

Senior Resource Guide

2011

Department of Human Services and Senior Center

1475 Massachusetts Avenue
Lexington MA 02420
Phone: 781-861-0194
Fax: 781-863-2271
Website: www.lexingtonma.gov

This is a resource guide only and does not constitute an endorsement by the Town of Lexington or the Lexington Department of Human Services. Be an educated consumer: ask questions about specific services and service limits and check references.

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**Town of Lexington
Department of Human Services Personnel**

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Nutrition & Meals on Wheels:

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Administrative Assistant:

Paula McGlynn

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Gwen Jefferson

***Town of Lexington
Department of Human Services
and Senior Center***

Services provided by the Lexington Human Services Department:

- Social workers are available to assist with information and referral, service coordination and crisis intervention
- Veterans' Assistance
- Senior Health Outreach Program: Free wellness checks conducted by a nurse for qualified home bound seniors
- Senior Service Program: Seniors volunteer to work for town departments in exchange for property tax abatements
- Friend to Friend: Volunteers visit isolated seniors

Senior Center Programming:

- Daily lunch
- Classes & Shared Interests Groups: Programming includes fitness classes, discussion groups, arts programming, computer classes, and games
- Finance/Health: Professionals in the fields of health and finance lecture regularly.
- Travel: Day and overnight trips
- Medical Insurance Counseling
- Support Groups including: Bereavement, Parkinson's, Prostate Cancer and Caregiver Support.

If you would like further information regarding the above programs or the services listed in this guide, please contact us at (781) 861-0194.

ADULT DAY CARE

Cooperative Elder Services

10 Pelham Road
Lexington, MA 02420

(781) 861-9863

www.elderdayservices.com/index.html

Provides Adult Day Health and Alzheimer Day Care Services to elders and disabled adults. Locations in Lexington, Arlington, Concord, and Burlington.

The Community Family, Inc.

121 Washington Street
Medford, MA 02155

(781) 395-5542

www.communityfamily.org

Provides specialized Adult Day Health services for individuals with memory loss.

ALZHEIMER'S INFORMATION

Alzheimer's Association, Massachusetts Chapter

311 Arsenal Street
Watertown, MA 02472

800-868-6718

www.alzmass.org

Agency provides information, education and support including a helpline for answers to questions related to Alzheimer's Disease, information and referral services, classes for caregivers, and advocacy.

McLean Memory Diagnostic Clinic

115 Mill Street
Belmont, MA 02478

(617) 855-2300

www.mcleanhospital.org

Offers an outpatient Memory Diagnostic Clinic for the diagnosis and treatment of memory disorders or other cognitive impairment. Consultation and referral services also are available.

ALZHEIMER'S INFORMATION ***(continued)***

MedicAlert and Alzheimer's Association Safe Return

MedicAlert Foundation
2323 Colorado Avenue
Turlock, CA 95382
(888) 572-8566

www.alz.org/safetycenter

A 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.

Minuteman Senior Services

24 Third Avenue
Burlington, MA 01803
(781) 272-7177

www.minutemansenior.org

In-home memory and dementia consultation and caregiver support.

ASSISTED LIVING

MA Assisted Living Facilities Association (MASS-ALFA)

135 Beaver Street
Waltham, MA 02451
(781) 622-5999

www.massalfa.org

A non-profit association providing information, advocacy and support related to assisted living facilities and a searchable list of residences.

Minuteman Senior Services

24 Third Avenue
Burlington, MA 01803
(781) 272-7177

www.minutemansenior.org

Agency can provide a list of assisted living facilities located in the region.

Youville Place

10 Pelham Road
Lexington, MA 02421
(781) 861-3535

www.youvilleplace.org

Assisted living offering private studio and one bedroom apartments for long-term living or short-term respite stays.

CONTINUING CARE AND RETIREMENT COMMUNITIES

Brookhaven at Lexington

1010 Waltham Street
Lexington, MA 02421
(800) 283-1114

www.aboutbrookhaven.org

A not-for-profit continuing care retirement community offering private residences and onsite health care.

DENTAL HEALTH

Middlesex Community College

Dental Hygiene Clinic

44 Middle Street
Lowell, MA 01852
(978) 656-3250

www.middlesex.mass.edu/DHclinic

Provides preventive dental hygiene services at its on-campus clinic (September through May).

