohol and drug abuse; child and adolescent; depression and anxiety; eating disorders, geriatric psychiatry; psychotic disorders; and women’s mental health. A referral from a psychiatrist, therapist or crisis team is required for inpatient services. Services are offered at a number of locations, including at the hospital’s main campus in Belmont.
115 Mill Street, Belmont, MA 02478
Phone: 800-333-0338 (toll free)
https://www.mcleanhospital.org/

Nashoba Valley Medical Center
Garvin Center for Geriatric Psychology, located at the Nashoba Valley Medical Center, provides inpatient psychiatric hospitalization, diagnostic assessment, psychopharmacological consultation, behavior management consultation, dementia evaluation, depression screening, neuropsychological testing, and innovative therapies such as art, touch, music, aroma, reminiscence, light and hydrotherapies along with occupational, physical and speech therapies.
200 Groton Road
Ayer, MA 01432
Phone: 978-784-9435
https://www.nashobamed.org/service-directory/behavioral-health/geriatric-psychiatry

National Alliance on Mental Illness (NAMI) of Central Middlesex County
NAMI of Central Middlesex is a non-profit organization of individuals with mental illnesses, their families, and their friends who offer support groups and educational courses at no cost for individuals in recovery and also for families and friends of individuals living with mental illness.
P.O. Box 6243, Lincoln, MA 01773
Phone: 781-982-3318 (Helpline)
http://namicentralmiddlesex.org/
**William James Interface Referral Service**

In addition to the resources on their web site, the William James Interface Referral Service maintains a mental health and wellness referral helpline that is a free, confidential referral service. Callers are matched with licensed mental health providers who meet the location, insurance, and specialty needs of the caller.

One Wells Avenue, Newton, MA 02459  
Phone: 617-332-3666 x1 or  
888-244-6843 x1 (toll free)  
Monday-Friday, 9am-5pm  
[https://interface.williamjames.edu/](https://interface.williamjames.edu/)

**Nursing Homes**

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

**New LifeStyles**

New LifeStyles provides a search tool that lets you find senior community or care providers that best fits your needs. From independent living to skilled nursing care, a simple search will show you the options available. Simply enter the name and state of interest (or its zip code) and the search tool will list the various housing/care facilities and products/services in the area. The Carlisle COA has hard copies of the directory available.

[https://www.newlifestyles.com/](https://www.newlifestyles.com/)

**The Seniors Blue Book**

The Seniors Blue Book provides seniors, caregivers and senior professionals a comprehensive source of services, senior housing options, resources and information that enrich the lives of the elder population while affording those businesses and individuals serving that population a unique medium to present their products and services. It lists over 70 categories of information, most of which are free resources that support the community. The guide’s producers understand that there are many valuable services available, whether they are paying advertisers or not, and producers are proud to support the communities it serves by listing all options available to its readers, not solely based on advertising. The Seniors Blue Book also provides a senior activities calendar where you can find out about local events and activities, many of which are free, all of which are worthwhile.

[https://www.seniorsbluebook.com/](https://www.seniorsbluebook.com/)  
[https://www.seniorsbluebook.com/local/boston/](https://www.seniorsbluebook.com/local/boston/)
2Sisters – Senior Living Advisors

2Sisters Senior Living Advisors help families find the best supportive living options, making life transitions easier for seniors and their children. With deep industry expertise, 2Sisters know all the options, from home care to assisted living to memory care. And 2Sisters don’t just refer you – they get to know you, tour with you, and guide you. Best of all, with a long family history of making a difference in the lives of seniors, 2Sisters bring a unique empathy and compassion that makes a difficult process as stress-free as possible.

Phone: 617-701-7007
https://2sisters-sla.com/

Pharmacies

MCPHS Pharmacy Outreach

MCPHS Pharmacy Outreach is a free, confidential service offered by the Massachusetts College of Pharmacy and Health Sciences. It is 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 their 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: 866-633-1617 (toll free), Monday-Friday, 8:30AM – 5 PM
https://www.mcphs.edu/patient-clinics/pharmacy-outreach-program

Pharmacies that Deliver

Acton Pharmacy

978-263-3901
CVS
CVS began a delivery service at various locations in 2018. Check with your pharmacy (some locations require that you carry a CareMark insurance plan).

Acton
344 Great Road Acton 978-264-9130
400 Massachusetts Ave 978-263-3385

Bedford
199 Great Road Bedford 978-275-3607

Concord
199 Sudbury Road Concord 978-371-0688

Westford
Westford Marketplace, 174 Littleton Road 978-692-2111

For other locations: https://www.cvs.com/store-locator/cvs-pharmacy-locations
(If you get a message that you have an unsupported browser, you may still be able reach this website by copying the address into your browser's address field)

Walgreen’s (on line only)
https://www.walgreens.com/

West Concord Pharmacy
https://dinnohealth.com/westconcordpharmacy/ 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
https://www.carlislema.gov/437/Programs-Services

Print and Audio Visual Media

Gleason Public Library
22 Bedford Road
Carlisle, MA 01741
Phone: 978-369-4898
http://www.gleasonlibrary.org/

