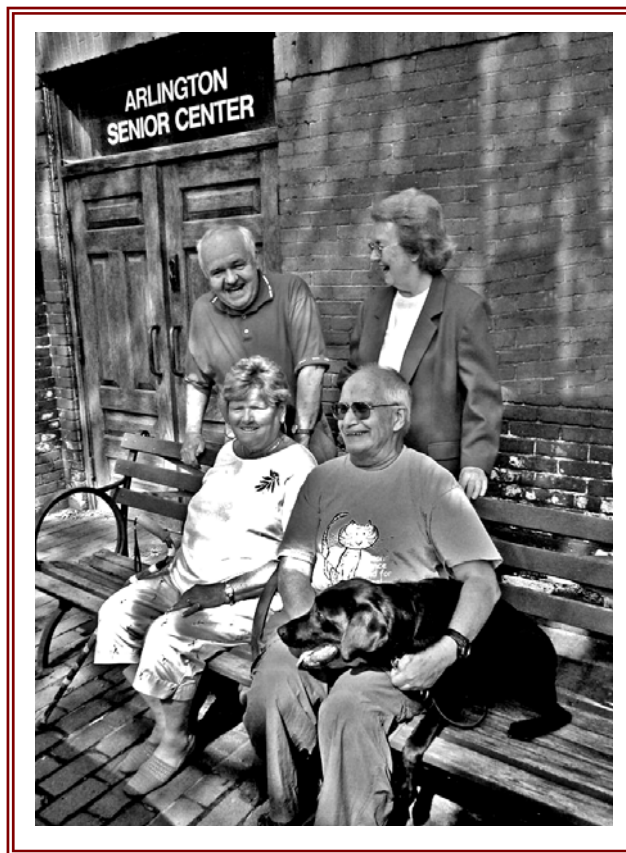


2007

DIRECTORY OF SENIOR SERVICES

Fourth Edition



The Arlington Council on Aging
John F. Jope, LCSW, Executive Director

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Adult Day Care

Active Day Medical Adult Day Care

Staff includes RNs and therapists to help those with more complex needs.

Active Day of Wellesley (781) 237-8877

165 Worcester St.

Wellesley, MA 02481

Active Day of Wakefield (781) 224-2800

604 North Ave.

Wakefield, MA 01880

Cooperative Elder Services

Adult Day Health Program

37 Broadway, Arlington (781) 641-1070

Youville Pl., Lexington (781) 861-9863

www.elderdayservices.com/index.html

The Community Family, Inc.

Memory Loss Day Program

121 Washington St.

Medford, MA 02155 (781) 395-5542

members.aol.com/tcflowell/about.html

Sancta Maria Windsor House

Specialized Adult Day Health Care Center

Has a secure unit. Specializes in Alzheimer's and memory loss clients.

1799 Concord Ave.

Cambridge, MA 02138 (617) 491-1815

Better Business Bureau (508) 652-4800

Consumer Products Safety Commission

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

(800) 638-2772

Consumer Protection Hotline (617) 727-8400

Office of the Attorney General

1 Ashburton Pl.

Boston, MA 02108

(617) 727-2200

www.ago.state.ma.us/

MA Association of Older Americans

19 Temple Pl.

(617) 426-0804

4th Floor

Boston, MA 02111

www.massolderamericans.com/

MA Executive Office of Elder Affairs

1 Ashburton Pl.

(617) 727-7750

5th Floor

(800) 243-4636

Boston, MA 02108

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

MA Senior Action Council (617) 442-3330

575 Warren St.

Boston, MA 02121

A statewide organization, through which seniors work on issues such as housing, health care, transportation, and income security.

www.masssenioraction.org/

Advocacy & Consumer Protection

AARP Massachusetts (866) 448-3621

One Beacon St.

Suite 2301

Boston, MA 02108

www.aarp.org/ma

American Association of Retired Persons

(AARP) (866) 448-3621

The local chapter meets every third Friday at 1:30 p.m. at the First Baptist Church, 819 Mass. Ave., Arlington.

www.aarp.org/

Alcohol & Substance Abuse

AlAnon Family Support (508) 366-0556

<http://www.ma-al-anon-alateen.org/>

Alcoholics Anonymous (617) 426-9444

www.alcoholics-anonymous.org/

Emerson Hospital Addiction Services

133 ORNAC

Concord, MA 01742

(978) 287-3520

Inpatient and outpatient detoxification, consultations, and rehabilitation.

<http://www.emersonhospital.org/html/addiction.html>

McLean Hospital (800) 333-0338
115 Mill St.
Belmont, MA 02478 (617) 855-2000
Alcohol and drug abuse treatment center.
www.mcleanhospital.org/

Mount Auburn Hospital (617) 499-5051
Prevention and Recovery Center for Substance
Abuse and Intervention
330 Mt. Auburn St.
Cambridge, MA 02138
<http://www.mtauburn.caregroup.org/index.asp>

Substance Abuse Helpline (800) 327-5050
The Medical Foundation
Referrals and information on evaluations,
detoxification, and treatment programs.
<http://www.helpline-online.com/>

Alzheimer's Information

Alzheimer's Association, MA Chapter
311 Arsenal St. (800) 272-3900
Watertown, MA 02472 (617) 868-6718
Includes resources such as a helpline for answers
to Alzheimer's-related questions and referrals,
classes for caregivers, and advocacy.
www.alz.org/
<http://www.alzmass.org/>

McLean Memory Diagnostic Clinic
115 Mill St.
Belmont, MA 02478 (617) 855-2300
www.mcleanhospital.org/Geriatric/

Minuteman Senior Services (781) 272-7177
24 Third Ave.
Burlington, MA 01803
In-home memory and dementia consultation, and
caregiver support.
<http://www.minutemansenior.org/memory.html>

Assisted Living

A Place for Mom (866) 344-0387
Help looking for a facility.