Dentistry For All - Massachusetts Dental Society

2 Willow Street
Southborough, MA 01745
(800) 342-8747

www.massdental.org

Provides reduced rate dental care from local dentists, for low-income individuals.

Tufts Division of Dental Medicine

1 Kneeland Street
Boston, MA 02111
(617) 636-6986

www.tufts.edu/dental

Offers a full range of general, specialty, and emergency dental care at lower fees.

Harvard School of Dental Medicine

188 Longwood Avenue
Boston, MA 02118
(617) 432-1434

www.harvarddentalcenter.harvard.edu

harvard.edu

Provides affordable and comprehensive care to patients in the fields of general dentistry, periodontics, prosthodontics, endodontics, and orthodontics.

DISABILITES

D.E.A.F. Inc.

215 Brighton Avenue
Allston, MA 02134

(617) 254-4041 (TTY and Voice)

www.deafinonline.org

Provides a wide range of programs to maximize the independence of those who are deaf or hard of hearing.

MA Association for the Blind (MAB)

200 Ivy Street
Brookline, MA 02446

(800) 852-3029

(617) 738-5110

www.mablind.org

Provides information, referral, and rehabilitation services for those who are blind or visually impaired.

Massachusetts Commission for the Blind

48 Boylston Street
Boston, MA 02116

(617) 727- 5550

www.state.ma.us/mcb

Provides rehabilitation and social services to individuals who are legally blind.

Massachusetts Commission for the Deaf & Hard of Hearing

150 Mount Vernon Street, Fifth Floor
Dorchester, MA 02125

(617) 740- 1600 (Voice)

(617) 740- 1700 (TTY)

www.state.ma.us/mcdhh

Provides case management, interpreter services, independent living services and technology services including assistive listening devices.

Boston Center for Independent Living

60 Temple Place
Boston, MA 02111

617-338-6665 (Voice)

617-338-6662 (TTY)

www.bostoncil.org

Agency provides advocacy, information and referral, peer support, skills training, and computer training. All core services are free and available to people of all ages and disabilities. This agency's service area includes Lexington.

ELDER ABUSE AND NEGLECT

Elder Abuse Hotline

(800) 922-2275

State-wide 24-hour hotline for reports of elder abuse, neglect or self-neglect.

Minuteman Protective Services

24 Third Avenue

Burlington, MA 01803

(781) 272-7177

www.minutemansenior.org/protect.html

This local office for state Elder Protective Services takes and investigates reports of elder abuse, neglect, and self-neglect during normal business hours.

EMERGENCY SERVICES

Lexington Fire Department

45 Bedford St.

Lexington, MA

Non Emergency Dispatch: (781) 862-0272

Business Office: (781) 862-0272

For emergencies call 911

Lexington Police Department

1575 Massachusetts Ave

Lexington, MA 02420

General Information Line: (781) 862-1212

Traffic Office Line: (781) 862-1235

For emergencies call 911

American Red Cross of Massachusetts Bay

139 Main Street

Cambridge, MA 02142

(617) 274-5200

www.bostonredcross.org

The Red Cross provides shelter, food, and health and mental health services to address basic human needs during times of natural or man-made crisis.

Salvation Army

33 Myrtle Street

Waltham, MA 02453

(781) 894-0413

www.salvationarmy.org

Provides emergency response services in order to meet community needs.

EMPLOYMENT

Operation ABLE of Greater Boston, Inc.

131 Tremont St, Suit 301

Boston, MA 02111

(617) 542-4180

www.operationable.net

Provides employment and training opportunities to mature workers 45 and older, including a paid training program for qualified low-income individuals age 55 and older.

FINANCIAL SERVICES AND ASSISTANCE

Circuit Breaker Tax Credit

Massachusetts Department of Revenue

1-800-392-6089

Allows eligible homeowners 65 and over to get a refundable tax credit if their local property tax and water/sewer bills exceed 10% of their income.

Department of Transitional Assistance

200 Pleasant Street

Malden, MA 02148

(781) 388-7300

www.mass.gov/dta

Persons of low income can apply for food, employment, and financial assistance.