February 12, 2019
Religious Services and Grief Counseling
Carlisle churches and a synagogue in Concord are listed below. An additional listing of nearby religious organizations can be found here. 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
info@carlislecongregational.org
https://www.carlislecogregational.org/

**Congregation Kerem Shalom** (Vine of Peace)
659 Elm Street or P.O. Box 1646
Concord, MA
Phone: 978-369-1223
http://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
https://www.uucarlisle.org/

**St. Irene’s Roman Catholic Church**
187 East Street
Carlisle, MA  01741
Phone: 978-369-3940 (rectory)
https://stirenes.org/

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 (toll free) or 781-272-7177
https://www.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-4PM
Wednesday: 9AM-12PM
Phone: 877-746-9850 (toll free) or TTY 978-458-5702 (Lowell Office)
800-772-1213 (toll free), TTY 800-325-0778 (toll free) (General Contact Numbers)
https://www.ssa.gov/

Supplemental Security Income
Supplement to Social Security for Social Security recipients who meet income requirements
Social Security Administration
Phone: 877-746-9850 (toll free) or TTY 978-458-5702 (Lowell Office)
800-772-1213 (toll free), TTY 800-325-0778 (toll free) (General Contact Numbers)
https://www.ssa.gov/ssi/

Substance Abuse Services
Veterans Center for Addiction Treatment (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)
https://www.bedford.va.gov/Mentalhealth/vcat.asp

Support for Specific Health Issues

<table>
<thead>
<tr>
<th>Condition</th>
<th>Phone Numbers</th>
<th>Websites</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS</td>
<td>617-437-6200</td>
<td><a href="https://aac.org/">https://aac.org/</a></td>
</tr>
<tr>
<td>Alzheimer’s</td>
<td>800-272-3900 (toll free)</td>
<td><a href="https://www.alz.org/manh">https://www.alz.org/manh</a></td>
</tr>
<tr>
<td>Arthritis</td>
<td>800-283-7800 (toll free)</td>
<td><a href="https://www.arthritis.org/">https://www.arthritis.org/</a></td>
</tr>
<tr>
<td></td>
<td>800-766-9449 (toll free)</td>
<td></td>
</tr>
<tr>
<td>Cerebral Palsy</td>
<td>800-872-5827 (toll free)</td>
<td><a href="https://www.ucp.org/">https://www.ucp.org/</a></td>
</tr>
<tr>
<td></td>
<td>617-926-5480</td>
<td></td>
</tr>
<tr>
<td>Cystic Fibrosis</td>
<td>800-966-0444 (toll free)</td>
<td><a href="https://www.cff.org/">https://www.cff.org/</a></td>
</tr>
<tr>
<td></td>
<td>508-655-6000</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td>800-342-2383 (toll free)</td>
<td><a href="https://www.diabetes.org/">https://www.diabetes.org/</a></td>
</tr>
<tr>
<td></td>
<td>617-482-4580</td>
<td></td>
</tr>
<tr>
<td>Epilepsy</td>
<td>216-579-1330</td>
<td><a href="http://www.epilepsyinfo.org/">http://www.epilepsyinfo.org/</a></td>
</tr>
</tbody>
</table>

February 12, 2019
<table>
<thead>
<tr>
<th></th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Injury</td>
<td>631-543-2245</td>
<td><a href="http://headinjuryassoc.org/">http://headinjuryassoc.org/</a></td>
</tr>
<tr>
<td>Heart</td>
<td>800-242-8721 (toll free)</td>
<td><a href="https://www.heart.org/">https://www.heart.org/</a></td>
</tr>
<tr>
<td></td>
<td>781-373-4500</td>
<td></td>
</tr>
<tr>
<td>Kidney</td>
<td>800-542-4001 (toll free)</td>
<td><a href="https://www.kidney.org/">https://www.kidney.org/</a></td>
</tr>
<tr>
<td></td>
<td>508.907.6030</td>
<td></td>
</tr>
<tr>
<td>Lung</td>
<td>800-548-8252 (toll free)</td>
<td><a href="https://www.lung.org/">https://www.lung.org/</a></td>
</tr>
<tr>
<td></td>
<td>781-890-4262</td>
<td></td>
</tr>
<tr>
<td>Lupus</td>
<td>800.558.0121 (toll free)</td>
<td><a href="https://www.lupus.org/">https://www.lupus.org/</a></td>
</tr>
<tr>
<td></td>
<td>202-349-1155</td>
<td></td>
</tr>
<tr>
<td>Multiple Sclerosis</td>
<td>800-344-4867 (toll free)</td>
<td><a href="https://www.nationalmssociety.org/">https://www.nationalmssociety.org/</a></td>
</tr>
<tr>
<td>Parkinson’s</td>
<td>800-473-4636 (toll free)</td>
<td><a href="https://www.parkinson.org/">https://www.parkinson.org/</a></td>
</tr>
<tr>
<td>Stroke</td>
<td>888-478-7653 (toll free)</td>
<td><a href="https://www.stroke.org/">https://www.stroke.org/</a></td>
</tr>
<tr>
<td></td>
<td>781-373-4500</td>
<td></td>
</tr>
<tr>
<td>Social Security</td>
<td></td>
<td>See Social Security section</td>
</tr>
</tbody>
</table>

