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EX. TYPE ALZHEIMERS IN THE FIND WINDOW AND PRESS ENTER. CONTINUE PRESSING THE  
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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

## DIRECTORY OF SENIOR SERVICES

Updated May 2017

### Advocacy and Consumer Protection

#### Attorney General's Elder Hotline

**1-888-AG-ELDER or 1-888-243-5337 TTY: (617) 727-4765**

[www.mass.gov/ago](http://www.mass.gov/ago)

Monday – Friday: 9:00am-5:00pm.

The Attorney General's Elder Hotline is a toll-free line that offers information, referral and in some cases assistance in resolving problems of Massachusetts' senior citizens. Volunteers and staff provide information on Medicare, managed care, health insurance and long-term care insurance; access to prescription medications; housing; credit; telemarketing and other issues.

#### Executive Office of Elder Affairs

**1-800-AGE-INFO; 617-727-7750**

[www.mass.gov/elders](http://www.mass.gov/elders)

The Executive Office of Elder Affairs (EOEA) regulates the Aging Service Access Points (ASAP); assisted living facilities; and the prescription drug program. It also administers the Long Term Care (nursing facilities) Ombudsman Program. EOEA provides resources for consumers in the areas of housing and family care giving. An Ombudsman is available for assisted living and community programs for the elderly.

#### Massachusetts Association of Councils on Aging

116 Pleasant Street, Suite 306, Eastworks Building  
Easthampton, MA 01027-2781

**Phone: 413-527-6425 Fax: 413-527-7138**

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

“Established in 1979, the Massachusetts Association of Councils On Aging and Senior Center Directors was formed to: improve the quality of services provided to older adults of the Commonwealth by the Councils on Aging, Senior Centers, and other social services providers within the Commonwealth; educate and otherwise improve the skills of the staff of Councils on Aging and Senior Centers of cities and towns of the Commonwealth; encourage and promote the development of new Senior Centers in the Commonwealth and the expansion of existing ones; and to do and perform any and all acts and services that may be incidental or necessary to carry out the above purposes.”

#### Mass Association of Older Americans

19 Temple Place, 4<sup>th</sup> Floor,

Boston, MA 02111

**(617) 426-0804 Fax: (617) 426-0070**

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

MAOA is a grassroots elder advocacy organization. It provides education and advocacy around many issues impacting seniors. “MAOA enriches the lives of all people through education, advocacy, and action on the issues that keep elders economically secure and engaged in life.”

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**Mass Senior Action Council**

108 Myrtle Street, Suite 112  
Quincy, MA 02171  
**(617) 284-1234 Fax: (617) 862-2376**  
[www.masssenioraction.org](http://www.masssenioraction.org)

A statewide organization open to people of all ages, through which seniors work together on housing, health care, transportation, income security and other issues to promote the rights and well-being of all people, particularly vulnerable citizens.

**Newton/Brookline Office of Consumer Affairs (Attorney General's office)**

Newton City Hall,  
1000 Commonwealth Ave.  
Newton, MA 02459  
**(617) 796-1292; hours – M - F 9:30 – 3:45**  
[www.newtonma.gov/gov/consumer.asp](http://www.newtonma.gov/gov/consumer.asp)

Answers questions regarding consumer rights and provides telephone mediation to resolve consumer disputes.

**Newton Council on Aging (Newton Department of Senior Services)**

345 Walnut Street  
Newtonville, MA 02460  
**(617) 796-1660**  
[www.newtonseniors.org](http://www.newtonseniors.org)

Provides services and referrals for the following: assessment and evaluation; care planning; housing options; nursing homes; senior residences; assistance in your home; respite care; medical services; transportation; public benefits counseling; recreational activities; volunteer opportunities; and SHINE (Senior Health Information Needs of Elders).

**Springwell Long Term Care Ombudsman Program**

307 Waverly Oaks Rd, Suite 205,  
Waltham, MA 02452  
**(617) 926-4100 Fax: (617) 926-9897 TTY: (617) 923-1562**  
[www.springwell.com](http://www.springwell.com)

Certified ombudsmen regularly visit area nursing and rest homes to: assist residents and families in improving the quality of care, life and environment; resolve concerns; advocate for residents' rights; and provide information and elder resource referrals.

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## Adult Day Health

Adult Day can be paid for by *MassHealth* (covers 6 hours per day plus transportation) or privately. Funding may also be available from the home care agency (Springwell). Some Long Term Care insurance policies pay for adult day health. Here are some adult day programs in the MetroBoston area.

### **Brighton House – Greater Boston Chinese Golden Age Center\*\***

677 Cambridge Street,  
Brighton, MA 02135

**Phone: (617) 789-4289 Fax: (617) 789-5623**

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

MassHealth or private pay \$55/day. Please call for transportation rates. Chinese speaking only

### **Cooperative Elder Services – specialized dementia programming**

37 Broadway  
Arlington, MA 02474

**Phone: (781) 641-107 X 201; M – Sat; 8:00-4:00**

[www.elderdayservices.com/locations/arlington.html](http://www.elderdayservices.com/locations/arlington.html)

MassHealth and private pay or some insurance

Basic: \$57.00 per day

Advanced: \$72.00 per day

Transportation available – ask for rates

### **Dorothy Frances Home**

704 Beaver Street  
Waltham, MA 02452

**Phone: (617) 642-6112**

[www.dorothyfranceshome.com](http://www.dorothyfranceshome.com)

Private pay only: \$90/day

Dementia specific

Flexible hours; three meals and snacks; showers available

No transportation available

### **Great Days at Hebrew SeniorLife**

1200 Centre Street  
Roslindale, MA 02131

**Phone: (617) 363-8000**

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

MassHealth or private pay or some insurance

\$60.00 per day

Please call for transportation rates

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**Great Day for Seniors at Wallingford Road**

Program for Russian speaking seniors in Brighton

**Phone: (617) 912-8453**

The adult day health programs are staffed by a full-time registered nurse, licensed social worker, and recreation specialists. The program is designed to help seniors remain active, involved, and independent. Kosher meals, personal care, and medication administration are provided. Both program sites, Roslindale and Brighton, offer culturally and linguistically appropriate services for Russian-speaking elders. The Brighton program is fully staffed with Russian-speaking personnel.

**Julia Ruth House**

199 Canton St.

Westwood, MA 02090

**Phone: (781) 251-3393 Fax: (781) 251-3353**

<http://thejuliaruthhouse.com/default.aspx>

Private pay only \$85.00/day; 2 day minimum

Hrs: 7:30 – 7:30; 2 meals and 2 snacks

No transportation

**Otrada\*\***

185 2<sup>nd</sup> Avenue

Needham Heights, MA 02494

**(781) 433-9810**

MassHealth or private pay – call for rates

Russian, Polish, Armenian currently

Otrada is a Russian, Polish, and Armenian speaking program. For more information, email the director at otradaadchc@yahoo.com.