Arlington Rest Home, Inc. (781) 643-8761
129 Lake St.
Arlington, MA 02474
Rest home for 19 women. Meals, medication
dispensing, and 24-hour staff provided.
Subsidized and private pay.

**MA Assisted Living Facilities Association
(Mass-ALFA)**
460 Totten Pond Rd.
Suite 600
Waltham, MA 02451 (781) 622-5999

Minuteman Senior Services (781) 272-7177
24 Third St.
Burlington, MA 01803
Provides a list of nursing facilities, assisted living,
and other housing options in the area.

Sunrise Assisted Living of Arlington
1395 Mass. Ave.
Arlington, MA 02474 (781) 643-2100
www.sunrise-al.com/Home.do

Cancer Information

American Cancer Society (800) 227-2345
Metro West Office: (800) 952-7664
30 Speen St.
Framingham, MA 01701
www.cancer.org/

The Center for Cancer Support and Education
(781) 641-9962
Includes support groups, community events,
registry, and computer search assistance.

**Hotline for Breast Cancer Information
and Support** (800) 221-2141
www.y-me.org/

Sanborn Foundation (781) 643-7775
For the Treatment & Cure of Cancer
Grants to Arlington residents living with cancer.
Also pays for transportation to cancer treatments
through the Arlington Council on Aging.
www.sanbornfoundation.org

The Wellness Community (617) 332-1919
1039 Chestnut St.
Newton Upper Falls, MA 02464
Free support groups, educational workshops, and
mind/body programs for people with cancer and
their relatives. Extensive online community.
www.thewellnesscommunity.org/

Dental Health

Dental Hygiene Program (978) 656-3250
Middlesex Community College
44 Middle St.
Lowell, MA 01852
Cleanings only.

Dentistry For All - Massachusetts Dental Society (800) 342-8747
Reduced rate for dental care from area dentists,
for low-income individuals.
www.massdental.org/public/

Free Dental Screening and Subsidy Program
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476 (781) 316-3400

Tufts Division of Dental Medicine
One Kneeland St.
Boston, MA 02111 (617) 636-6986
www.tufts.edu/dental/patient/clinics.html

Harvard School of Dental Medicine
188 Longwood Ave.
Boston, MA 02118 (617) 432-1416
www.harvarddentalcenter.harvard.edu/

Disabilities

Adaptive Environment

Voice/TTY: (617) 695-1225
Provides designs for places, items,
communication, policies, and practices, as well as
easy access to information about civil rights codes
and laws.
www.adaptenv.org/

Arlington Commission on Disabilities

20 Academy St.
Arlington, MA 02476 (781) 316-3431

D.E.A.F., Inc. Voice/TDD: (617) 254-4041

215 Brighton Ave., #1
Allston, MA 02134
Specialized deafness-related services, including
education, evaluation, employment, deaf-
blindness, communication, independent living.
<http://www.deafinonline.org/>

Easter Seals (617) 226-2640
89 South St., 1st Floor FAX: (617) 737- 9875
Boston, MA 02111

Provides services for adults and children with
disabilities. Up-to-date information on disability
resources.

MAB (MA Association for the Blind)

Community Services

313 Pleasant St.
Suite 2 East (800) 852-3029
Watertown, MA 02472 (617) 926-4232

Provides information, referral, rehabilitation, low-
vision support groups, and talking books for blind
MA residents.

www.mablind.org/vcs.htm

Massachusetts Commission for the Blind

48 Boylston St. Voice: (617) 727-5550
Boston, MA 02116 TDD: (800) 392-6556
Provides information, referral, rehabilitation, and
talking books for MA residents who are blind.
www.state.ma.us/mcb/

Massachusetts Commission for the Deaf & Hard of Hearing
Voice: (617) 740-1600
TTY: (617) 740-1700
TTY: (800) 882-1155
After-hours number: (800) 249-9949

150 Mt. Vernon St.
Suite 550
Dorchester, MA 02125
Provides technical assistance, training, and information.
www.state.ma.us/mcdhh/

Massachusetts Office on Disability
Voice/TTY: (617) 727-7440
Voice/TTY: (800) 322-2020

1 Ashburton Pl.
Boston, MA 02108
Provides information, technical assistance, and advocacy for people with disabilities.
www.state.ma.us

Massachusetts Rehabilitation Commission
Voice/TDD: (800) 245-6543
(617) 204-3600

Fort Point Pl.
27 Wormwood St.
Suite 600
Boston, MA 02210
Services include vocational rehabilitation, independent living programs, employment services, van and home modifications, and home care assistance.
www.state.ma.us/mrc/

Perkins School for the Blind (617) 972-7452
Outreach Services to Elders
175 North Beacon St.
Watertown, MA 02472
Classes, home assessment, and instruction for low-vision seniors.
<http://www.perkins.org/>