Minuteman Senior Services

Money Management Program

24 Third Avenue

Burlington, MA 01803

(781) 272-7177

www.minutemansenior.org

Assists eligible seniors with writing checks, organizing bills, and balancing check books.

FINANCIAL SERVICES AND ASSISTANCE (continued)

Town of Lexington

Tax Collector/Treasure's Office

1625 Massachusetts Avenue

Lexington, MA 02420

(781) 862-0500

www.lexington.ma.us/finance/assessor

Property tax exemptions are available for eligible home owners age 65 and older.

Social Security Administration

10 Fawcett Street, 1st floor

Cambridge, MA 02138

888-527-9340

www.ssa.gov

Provides Retirement, Disability, Survivor Benefits, Supplement Security Income (SSI).

FOOD ASSISTANCE

Farmer's Market Coupon Program

Lexington Department of Human Services

1475 Massachusetts Avenue

Lexington, MA 02420

(781) 861-0194

ci.lexington.ma.us/humanservices

Eligible seniors receive coupons redeemable at the farmer's market.

Lexington Food Pantry

6 Meriam Street

Lexington, MA 02420

(781) 861-5060

www.lexingtonfoodpantry.wordpress.com

Food pantry is at the Church of Our Redeemer and is open on Saturdays 9:30 to 11:00 AM. A letter from the Lexington Human Services Department is required in order to access this food pantry. Please call (781) 861-0194 for an appointment.

FOOD ASSISTANCE

(continued)

Meals on Wheels

Minuteman Senior Services

24 Third Avenue

Burlington, MA 01803

(781) 272-7177

www.minutemansenior.org

Provides a hot lunchtime meal Monday through Friday for individuals over 60 years old who are homebound and unable to prepare their own food.

SNAP (formally Food Stamps)

MA Department of Transitional Assistance

200 Pleasant Street

Malden, MA 02148

(781) 388-7300 or (800) 249-2007

www.mass.gov/dta

Financial assistance for the purchase of food.

Project Bread

(800) 645-8333

www.projectbread.org

Provides information regarding SNAP (formally Food Stamps), other food assistance programs and emergency food services.

FUEL ASSISTANCE

Citizens Energy Heat Assistance

Joe-4-Oil

88 Black Falcon Avenue

Boston, MA 02210

(617) 338-6300

www.citizensenergy.com

This program helps low-income families and individuals pay their heating bills during the winter.

Community Teamwork, Inc.

45 Kirk Street

Lowell, MA 01852

(978) 459-6161

www.comteam.org/fuel

Administers the state Low-Income Home Energy Assistance Program (commonly known as “fuel assistance”) for the Lexington area. Those applying for the fuel assistance for the *first* time should call the Lexington Department of Human Services at (781) 861-0194 to make an appointment to complete an initial application.

GERIATRIC CARE MANAGERS

Geriatric Care Managers of New England

198 Tremont Street
Boston, MA 02116

(617) 426-3533

www.gcmnewengland.org

Provides a list of private geriatric care managers who can work with seniors and families in assessing needs and coordinating care.

HEALTH INSURANCE

Medicare

800-MEDICARE

(800-633-4227)

www.medicare.gov

Medicare is a federally funded health insurance program for those ages 65 and older.

Medicaid/MassHealth

800-841-2900

www.mass.gov/masshealth

Medicaid is a jointly funded, Federal-State health insurance program for low-income individuals.

SHINE (Serving Health Information Needs of Elders)

Minuteman Senior Services

24 Third Avenue

Burlington, MA 01803

Regional SHINE office at Minuteman Senior Services:

781-272-7177

Lexington SHINE appointments: 781-861-0194

Personalized help in making health insurance decisions and information on programs for people with limited income and resources.

HOME HEALTH CARE

Comfort Keepers

10 Mt. Vernon St, #210

Winchester, MA 01890

(781) 721-5522

www.comfortkeepers.com

Services include companionship, meal preparation, light housekeeping, medication reminders, shopping, errands, and incidental transportation.

HOME HEALTH CARE

(continued)

Community Care Ombudsman Program

One Ashburton Place, Fifth floor

Boston, Massachusetts 02108

(800) 243-4636

State program that investigates and helps resolve disputes with home health or community services.

Emerson Homecare

(978) 287-8300

www.emersonhospital.org/support/homecare

Services include visiting nurses, physical, occupational and speech therapists, social workers and home health aides.