**Rogerson Communities**

**Adult Day and Dementia Day programs**

1 Florence Street

Roslindale, MA 02131

**(617) 469-5800 Fax: (617) 363-2319**

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

MassHealth or private pay: call for rates

Transportation: call for rates

**Rogerson House Adult Day**

434 Jamaicaway

Boston, MA 02130

**(617) 983-2300**

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

\$85/day - private pay only: 9 - 3

Transportation: call for rates

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**Senior Place\*\***

2222 Centre Street  
W. Roxbury, MA 02132  
(617) 325-9447

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

Private pay: \$59; MassHealth (transportation included) & Veterans Administration  
Transportation: \$15/each way ambulatory; \$21/each way wheel chair & mileage

**Second Home Adult Day\*\***

51 Water Street  
Watertown, MA 02472  
(617) 924-5900

MassHealth, Evergreen, Commonwealth Care or private pay  
Please call for private pay and transportation rates  
Russian and Armenian

**Whitney Place Adult Day Health Center – specialized dementia programming**

3 Vision Drive, Route 9 West,  
Natick, MA 01760  
(508) 655-9767 Fax: (508) 898-3982

[www.salmonfamily.com](http://www.salmonfamily.com)

MassHealth or private pay  
Basic: \$75/day; Intermediate: \$85/day; Advanced: \$110/day  
Please call for transportation rates

**Windsor House - specialized dementia programming**

799 Concord Ave.  
Cambridge, MA 02138  
617-491-1815 Fax: (617) 491-1823

[www.windsorhouse.org/Sancta-Maria-S-windsor-house.html](http://www.windsorhouse.org/Sancta-Maria-S-windsor-house.html)

Basic: \$54/day; Advanced: \$64/day  
Respite from 2:30 – 5: \$25/day  
Transportation – private pay: \$30/day  
MassHealth or private pay and some insurance

**Zdorovie\*\***

149 A California Street  
Newton, MA 02458  
(617) 795-0668

Adult Day Care Center  
MassHealth and private pay– transportation provided: call for rates  
Russian speaking

**\*\*The Newton Department of Senior Services transports to these facilities.**

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## Alcoholism & Substance Abuse

### **Alcoholics Anonymous**

AA Central Service Committee of Eastern Mass  
12 Channel St, Suite 604, Marine Industrial Park  
Boston, MA 02210

**(617) 426-9444**

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

### **Al Anon Family Support**

AFG of Mass., Inc.  
57 East Main Street, Suite 109,  
Westborough, MA 01581-1457

**(508) 366-0556 M-F 9:00-4:00**

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

### **Mass. Department of Public Health**

**1-800-327-5050**

<http://www.mass.gov/dph/bsas>

### **Mass Bureau of Substance Abuse Services**

The Bureau of Substance Abuse Services (BSAS) oversees the substance abuse and gambling prevention and treatment services in the Commonwealth. Responsibilities include: licensing programs and counselors; funding and monitoring prevention and treatment services; providing access to treatment for the indigent and uninsured; developing and implementing policies and programs; and tracking substance abuse trends in the state.

### **The Helpline**

[www.helpline-online.com](http://www.helpline-online.com)

**The Helpline** is a project of Health Resources in Action, a nonprofit organization committed to health promotion through education and research. The Massachusetts Department of Public Health, Bureau of Substance Abuse Services funds the Helpline. Helpline for referrals and information on evaluation, detoxification and treatment programs

Contact the **Helpline at: 800-327-5050 or 617-292-5065**

TTY: 617-536-5872

M-F: 8:00am-10:00pm Weekends: 9:00am-5:00pm

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### **Faulkner Hospital**

1153 Centre Street,  
Boston, MA 02130

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

Please call inpatient services at (617) 983-7474 for more information or to make an appointment.

Call (617) 983-7474 for outpatient services.

All calls will be kept in strict confidence.

Addiction Medicine offers a comprehensive array of clinical services for individuals seeking recovery from alcohol and other drug addiction.

### **McLean Hospital**

115 Mill Street  
Belmont, MA 02478

**(617) 855-2000**

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

Alcohol & Drug Abuse Treatment Center: outpatient services at Belmont campus; inpatient substance abuse services at the Naukeag Treatment Center (Ashburnham) – **1-978-827-5115**; and longer term treatment at McLean Center at Fernside (Princeton, MA)

## **Assisted Living Facilities**

Most assisted living facilities provide at a minimum, three meals a day, weekly housekeeping, linen (sheets & towels) laundering weekly and about 45 minutes of personal care a day.

Facilities have 24 hour staff availability and emergency call systems in each apartment. Most facilities provide transportation for shopping, banking and medical appointments. Facilities often provide fitness, social and recreational activities.

### **Massachusetts Assisted Living Facilities Association 781-622-5999**

135 Beaver Street, Suite 202,  
Waltham, MA 02452

(Mass-ALFA) is a non-profit association devoted to supporting the establishment and operation of assisted living facilities:

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

*[For rates please call specific facility](#)*

### **Boylston Place at Chestnut Hill**

615 Heath Street  
Chestnut Hill, MA 02467

**(617) 244-6400**

<http://wingatehealthcare.com/location/wingate-residences-at-boylston-place/>

### **Evans Park**

430 Centre Street  
Newton, MA 02458

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

**(617) 454-4431**

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**The Falls at Cordingly Dam**

2300 Washington Street  
Newton, MA 02462  
**(617) 454-4808**  
<http://www.fallsatcordinglydam.com/>

**Scandinavian Living Center**

206 Waltham Street  
W. Newton, MA 02465  
**(617) 527-6566**  
<http://www.slcenter.org/>

## Dental Services

**Mass Dental Society**

Two Willow Street, Suite 200, Southborough, MA 01745  
**1-800-342-8747 Fax: (508) 480-0002**  
[www.massdental.org/for-the-public.aspx](http://www.massdental.org/for-the-public.aspx)

### Dental clinics

**Joseph M. Smith Community Health Center**

564 Main Street  
Waltham 02452  
**(781) 693-3800**  
[www.jmschc.org/](http://www.jmschc.org/)

**Forsyth Institute for Dental Hygiene**

**Now at Mass College of Pharmacy**  
245 First Street  
Cambridge, MA 02142  
**Phone: (617) 262-5200 Fax: (617) 262-4021**  
[www.forsyth.org](http://www.forsyth.org)  
Oral evaluations, cleanings

**Mt. Ida College**

777 Dedham Street  
Newton, MA 02459  
**(617) 638-4700 or (617) 928-7360**  
<http://www.mountida.edu/community/mount-ida-college-dental-clinic>  
Dental hygiene – students perform cleanings (\$15) Mondays & Wednesdays: 8-12; 2-6  
Initial dentist visit - \$25; x-rays - \$25 – all patients must have cleaning prior to appt.



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### Dental Schools

#### **BU Dental School**

100 East Newton Street

Boston 02118

**(617) 638-4700**

[www.bu.edu/dental](http://www.bu.edu/dental)

Dental services available at reduced cost

#### **Harvard Dental School**

188 Longwood Ave

Boston 02115

**617-432-1434**

Mon, Wed: 8:30-8:00; Tues, Thurs, Fri: 8:30-5:00

[hsdm.harvard.edu/harvard-dental-center](http://hsdm.harvard.edu/harvard-dental-center)

#### **Tufts Dental School**

1 Kneeland Street

Boston, MA 02111

**617-636-6828**

[dental.tufts.edu](http://dental.tufts.edu)

## **Disabilities**

#### **Assistive Technology Exchange in New England**

Massachusetts Rehabilitation Commission

600 Washington Street

Boston, MA 02111

**1-866-682-9955 (Toll Free)**

**617-204-3851 (V)**

**617-204-3815 (TTY)**

**617-204-3877 (F)**

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

Facilitates the exchange of medical equipment between disabled individuals.

#### **Boston Center for Independent Living**

**617-338-6665 TTY: (617) 338-6662**

60 Temple Place 5<sup>th</sup> floor, Boston 02111

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

Provides: information and referral services to individuals with disabilities; skills training for those adjusting to a disability; and advocacy for individuals with disabilities in public policy and community arena.

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**Carroll Center for the Blind**

770 Centre St.

Newton 02458

**(617) 969-6200 or (800) 852-3131** within Massachusetts

Monday-Friday 9:00-5:00

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

Provides diverse rehabilitation and education programs for visually impaired adults and children who want to learn new skills for achieving success in a sighted world. Elder Rehabilitation Project.

**Developmental Disabilities Council**

**617-770-7676**

100 Hancock Street

Second Floor, Suite 201

Quincy, MA 02171

**Fax: 617.770.1987**

**TTY: 617.770.9499**

M – F: 9 - 5

[www.mass.gov/mddc](http://www.mass.gov/mddc)

Providing opportunities for people with developmental disabilities and their families to enhance independence, productivity, and inclusion.