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

**Adult Diabetes Support Groups**

**Lowell General Hospital**
Saints Campus
2 Hospital Drive
Lowell, MA 01854
Phone: 978-446-2740
https://www.lowellgeneral.org/health-and-wellness/health-and-wellness-programs/support-groups

**Alzheimer's & Related Dementias - Caregiver support groups**

**Chelmsford Senior Center**
Meets 2nd & 4th Monday of each month from 1:00PM - 2:30PM.
Phone: 978-788-6178
https://www.townofchelmsford.us/

February 12, 2019
The Inn at Robbins Brook
10 Devon Drive (Route 27)
Acton, MA
Meets the 4th Wednesday of each month, 4:00-5:30PM, with light supper served.
Registration is required. Call Aaron Jeffers
Phone: 978-264-4666

Bereavement Support Groups

Care Dimensions
Offers a wide variety of grief support groups and workshops. A calendar of their current events (including those held at Emerson Hospital) is available from their website. [Click on the “Download Now” notice at the right of the website for a calendar of bereavement-specific events.]
Phone: 855-774-5100 (toll free)
https://www.caredimensions.org/grief-support/

Nashoba Nursing Service & Hospice
Support includes phone calls, informational mailings, support groups, bereavement visits, Evenings of Remembrance, and informational presentations. Bereavement support groups are a free service to the community. Those with concerns or questions can call:
Phone: 978-425-6675
http://www.nashoba.org/hospice/bereavement-support
One of the support groups meets at the Reuben Hoar Library, 41 Shattuck St., Littleton, on the third Thursdays of the month from 1:00-2:30PM. No registration is required. For information call Karen Campbell at 800-698-3307 x 320 (toll free).
For times and locations of this and other support group meetings, check the calendar at http://www.nashoba.org/calendar (in the “Agenda” pulldown, select only the “Support Groups” box)

VNA Hospice Care
100 Trade Center, Suite G-500
Woburn, MA 01801
Phone: 781-569-2888 or 866-279-7103 (toll free)
https://hospicecare.com/home/

February 12, 2019
Caregiver support groups

**Parkinson’s Support Group**
Meets the first and second Mondays of each month 2:00 PM – 3:30 PM.
Newbury Court, 100 Deaconess Rd, Concord, MA 01742
Phone: 978-402-8225 (Christine Hobbs chobbs@newburycourt.org)
[https://www.emersonhospital.org/clinical-services/neurology-neurosurgery/parkinson-s-support-group](https://www.emersonhospital.org/clinical-services/neurology-neurosurgery/parkinson-s-support-group)

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

Various Support Groups

**Emerson Hospital**
Go to the website listed below for a list of support groups and their phone numbers.
[https://www.emersonhospital.org/community-programs/support-groups](https://www.emersonhospital.org/community-programs/support-groups)

**Lahey Medical Center**
Go to the website listed below for a list of support groups and their phone numbers.
[https://www.lahey.org/lhmc/our-services/support-services/support-groups/](https://www.lahey.org/lhmc/our-services/support-services/support-groups/)

Transportation

**Carlisle COA Transportation Line**
For transportation to local doctor appointments or errands, please contact our COA Transportation Line (978-371-6690) 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 a minimum of two days’ notice. All rides are on a best effort-basis.
**Carlisle Transportation Services (CTS)**
To meet your alternative transportation needs, consider Flow Transportation Services. Flow can be reached at 978-602-5606 (in Leominster). Please call a minimum of 48 hours before your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities may be purchased at the COA office. One-time registration for the voucher discount program is required. More info on the service & pricing is available at [http://carlislematransportation.com/cts-transportation/](http://carlislematransportation.com/cts-transportation/) or call the COA at (978) 371-6990.
Although the program is meant to help those with mobility challenges, the agreement with Flow Transportation offers favorable ride rates to all Carlisle residents. This is a livery service, not a taxi firm, so please make reservations two or more days in advance. All ride requests are on a best effort basis. Any questions regarding this service, please contact the COA at 978-371-6690.

**ABC Taxi**
11 Central Square
Acton, MA 01720
Phone: 978-264-9041

**American Cancer Society & Road to Recovery Van**
Free to cancer patients of all ages who need transportation to and from their cancer treatments. This service is run by volunteers and is dependent on their availability. Not wheelchair accessible: If the patient is non-ambulatory, they must have a caregiver and be able to get in and out of wheelchair for seating in vehicle. A 3-business-day advance notice is required, not including the date transportation is needed
Phone: 800-227-2345 (toll free) (select option “1” and then option “2” to talk to someone)
[https://www.cancer.org/](https://www.cancer.org/)

**Bruce Blake Taxi**
Bedford, MA
Advance notice: 1 day is good; also try last minute. First hour ride is $30. Additional hours, $30 each or more, depending on the destination. For example, a one-way trip to Boston is currently $60.
Phone: 781-492-2743
**FISH (Friends in Service Helping)**
Transportation for Medical related trips (PT, doctors, etc.) only services the Carlisle and Concord area. Prefer a minimum of 48 business hour advance notice. 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, after reaching the volunteers, will call you back to confirm whether or not they can provide you with transportation.
Phone: 978-369-2244