Education

Arlington Community Education
869 Mass. Ave.
Arlington, MA 02476 (718) 316-3568

Cambridge Center for Adult Education
42 Brattle St.
Cambridge, MA 02138 (617) 547-6789
www.ccae.org/

Elderhostel Voice/TTY: (877) 426-8056
Directory: (617) 426-7788
11 Avenue de Lafayette
Boston, MA 02111
www.elderhostel.org/welcome/home.asp

Gerontology Institute at UMass-Boston
100 Morrissey Blvd.
Boston, MA 02125 (617) 287-7300
Offers a one-year certificate program that welcomes older learners.
www.geront.umb.edu/

Middlesex Community College
591 Springs Rd.
Bedford, MA 01730 (781) 280-3200
Middlesex Institute for Lifelong Education for Seniors (M.I.L.E.S.) program for seniors.
noncredit.middlesex.cc.ma.us/MILES/

Minuteman Regional High School Community Education
758 Marrett Rd.
Lexington, MA 02421 (781) 861-6500
<http://www.minuteman.org/>

Elderly Abuse & Neglect

Casa Myrna Vasquez (800) 992-2600
Emergency hotline: (877) 785-2020
TTY hotline: (877) 521-2601
Services include 24-hour access to emergency services statewide, residential programs, community programs, and advocacy.
<http://www.casamyrna.org/>

Elder Abuse Hotline (800) 922-2275
MA Executive Office of Elder Affairs
24-hour hotline where elder abuse, neglect, and at-risk elders can be reported.
<http://www.ma-elderaffairs.org/>

Minuteman Protective Services
24 Third Ave.
Burlington, MA 01803 (781) 272-7177
Local protective services unit that takes reports and investigates elder abuse, neglect, and at-risk elders.
www.minutemansenior.org/protect.html

Provides job search assistance, computer and internet training, office skills training, support groups, corporate consulting, and hourly coaching.

Crittendon Women's Union (617) 536-5651
"Woman to Woman"
1 Washington Mall
Boston, MA 02108
Free 12-week training program for women aged 18-55 who have a G.E.D. or high school diploma and are seeking employment. Computer training and job readiness skills are taught.

Emergency Phone Numbers

911
Call 911 for fire, police, and medical emergencies.

Enhanced 911
For residents who want the police and fire departments to be aware of any disabilities when responding to an emergency call.
To receive application, call: (781) 316-3949

Employment

Career Place (781) 932-5500
100 Sylvan Rd. TTY: (781) 932-5552
Suite G100
Woburn, MA 01801
www.careerplacejobs.com/

Career Source (617) 661-7867
185 Alewife Brook Pkwy.
Suite 310
Cambridge, MA 02138
www.yourcareersource.com/

Operation Able of Greater Boston, Inc.
131 Tremont St.
Suite 301
Boston, MA 02111 (617) 542-4180

Financial Services

Arlington Assistance Fund (781) 316-3251
Town of Arlington
Human Services
670R Mass. Ave.
Arlington, MA 02476
Makes small grants to Arlington families in need of food, clothing, or utilities.

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Certified Financial Planner Rick Fentin
Free consultation; call for appointment.

Circuit Breaker State Tax Credit
For information: (781) 316-3404
To order CB form: (800) 392-6089
Allows eligible homeowners 65 and over to get a refundable tax credit if their local property tax and water/sewer bills exceed more than 10% of their income.

Consumer Credit Counseling Service
8 Winter St. (617) 426-6644
Boston, MA 02108 (800) 308-2227
Services include personal financial counseling, debt management planning, housing counseling, and financial educational programming.

Dept. of Transitional Assistance
300 Ocean Ave.
Revere, MA 02151 (800) 650-2560
Persons of low income can apply for food stamps,
MassHealth (Medicaid), Emergency Aid to
Elders, Disabled and Children.
www.state.ma.us/dta/

Fuel Assistance (Community Teamworks)
Arlington office (Nov-Jun) (781) 643-2358
Lowell headquarters (978) 459-6161
Eligibility based on family size and income.
[www.massresources.org/massachusetts_](http://www.massresources.org/massachusetts_energy_assistance_d.html)
[energy_assistance_d.html](http://www.massresources.org/massachusetts_energy_assistance_d.html)

Income Tax Preparation (781) 316-3404
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
Free income tax preparation is available from
AARP-trained volunteers for persons of low and
moderate income, aged 60 and over. Call for an
appointment.

Money Management Program
Minuteman Senior Services
24 Third Ave.
Burlington, MA 01803 (781) 272-7177
Assists eligible seniors in writing checks,
organizing bills, and balancing checkbooks.
www.minutemansenior.org/money.html

Property Tax Abatement (781) 316-3404
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
For eligible low- and moderate-income seniors.
Call for an appointment.

Social Security Administration
240 Elm St. (617) 666-1543
West Somerville, MA 02144 (800) 772-1213
Provides Retirement, Disability, Medicare,
Survivor Benefits, Supplement Security Income
(SSI).
www.ssa.gov/

Town of Arlington (781) 316-3166
Dept. of Veterans' Services
Advises veterans and dependents about State and
Federal entitlements.

Food Assistance, Meals

Arlington Food Pantry (781) 316-3166
Church of Our Savior
21 Marathon St.
Arlington, MA 02474
Second Tuesday and last Saturday of each month,
9:30-11:30 a.m., for Arlington residents.
Emergency food packages are available during the
month.