Home Instead Senior Care

5 Militia Dr.

Lexington, Ma 02421

(781) 402-0060

www.homeinstead.com

Services include companionship, meal preparation, light housekeeping, medication reminders, shopping, errands, transportation and bathing assistance.

HouseWorks

One Gateway Center, Suite 902

Newton, MA 02458

(617) 928-1010

www.house-works.com

Services include companionship, meal preparation, light housekeeping, heavy cleaning, medication reminders, shopping, errands, and home modification.

Metropolitan Home Health

297 Broadway Suite 222

Arlington, MA 02472

(781) 643-9115

Services include nursing, physical and occupational therapy, companionship, bathing assistance, meal preparation, light housekeeping, medication reminders, shopping, errands, and transportation.

Minuteman Senior Services

24 Third Ave.

Burlington, MA 02474

(781) 272-7177

www.minutemansenior.org

Administers the state home care program providing homecare services at a discounted rate for eligible seniors. Services include meal preparation, grocery shopping, light housekeeping, laundry, bathing assistance, companion, and respite care.

HOME HEALTH CARE

(continued)

Minutewomen, Inc.

238 Bedford St.

Lexington, MA 02420

(781) 862-3300

www.minutewomen.net

Provides non-medical homecare services including: bathing assistance, light housekeeping, companionship, bathing assistance, shopping and errands, transportation and assistance with paperwork.

Mount Auburn Care Group

One Arsenal Marketplace

Watertown, MA 02472

(617) 673-1700

www.mountauburnhospital.org

Services include visiting nurses, physical, occupational and speech therapists, social workers and home health aides.

Partners Homecare

(781) 290-4000

www.partnershomecare.org

Services include visiting nurses, physical, occupational and speech therapists, social workers and home health aides.

Right At Home

133 Great Rd.

Bedford, MA 01730

(781) 275-1400

www.bostonnorthwest.rightathome.net

Services include companionship, bathing assistance, meal preparation, light housekeeping, medication reminders, shopping, errands, and incidental transportation.

Visiting Nurse and Community Health of

Arlington/Home Care Plus

37 Broadway

Arlington, MA 02474

(781) 643-6090

www.thevisitingnurses.com

Services include visiting nurses, physical, occupational and speech therapists, social workers and home health aides.

HOSPICE

Hospice Federation of Massachusetts

1420 Providence Highway, Suite 277

Norwood, MA 02062

(800) 962-2973

(781) 255-7077

www.hospicefed.org

Organization provides information and referrals regarding hospice care services.

Hospice Services of Massachusetts

577 Main Street

Wareham, MA 02571

(508) 291-0049

(866) 991-0049

www.hospiceservicesofma.com

Agency provides advocacy, information and referral regarding hospice care services.

HOUSING

Homeowner Options for MA Elders (H.O.M.E)

150 Grossman Dr.

Braintree, MA 02184

(800) 583-5337

www.elderhomeowners.org

Provides in-home counseling to seniors about ways to use home equity through refinancing, reverse mortgages and tax deferrals to remain in their homes.

Lexington Housing Assistance Board (LexHAB)

4 Militia Drive, Suite 3

Lexington, MA 02421

(781) 863-5362

www.lexingtonhousingpartnership.org

Owns and rents single family houses, duplexes and condominium units to low and moderate income individuals or families.

HOUSING (continued)

Lexington Housing Authority

One Countryside Village

Lexington, MA 02420

(781) 861-0900

www.lexingtonhousingauthority.org

Manages the state and federally subsidized housing complexes in Lexington.

Metropolitan Boston Housing Partnership

125 Lincoln Street, 5th Floor

Boston, MA 02111

(617) 859-0400

www.mbhp.org

Agency helps individuals and families to find and retain affordable housing.

LEGAL SERVICES

Greater Boston Legal Services

197 Friend Street

Boston, MA 02114

(617) 371-1234

www.gbls.org

Provides free civil (non-criminal) legal assistance to low-income individuals.

Massachusetts Bar Association Referral Service

Lawyer Referral: (800) 392-6164

“Dial A Lawyer”: (617) 338-0610

www.massbar.org

Refers to member attorneys based upon the caller’s legal needs, location and financial situation. Each caller will be screened for income eligibility. The first half-hour consultation will be no more than \$25.