**Disability Law Center**

11 Beacon Street, Suite 925

Boston, MA 02108

**(617) 723-8455 or**

**1-800-872-9992 Fax: (617) 723-9125**

[www.dlc-ma.org](http://www.dlc-ma.org)

Provides legal advocacy and assistance to disabled Massachusetts residents with disability related problems

**Easter Seals of Massachusetts**

484 Main Street,

Worcester, MA 01608

**800-244-2756**

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

Easter Seals provides services to ensure that children and adults with disabilities have equal opportunities to live, learn, work and play.

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**Irving K. Zola Center**

c/o Brigham House,  
20 Hartford St.  
Newton Highlands, MA 02461  
**(617) 277-5131**

Food bank only starting 7/16 and then every other Saturday 12-1.

**Massachusetts Disabled Person Protection Commission**

**Suspected Abuse Line: 1-888-822-0350 (V/TTY)**

**Administrative Line: 617-727-6465 (V/TTY)**

[www.mass.gov/dppc](http://www.mass.gov/dppc)

Investigates allegations of suspected abuse against individuals with physical and mental disabilities between the ages of 18–59. *(For persons 60 and over, see Elder Abuse.)*

**Commission on Disability – City of Newton**

(Formerly Committee for People with Disabilities)

Newton City Hall  
1000 Commonwealth Ave.  
Newton 02459

**(617) 796-1253; jfairley@newtonma.gov**

[www.newtonma.gov/executive/disability/default.asp](http://www.newtonma.gov/executive/disability/default.asp)

The Commission on Disabilities' mission is to foster equal access to community life and activities for people with disabilities. Through education and advocacy, the Committee works to raise awareness about the needs and rights of people with disabilities and the importance of increased accessibility to programs, housing, and facilities in municipal and commercial buildings, and other public entities..

**Massachusetts Commission for the Blind**

600 Washington Street  
Boston, MA 02111

**617-727-5550**

**1-800-392-6450 (MASS. ONLY) Voice**

**1-800-392-6556 (MASS. ONLY) TDD**

**Fax: (617) 626-7685**

[www.mass.gov/eohhs/gov/departments/mcb](http://www.mass.gov/eohhs/gov/departments/mcb)

“MCB provides the highest quality rehabilitation and social services to blind individuals, leading to independence and full community participation.”

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**Massachusetts Commission for the Deaf and Hard of Hearing**

600 Washington Street

Boston, MA 02111

**617-740-1600 Voice**

**617-740-1700 TTY**

**Toll Free:**

**800-530-7570 TTY**

**800-882-1155 Voice**

[www.mass.gov/mcdhh](http://www.mass.gov/mcdhh)

Provides information, technical assistance and training

**Massachusetts Network of Information Providers for People with Disabilities (MNIP)  
New England INDEX**

<http://www.disabilityinfo.org>

The Massachusetts Network of Information Providers for People with Disabilities (MNIP), coordinated by New England INDEX, is a collaborative effort of over 130 agencies in Massachusetts. Network members disseminate disability-specific information and make referrals to the public for free. Consumer contact with any of the members provides access to the expertise of the entire network.

**Office of Disabilities and Community Services**

1 Ashburton Place - 11th Floor

Boston, MA 02108

**(617) 727-7440 or 1-800-332-2020**

[www.mass.gov/mod](http://www.mass.gov/mod)

Provides advocacy for persons with disabilities

M-F: 9:00-5:00

**Massachusetts Registry of Motor Vehicles**

**(857) 638-8000**

[www.mass.gov/rmv](http://www.mass.gov/rmv)

Provides handicap plates/placards to individuals who are medically certified (by a physician) as disabled; you can request the application by phone or download it from their website

**Massachusetts Rehabilitation Commission**

600 Washington Street

Boston, MA 02111

**1-800-245-6543 or 617-204-3600; Fax 617-727-1354**

[www.mass.gov/eohhs/gov/departments/mic](http://www.mass.gov/eohhs/gov/departments/mic)

“MRC is responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and the Supplemental Security Income (SSI) federal benefits programs.”

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**NWW Committee for Community Living, Inc.**

1301 Center Street  
Newton, MA 02459

**(617) 964-6860**

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

Provides comprehensive services for people with developmental disabilities and their families.

**Perkins School for the Blind**

175 North Beacon Street  
Watertown, MA 02172

**(617) 924-3434**

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

Braille and Talking Books available

**MAB Community Services**

200 Ivy Street  
Brookline, MA 02446

**617-738-5110 Fax: (617) 738-1247**

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

MAB's mission is to work with individuals with disabilities to eliminate barriers and create opportunities. Our experience allows us to forge strong community partnerships so that we can meet the pressing need for high quality services and programs and transform lives.

## **Domestic Violence**

**REACH Beyond Domestic Violence (formerly Support Committee for Battered Women)**

**Hotline: 1-800-899-4000 24 hours/day; 7 days/week**

**Office: 1-781-891-0724**

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

Provides shelter, counseling and support to women (and their children) who have experienced sexual assault or domestic violence.

**The Second Step**

PO Box 600213  
Newtonville, MA 02460-0002

**617-965-3999**

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

Provides outreach and residential services to women (and their children) who have experienced domestic violence.

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## Driving Evaluations

### **Newton-Wellesley Hospital - Department of Rehabilitation Services**

#### **Drive Safe Program**

159 Wells Avenue

Newton, MA 02469

**617-243-6172** (ask to schedule an appointment for driving evaluation)

[dkerrigan@partners.org](mailto:dkerrigan@partners.org)

[www.nwh.org/departments-and-services/rehab/occupational-therapy/drive-safe](http://www.nwh.org/departments-and-services/rehab/occupational-therapy/drive-safe)

#### **Drive Wise**

330 Brookline Ave. Boston, MA

Beth Israel Deaconess Hospital, Boston

**617-667-4074**

<http://www.bidmc.org/CentersandDepartments/Departments/Neurology/CognitiveNeurology/DriveWise.aspx>

### **Healthsouth Braintree Rehabilitation Hospital**

Driving Evaluation Program

250 Pond St. Braintree, MA 02184

[www.braintreerehabhospital.com/driving-evaluation](http://www.braintreerehabhospital.com/driving-evaluation)

This program is on hold for at least 2-3 months.

## Elder Abuse and Neglect

### **Elder Abuse Hotline**

**1-800-922-2275**

**24 hours/day Seven (7) days/week**

This line is available to report suspected elder abuse. Massachusetts law defines elder abuse as acts or omissions resulting in serious physical or serious emotional injury to a person 60 years or older. Abuse includes physical abuse, emotional abuse, sexual abuse, caretaker neglect and financial exploitation.

### **Springwell**

307 Waverly Oaks Road, Suite 205

Waltham, MA 02452

**(617) 926-4100 Fax: (617) 926-9897 TTY: (617) 923-1562**

[www.springwell.com](http://www.springwell.com)

Springwell is responsible for responding to reports of suspected abuse or neglect in the Newton area.

PLEASE PRESS CONTROL-F TO SEARCH THE DIRECTORY.  
EX. TYPE ALZHEIMERS IN THE FIND WINDOW AND PRESS ENTER. CONTINUE PRESSING THE  
ENTER KEY TO SEARCH ENTIRE DOCUMENT.  
PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

**REACH (formerly the Support Committee for Battered Women)– Domestic violence  
specialization**

PO Box 540024

Waltham, MA 02454

**(800) 899-4000** Emergency 24-hour hotline

Support group **781-891-0724, press 0**

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

## **Financial Assistance & Counseling**

**Department of Transitional Assistance**

600 Washington Street

Boston, MA 02111

**1-877-382-2363**

[www.mass.gov/dta](http://www.mass.gov/dta)

Apply for Food Stamps, MassHealth (Medicaid), Emergency Aid to Elders, Disabled and Children. Eligibility: low-income persons.

