Senior Resource Guide

Last Updated April 2018

Town of Lexington
Human Services Department
39 Marrett Road, Lexington MA 02421
Phone: 781-698-4840
Fax: 781-863-2271
www.lexingtonma.gov/human-services/

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

Every effort has been made to ensure that the information in this resource guide is accurate. If you find a listing that is incorrect or inactive, please call the Human Services Department to report it.

The printing of this guide was made possible by a generous donation from the Dana Home Foundation.
# Town Departments/Government Agencies

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<td>781-698-4580</td>
<td>Police (911 if emergency)</td>
<td>781-862-1212</td>
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<td>Building Permits/Inspection</td>
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<td>Public Works</td>
<td>781-274-8300</td>
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<td>Chamber of Commerce</td>
<td>781-862-2480</td>
<td>Recreation &amp; Community Programs</td>
<td>781-698-4800</td>
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<td>781-698-4800</td>
<td>Town Clerk’s Office</td>
<td>781-698-4550</td>
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<td>781-862-0272</td>
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<td>781-698-4522</td>
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<td>781-698-4600</td>
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<td>Human Services</td>
<td>781-698-4840</td>
<td>Water Department</td>
<td>781-274-8370</td>
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<td>Lexington Housing Authority</td>
<td>781-861-0900</td>
<td>Zoning/Board of Appeals</td>
<td>781-698-4523</td>
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<td>800-243-4636</td>
<td>Mass Health Customer Service</td>
<td>800-841-2900</td>
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<td>Medicare Hotline</td>
<td>800-633-4227</td>
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<tr>
<td>Executive Office of Veteran Services</td>
<td>617-210-5480</td>
<td>Department of Mental Health</td>
<td>781-641-8100</td>
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<tr>
<td>Social Security Administration</td>
<td>800-772-1213</td>
<td>RMV (IDs, Handicap permits, etc.)</td>
<td>857-368-8000</td>
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## Notes & Quick Reference Phone Numbers

- **800AgeInfo**: 800-243-4636
- **Mass Health Customer Service**: 800-841-2900
- **Medicare Hotline**: 800-633-4227
- **Executive Office of Veteran Services**: 617-210-5480
- **Department of Mental Health**: 781-641-8100
- **Mass Commission for the Blind**: 617-727-5550
- **Registry of Deeds, Middlesex South**: 617-679-6300
- **Social Security Administration**: 800-772-1213

- **RMV (IDs, Handicap permits, etc.)**: 857-368-8000
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HOTLINES & 24-HOUR RESOURCES

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<td>Abuse of Persons in Long-Term Care Facilities (Dept. of Public Health)</td>
<td>800-462-5540</td>
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<td>Advocates Psychiatric Emergency Services Crisis Team</td>
<td>781-893-2003</td>
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<td>Attorney General's Elder Hotline</td>
<td>888-243-5337</td>
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<td>Disabled Person Abuse/Neglect Reporting (ages 18-59)</td>
<td>800-426-9009</td>
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<td>Domestic Violence</td>
<td>877-785-2020</td>
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<td>Elder Abuse/Neglect Hotline</td>
<td>800-922-2275</td>
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<td>Eversource Gas &amp; Electric (NSTAR)</td>
<td>800-592-2000</td>
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<td>Lifeline</td>
<td>781-935-2220</td>
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<td>National Grid</td>
<td>800-233-5325</td>
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<td>Poison Control</td>
<td>800-222-1222</td>
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<td>Sexual Assault</td>
<td>877-785-2020</td>
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<td>Suicide (Samaritans)</td>
<td>877-870-4673</td>
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RESOURCE LIST

Abuse, Neglect, Self-Neglect, Exploitation

Elder Abuse Hotline
Tel: 800-922-2275
Statewide 24-hour hotline to report abuse, neglect, self-neglect, or financial exploitation about someone aged 60 or over living in the community.