**Gentle Arms Daily – medical rides only**
Wheelchair vans, group vans, and sedans. Travels to Boston. No senior discounts
Regular Hours: 9:30 am to 2:00 pm Monday-Friday.
By appointment.
Phone: 978-244-0199

**Mass Health Transportation**
You must be a Minuteman Health or Minuteman Service client to use this transportation. Your medical appointment should be scheduled for no later than 1:00PM. To arrange transportation, contact the Blair House of Tewksbury and ask for the transportation coordinator (Cindy). Allow as much time as possible for her to schedule the ride. Blair House provides the transportation and will bill Mass Health and Minuteman. You do NOT pay.
Monday-Friday 8 am – 5 pm
Phone: 978-851-3121 x3298

**Massachusetts Registry of Motor Vehicles**
Handicapped Placard and Plates
Medical Affairs Branch
P.O. Box 199100, Boston, MA 02119
Phone: 800-858-3926 (toll free)
https://www.mass.gov/disability-plates-placards

**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, or credit or debit cards, at in-station fare vending machines or at retail sales terminals, T ticket offices and, online. For more information, call or visit website.
Phone: 617-222-3200, (TTY) 617-222-5854
https://www.mbta.com/fares/charliecard

February 12, 2019
**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 at the Downtown Crossing Station in the underground concourse between the Red and Orange lines. The CharlieCard Store is open Monday through Friday, 8:30 a.m. to 5:00 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. If a customer wants to have a lost/damaged/expired Senior CharlieCard replaced, they can call 617-222-3200 or can also come into the CharlieCard Store and request a replacement in person. They must present a valid state ID/Passport. Also, whenever a new or replacement Senior CharlieCard is issued, the customer’s current card will be blocked.

Phone: 617-222-3200, (TTY) 617-222-5854
https://www.mbta.com/fares/reduced/senior-charliecard
https://www.mbta.com/fares/reduced

**Neighborhood Brigade**
Volunteers who will help with such tasks as meal preparation and delivery, rides to medical appointments, light household chores/errands, dog walks, and friendly visits. Requests are submitted on their web site. (You can call them if you do not have access to the internet.) A “chapter leader” will respond in less than 24 hours. Services are free of charge.

Phone: 855-241-4357 (toll free)
https://www.neighborbrigade.org/request-help/?chapter=ConcordCarlisleMA%23help-request-form

**Our Pleasure 2 Help, LLC**
1661 Mass Ave, Suite 154, Lexington, MA 02420
Transportation for medical appointments and/or procedures, daily errands, etc. throughout Lexington and the surrounding communities, as well as to Boston & Logan. Call 48 or 72 hours ahead if possible. No wheelchair lift; wheelchair client must be able to transfer self in and out from chair.

Phone: 781-862-4300
https://ourpleasure2help.com/

**Palms Pride Inc. Transportation**
Wheelchair accessible vehicles – Medical and non-medical rides
By appointment. Call for pricing or email paul@palmspideinc.com
Phone: 781-373-3460 or 978-667-6203

**Plaza Limousine**
Will go to Boston & Lahey (Burlington) – call for reservations and pricing
Phone: 978-453-0000

February 12, 2019
**PrideSTAR EMS**  
229 Stedman St.  
Lowell, MA 01851  
We are a full-service company providing Chair Car Services, Basic and Advanced Life Support Ambulances, Specialty Care Transport, as well as special event EMS details.  
24 x 7 – need 24-hour notice.  
No senior discounts  
Non-emergencies only, but can call and will assist if possible.  
Phone: 978-441-0911  

**Right At Home – In Home Care & Assistance**  
60 Great Road, Bedford, MA 01730  
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 locally, including Boston. Client will be billed after the transportation trip  
Phone: 781-275-1400  
[https://www.rightathome.net/boston-northwest](https://www.rightathome.net/boston-northwest)

**Veterans and Military Retirees Benefits Assistance**

**Edith Norse Veterans Administration Hospital**  
200 Springs Road  
Bedford, MA 01730  
Job Placement, Alzheimer’s Services, Geriatric Specialists, In-patient Geriatric Assessment, Inpatient Physical Therapy, Osteoporosis Program/Care, Outpatient Veterans Health Services, Nutritional Counseling, Outpatient Mental Health/Psychiatric Services, Inpatient Substance Abuse Treatment, Veterans Services, Smoking Cessation Program. The VA has very helpful [brochure](https://www.bedford.va.gov/) describing these and other services. Only veterans enrolled in area VAs are eligible to use these services.  
Phone: 781-687-2275 or 781-687-2597  
[https://www.bedford.va.gov/](https://www.bedford.va.gov/)

**Department of Veterans Services**  
600 Washington Street, 7th floor, Boston, MA 02111  
Leading advocate for veterans, their families and survivors.  
Phone: 617-210-5480  

February 12, 2019
Guide to Veterans’ Laws and Benefits
The Secretary of State’s Citizen Information Service and the Department of Veterans’ Services collaborated to produce a guide called Veterans’ Laws and Benefits. You can download a PDF formatted version of the guide here or ask for a physical copy by calling 617-727-7030 or 800-392-6090 (toll-free in MA only).