Metrowest Legal Services

63 Fountain Street, Suite 304

Framingham, MA 01702

(508) 620-1830

(800) 696-1501

www.mwlegal.org

Provides free, civil legal representation to low-income people who live in the Metro West area.

National Academy of Elder Law Attorneys

P.O. Box 67137

Chestnut Hill, MA, 02467

(617) 566-5640

www.manaela.org

Works directly with elders in areas such as planning for catastrophic care costs, disability planning, age discrimination in employment and housing, benefits planning, estate planning, and more.

MEDICAL SUPPLIES & ADAPTIVE EQUIPMENT

A & A Medical Supply

20 Main St.
Acton, MA 01720
(978) 635-0002

www.aamedicalsupply.com

Provides full range of medical supplies, including mobility aides and home adaptive equipment.

Medical Equipment Loan Program Bedford Public Health Department

12 Mudge Way, second floor
Bedford, MA 01730
(781) 275-6507

Free medical equipment loan program for residents of Bedford and surrounding communities (including Lexington).

Belmont Medical Supplies

185 Belmont Street
Belmont, MA 02478
(617) 484-3888

www.belmontmedical.com

Provides full range of medical supplies, including mobility aides and home adaptive equipment.

Careway Wellness Center

508 Main Street
Woburn, MA 01801
(781) 933-2345

www.carewaywellness.com

Provides full range of medical supplies, including mobility aides and home adaptive equipment.

Hospital Equipment Loan Program Masonic Lodge of Malden

142 Pleasant Street
Malden, MA 02148
(781) 322-1052

www.goodsamaritanlodge.org/h_e_l_p

Free equipment loan program for all durable medical equipment including mobility aides and home adaptive equipment. You do not need to be a freemason in order to access this program. Program is staffed on Saturday mornings only.

MEDICAL SUPPLIES & ADAPTIVE EQUIPMENT (continued)

HouseWorks

One Gateway Center, Suite 902

Newton, MA 02458

(800) 928-3393

(617) 928-1010

www.house-works.com

Supplies and installs adaptive equipment including grab bars, hand-held showers, and transfer aids.

Natale Company & Safety Care

5 West Dexter Ave.

Woburn, MA 01801

(781) 933-7205

www.safety-care.com

Supplies and installs adaptive equipment including grab bars, hand-held showers, transfer aids, and stair lifts.

MENTAL HEALTH

McLean Hospital

115 Mill Street

Belmont, MA 02478

(617) 855-2000

(800) 333-0338

www.mclean.harvard.edu/patient

Provides comprehensive diagnosis, treatment and follow-up care for individuals who are experiencing emotional, cognitive or behavioral symptoms.

Advocates Inc.

One Clarks Hill, Suite 305

Framingham, MA 01702

(508) 628-6300

www.advocatesinc.org

Provides outpatient mental health and substance abuse services, psychiatric emergency services; intensive home-based intervention for individuals and families, housing and benefits advocacy services.

NURSING FACILITIES

Golden Living Center

840 Emerson Gardens Road

Lexington, MA

(781) 861-8630

www.goldenlivingcenters.com

Skilled health care facility offering short-term rehabilitation, long-term care and specialized Alzheimer's Care Units.

Lexington Health Care Center

178 Lowell Street

Lexington, MA 02420

(781) 862-7400

www.healthbridgemanagement.com

Skilled health care facility offering short-term rehabilitation, long-term care and a memory care program for residents with memory loss.

Minuteman Ombudsman Program

Minuteman Senior Services

24 Third Ave.

Burlington, MA 02474

(781) 272-7177

Helps to resolve nursing home and long-term care facility problems.

www.minutemansenior.org/ombudsman

Pine Knoll Nursing Center

30 Watertown Street

Lexington, MA 02421

(781) 862-8151

www.pineknollnursingcenter.com

Skilled health care facility offering short-term rehabilitation, long-term care and a memory care program for residents with memory loss.

PERSONAL EMERGENCY RESPONSE SYSTEMS

Personal emergency response systems are emergency response devices that connect to a 24-hour call center. Individuals wear a small device, either on a neck pendant or wristband, and when pressed it sends a signal to a receiver that is connected to the home telephone line. When the button is activated, a staff member at the call center is able to speak to the senior and evaluate whether to call an ambulance or a designated friend or family member.