“Eating Together” Meal Sites
Arlington Senior Center (781) 316-3423
27 Maple St.
Arlington, MA 02476
Hauser Building (781) 648-7500
37 Drake Village
Arlington, MA 02476
Minuteman Senior Services’ meal sites serve hot,
nutritionally balanced meals in a congenial
atmosphere. Suggested donation is \$2.00.
Transportation available. Reservations should be
made one day in advance.

Farmers’ Market Coupon Program
Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Eligible seniors receive coupons, redeemable at
farmers’ markets statewide.

Food Stamp Program (800) 650-2560
MA Dept. of Transitional Assistance
300 Ocean Ave.
Revere, MA 02151 (781) 286-7801
Federal program to help pay for food for low-
income people.
www.state.ma.us/dta

Meals on Wheels (781) 272-7177
Minuteman Senior Services
24 Third Ave.
Burlington, MA 01803

Nutritious and inexpensive meals delivered to homebound seniors.
www.minutemansenior.org/mow.html

Nutrition Information Line of the American Dietetic Association (800) 366-1655
www.eatright.org

Project Bread (617) 723-5000
Food Source Hotline (800) 645-8333
Provides information regarding food stamps and emergency food.
www.gettingfoodstamps.org
The web site is in English and en Español.

Thyme and Again (781) 648-9959
Professional Chef Service
Will prepare meals once a week for the entire week. French background.

Fuel Assistance

Fuel Assistance (Community Teamworks)
Arlington office (781) 643-2358
Lowell headquarters (978) 459-6161
Eligibility based on family size and income.
www.massresources.org/massachusetts_energy_assistance_d.html

Conservation Services Group (800) 632-8300
Provides energy conservation services and home energy analysis to help you save on energy bills.
www.csgrp.com/services/serv_home.html

Geriatric Care Managers

Geriatric Care Management Program
Family Service of Greater Boston
31 Heath St. (617) 523-6400
Jamaica Plain, MA 02130 x5865

Provides aid for seniors and their families in assessing needs, recommending options, and coordinating care.
www.fsgb.org/

Geriatric Care Managers of New England
198 Tremont St.
PMB #336
Boston, MA 02116 (617) 426-3533
Provides a list of geriatric care managers in your area, if requested. Geriatric care managers work with seniors and their families in assessing need, recommending options, and coordinating care.
<http://www.gcmnewengland.org/>

Senior Options (781) 272-7177
Minuteman Senior Services
24 Third Ave.
Burlington, MA 01803
Provides aid for seniors and their families in assessing need, recommending options, and coordinating care.
www.minutemansenior.org

Marian Weisenfeld, LICSW (781) 641-3083
Inter-Generations, Inc.
Offers geriatric care management. Includes family counseling, needs assessment, recommendations, and coordination of care.
www.inter-generations.com

Groceries

Crescent Ridge Dairy (800) 660 2740
355 Bay Rd.
Sharon, MA 02067
Milk, juice, bread, beef, and other items delivered in Arlington. Order by telephone, online, fax, or leave order for delivery person. Delivery charge is \$3.50 per week.
www.crescentridge.com

H.P. Hood & Co (800) 946-6311
Home delivery of over 350 different items from dairy products to flowers.

Minuteman Senior Services (781) 272-7177
24 Third Ave.
Burlington, MA 01803
A grocery list is called in over the phone on a pre-determined day, and delivered the next day. Seniors must be income eligible.
www.minutemansenior.org

Pea Pod Grocery Delivery (800) 573-2763
Groceries from Stop & Shop delivered to your home for \$4.95 to \$9.95, with a minimum order of \$50.00. A credit or debit card is needed to open an account, but payment at the time of delivery can be by check, money order, debit or credit card. Orders taken over the computer.
www.peapod.com

Rick Wheeler (781) 646-5799
Delivers groceries from Foodmaster. Call to make arrangements. \$10.00 delivery charge.

Roche Bros. (781) 273-3261
Crossroads Plaza
34 Cambridge St.
Burlington, MA 01803
Grocery delivery to Arlington costs \$9.95. Orders must be placed *online* 4 hours or more before delivery.
www.rochebros.com

Stop & Shop Bus (781) 316-3400
Bus picks up seniors, 60 years of age and older, who regularly shop on Tuesday mornings for groceries. Call the Council on Aging to arrange this free service.

Health Insurance

Blue Cross and Blue Shield of MA
Member Service Number: (800) 258-2226
Information: (800) 678-2265
Supplemental Health Insurance (Medex) for persons on Medicare.

Commonwealth Care (877) 623-6765
State-subsidized health insurance for those under 65 who have income below 300% of the Federal Poverty Limit.

First Seniority Freedom from Harvard Pilgrim Health Care
Prospective Members: (800) 779-7729
Current Members: (800) 421-3550
A Medicare Advantage Private Fee-for-Service plan.
www.harvardpilgrim.org

Health Care For All Helpline (800) 272 4232
To help with understanding and learning about the Commonwealth Care choices.

MassHealth (Medicaid)
MA Dept. of Medical Assistance
Customer Service Center (800) 841-2900
Health insurance for low-income people and for those in need of long-term care.
www.mass.gov/masshealth

Massachusetts Medicare Advocacy Project
197 Friend St.
Boston, MA 02114 (617) 603-1566
Free counseling regarding Medicare issues.