Minuteman Protective Services
26 Crosby Drive
Bedford, MA 01730
Tel: 781-272-7177
Web: [www.minutemansenior.org/protect.html](http://www.minutemansenior.org/protect.html)
This local office for Elder Protective Services investigates reports of elder abuse, neglect, self-neglect, and financial exploitation. All reports must be made through the Elder Abuse Hotline listed above.

Adult Day Care

Cooperative Elder Services
7 Chamberlin Drive
Concord, MA 01742
Tel: (781) 863-1166 ext. 104
Email: Outreach@ElderDayServices.org
Web: [http://www.elderdayservices.org/Home](http://www.elderdayservices.org/Home)
Provides Adult Day Health and Alzheimer Day Care Services to elders and disabled adults. Locations in Arlington, Concord, and Burlington.
Massachusetts Adult Day Services Association (MADSA)
Tel: 617-469-5848
Web: https://madsa.net/
Provides information about Adult Day Service, as well as lookup tool and advocacy initiatives.

Advance Care Planning

Honoring Choices
Web: https://www.honoringchoicesmass.com/
Honoring choices is a consumer focused non-profit organization that supports the right of adults to direct their health care choices. They inform and empower adults (18+) to make health care plans to receive the best care and honor their choices.

The Conversation Project
20 University Road, 7th Floor
Cambridge, MA 02138 USA
Phone: (617) 301-4868
Web: https://theconversationproject.org/
Email: conversationproject@IHI.org
The conversation project is dedicated to helping people talk about their wishes for end of life care. They offer a “Conversation Kit” that is a free resource to go through with loved ones.

Aging Advocacy & Care Planning Resources

Alliance for Retired Americans
815 16th Street, NW
Washington, DC 20006
Tel: 202-637-5399
Web: www.retiredamericans.org
The Alliance for Retired Americans is a nationwide organization, founded in May 2001, with now over 4.2 million members working together to make their voices heard in the laws, policies, politics, and institutions that shape our lives.

AARP
601 E Street, NW
Washington, DC, 20049
Toll-free: 888-687-2277
Toll-free TTY: 877-434-7598
Hours: Monday to Friday: 7 a.m. through 11 p.m. ET
Web: www.aarp.org
Email: member@aarp.org
AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. It is dedicated to enhancing quality of life for all as we age. Benefits can be viewed at www.aarp.org.

Boston Center for Independent Living
60 Temple Place
Boston, MA, 02111-1324
Tel: 617-338-6665  
Toll-free: 866-338-8085  
TTY: 617-338-6662  
Web: [www.bostoncil.org](http://www.bostoncil.org)

The Boston Center for Independent Living is a frontline civil rights organization led by people with disabilities that advocates to eliminate discrimination, isolation and segregation by providing advocacy, information and referral, peer support, skills training, and PCA services in order to enhance the independence of people with disabilities.

**Kathy Kemp**  
Geriatric Care Manager, Social Worker, Occupational Therapist  
274 Park Ave.  
Arlington, MA 02476  

Provides consultation, advocacy, and care management services for elders. Specializes in dementia and mental illness.

**Lexington Council on Aging**  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421  
Tel: 781-698-4840  

The Human Services staff can provide information and referrals, needs assessments, crisis intervention and/or short-term service coordination for seniors in need.

**Massachusetts Care Planning Council**  
Web: [www.caremassachusetts.org/list10_MA_Aging_Services_senior_centers.htm](http://www.caremassachusetts.org/list10_MA_Aging_Services_senior_centers.htm)

Area Agency on Aging is a nationwide network of State and local programs that help older people to plan and care for their life long needs. Visit the web site for a list of local agencies.

**Minuteman “By Your Side”**  
Minuteman Senior Services  
26 Crosby Drive  
Bedford, MA 01730  
Tel: 888-222-6171  
Web: [www.minutemansenior.org/our-services/minuteman-by-your-side](http://www.minutemansenior.org/our-services/minuteman-by-your-side)

Licensed Care Managers can work with family caregivers to help solve problems and find practical solutions to the challenges of caregiving. They can help to develop a comprehensive care plan that fits within individual resources.