**Career Center – Employment & Training Resources**

1671 Worcester Road

Framingham, MA 01701-5408

**Phone: (508) 766-5700; Fax: (508) 766-5790**

[www.etrcc.com](http://www.etrcc.com)

**Horace Cousens Industrial Fund**

Newton City Hall

1000 Commonwealth Ave.

**617-796-1324**

<http://www.newtonma.gov/import/cousens/index.asp>

The Horace Cousens Industrial Fund is a charitable trust which gives financial help to Newton residents who are faced with a temporary but severe financial problem.

**Money Management Program**

**(Springwell)**

**(617) 926-4100**

[www.springwell.com/service/money-management-program](http://www.springwell.com/service/money-management-program)

Springwell provides trained volunteers who are available to assist with check writing, bill paying and other financial services.

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

**Newton Department of Senior Services  
Newton Senior Center/Council on Aging**

345 Walnut Street  
Newtonville, MA 02460  
**(617) 796- 1660**

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

Assists Newton seniors in accessing funds for food, clothing, help with heat & utilities or other emergency needs. Information on government benefits programs and Property Tax Abatement available and assistance in applying for benefits and services.

**Newton Housing Rehabilitation Fund**

**(617) 796-1148**

Planning Office  
Newton City Hall

<http://www.newtonma.gov/gov/planning/hcd/faq/rehabilitation.asp>

The City of Newton's Department of Planning & Development provides income eligible elders and disabled residents with low interest direct and deferred payment loans for home repairs.

**Newton Senior Center – Income Tax Assistance Program**

**(617) 796-1660**

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

Free income tax assistance is available from February until April 15. This program is sponsored by AARP.

**Prescription Advantage – Commonwealth of Mass.**

**1-800-243-4636 or 1-877-610-0241 (TTY)**

[www.mass.gov/elders/healthcare/prescription-advantage](http://www.mass.gov/elders/healthcare/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.

**Property Tax Assistance - City of Newton Assessor's Office**

**(617) 796-1160**

<http://www.newtonma.gov/gov/assessor/programs.asp>

Provides Real Estate tax exemption or tax deferral for eligible residents of Newton



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**S.H.I.N.E.-Serving Health Insurance Needs of Everyone**

**800-AGE-INFO, option 3**

**781-453-8076 Metrowest**

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

The SHINE Program (Serving Health Information Needs of Everyone) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, social service and community based agencies and Councils on Aging. The program is partially funded by the federal agency Centers for Medicare & Medicaid Services. Provides health insurance information for seniors and those on Medicare; assists with paperwork and claim denials and appeals. S.H.I.N.E. offers private free appointments with a Health Benefits Counselor at the Newton Senior Center. Call (617) 796-1660 for appointment.

**Social Security Administration**

**1-800-772-1213 TTY: 1-800-325-0778**

Social Security

First Floor

10 Fawcett Street

Cambridge, MA 02138

**1-888-527-1435**

[www.ssa.gov/boston](http://www.ssa.gov/boston)

Social Security is a federal insurance program that pays a monthly stipend to workers or their families when the worker retires, becomes disabled or dies. **SSI** (Supplemental Security Income) is a financial assistance program operated by the Social Security Administration, but funded by federal income taxes. SSI assists people who have low incomes and few resources **and** are 65 or older, blind or disabled.

## Food Programs

**Bristol Lodge Soup Kitchen in Immanuel United Methodist Church**

545 Moody Street,

Waltham, MA 02453

**(781) 883-2050 Fax: (781) 899-8305**

<http://www.mhsainc.org/soup.htm>

(Use Cherry Street side entrance)

Provides a meal every day of the year at 5 p.m. The kitchen opens at 2:30 for coffee and snacks and stays open until 5:30.

This is a smoke-free and alcohol free environment.

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**Newton Food Pantry**

Newton City Hall

1000 Commonwealth Avenue

Newton Centre, MA 02460

Enter at the Homer Street side (look for our sign)

Hrs: Wednesdays 1:30-5:00 and the 3<sup>rd</sup> Saturday of every month, 11-12.

**(617) 928-6021**

Must be Newton resident and bring intake form from a social worker (forms can be obtained from Emily Kuhl 617-796-1672 or Sandy Lopes 617-796-1663)

**Arabic Baptist Church Food Pantry, Soup Kitchen & Clothes Closet**

(617) 723-9766

187 Church Street

Newton Corner 02458

Food & clothing 2x/month: 2nd & 4th Friday from Jan to Oct, 11-1.

Must be Newton resident and bring intake form from a social worker (forms can be obtained from Emily Kuhl 617-796-1672 or Sandy Lopes 617-796-1663)

**Centre Street Food Pantry (at Trinity Church)**

11 Homer Street,

Newton Centre, MA 02459

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

Tuesday 4 – 7 p.m.; 1st Sat. 11 - 2

Must be Newton resident and bring intake form a social worker (forms can be obtained from Emily Kuhl 617-796-1672 or Sandy Lopes 617-796-1663)

**Jewish Family & Children's Services – Family Table**

1430 Main Street,

Waltham, MA

**(781) 647-5327**

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

**Food Source Hotline (Project Bread)**

**1-800-645-8333**

**TTY 1-800-377-1292**

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

Provides a list of emergency food pantries and meal programs - M-F, 8-5

**SNAP – formerly Food Stamps**

Department of Transitional Assistance

80 Everett Ave.

Chelsea, MA 02150

**1-800-650-2560 or 617-551-1700**

**Hotline: 1-800-645-8333 [Monday – Friday from 8 – 7]**

[www.fns.usda.gov](http://www.fns.usda.gov)

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

The Food Stamp Program can help those who meet the financial guidelines. There is a simplified application for those aged 60 or older (or under 60 and disabled).

### **Group Meal Site**

Sponsored by Springwell  
Newton Senior Center  
345 Walnut Street, Newtonville  
**(617) 796-1660**

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

M – F @ 11:45. Call by 11 a.m. the day before to reserve your meal. \$2.00 donation

### **Home Delivered Meals (Meals on Wheels)**

**(617) 926-4100 (Springwell)**

[www.springwell.com](http://www.springwell.com)

### **Newton Department of Senior Services Transportation for food shopping**

**(617) 796-1288 for reservations**

This service is provided under a larger transportation contract administered by the Department of Senior Services. Service can be used to get to grocery/food stores, food pantries and farmer's markets. Vouchers to use the transportation can be obtained through the senior center by calling **617-796-1660**.

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

### **Springwell Volunteer Shopping Services**

**(617) 926-4100 x246**

[www.springwell.com](http://www.springwell.com)

Springwell provides volunteers, when available to do grocery shopping for seniors in Newton.

## **Gambling**

### **Massachusetts Council on Compulsive Gambling**

190 High Street, Suite 5

Boston, MA 02110

**Helpline: 1-800-426-1234**

**Office: 617-426-4554**

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

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## Geriatric Care Managers

Professional Geriatric Care Managers (PGCMs) are health and human services specialists who help families care for older relatives, while encouraging as much independence as possible. Geriatric care managers who are members of the National Association of Professional Geriatric Care Managers (NAPGCM) are committed to adhering to the NAPGCM [Pledge of Ethics](#) and Standards of Practice. PGCMs usually charge on an hourly basis. For more information or to find a Geriatric Care Manager in your area, go to [www.aginglifecare.com/ACLA/about\\_aging\\_life-care/find\\_an\\_aging\\_life\\_care\\_expert/ACLA/about](http://www.aginglifecare.com/ACLA/about_aging_life-care/find_an_aging_life_care_expert/ACLA/about) on the internet or call (520) 881-8008. The local elder service agency, Springwell, has a new Geriatric Care Manager program that provides care management at affordable rates. NAPGCM is now Aging Life Care Association.