Be Safer At Home

314 Main Street, Suite 106

Wilmington, MA 01887

(866) 513-7377

www.besaferathome.com

PERSONAL EMERGENCY RESPONSE SYSTEMS

(continued)

Hallmark Health Lifeline

239 Commercial St.

Malden, MA 02148

(877) 896-6600

www.hallmarkhealth.org

Mount Auburn Hospital Lifeline

330 Mount Auburn Street

Cambridge, MA 02138

(617) 499-5525

www.mountauburnhospital.org

Philips Lifeline

111 Lawrence St.

Framingham, MA 01702

(800) 380-3111

www.lifelinesystems.com

Winchester Hospital Lifeline

12 Alfred St., Suite 307

Woburn, MA 01801

(781) 756-4752

www.winchesterhospital.org

PHARMACIES AND PRESCRIPTIONS

MassMedLine

25 Foster Street

Worcester, MA 01608

(866) 633-1617

www.massmedline.com

MassMedLine is a free service for those who are seeking information about medications or finding programs to help with the cost of medications.

Shaws Osco

1070 Lexington Street

Waltham, MA 02452

Pharmacy Phone numbers:

(781) 899-3332

(781) 472-3542

Full service pharmacy offering home delivery service in Lexington.

Theatre Pharmacy

1784 Massachusetts Avenue

Lexington, MA 02420

(781) 862-4480

www.theatrepharmacy.com

Full service pharmacy offering home delivery.

PHARMACIES AND PRESCRIPTIONS ***(continued)***

Veteran's Administration

(877) 222-8387

(781) 316- 3166

www.va.gov/healtheligibility

Medications by mail for those enrolled in Uniform Benefits Package. Co-payment required for some veterans.

SNOW REMOVAL

Plow-U-Out

(781) 439-7844

www.plowuout.com

Provides plowing, snow blowing, snow shoveling and salting services.

Ace Landscaping

954 Main Street

Winchester, MA 01890

(781) 756-6663

www.acelandscaping.com

Provides snow removal, landscaping services and irrigation services.

JP Carroll Co.

700 Waltham Street

Lexington, MA 02421-7903

(781) 861-6060

Provides snow removal and services.

Mike Leary Contracting

251 Worthen Road East

Lexington, MA 02421

(781) 862-1108

www.mikelearycontracting.com

Provides snow removal and sanding.

TRANSPORTATION

Road to Recovery

American Cancer Society

9 Riverside Rd

Weston, MA 02493

(800) 727-2345

www.cancer.org

Volunteers provide transportation for those receiving treatments related to cancer.

Disabled Veterans of America

(781) 687-2999

Volunteer drivers offer rides to disabled veterans who have medical appointments scheduled at military facilities or Veteran Administration hospitals.

FISH

(781) 861-9300

Free transportation to medical appointments provided by volunteer drivers. Rides must be scheduled at least two days in advance and this service can only be used once per week.

Lexpress

1625 Massachusetts Avenue

Lexington, MA 02420

(781) 861-1210

www.lexingtonma.gov/DPW/lexpress

Lexington's neighborhood, mini-bus service. All buses are wheelchair equipped and ADA compliant. Connects with the MBTA, Burlington B-line, and Lowell Regional Transit. Operates Monday-Friday 7:00am-6:25pm.

MBTA The Ride

10 Park Plaza, Room 5000

Boston, MA 02116

(617) 222-5123

www.mbta.com/fares_and_passes/ride/

Door to door transportation for individuals with physical or cognitive disabilities that make utilizing public transportation impossible. An application is required in order to use this service.

Taxi Service

No taxi service currently holds a Lexington permit. Local taxi companies are:

- Harrison Taxi - 781-891-7220 - 10% senior discount with I.D.
- Yellow Cab - 781-648-1400

VETERANS SERVICES

Town of Lexington

Dept. of Veteran's Services

1475 Massachusetts Avenue

Lexington, MA 02420

(781) 953-3160

Veterans' agent available to assist veterans and dependents
with State and Federal Entitlements.

Veteran's Services Officer