**National Association of Professional Geriatric Care Managers (GCM) NE Chapter**  
P.O. Box 67075  
Chestnut Hill, MA 02467  
Tel: 617-277-4669  
Web: [www.gcmnewengland.org](http://www.gcmnewengland.org)

GCM New England is an association whose purpose is to define and promote the highest standards of practice by professionals who are assisting older people and their families in the design and implementation of programs for elders that maximize independence and well-being.
National Council on Aging (NCOA)
Tel: 571-527-3900
Web: www.ncoa.org
The NCOA partners with nonprofit organizations, government, and business to improve the health, wellbeing, and economic security of older adults.

Ombudsman Programs

**Long-Term Care Ombudsman**
2800 Euclid Avenue
Suite 200
Cleveland, Ohio, 44115
Tel: 800-365-3112 or 216-696-2719
Web: www.ltco.org
Long-Term Care Ombudsman is part of a national network of organizations that advocate for people who use long-term care services.

**Ombudsman Program Executive Office of Elder Affairs**
One Ashburton Place
Boston, MA, 02108
Tel: 1-800-AGE-INFO (800-243-4636)
State program that investigates and helps resolve disputes with home health or community services.

Senior Medicare Patrol
U.S. Department of Health & Human Services
200 Independence Avenue S.W.,
Washington DC, 20201
Web: www.stopmedicarefraud.gov
The Senior Medicare Patrol (SMP) is a group of highly trained volunteers who teach others about health care fraud. SMP volunteers show Medicare and Medicaid recipients how to protect against, detect, and report fraud.

Car Maintenance/Repairs

**Minuteman Technical Institute**
758 Marrett Road
Lexington, MA 02421
Tel: 781-861-7151
Web: http://minutemanti.org/
Minuteman Technical Institute students perform auto repairs at a discounted rate. Call for details.

**Waltham High School**
617 Lexington Street
Waltham, MA 02452
Tel: 781-314-5589
Waltham students perform auto repairs for the cost of parts only (no labor charges). Call for details.
Caregiver Support Resources

Center for Cancer Support
Tel: 781-648-0312

Lexington Council on Aging Groups
Tel: 781-698-4840
Web: https://www.lexingtonma.gov/human-services/senior-services

Lexington Memory Café
Tel: 781-698-4840
Once-a-month Memory Café is designed for individuals and caregivers with memory concerns. This is NOT a support group but rather a social gathering of people in similar situations.

Minuteman Senior Services Family Caregiver Support Program
Tel: 888-222-6171
Web: https://minutemansenior.org/our-services/caregiver-support
Provides resources, education, guidance, and training to those caring for adults with disabilities.

Dentists (low-cost)

Charles River Community Health Center
43 Foundry Ave.
Waltham, MA 02453
Tel: 781-693-3800
Web: http://www.charlesriverhealth.org/care-services/dental-services-programs-2/
Provides full range of dental services.

Harvard School of Dental Medicine
188 Longwood Avenue
Boston, MA 02118
Tel: 617-432-1434
Web: www.harvardedentalcenter.harvard.edu
Provides affordable care to patients in dentistry and other specialties.

Massachusetts Dental Society
Tel: 800-342-8747
Web: www.massdental.org
Provides information on where to find reduced rate dental care from local dentists.

Middlesex Community College
Health, Science & Technology Center
Talbot Building
44 Middle Street
Lowell, MA 01852
Tel: 978-656-3250 or 781-280-3250
Web: www.middlesex.mass.edu/DHClinic
Provides preventive dental hygiene services at its on-campus clinic (September through May).
Tufts Dental Clinics
1 Kneeland Street
Boston, MA 02111
Tel: 617-636-6828
Web: www.tufts.edu/dental
Offers a full range of general, specialty, and emergency dental care at lower fees.