## Geriatricians

NAME	HOSPITAL AFFILIATION	PHONE NUMBER
Melnick Avrohm, MD	Newton Wellesley Hospital	617-964-2299
Amanda Berling, MD	Mt. Auburn Hospital	617-868-0847
Michael Cantor, MD	GRECC – VA Boston	617-232-9500
Richard Dupee, MD	Tufts Medical Center Wellesley office	617-636-2800
Ikram Farooqi	Newton Wellesley Hospital	781-489-5020
Walter J. Lee, MD	St. Elizabeth's Hospital	617- 254-7473
Diane McMullen, MD	Mt. Auburn Hospital	617-868-0847
Anthony Sposato, MD, Andover, MA	St. Elizabeth's Hospital	617-787-4688 (House calls)

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## Health and Wellness

### **Alcoholics Anonymous (AA)**

**617 426-9444**

AA Central Service Committee Of Eastern Mass  
12 Channel St, Suite 604,  
Marine Industrial Park, Boston, MA 02210

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

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Lists of meetings in Eastern Massachusetts can be obtained by calling the office.

### **Alzheimer's Association, Massachusetts & New Hampshire Chapter**

480 Pleasant Street  
Watertown, MA 02472

**(617) 868-6718**

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

**Helpline 1-800-272-3900 – 24 hours/day**

The principal source of comprehensive information, guidance, education and support for families of people diagnosed with dementia. Research and lending library open to the public, offering periodicals, books, videos and internet access.

### **American Cancer Society**

**800-227-2345** (24-hr hotline)

MetroWest Office

30 Speen Street

Framingham, MA 0170

**508-270-4698**

Acton Office,

43 Nagogpark, Suite 110

Acton, MA 01720

**(781) 894-6633**

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

Provides information, local support groups and assistance.

### **Arthritis Foundation**

29 Crafts St., Suite 450

Newton, MA 02458

**(617) 244-1800**

[www.arthritis.org/massachusetts](http://www.arthritis.org/massachusetts)

Supports research to find the cure for and prevention of arthritis and seeks to improve the quality of life for those affected by arthritis. Provides information.

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**Carroll Center for the Blind**

Senior Vision Services  
770 Centre Street  
Newton, MA 02458  
**1-800-852-3131 or 617-969-6200**

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

Experienced staff will provide vision assessment, loan of video magnifier, monthly demonstrations of latest low vision devices held on the 1<sup>st</sup> Friday of every month in the low vision clinic.

**Lifeline**

**Mt. Auburn Hospital – 617-499-5525**

Free installation and monthly reduced rate with a referral from the Council on Aging

**Partners Home Care Lifeline Program (Beverly, MA) 800-910-4225**

**Philips Lifeline – 1-855-681-5351 or 1-855-332-7799**

[For other providers call Lifeline 1-800-380-3111]

Provides a personal response service to ensure that individuals get a quick response in case of an emergency. There is an installment fee and a monthly maintenance cost which may be covered by MassHealth or Springwell for eligible persons. Not all providers charge the same fees.

**Newton Department of Health & Human Services**

City Hall  
1000 Commonwealth Avenue  
Newton, MA 02460  
**(617) 796-1420**

<http://www.newtonma.gov/gov/health/default.asp>

Provides asbestos information, flu shots, social services, health maintenance clinics, housing occupancy permits, lead paint testing and inspections, rabies clinics, restaurant and market inspections/permits, tobacco control and education.

**Newton-Wellesley Hospital**

2014 Washington St.  
Newton, MA 02462  
**(617) 243-6000**

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

A 313-bed acute care general hospital with departments including medical/surgical services, 24-hour emergency service, pediatric, obstetrical, gynecological, psychiatric, and rehabilitation services, community health education, cardiovascular health, and other specialty outpatient services, women's imaging center and other radiology and diagnosing services. Volunteers operate hospital gift, coffee, and thrift shops, tours, and supportive services.

**S.H.I.N.E.-Serving Health Insurance Needs of Everyone**  
**1-800-AGE-INFO (1-800-243-4636)**

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

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

Provides health insurance information for seniors and those on Medicare; assists with paperwork and claim denials and appeals

Private free appointments with a Health Benefits Counselor are available at the Newton Senior Center. Call (617) 796-1660 for appointment.

## Home Care

### Home Care

These are some *private* providers of home health aides, homemakers and companions.

[*Note, not all home health aides are certified – ask about this when you call*] Rates vary depending on number of hours; weekday/weekend; and tasks performed. Some may have the option of qualifying for state-subsidized home care services. Call Springwell at 617-926-4100 or [springwell.com](http://springwell.com) will help you determine if you qualify for the subsidy.

- All at Home Health Care 617-782-9900
- Bayada Home Health Care 617-332-7600
- CareSolutions 508-366-1766
- City Home Care 617-964-2489
- Epic Health Services
- Ezra Home Care 617-527-9000
- Family Friends 800-920-2814
- Geriatric Resource Center 617-332-7610
- Griswold Home Care 781-559-0073
- Hebrew SeniorLife 617-928-0701
- HomeCare Assistance 781-239-0060
- Home Instead 617-229-7962
- Houseworks 617-928-1010
- LivHome Health Care 781-416-2000
- Peace of Mind 617-522-5774
- Right at Home 617-597-1500
- Senior Homecare Solutions 617-431-1165
- Sostek Home Care 617-244-8560
- Suburban Home Health Care 617-264-7100
- Suburban Companion Care 617-232-8468- Russian hotline
- 24 Hours Care 617-792-0500
- Visiting Angels 617-795-2727

### Home Health Care

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Provides services to recovering, disabled or chronically ill persons who need home *medical* treatment. Home health agencies typically provide skilled nursing, physical, occupational or speech therapy, clinical social work, home health aides, hospice and palliative care, high technology services such as parenteral nutrition and intravenous therapy. LPNs as well as RNs can provide Insulin Management. These agencies may also provide private care.

- Epic Health Services 781-373-1222
- All at Home Health Care 617-782-9900
- CareGroup Home Care 617-673-1700
- Care Solutions 508-366-5689
- City Home Care 617-964-2489
- 24Hours Care 617-792-2200
- Hebrew SeniorLife Home Care 781-647-5327
- Hebrew SeniorLife 781-234-9900
- Medical Resources 617-969-7517
- Partners Home Care 800-698-2628 or Waltham office 781-290-4000
- SeniorBridge (Humana) 781-444-1199
- Suburban Home Health Care 617-264-7100
- Visiting Angels 617-795-2727
- VNA Private Care 781-431-1484

## Homeless Services

### **Middlesex Human Services -**

50 Prospect Street  
Waltham, MA 02453  
781-894-6110

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

The Middlesex Human Service Agency, Inc. oversees the operations of programs that offer a wide variety of services, including the following: Substance abuse recovery homes, Inpatient alcohol education & treatment for adults convicted of two or more OUI offenses. Shelter, food, & housing search assistance for the homeless.

### **Bristol Lodge Soup Kitchen**

Immanuel United Methodist Church  
545 Moody St.

Waltham, MA 02453

(Corner of Moody & Cherry St. - Enter from Cherry St. to basement)

**781-883-2050**

The lodge provides a meal every day of the year at 5 p.m. The kitchen opens at 2:30 p.m. for coffee and snacks. This is a smoke-free and alcohol free environment. Open 2:30-5:30 p.m.



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## Hospice

Hospice is primarily a concept of care, not a specific place of care. Hospice emphasizes palliative rather than curative treatment; quality rather than quantity of life. Professional medical care is given, and sophisticated symptom relief provided.

### **The Hospice & Palliative Care Federation of Massachusetts**

1420 Providence Highway, Suite 277

Norwood, Mass. 02062

Tel: **(781) 255-7077**

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

### **Good Shepard Community Care**

90 Wells Avenue

Newton, MA 02459

**(617) 969-6130**

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

### **Hebrew SeniorLife Hospice Care**

781-234-9950

[www.hebrewseniorlife.org/hospice](http://www.hebrewseniorlife.org/hospice)

### **VNA Care Network, Inc.**

254 Second Ave., Suite 200

Needham, MA 02494

**781-455-6661**

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

Owns and manages **Needham Site**, an inpatient hospice in Needham.