Lowell Community Based Outpatient Clinic, VA
130 Marshall Road, Lowell, MA 01852
Only veterans enrolled in area VAs are eligible to use this clinic.
Phone: 800-865-3384 (toll free)
https://www.boston.va.gov/locations/Lowell_CBOC.asp

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) (toll free)
https://mass211.org/

US Department of Veteran Affairs
Medications by mail, covered if enrolled in uniform benefits package. Co-payment may be required. Only veterans enrolled in area VAs are eligible to use this service.
Phone: 800-827-1000 (toll free)
All benefits: https://www.ebenefits.va.gov/ebenefits/homepage
or for a more user-friendly version: https://www.va.gov/
Health benefits: https://www.myhealth.va.gov/mhv-portal-web/home

VA Boston Health Care System
Only veterans enrolled in area VAs are eligible to use this service.
150 South Huntington Avenue, Jamaica Plain, MA 02130
Phone: 617-232-9500 or 800-865-3384 (toll free)
https://www.boston.va.gov/
Veterans Agent
365 Boston Road, Office #201, Billerica, MA 01821
Kenneth Buffum (covering Carlisle and Billerica)
The Veteran Services Officer’s primary duty is to furnish information, advice, and assistance to veterans and their dependents as may be necessary to enable them to procure the benefits to which they are or may be entitled relative to employment, vocational, or other educational opportunities, hospitalization, medical care, pensions, and other veteran benefits.
Phone: 978-671-0968
https://www.town.billerica.ma.us/

Trip to the JFK Museum
Lunch with the New New Orleans Jazz Band (with Santo Pullara on clarinet)