Medicare Helpline (800) 633-4227
TTY: (877) 486-2048
Get general Medicare information including answers to coverage questions, health plan choices, appeals and patients' rights.
www.medicare.gov

Prescription Advantage (800) 243-4636
TTY: (877) 610-0241
State-subsidized secondary insurance plan to help pay for drugs for seniors 65 and older, or persons with disabilities. This plan supplements Medicare Part D plans. Apply year-round.
www.800ageinfo.com

S.H.I.N.E. Program (781) 316-3404
(Serving Health Information Needs of Elders)
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476

S.H.I.N.E. provides elders with access to accurate, unbiased information regarding health insurance and health care options. Free of charge.

Social Security Administration (800) 772-1213
Ask for replacement Medicare card, change of address, sign up for Medicare Parts A&B, find local SSA office, report a death.
www.ssa.gov

Tufts Health Plan Medicare Preferred
Information: (800) 246-2400
HMO option for people with Medicare.
www.tuftshealthplan.com

Home Health Care Agencies

Comfort Keepers (781) 721-5522
Jeneen Sasso, Director
10 Mt. Vernon St., #210
Winchester, MA 01890
Provide in-home companionship and non-medical care services.

Community Care Ombudsman Program (800) 243-4636
MA Executive Office of Elder Affairs
Helps to resolve problems with home health or community services.
www.ma-elderaffairs.org/ltc/

Home Instead Senior Care (781) 402-0060
5 Militia Dr.
Lexington, MA 02421
Non-medical in-home care.

Homewatch Caregivers (781) 652-8246
Metro Boston
4 Militia Dr.
Suite 17
Lexington, MA 02421
Provide homemaking, companionship, personal care, respite, and minor medical services.

Metropolitan Home Health (781) 643-9115
297 Broadway
Suite 222
Arlington, MA 02474
Certified and private pay.

Minuteman Senior Services (781) 272-7177
24 Third Ave.
Burlington, MA 01803
Subsidized home care services for eligible seniors, including meal preparation, grocery shopping, laundry, bathing, and respite.
www.minutemansenior.org/homecare

Minutewomen, Inc. (781) 862-3300
238 Bedford St.
Suite 7
Lexington, MA 02420
Provides homemakers, companions, or people to run errands. Non-medical.

Right At Home (781) 275-1400
133 Great Rd.
Bedford, MA 01730
Companions and personal care attendants.

Visiting Nurse and Community Health of Arlington/Home Care Plus (781) 643-6090
37 Broadway
Arlington, MA 02474
Certified and private pay.
www.vnchi.org

Winchester Home Care (800) 862-9353 (781) 756-2487
7 McKay Ave.
Winchester, MA 01890
Nursing care (RNs) and HHAs. Certified and private pay.

Home Repair & Services

HouseWorks (617) 928-1010
1 Gateway Center
Suite 902
Newton, MA 02458

Handyman, house cleaning, home repair, and modifications. Private-pay home care.
www.house-works.com

LINKS

Arlington Council on Aging

27 Maple St.

Arlington, MA 02476 (781) 316-3404

A cooperative effort between the Arlington School System and the Council on Aging. Seventh and eighth graders provide seniors with outdoor work, including yard cleanup, weekly rubbish removal, and snow shoveling.

Menotomy Weatherization & Home Improvement Program

20 Academy St.

Arlington, MA 02476 (781) 316-3436

Provides low-interest loans to Arlington residents who are owner occupants and income eligible.

Natale Company/Safety Care

9 Third Rd.

Woburn, MA 01801 (781) 933-7205

Home modifications and installation of assisted-care products for seniors and disabled.

Royal White Laundry (617) 776-1500

Laundry and dry-cleaning is picked up and delivered from their central laundromat in Somerville.

Transitions (781) 942-1028

Janice Landry

4 Garret Rd.

Reading, MA 01867

Estate downsizing and move coordination for seniors, including packing, selling furniture, and arranging moves.

Hospice

Hospice Care, Inc. (781) 569-2888

100 Sylvan Rd.,

Woburn, MA 01801

Provides medical and emotional support to patients with terminal illness and their families. Programs include nursing home partnerships, in-home care, HIV/AIDS, and bereavement groups.

VNA Care Network & Hospice

175 Highland Ave.

Needham, MA 02494 (800) 563-8603

Certified and private pay.

vnacarenetwork.org

VNA Care Network & Hospice (main office)

120 Thomas St.

(800) 728-1862

Worcester, MA 01608 TTY: (508) 751-6926

Provides medical and emotional support to patients with terminal illness and their families. A comprehensive hospice program with multiple offices in Massachusetts.

vnacarenetwork.org

Housing

Arlington Council on Aging (781) 316-3410

27 Maple St.

Arlington, MA 02476

Information on senior housing options, including assisted living, subsidized apartments, and other senior residences.

Arlington Housing Authority 781) 646-3400

4 Winslow St.

Arlington, MA 02474

Manages four subsidized senior housing developments in Arlington for people of low or moderate income who are over 60 years of age or disabled. Rent is one-third of income.

www.arlingtonhousing.org

Homeowner Options for MA Elders

(H.O.M.E.)

(781) 848-5200

150 Grossman Dr.

Suite 401

Braintree, MA 02184

Provides information about ways to use home equity through refinancing, reverse mortgages,

and tax deferrals to help low- to moderate-income seniors remain in their home.