### **Bereavement Groups**

Newton Senior Center Bereavement Group

Third Thursday of every month

**617-796-1670**

## Housing

### **MassHousing**

One Beacon Street,  
Boston 02108-3110

**(617) 854-1000; TDD: (617) 854-1000**

[www.masshousing.com](http://www.masshousing.com)

MassHousing is the state's affordable housing bank. It lends money at below market rates to support rental and home ownership opportunities for low- and moderate-income residents of Massachusetts.

### **Congregate Housing**

#### **Springwell Congregate Housing Program**

**307 Waverly Oaks Rd., Suite 205, Waltham, MA 02452**

**(617) 926-4100**

[www.springwell.com/resources/congregate-housing-program](http://www.springwell.com/resources/congregate-housing-program)

Provides a unique group living options for elders. Supportive services are available to residents on an as-needed basis.

### **Subsidized Senior Housing in Newton**

#### **Newton Housing Authority**

**82 Lincoln Street**

**Newton Highlands, MA 02461**

**(617) 552-5501**

**Fax: 617-964-8387**

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

Assists income eligible individuals and families with housing; manages housing developments for the elderly and families; and subsidizes "Section 8" certificates.

#### **Newton Community Development Foundation**

425 Watertown Street

Newton, MA 02458, Suite 205

**(617) 244-4035 Fax: (617) 244-2160 TDD: 800-439-2370**

[www.ncdf.com](http://www.ncdf.com)

Provides low, moderate-income and market-rate housing.

- **Casselman House** (all units are subsidized)  
195 Sumner Street  
Newton Center  
(617) 964-8647 Fax: (617) 332-2916  
[Casselman435@comcast.net](mailto:Casselman435@comcast.net)

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- **Weeks House** (market rate & subsidized units)  
7 Hereward Road  
Newton Center, MA 02459  
(617) 964-8644 Fax: (617) 964-0553  
[weekshouse@comcast.net](mailto:weekshouse@comcast.net)
- **Warren House** (market rate & subsidized units)  
1600 Washington Street  
W. Newton, MA 02465  
(617) 527-6616 Fax: (617) 558-7044  
[Warren435@comcast.net](mailto:Warren435@comcast.net)

### **Nonantum Village Place**

CASCAP

234 Watertown Street

Newton, MA 02458

**(617) 492-5559 x0823**

“Nonantum Village Place offers older adults the opportunity to live independently and with dignity in their own community.”

### **Pierce House**

88 Chestnut Street

W. Newton, MA 02465

**(617) 965-2200**

Provides subsidized housing to elderly and disabled who meet eligibility guidelines.

### **Jewish Community Housing for the Elderly**

30 Wallingford Road

Brighton, MA 02435

**(617) 912-8400**

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

Provides low, moderate income and market rate housing for seniors at two sites in Newton.

- **Golda Meir House** (subsidized & market rate)  
160 Stanton Ave  
Newton, MA 02466  
(617) 965-4252
- **Coleman House** (formerly Campus House – subsidized only)  
677 Winchester Street  
Newton, MA 02459  
(617) 614-5320

### **New Falls**

**(617) 244-7781**

2281 Washington Street

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

Newton, MA 02462

Provides low income housing to elders and the disabled

### **Non-subsidized (Market Rate) Senior Housing**

#### **Cabot Park Village**

280 Newtonville Ave

Newtonville, MA 02460

**(617) 454-4101**

[www.cabotparkvillage.com](http://www.cabotparkvillage.com)

Provides housing for independent seniors in a rental facility: services include two meals a day, housekeeping and flat linen service. They have a few affordable units.

#### **Lasell Village**

120 Seminary Avenue

Auburndale, MA 02466

**(617) 663-7000 Fax: (617) 633-7001**

[www.lasellvillage.com](http://www.lasellvillage.com)

Provides retirement living with a learning program and a range of services including meals, emergency call system, housekeeping, maintenance, wellness & fitness and transportation.

## **Information and Referral**

### **Elderline (provided by Exec Office of Elder Affairs)**

**1-800-AGE-INFO or 1-800-243-4636**

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

Monday – Friday: 9a.m. - 5 p.m.

The ElderLine is a toll-free information and referral line for the public that will answer questions on a wide variety of elder care topics, including, home care, nursing home care, legal resources, housing options, and basic income and medical benefit programs. There is no charge for the call.

### **Combined Jewish Philanthropies SeniorDirect**

1430 Main Street

Waltham, MA 02451

**1-800-980-1982 or 617-620-8121**

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

[info@cjpseniordirect.org](mailto:info@cjpseniordirect.org)

A free, non profit information service staffed by eldercare professionals from Jewish Family & Children's Services that can connect seniors and their families with the resources and expert advice they need. For those people for whom Jewish culture and religious services are important, this is an invaluable resource.

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

**National Family Caregivers Association (NFCA)**

1130 Connecticut Ave. Suite 300

Washington, DC 20063

**(202) 454-3970**

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

NFCA is a national, charitable organization dedicated to making life better for all of America's family caregivers. NFCA reaches across the life cycle and across the boundaries of differing diagnoses and relationships to address the common needs of all family caregivers. Provides education, empowerment, and advocacy to caregivers.

**Newton Department of Senior Services**

345 Walnut Street

Newtonville, MA 02460

**617-796-1660**

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

Provides referrals for the following: assessment and evaluation; care planning; housing options; nursing homes; senior residences; assistance in your home; respite care; medical services; transportation; public benefits counseling; recreational activities; volunteer opportunities; and SHINE (Senior Health Information Needs of Elders).

**Springwell**

307 Waverly Oaks Road, Suite 205

Waltham, MA 02452

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

Springwell is the Aging Services Access Point (ASAP) for Newton. It also is an Area Agency on Aging. "Springwell systematically compiles the most up-to-date information on services available to elders..." Springwell provides care management, free information and referral, and in-home services for elders who need assistance to remain living independently in the community. Services include homemaking, personal care, adult day care, home delivered meals, transportation medical escorts, care -coordination and more.

## **Legal Services**

**MetroWest Legal Services**

63 Fountain St. #304

Framingham, MA 01702

**1-800-696-1501, (508) 620-1830**

M-F 9:00-5:00

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

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

Provides legal assistance to eligible Newton seniors at no charge. Legal services may include advice, referral, or representation. Cases may involve issues of housing, Social Security, government benefits, consumer issues, debt collection and estate planning.

**Gay & Lesbian Advocates & Defenders (GLAD)**

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

30 Winter Street, STE 800

Boston, MA 02108

**617-426-1350**

Email: [gladlaw@glad.org](mailto:gladlaw@glad.org)

“We are New England’s leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.”

**Massachusetts Bar Association Referral Service**

20 West Street

Boston, MA 02111-1204

**(617) 338-0500**

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

Maximum \$25 fee for initial half-hour consultation; after that regular charge

**Massachusetts Senior Legal Helpline**

**1-866-778-0939**

The Helpline provides **FREE** legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law.

If you get our voicemail, please leave your name, telephone number and the town where you reside and we will return your call within 2 business days.

**National Academy of Elder Law Attorneys**

**(703) 942-5711**

<https://massnaela.com/>

A non-profit association for lawyers who work with older clients and their families.

Mass Chapter: 617-566-5640, Fax: 617-734-9758, Email: [info@massnaela.com](mailto:info@massnaela.com)

**National Lawyers Guild – “Find a Lawyer”**

14 Beacon Street, Suite 407

Boston, MA 02108

**(617) 227-7008**

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

Free phone consultation. Fees on a sliding scale

**LGBT Services**

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ENTER KEY TO SEARCH ENTIRE DOCUMENT.  
PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

**LGBT Aging Project**

1340 Boylston Street  
Boston, MA 02215  
**(857) 313-6590**

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

“The mission of the LGBT Aging Project is to ensure that lesbian, gay, bisexual and transgender older adults and caregivers have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors take for granted.”