Jane Blair entertains us with Impressionism lecture

February 12, 2019

Page 101
# Appendices

## An A to Z Directory of Helpful Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT&amp;T</td>
<td>800-222-0400 (toll free)</td>
</tr>
<tr>
<td>Carlisle Assessor’s Office</td>
<td>978-369-5557</td>
</tr>
<tr>
<td>Carlisle Building Dept.</td>
<td>978-369-6689</td>
</tr>
<tr>
<td>(including electrical, gas, &amp;</td>
<td></td>
</tr>
<tr>
<td>plumbing permits/inspections)</td>
<td></td>
</tr>
<tr>
<td>Carlisle Board of Health</td>
<td>978-369-0283</td>
</tr>
<tr>
<td>(including septic issues)</td>
<td></td>
</tr>
<tr>
<td>Carlisle Council on Aging Van Line</td>
<td>978-371-6690</td>
</tr>
<tr>
<td>Carlisle Housing Authority</td>
<td>978-371-6694</td>
</tr>
<tr>
<td>Carlisle Public Works</td>
<td>978-369-6156</td>
</tr>
<tr>
<td>Carlisle Recreation Department</td>
<td>978-369-9815</td>
</tr>
<tr>
<td>Carlisle Town Administrator</td>
<td>978-371-6688</td>
</tr>
<tr>
<td>Carlisle Town Clerk</td>
<td>978-369-6155</td>
</tr>
<tr>
<td>Carlisle Treasurer/Tax Collector</td>
<td>978-369-5557</td>
</tr>
<tr>
<td>Carlisle Village Court</td>
<td>978-369-5968</td>
</tr>
<tr>
<td>Carlisle Schools</td>
<td>978-369-6550</td>
</tr>
<tr>
<td>Churches in the area</td>
<td>See <a href="#">Local Houses of Worship</a> section</td>
</tr>
<tr>
<td>Comcast Cable</td>
<td>800-Comcast (800-266-2278) (toll free)</td>
</tr>
<tr>
<td>Service</td>
<td>Phone Number</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Department of Transitional Assistance</td>
<td>978-446-2400; Lowell office, Monday – Friday 7AM-5PM</td>
</tr>
<tr>
<td>DigSafe</td>
<td>888-344-7233 (toll free)</td>
</tr>
<tr>
<td>Dog Officer</td>
<td>978-369-1155</td>
</tr>
<tr>
<td>Elder Abuse Hotline</td>
<td>800-922-2275 (toll free) (9-5 M-F)</td>
</tr>
<tr>
<td>Eliot Community Human Services</td>
<td>800-988-1111 (toll free) Emergencies</td>
</tr>
<tr>
<td></td>
<td>978-369-1113 Concord Clinic</td>
</tr>
<tr>
<td></td>
<td>781-861-0890 Ombudsman</td>
</tr>
<tr>
<td>Emergency</td>
<td>911 (Medical, Fire, or Police)</td>
</tr>
<tr>
<td>Emerson Hospital</td>
<td>978-369-1400</td>
</tr>
<tr>
<td></td>
<td>TTY: 800-439-0183 (toll free)</td>
</tr>
<tr>
<td></td>
<td>ER: 978-287-3690</td>
</tr>
<tr>
<td>Fire Department - non-emergency and Open Burning</td>
<td>978-369-1442</td>
</tr>
<tr>
<td>Food Source Hotline</td>
<td>800-645-8333 (toll free)</td>
</tr>
<tr>
<td></td>
<td>TTY: 800-377-1292 (toll free)</td>
</tr>
<tr>
<td>Food Stamps (help with)</td>
<td>800-645-8333 (toll free)</td>
</tr>
<tr>
<td>Fuel Assistance (Community Teamwork)</td>
<td>978-459-6161</td>
</tr>
<tr>
<td>Gleason Public Library</td>
<td>978-369-4898</td>
</tr>
<tr>
<td>Governor Charlie Baker</td>
<td>617-725-4005, 888-870-7770 (toll free)</td>
</tr>
<tr>
<td>Massachusetts State House</td>
<td>Fax: 617-727-9725</td>
</tr>
<tr>
<td>Office of the Governor, Room 280</td>
<td>TTY: 617-727-3666</td>
</tr>
<tr>
<td>Boston, MA 02133</td>
<td><a href="https://www.mass.gov/orgs/office-of-the-governor">https://www.mass.gov/orgs/office-of-the-governor</a></td>
</tr>
<tr>
<td>Hospice and Palliative Care</td>
<td>800-962-2973 (toll free)</td>
</tr>
<tr>
<td>Lahey Hospital</td>
<td>781-744-5100</td>
</tr>
<tr>
<td>Lawyer Referral Service</td>
<td>866-627-7577 (toll free)</td>
</tr>
<tr>
<td>Lifeline Mount Auburn Hospital</td>
<td>617-499-5525</td>
</tr>
<tr>
<td>Service</td>
<td>Phone Number</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>Lowell General Hospital</td>
<td>978-937-6000</td>
</tr>
<tr>
<td>MCI</td>
<td>800-950-5555 (toll free)</td>
</tr>
<tr>
<td>MBTA</td>
<td>617-222-3200 or 800-392-6100 (toll free)</td>
</tr>
<tr>
<td>Mass Health</td>
<td>800-841-2900 (toll free)</td>
</tr>
<tr>
<td>Mass Health Connector</td>
<td>877-623-6765 (toll free)</td>
</tr>
<tr>
<td>MSPCA Animal Poison Control ($65 fee)</td>
<td>888-426-4435 (toll free)</td>
</tr>
<tr>
<td>Medicaid</td>
<td>800-841-2900 (toll free)</td>
</tr>
<tr>
<td>Medicare</td>
<td>800-633-4227 (toll free)</td>
</tr>
<tr>
<td>Minuteman Senior Services</td>
<td>888-222-6171 (toll free)</td>
</tr>
<tr>
<td>National Grid</td>
<td>800-233-5325 (toll free)</td>
</tr>
<tr>
<td>Police Department - non-emergency and animal problems</td>
<td>978-369-1155</td>
</tr>
<tr>
<td>President Donald Trump</td>
<td>202-456-1111, TTY 202-456-6213</td>
</tr>
<tr>
<td>The White House</td>
<td>(Comments)</td>
</tr>
<tr>
<td>1600 Pennsylvania Avenue, NW</td>
<td>202-456-1414 (Switchboard)</td>
</tr>
<tr>
<td>Washington, DC 20500</td>
<td>202-456-2121 (Visitor's Office)</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.whitehouse.gov/get-involved/write-or-call/#write">https://www.whitehouse.gov/get-involved/write-or-call/#write</a></td>
</tr>
<tr>
<td>Registry of Motor Vehicles</td>
<td>857-368-8000 (if calling from 339, 617,781, 857 area codes) [This is NOT a toll-free number]</td>
</tr>
<tr>
<td></td>
<td>800-858-3926 (toll free) (for all other area codes)</td>
</tr>
</tbody>
</table>
Representative in the Massachusetts General Court (Fourteenth Middlesex District)
State Representative Tami Gouveia
https://www.tamigouveia.com/
Boston Office (617-722-2425)
Massachusetts State House
24 Beacon St., Room B1
Boston, MA 02133
District Office (none given)

Saints Medical Center (part of Lowell General Hospital)
978-458-1411

Senator in Massachusetts General Court (Third Middlesex District)
State Senator Michael J. Barrett
https://senatormikebarrett.com/
Boston Office (617-722-1572)
State House
24 Beacon St., Room 416
Boston, MA 02133
District Office (none given)

Social Security, Lowell Office
877-746-9850 (toll free)

Sprint
888-211-4727 (toll free) (Customer Service)
866-866-7509 (toll free) (Sales)

T-Mobile
800-T-MOBILE/800-866-2453 (toll free)

U.S. Cellular
888-944-9400 (toll free)