Housing Corporation of Arlington

20 Academy St.

Arlington, MA 02476 (781) 316-3429

Provides affordable rental housing for persons of low- to moderate-income, as well as grants for homeless prevention.

www.connact.com/hca

Mill Brook Square Apartments (781) 641-1410

17 Mill St.

Arlington, MA 02476

Subsidized apartments for low-income seniors and disabled persons.

Town of Arlington Housing Office/

Fair Housing Advisory Committee

Town Hall

730 Mass. Ave.

Arlington, MA 02476 (781) 316-3091

Legal Services

AARP Legal Services Network (866) 330-0753

Reduced fees for AARP members with attorneys in Network.

Arlington Council on Aging (781) 316-3400

27 Maple St.

Arlington, MA 02476

Elder law Attorney Noreen Murphy.

Free consultation; call for appointment.

Boston Bar Association (617) 742-0625

Lawyer Referral Service. (800) 552-7046

www.bostonbar.org

Cambridge and Somerville Legal Services

(office of Greater Boston Legal Services)

60 Gore St. (2nd Floor)

Suite #3

Cambridge, MA 02141 (617) 603-1776

Community Legal Services & Counseling Center

1 West St.

Cambridge, MA 02141 (617) 661-1010

Legal assistance for Arlington residents with non-housing related questions.

Health Care Proxy (617) 727-7750

Mass. Executive Office of Elder Affairs

The Massachusetts Health Care Proxy Law

enables adults 18 and older to appoint an agent to make medical decisions when they are unable to do so themselves. Call for information and a sample contract.

Massachusetts Bar Association Lawyer

Referral Service: (800) 392-6164

\$25 fee maximum for initial half-hour consultation.

“Dial A Lawyer” Program (617) 338-0610

Call on the first Wednesday of any month to speak directly to a lawyer, 5:30 p.m.-7:30 p.m.. Free.

www.massbar.org

National Lawyers Guild (617) 227-7008

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

www.nlg.org

Senior Citizens’ Law Project (617) 371-1234

Greater Boston Legal Services

197 Friend St.

Boston, MA 02114

Provides free legal assistance to eligible Arlington seniors, including representation, advice and referral for Social Security, SSI, Medicaid, public benefits, evictions, rights of nursing home residents, and older worker issues. Home visits are available.

www.gblls.org

Library Services

Fox Branch Library (781) 316-3198

175 Mass. Ave.

Arlington, MA 02476

www.robbslibrary.org

Robbins Library (781) 316-3200
700 Mass. Ave.
Arlington, MA 02476
Resources for the blind, deaf, and physically handicapped include large-print books and magazines, talking books, books on cassette, TV caption decoder, automatic page turner, home delivery, and Optelec machine (high-powered magnifier for use in library).
www.robbinslibrary.org

Long-Term Care & Assisted Living

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Provides a list of nursing facilities in Arlington area, information regarding the process, and family support. SHINE volunteers will assist with MassHealth/Medicaid applications.

MA Dept of Public Health, Division of Health Care Quality (617) 753-8000
“Report card” on all nursing homes in the state.
www.mass.gov/dph/dhcq.

Mass. Extended Care Federation
2310 Washington St.
Suite 300 (800) 227-3367
Newton, MA 02464 (617) 558-0202
Publishes the “Guide to Extended Care Facilities,” which lists nursing facilities by community. Free.
www.mecf.org

Minuteman Ombudsman Program
Eliot Community Human Services
186 Bedford St.
Lexington, MA 02421 (781) 861-0896
Helps to resolve nursing home and long-term care facility problems in a 16-town area, which includes Arlington.
www.eliotchs.org

Park Ave. Nursing & Rehabilitation Center
146 Park Ave.
Arlington, MA 02476 (781) 648-9530
www.parkavenursingandrehab.com

Medical Supplies

Belmont Medical Supply Co. (617) 484-3888
185 Belmont St.
Belmont, MA 02478
Provides medical supplies, including hospital beds, bedside commodes, wheelchairs, canes, walkers. Senior citizen discounts offered.
www.belmontmedical.com

Careway Wellness Center (781) 933-2345
508 Main St.
Woburn, MA 01801
Health and wellness superstore.
www.carewaywellness.com

Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Loans medical equipment including walkers, canes, shower seats, commodes, and wheelchairs to Arlington residents. Also accepts donations.

Commonwealth Medical (781) 646-6000
1193B Mass. Ave.
Arlington, MA 02476
Provides medical supplies including hospital beds, commodes, wheelchairs, canes, walkers. Senior citizen discounts offered.
Free delivery.

Masonic Temple (781) 322-1052
123 Exchange St.
Malden, MA 02148
Loans medical equipment, including wheelchairs, hospital beds and accepts donations of used equipment. Hours are Saturdays 9 a.m. -12 p.m.

Mental Health

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Free consultation, evaluation, and short-term counseling.

Edinburg Center (781) 894-8440
Outpatient clinic:
169 Elm St.
Waltham, MA 02454
CRISIS Team: (781) 860-0570
1040 Waltham St.
Lexington, MA 02421
The 24-hour Crisis Team is available for psychiatric crisis intervention, emergency outreach evaluations, and hospital/respite prescreening.

Lawrence Memorial Hospital of Medford
170 Governors Ave. (781) 306-6000
Medford, MA 02155
Geriatric Psychiatry; inpatient and partial hospitalization programs.