**Gay & Lesbian Advocates & Defenders GLAD**

30 Winter Street, STE 800  
Boston, MA 02108

**617-426-1350 or Email: [gladlaw@glad.org](mailto:gladlaw@glad.org)**

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

“We are New England’s leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.”

**Prime Timers**

Boston Prime Timers, Inc.  
566 Columbus Avenue  
Boston, Ma 02118-1181

**617-447-2344**

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

“Prime Timers is a worldwide brotherhood of mature gay and bisexual men and their friends, joining together for educational, support, and social activities.”

**The Network/La Red**

PO Box 6011  
Boston, MA 02114

**617-695-0877 office**

**617-742-4911 Hotline TTY: (617) 227-4911**

<http://tnlr.org>

“The Network/La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, poly-amorous, and queer communities.”

**Long Term Care – see [Nursing Homes](#)**

**Mental Health**

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### **Cross Roads Counseling**

**(781) 431-2277**

219 Washington Street, Wellesley, MA 02481

<http://crossroadscounselingwellesley.com/>

Provides groups and individual counseling to seniors. Home visits available on request. Most insurance accepted. Some free care available through a grant by Springwell.

### **Riverside Community Care (Mental Health Services)**

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

- NEW Center Day Treatment **(617) 969-8200**
- Elliott Club House **(781) 449-1212**
- Outpatient Services **(617) 354-2275 or (781) 329-4579**
- **Emergency Crisis Team (800) 529-5077**

24-hour Crisis Team is available for consultation, information & referral, psychiatric crisis intervention, emergency outreach evaluations and hospital/respite pre-screenings.

### **Jewish Family and Children's Services**

1430 Main St.

Waltham 02451

**(781) 647-5327**

[www.jfcsboston.com](http://www.jfcsboston.com)

Provides advocacy and counseling to individuals, children, families, the elderly, and immigrants. The Elderly Service Program provides information and referral, clinical assessment, individual and family counseling, case coordination, home visits, support groups, volunteers, and homemaker home-health services.

### **William James INTERFACE Referral Service (Formerly MSPP INTERFACE Referral Service)**

One Wells Avenue

Newton, MA 02459

**(888) 244-6843**

**M-F 9:00-5:00**

Collects and categorizes a wide range of valuable resources related to mental health and wellness for the benefit of the general public – children, adults and families – as well as educators and mental health professionals.

<http://msppinterface.org/>

## **Moving**

**National Association of Senior Move Managers**

PO Box 209, Hinsdale, IL 60522



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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

**(877) 606-2766 M-F 8:30-4:30 Central Time**

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

Professional organization of individuals and businesses that help seniors downsize and move.

## Multi-service Agencies

### **Jewish Family and Children's Services**

1430 Main St.

Waltham 02451

(781) 647-5327

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

Provides advocacy and counseling to individuals, children, families, the elderly, and immigrants. The Elderly Service Program provides information and referral, clinical assessment, individual and family counseling, case coordination, home visits, support groups, volunteers, and homemaker home-health services.

### **Family ACCESS of Newton**

492 Waltham St.

Newton, MA 02465

**(617) 969-5906**

[familyaccess.org](http://familyaccess.org)

Offers educational, recreational, health, and guidance services for Metro West families. Early Education and Child Care; Out of School Time, Child Assault Prevention Program, Mentor a Teen, Family Services and SOAR 55 (*Service Opportunities After Reaching 55*)

### **Newton Department of Health & Human Services**

**(617) 796-1420**

1000 Commonwealth Ave.

Newton, MA 02459

[www.newtonma.gov](http://www.newtonma.gov)

The Department of Health & Human Services is a team of helping professionals whose goal is to enhance resident services by identifying the needs and making resources available that will improve and enrich the quality of life of the entire community. The Department provides services through different programs Fuel Assistance and other financial emergencies; Transportation; Office of Volunteer Services. The Department also staffs the Youth Commission, Mayor's Commission for People with Disabilities, and Human Rights Commission.

### **Springwell**

(See Information & Referral)

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

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Provides state-subsidized home services for eligible seniors, 60 and older, including personal care, homemaking, case management, transportation, money management, etc. Also, information and referral, Meals on Wheels, Alzheimer consultation, respite care, protective services and Elders at Risk Program for all seniors in Newton.

### **Nursing Homes (see also Rest Homes)**

#### **Massachusetts Department of Public Health**

##### **Division of Health Care Quality**

Provides performance survey results for each **nursing facility** in the state.

617-753-8000, or call 617-753-8140 for scores and rates

For recent survey results: <http://webapps.ehs.state.ma.us/nursehome/>

#### **Massachusetts Senior Care Association**

800 South Street, Suite 280

Waltham, MA 02453

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

**(617) 558-0202 or 1.800.CARE-FOR | fax: 617.558.3546**

Addresses the public's concerns about the cost and quality of extended care facilities and educates consumers by distributing publications such as the Guide to Extended Care Facilities, Choosing the Best Long Term Care Option, Guide to Long Term Care Alternatives in Massachusetts, and Choosing the Right Nursing Facility for Someone You Love.

### **Skilled Nursing & Rehabilitation Facilities (SNF)**

#### **Epoch Senior Health Care of Chestnut Hill (SNF)**

615 Heath St.

Newton, MA 02467

**(617) 243-9990**

[www.epochsl.com](http://www.epochsl.com)

#### **Golden Living Center - Chetwynde (SNF)**

1650 Washington St.

Newton, MA 02465

**(617) 244-5407 Fax: (617) 244-9322**

[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)

#### **Golden Living Center - Heathwood (SNF)**

188 Florence St.

Newton, MA 02467

**(617) 332-4730 Fax: (617) 969-6592**

[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)

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**Golden Living Center - West Newton (SNF)**

25 Armory St. W. Newton 02465  
(617) 969-2300 Fax: (617) 332-2677  
[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)  
(Dedicated Alzheimer's unit)

**CareOne at Newton**

2101 Washington St. Newton 02462  
(Alzheimer's unit, LTC, and rehab units)  
(617) 969-4660  
[www.newtonhcc.com](http://www.newtonhcc.com)

**Waban Health and Rehabilitation Center (SNF)**

20 Kinmonth Rd.  
Waban, MA 02468  
(617) 332-8481  
[www.wabanhc.com](http://www.wabanhc.com)

**Lasell House (SNF)**

120 Seminary Ave  
Newton, MA 02466  
(617) 663-7000  
[www.lasellvillage.com](http://www.lasellvillage.com)  
Only short term rehab and skilled nursing care

**Stone Institute (SNF)**

277 Elliot St.  
Newton, MA 02464  
(617) 527-0023  
[www.stoneinstitute.com](http://www.stoneinstitute.com)

**Long-Term Care Ombudsman Program**

**Springwell**

(617) 926-4100  
307 Waverly Oaks Road, Suite 205, Waltham, MA 02452  
Provides assistance to resolve nursing home and long-term care facility problems.

**Newton Senior Center**

(617) 796-1660  
[www.newtonseniors.org](http://www.newtonseniors.org)  
Provides a list of nursing homes in the area. Provides information on the Dept of Public Health surveys. Assistance with applications for MassHealth/Medicaid and insurance information through the SHINE program.

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### **Springwell**

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

307 Waverly Oaks Road, Suite 205, Waltham, MA 02452

Provides list of nursing facilities in the area. Pre-admission screening for Medicaid recipients.