U.S. Post Office
800-275-8777 (toll free)
Carlisle: 978-369-6820

February 12, 2019
<table>
<thead>
<tr>
<th><strong>U.S. Representative</strong>&lt;br&gt;(Third District)</th>
<th>Just to check: <a href="https://www.house.gov/representatives">https://www.house.gov/representatives</a>  (Select “M” from the alphabet index and then scroll to “Massachusetts” and find the “3rd” district. Clicking on the representative’s name brings up their webpage with local “Contact” information)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>U.S. Representative Lori Trahan</strong>&lt;br&gt;<a href="https://trahan.house.gov/">https://trahan.house.gov/</a></td>
<td></td>
</tr>
<tr>
<td><strong>Lowell Office</strong> (978-459-0101)&lt;br&gt;126 John Street, Suite 12&lt;br&gt;Lowell, MA 01852&lt;br&gt;Mon-Fri: 8:30 – 5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Acton Office</strong>&lt;br&gt;472 Main Street&lt;br&gt;Acton, MA 01720&lt;br&gt;2nd &amp; 4th Wednesdays of the month;&lt;br&gt;9:00 AM – 12:00 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Washington Office</strong> (202-225-3411)&lt;br&gt;1616 Longworth HOB&lt;br&gt;Washington, DC 20515</td>
<td></td>
</tr>
<tr>
<td><strong>U.S. Senator Elizabeth Warren</strong>&lt;br&gt;<a href="https://www.warren.senate.gov/">https://www.warren.senate.gov/</a></td>
<td>Just to check: <a href="https://www.senate.gov/general/contact_information/senators_cfm.cfm?OrderBy=state">https://www.senate.gov/general/contact_information/senators_cfm.cfm?OrderBy=state</a>  (Select “Massachusetts” in the “Choose a State” box to get contact information for both Massachusetts U.S. senators)</td>
</tr>
<tr>
<td><strong>Boston Office</strong> (617-565-3170)&lt;br&gt;2400 JFK Federal Building&lt;br&gt;15 New Sudbury Street&lt;br&gt;Boston, MA 02203</td>
<td></td>
</tr>
<tr>
<td><strong>Washington Office</strong> (202-224-4543)&lt;br&gt;317 Hart Senate Office Bldg.&lt;br&gt;Washington, DC 20510</td>
<td></td>
</tr>
<tr>
<td><strong>U.S. Senator Edward Markey</strong>&lt;br&gt;<a href="https://www.markey.senate.gov/">https://www.markey.senate.gov/</a></td>
<td>Just to check: <a href="https://www.senate.gov/general/contact_information/senators_cfm.cfm?OrderBy=state">https://www.senate.gov/general/contact_information/senators_cfm.cfm?OrderBy=state</a>  (Select “Massachusetts” in the “Choose a State” box to get contact information for both Massachusetts U.S. senators)</td>
</tr>
<tr>
<td><strong>Boston Office</strong> (617-565-8519)&lt;br&gt;975 JFK Federal Building&lt;br&gt;15 New Sudbury Street&lt;br&gt;Boston, MA 02203</td>
<td></td>
</tr>
<tr>
<td><strong>Washington Office</strong> (202-224-2742)&lt;br&gt;255 Dirksen Senate Office Building&lt;br&gt;Washington, DC 20510</td>
<td></td>
</tr>
<tr>
<td><strong>Verizon</strong></td>
<td>800- VERIZON (800-837-4966) (toll free)</td>
</tr>
</tbody>
</table>

February 12, 2019
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veterans Administration in Bedford</td>
<td>781-687-2000</td>
</tr>
<tr>
<td>Veterans Services in Billerica</td>
<td>978-671-0968</td>
</tr>
<tr>
<td>Wells &amp; Pumps Inspection</td>
<td>978-369-0283 (Board of Health)</td>
</tr>
<tr>
<td>Winchester Hospital</td>
<td>781-729-9000</td>
</tr>
</tbody>
</table>

**Hospital Phone Directories**

**Emerson Hospital**
Phone: 978-369-1400, TTY: 800-439-0183 (toll free)
Other Emerson phone numbers (e.g., for the various departments) can be found at: [https://www.emersonhospital.org/contact-us](https://www.emersonhospital.org/contact-us)

**Lahey Hospital and Medical Center**
Burlington location: 781-744-5100
Lexington location: 781-372-7000
Peabody location: 978-538-4000
Phone numbers for other locations: [https://www.lahey.org/Footer/Main_Phone_Numbers,_by_Lahey_Location.aspx](https://www.lahey.org/Footer/Main_Phone_Numbers,_by_Lahey_Location.aspx)
Other Key Phone Numbers: [https://www.lahey.org/Footer/Other_Key_Phone_Numbers.aspx](https://www.lahey.org/Footer/Other_Key_Phone_Numbers.aspx)
Departments: [https://www.lahey.org/Departments/](https://www.lahey.org/Departments/) (Click on the name of the department to bring up its web page)
### Caregivers’ Online Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Action Network</td>
<td><a href="https://www.caregiveraction.org/">https://www.caregiveraction.org/</a></td>
</tr>
<tr>
<td>Family Caregiver Alliance</td>
<td><a href="https://www.caregiver.org">https://www.caregiver.org</a></td>
</tr>
<tr>
<td>Massachusetts Eldercare Options</td>
<td><a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a></td>
</tr>
<tr>
<td>Online Elder Care Resource for New England</td>
<td><a href="http://www.maseniors.org/">http://www.maseniors.org/</a></td>
</tr>
<tr>
<td>Online service to find elder care.</td>
<td><a href="https://www.care.com/">https://www.care.com/</a></td>
</tr>
<tr>
<td>Today’s Caregiver Magazine</td>
<td><a href="https://caregiver.com/">https://caregiver.com/</a></td>
</tr>
<tr>
<td>Well Spouse Association</td>
<td><a href="https://wellspouse.org/">https://wellspouse.org/</a></td>
</tr>
</tbody>
</table>

Also helpful:

- AARP [https://www.aarp.org/caregiving/](https://www.aarp.org/caregiving/)
- Job Accommodation Network [https://askjan.org/](https://askjan.org/)
- Medicare Interactive Website [https://www.medicareinteractive.org/](https://www.medicareinteractive.org/)
- National Academy of Elder Law Attorneys (NAELA) [https://www.naela.org/](https://www.naela.org/)
COA Lunch with Stephen Collins reliving Herman Melville for us

COA Lunch with Brian Kane singing from the Great American Songbook
Other Useful Links

**Acton Congregational Church Thrift Store**
Acton Congregation runs a thrift store, offering affordably priced, lightly used clothing, small housewares, toys, CDs and books.
12 Concord Road
Acton, MA 01720
Phone: 978-263-2728
[https://www.actonc.org/cornerstone_thrift_shop](https://www.actonc.org/cornerstone_thrift_shop)

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

**Bedford COA Fix-It-Shop**
Repair of clocks, watches, lamps, and a variety of items for the cost of parts and, sometimes, a minimal charge for labor. Donations welcome. Tues/Weds. 9 a.m. - noon. Closed in the summer.
12 Mudge Way,
Bedford, MA
Phone: 781-275-6825

**Carlisle Garden Club**
P.O. Box 231, Carlisle MA 01741
[https://www.carlislegardenclub.org/](https://www.carlislegardenclub.org/)

**Carlisle Trails Committee**
“Trails in Carlisle” map book
[https://www.carlislema.gov/189/Trails-Committee](https://www.carlislema.gov/189/Trails-Committee)

**Community Programs at Middlesex Community College**
Non-credit programs designed for individuals in all stages of life and career; offered online and in classrooms at Bedford and Lowell campuses. Programs include professional development and personal enrichment courses, College for Kids youth programs, and the Middlesex Institute for Lifelong Education for Seniors (MILES).
Phone: 781-280-3663
[https://www.middlesex.mass.edu/careertraining/](https://www.middlesex.mass.edu/careertraining/)

February 12, 2019
Page 110
**Concord-Carlisle Adult & Community Education**  
Financial assistance available upon request  
Phone: 978-318-1432  
http://www.concordcarlisleace.org/

**Concord Carlisle Community Chest**  
https://www.cccommunitychest.org/

**Concord Community Social Services Resource Guide**  

**Drumlin Farm/Mass Audubon Society**  
Sponsors programs, classes, events, tours.  
Phone: 781-259-2200 or 800-AUDUBON (800-283-8266) (toll free)  
https://www.massaudubon.org/  
https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/drumlin-farm

**Friends of the Carlisle Council on Aging**  
P.O. Box 38, Carlisle, MA 01741  
https://www.carlisle.org/foccoa/Home_Page.html

**Household Goods Recycling Ministry**  
Household Goods Recycling Ministry (HGRM) provides a full range of donated furniture and household items, free of charge, to help people in need make a home. Household Goods also accepts donations of gently used furniture and household items in a condition that you yourself would feel comfortable giving to a friend or neighbor.  
530 Main Street  
Acton, MA 01720  
Phone: 978-635-1710  
https://householdgoods.org/

**Learning in Retirement (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. Classes are taught by LIRA members as well as UMass Lowell professors. See https://www.uml.edu/Community/LIRA/Course-Schedules/ for a list of currently available courses, their times and locations.  
Phone: 978-934-3135  
https://www.uml.edu/Community/LIRA/

February 12, 2019
**LGBT-Focused Group for Older Adults to Share Tea and Conversation**
All are invited to enjoy tea and conversation at a new LGBT-focused group to be held the third Friday of each month at 10 AM. Come share your thoughts, ideas, and life experiences! Older adults from other towns most welcome.
Bemis Hall
15 Bedford Rd
Lincoln, MA 01773
https://www.lincolntown.org/132/Council-on-Aging

**Mass Save®**
Home Energy Assessments
Take advantage of a program that will improve your home’s energy performance, reduce your energy bills, make your home more comfortable, and help you qualify for additional rebates and incentives. Schedule a no-cost Home Energy Assessment with a Mass Save® Energy Specialist by calling:
Phone: 866-527-SAVE (7283) (toll free)
https://www.masssave.com/

**Road Scholar (formerly Elder Hostel)**
Sponsors senior citizen travel and educational programs in the US and abroad. You can select trips by category (e.g., Exclusive Voyages, National Parks) or by level of activity (Easy Going, On Your Feet, Keep the Pace or Let’s Go) date and/or price range, the site will suggest trips within those selections.
Phone: 800-454-5768 (toll free)
https://www.roadscholar.org/

**Seniorliving.Org**
FREE resource directory for people looking for senior care options: independent living, assisted living, nursing homes, Hospice, home care, respite care, Alzheimer’s care, and hospitals. We do not ask for any personal information and do not charge facilities to list.
Phone: 877-285-5360 (toll free)
https://www.seniorliving.org/

**Tower Hill Botanic Gardens**
Year-round botanical gardens and café
11 French Drive (PO Box 598)
Boylston, MA 01505-0598
Phone: 508-869-6111
https://www.towerhillbg.org/

February 12, 2019
COA Lunch with Dale Joachim’s jazz band trio and Santo Pullara

February 12, 2019