McLean Hospital (617) 855-2000
115 Mill St. (800) 333-0338
Belmont, MA 02478
Services include inpatient, outpatient, partial hospital, and residential mental health and substance abuse. Specializes in gerontology, with a special unit for geriatric patients who have Alzheimer's Disease and other dementias.
<http://www.mcleanhospital.org/Geriatric>

National Alliance for The Mentally Ill of Massachusetts (781) 938-4048
Helpline: (800) 370-9085
www.namimass.org

“What’s On Your Mind” Group
Arlington Seniors Association (781) 316-3420
27 Maple St.
Arlington, MA 02476
Free drop-in group every Tuesday morning, 10 a.m.-12 p.m. Individual meetings with leader are available.

Pharmacies & Prescriptions

Andrews Pharmacy (781) 235-1001
324 Weston Rd.
Wellesley, MA 02482
Prepares weekly bubble packs with medications.
No charge, but small shipping fee.

CVS Pharmacy (781) 641-3606
23-25 Mass. Ave.
Arlington, MA 02474

Maida Pharmacy (781) 643-7840
121 Mass. Ave.
Arlington, MA 02474
Free delivery of medication.

Massachusetts Medline (866) 633-1617
19 Foster St.
Worcester, MA 01608
Massachusetts College of Pharmacy & Health Sciences and Commonwealth of MA Executive Office of Elder Affairs provide information on medications, side effects, drug interactions, and pharmaceutical companies that pay for medication through their low-income programs.

Stop & Shop Pharmacy (781) 643-3267
1043 Mass. Ave.
Arlington, MA 02476
Medication can be delivered for a \$3.00 charge.
www.stopandshop.com

Veterans’ Administration (877) 222-8387
Arlington Veterans’ Services (781) 316-3166
Medications by mail covered if enrolled in Uniform Benefits Package. Co-payment required for some veterans.
http://www1.va.gov/health_benefits/

Walgreen’s Pharmacy
324 Mass. Ave. (781) 643-4112
Arlington, MA 02474
1425 Mass Ave. (781) 646-3869
Arlington, MA 02476

Physical Health

American Diabetes Association
<http://www.diabetes.org/> (800) 232-3472

American Heart Association (800) 242-8721
www.americanheart.org

American Parkinson's Disease Association
www.apdaparkinson.org (800) 223-2732

Arthritis Foundation of MA (800) 766-9449
www.arthritis.org

Recreational & Social Groups

A.A.R.P. (781) 643-4923
(American Association of Retired Persons)
First Baptist Church
819 Mass. Ave., Arlington, MA 02476
Meets 3rd Friday of each month, at 1:30 p.m.
www.aarp.org

Arlington Recreation Department
422 Summer St.
Arlington, MA 02474 (781) 316-3880
www.town.arlington.ma.us

Arlington Seniors Association (781) 316-3420
Arlington Senior Center
27 Maple St.
Arlington, MA 02476
Hours: 9 a.m.-3:45 p.m. Monday-Friday
Recreational, social and educational activities for seniors.

Golden Age Passport, Seniors Federal Recreation Passport
U. S. Department of the Interior
National Park Service
P. O. Box 37127
Washington, DC 20013-7127
Free lifetime pass to all federal parks, and discounts on user fees for facilities and services.
www.nps.gov/pub_aff

MA Senior Games (413) 748-3812
Annual state-wide competition in various sports.
Open to people 50 years of age and older.
www.maseniorgames.org

Retired Men's Club of Arlington
St. Camillus Church
1175 Concord Turnpike
Arlington, MA 02476 (781) 395-1734
Meets on second and fourth Wednesdays from 9:30 a.m. to 12:00 p.m.

Senior Citizen State Parks Pass Program
Dept. of Conservation and Recreation
Division of State Parks
251 Causeway St.
6th Floor
Boston, MA 02114 (617) 626-1250
Massachusetts residents, 62 years and older, may obtain free admission to over 100 state parks.
www.massparks.org

Walk For Wellness
Burlington Mall
Burlington, MA 01803
Monday-Friday, 7-10 a.m.
Use Food Court entrance.
Tuesdays at 9 a.m. a nurse from Lahey Hospital will take blood pressure for no charge.

Safety

Alert Response Systems (877) 944-8778
Reading, MA 01867 (781) 944-8778
Offers a personal response system with personal help button for a monthly fee.

Elder Abuse Hotline (800) 922-2275
MA Executive Office of Elder Affairs
24-hour hotline where elder abuse, neglect, and at-risk elders can be reported.
www.ma-elderaffairs.org

Guardian Program (781) 316-3400
Subscribers receive a computer-generated phone call at a predetermined time on days of their

choice. If no answer after the third call, the system alerts the dispatcher, and help is sent to check on the subscriber. Free for Arlington residents.

Mount Auburn Lifeline (617) 499-5525
330 Mt. Auburn St.
Cambridge, MA 02138
Offers a personal response system with personal help button for a monthly fee.

Philips Lifeline (800) 242-1306
111 Lawrence St. Ext. 4752
Framingham, MA 01702
Provides medical alert and support services to seniors, enabling them to maintain independence.
www.lifelinesystems.com

QuietCare (508) 668-5480
Mary McGinnis, R.N., B.S.N.
Living Independently Group, Inc.
36 Wagon Rd.
Walpole, MA 02081
Two options: Personal emergency response system worn by the senior, or a “wireless” motion sensitive system installed in the home. An emergency response operator calls to determine if help is needed. If so, designated responders are notified.
www.quietcare.com

Wanderers Alert Registry
Information: (617) 868-6718
To report a missing patient: (800) 572-1122
People with Alzheimer’s or dementia, who have a tendency to wander, can be registered in a national database for a one-time fee. Subscribed patients also receive an ID bracelet. If the patient wanders, relatives call the toll-free number listed above and a FAX alert is sent out to local agencies such as police and hospitals

Winchester Hospital Lifeline Program
Woburn, MA 01801 (781) 756-4752
Offers a personal response system with personal help button for a monthly fee.