## **Recreation & Education**

### **Leventhal-Sidman Jewish Community Center**

333 Nahanton St.

Newton, MA 02459

**(617) 558-6522**

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

Offers a full fitness facility, Jewish Theatre of New England, 60+ Couple Club, theatre, day and extended trips, and a variety of life-long learning classes including current events, nutrition, aerobics, line dancing, and Jewish studies. Lunch is served at noon followed by entertainment at 1pm. (a \$3.00 donation is requested)

Senior program is on Wednesdays 617-558-6443

### **Lifetime Learning - Newton Community Education**

**(617) 559-6999** (M-Th)

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

“A non-sectarian educational program of courses for seniors in Newton and all surrounding communities.” 8 week courses are held on Wednesdays from 10 – 12:30.

### **Wellesley-Weston Lifetime Learning**

Unitarian Universalist Society

309 Washington Street, Wellesley

**(781) 205-4204**

[info@wllcourses.org](mailto:info@wllcourses.org)

### **Springwell Healthy Living Programs**

**(617) 926-4100**

<http://www.springwell.com/resource/healthy-living-workshops>

307 Waverly Oaks Road, Suite 205, Waltham, MA 02452

Free 6 session workshops to help people learn how to manage their health care problems (chronic illnesses of all kinds, chronic pain, diabetes, arthritis).

### **Newton Parks and Recreation Department**

**(617) 796-1500**

[www.newtonma.gov/gov/parks](http://www.newtonma.gov/gov/parks)

Provides meaningful recreation opportunities through a wide variety of activities for all ages including: "Over 55", 'Arts in the Parks', Gath Pool, Crystal Lake, 71 tennis courts (66 hard surface, 5 clay), swim team and sports leagues for all. **Newton "Over 55"** offers monthly day-

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trips, theatre, special events, cultural activities, Fun and Fitness Programs, golf, swimming, tennis, daily walking clubs, tap dance, low-impact aerobics, Senior Olympics participation, bowling, and aquatics.

**West Suburban YMCA**

276 Church St.  
Newton, MA 02458  
**(617) 244-6050**

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

Provides programs that enrich the quality of life for people of all ages and includes summer camp, child care, youth sports, health and wellness classes, pool, and gym.

## **Rest Homes**

**Elder Residence of the Stone Institute – Pettee House**

277 Elliot Street  
Newton, MA 02464  
**(617) 527-0023**

[www.stoneinstitute.com](http://www.stoneinstitute.com)

**Mt. Ida Rest Home, Inc**

32 Newtonville Ave  
Newton, MA 02458  
**(617) 527-5657**

## **Transportation**

**American Cancer Society**

9 Riverside Rd.  
Weston, MA 02493

Provides volunteer based free transportation for patient transportation to cancer treatments all over New England. Allow at least two days advance notice, a week notice is preferred. Call 800-227-2345 to coordinate.

**800-952-7664 (National number, 800-227-2345)**

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

**Busy Bee Medical Transportation**

**1-800-427-0230 between 9 a.m. and 4:30 p.m.**

Medical transportation for Newton seniors is provided to appointments outside of Newton.

*Reserve three (3) days ahead.* There is a suggested donation of \$4 each way. Service provided through a contract with Springwell.

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**Home Instead**

**(617) 229-7962**

[www.homeinstead.com](http://www.homeinstead.com)

440 Totten Pond Road, Suite 300

Waltham, MA 02451

Private transportation with volunteer non-medical companionship and homecare for the elderly is available 24 hours, 7 days a week. Call for rates. Private vehicles, not handicap accessible.

**House Works**

**(617) 928-1010**

[www.house-works.com](http://www.house-works.com)

Private transportation is available with trained home health aids and CNA's around the clock. Call for rates.

**MBTA: Senior Pass**

Downtown Crossing Station

15-17 Summer St

**(617) 222-3200**

**TTY (617) 222-5854**

[www.mbta.com](http://www.mbta.com)

Reduced fare on MBTA buses and subway for people 65 and older or with disabilities. Pass may be obtained in person or by mail. Senior Charlie cards can also be applied for (4-6 weeks for delivery of card) on a quarterly basis at the Newton Senior Center. Call 617-796-1660 for details

**MBTA: The RIDE**

MBTA Access Transportation

570 Rutherford Ave., First Floor

Boston, MA 02129

**(617) 222-5123 [toll free: 1-800-533-6282]**

**TTY (617) 222-5415**

[www.mbta.com](http://www.mbta.com)

Provides alternative public transportation (car or wheelchair vehicle) for those who cannot use general public transportation due to a physical or mental disability. The application requires the signature of a physician, nurse or social worker to verify the disability.

**Newton Department of Senior Services**

345 Walnut St

Newton, MA 02460

**(617) 796-1288 (connects to Veteran's Taxi)**

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

These services must be reserved three (3) business days in advance unless otherwise noted. All require a voucher for each way. Vouchers can be obtained by calling 617-796-1660 or in person at the Newton Senior Center.

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### **Springwell Senior Medical Escort Program**

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

Transportation is provided by volunteers M-F from 9 – 5. Please call 7 days in advance.  
Voluntary donation of \$4 each way.

## **Utilities**

### **Citizens Energy Heat Assistance (Joe4Oil)**

88 Black Falcon Ave., Suite 342,

Boston, MA

**(877) 563-4645**

[www.citizensenergy.com](http://www.citizensenergy.com)

Citizens Energy heat assistance programs give financial help to people who cannot afford to pay their heating bills. The Oil Heat Program allows each eligible household 100 free gallons of oil.

### **Fuel Assistance (LIHEAP) – ABCD Fuel Assistance Program**

A program available at **Newton Department of Health and Human Services** through the auspices of ABCD;

Newton Senior Center, 345 Walnut Street, Newton, 02460.

**(617) 796-1660**

[Bostonabcd.org](http://Bostonabcd.org)

**This program offered between November 1<sup>st</sup> and April 30<sup>th</sup>**

Assistance is available to low-income homeowners and renters. Most fuel assistance households also qualify for weatherization, utility discounts and emergency furnace repairs for homeowners. Eligibility is based on gross household income. **By appointment only.**

**Emergency Assistance** through the Newton Department of Health & Human Services for a senior who has no oil. Please call 617-796-1282.

### **Good Neighbor Energy Fund**

Salvation Army

**1-800-334-3047**

**Waltham Office – 781-894-0413**

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

The Good Neighbor Energy Fund helps people in need pay for their winter heating fuel and other energy bills. The Fund is for people who are facing a short-term financial crisis and **do not** qualify for other fuel assistance programs. *Referral from a social worker needed.* Seniors may contact Case Manager Sandy Lopes (617-796-1663).

### **Utility Discounts**

Massachusetts gas, electric and telephone companies offer reduced rates to low-income customers who receive public assistance benefits (SSI, Food Stamps, MassHealth, etc) and meet income limits. Eligible customers get a 20% to 40% discount on their gas and electric rates and

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a discount on basic local telephone service and installation. Utility companies enroll eligible customers automatically or customers can apply directly to their utility company.

### **Utility Shutoff Protection**

Massachusetts laws prevent utility companies (gas & electric) from shutting off service to households in special situations. These include senior households, low-income families with infants, and people with serious illnesses who cannot afford to pay their utility bills. During the winter months, utility companies cannot shut off heating-related utilities for households with a financial hardship. For more information contact your utility company.

## **Volunteer Opportunities**

### **NWW Committee for Community Living, Inc.**

1301 Centre Street, Newton 02459

(617) 964-6860

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

Newton Seniors needed to volunteer as companions for individuals with developmental disabilities.

### **Newton Senior Services**

**617-796-1674**

[jjoy@newtonma.gov](mailto:jjoy@newtonma.gov)

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

A Newton Senior Services Volunteer is a person who enjoys being a part of the center in a helpful and productive way. He or she may use the skills of a lifetime or learn new ones to then share with friends and participants. Volunteer opportunities include city departments and community as well.

### **Springwell**

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

**(617) 926-4100**

307 Waverly Oaks Road, Suite 205, Waltham, MA 02452

Friendly visitors, volunteer shoppers, medical escorts, Health Living workshop leaders and more.