Support Groups

Alzheimer’s Support Group (781) 641-3083
Led by Marian Weisenfeld, LICSW
Meetings held on the second Tuesday of each month, 7-8:30 p.m.
Sunrise Assisted Living of Arlington
1395 Mass. Ave.
Arlington, MA 02476

Caregiver Support Group (781) 316-3400
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
Meets on the third Tuesday of each month from 10:15-11:45 a.m.

Caregiver Support Group (781) 641-1070
Cooperative Elder Services
37 Broadway
Arlington, MA 02474
Meets on the last Thursday morning of each month from 10:30-11:30 a.m.

Family Caregiver Support Program
Minuteman Senior Services (781) 272-7177
24 Third Ave.
Burlington, MA 01803
In-home consultation available. Provides information and resources for caregivers and advice on care options. Free.
<http://www.minutemansenior.org/>

Grandparent Support Group (781) 316-3410
27 Maple St.
Arlington, MA 02476
A support group for grandparents with primary responsibility for their grandchildren. The group meets monthly on the second Tuesday of the month from 12-1:30 p.m. No charge.

Hospice Support (781) 279-4100
Hospice Care, Inc.
41 Montvale Ave.
Stoneham, MA 02180
Variety of bereavement groups offered to support patients and families.

Transportation

American Cancer Society (800) 227-2345
25 Stuart St.
Boston, MA 02116
Provides volunteer transportation to cancer treatments.
www.cancer.org

Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Transportation for Arlington residents for medical appointments in or out of Arlington. Cost varies with program. Some programs require income verification.
Transportation to and from the Senior Center for activities Monday through Friday, 8:15-3:15.
Transportation to cancer treatments for Arlington residents, free of charge due to grant from Sanborn Foundation All programs require advance notice.

Dial-A-Ride Taxi Program (781) 316-3400
Sunday-Friday: 9 a.m.-4 p.m.
Saturday: 1 p.m.-6 p.m.
Reduced-fare taxi rides within Arlington for residents 60 years and older or disabled and income eligible. Call the Council on Aging for more information.

MBTA Senior Pass (617) 222-5976
Back Bay Station
145 Dartmouth St.
Boston, MA 02117
Reduced fare on MBTA buses and subway for people 65 and older or with disabilities.
www.mbta.com/traveling_t/disability_index.asp

MBTA “The Ride” (617) 222-5123
10 Park Plaza TTY: (617) 222-5415
Room 4703
Boston, MA 02116
Van or car pick-up for those who cannot use general public transportation due to physical or mental disability. Call for application. The signature of a licensed doctor, nurse, or social worker is required.
www.mbta.com/traveling_t/disability_index.asp

Stop & Shop Bus (781) 316-3400
Bus picks up seniors 60 years of age and older, on Tuesday mornings for grocery shopping. Call the Council on Aging for details.

Volunteer Opportunities

Arlington Council on Aging
27 Maple St. (781) 316-3400
Arlington, MA 02476
Medical escorts, friendly visitors, intergenerational program, clerical, etc.

Cooperative Elder Services, Inc.
37 Broadway (781) 641-1070
Arlington, MA 02474
Adult Day Care Center, Monday – Saturday
Assist with lunch, set up and clean up.

Minuteman Senior Services (781) 272-7177
24 Third Ave.
Burlington, MA 01803
Friendly visitors, medical escorts, money management program.
www.minutemansenior.org

United Way of Massachusetts Bay
Volunteer Action Center (617) 624-8000
51 Sleeper St.
Boston, MA 02210
Acts as a clearinghouse for many volunteer opportunities throughout the state.
<http://www.uwmb>

White House Greetings

Greetings Office
The White House
Washington, DC 20500
50th wedding anniversary, 80th birthday; send notice four weeks in advance

Notes

The Council on Aging, a municipal agency funded through local, state, and federal funds, was established by the Town Meeting in October 1966. We provide advocacy and support services to help elders live independent and dignified lives. Council meetings are held in the Senior Center and are open to the public. Citizens are encouraged to bring issues of importance to the attention of the staff or the Council.

Arlington Council on Aging Services

- Information & Referral
- Care Planning & Management
- Health and Wellness Services
- Transportation Programs
- Educational Programs
- Counseling & Family Support
- Benefits, Finance and Health Insurance Counseling (S.H.I.N.E.)
- Advocacy
- Podiatry Clinic
- Dental Screening Clinic
- Muscle Strengthening Classes
- Flu & Pneumonia Clinic
- Blood Pressure Clinic

Arlington Council on Aging
27 Maple St. Arlington, MA 02476
Monday-Friday, 8-4
Phone: (781) 316-3400 Fax: (781) 316-3409

Arlington Council on Aging

27 Maple Street
Arlington, MA 02476-4909

(781) 316-3400



Charles Farrell, Elizabeth Sheerin, Joan Pippin, Russell Gallini, Joy the Black Lab