Disability Supports

Boston Center for Independent Living
60 Temple Place
Boston, MA, 02111-1324
Tel: 617-338-6665
Toll-free: 866-338-8085
TTY: 617-338-6662
Web: www.bostoncl.org
The Boston Center for Independent Living is a frontline civil rights organization led by people with disabilities that advocates to eliminate discrimination, isolation and segregation by providing advocacy, information and referral, peer support, skills training, and PCA services in order to enhance the independence of people with disabilities.

Hearing & Speech Impairments

D.E.A.F. Inc
Web: www.deafinc.net
The Deaf Equal Access Foundation is a non-profit organization designed to give back to the Deaf community. Donations made to this organization will be used to provide sign language interpreting services at no charge in a variety of settings such as funerals, family reunions, etc.

Mass Commission for the Deaf & Hard of Hearing
Web: www.mass.gov/eohhs/gov/departments/mcdhh/
The Mission of MCDHH is to provide accessible communication, education, and advocacy to consumers and private and public entities so that programs, services and opportunities throughout Massachusetts are fully accessible to persons who are Deaf and hard of hearing.

Visual Impairments

MAB Community Services
200 Ivy Street
Brookline, MA 02446
Tel: 617-738-5110
https://www.mabcommunity.org/
Founded as the Massachusetts Association for the Blind, MAB is the oldest social service agency in the country providing services to individuals who are blind or visually impaired.

Massachusetts Commission for the Blind (MCB)
600 Washington St (3rd Floor)
Boston, MA 02111
MCB provides quality rehabilitation and social services to blind individuals, leading to independence and full community participation.

Perkins School for the Blind
175 North Beacon Street
Watertown, MA, 02472
Tel: 617-924-3434
Email: Info@Perkins.org
Web: www.perkins.org/
Perkins School for the Blind provides education and services that build productive, meaningful lives for children and adults who are blind, deaf-blind, or visually impaired with or without other disabilities.

Downsizing

National Association of Senior Move Managers (NASMM)
Web: www.nasmm.org
Senior Move Management is the profession that assists older adults and their families with the emotional and physical aspects of relocation and/or aging in place. NASMM is the leading membership organization for Senior Move Managers in the United States. You can use this web site to find Senior Move Managers in this area.

Out of the Box
PO Box 79012
Belmont, MA 02479
Tel: 617-835-7743
Web: https://www.outoftheboxmoves.com/contact-us/
A team dedicated to handling the emotional and physical stresses of moving. They help with preparing to move, moving, and settling into your new home.

Resolutions Certified Organizing
Phone: 781-279-4643
Email: info@ResolutionsOrganizing.com
Web: http://www.resolutionsorganizing.com/wp/contact/
Professional organizer Dawn Link provides customized organizing.

Driver Safety and Rehabilitation Programs

AAA Driver Improvement Course
Web: http://seniordriving.aaa.com/
Visit their website and click on “Take a Refresher Course” to find a local class or enroll in one of the AAA’s online programs.

AARP Driver Safety
Web: http://www.aarp.org/ws/EO/driver-safety-programs.html
Tel: 877-846-3299
The AARP’s Driver Safety Program is the nation’s largest program that educates older adults on driving safely, self-assessment, and finding transportation alternatives. Visit their website and click on “Classroom Course” to find a location near you.

American Occupational Therapy Association
Web: [https://www.aota.org/olderdriver](https://www.aota.org/olderdriver)
Tel: 301-652-6611
Provides Driver Specialists for driver safety evaluations.

National Safety Council
Web: [www.nsc.org](http://www.nsc.org)
Visit the NSC’s website to get tips on general road safety or enroll in one of their driver safety programs.

Employment/Unemployment

Career Source
186 Alewife Brook Parkway, Suite 310
Fresh Pond Mall
Cambridge, MA 02138
Tel: 617-661-7867 ext. 0
Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.; open Wednesday until 7:30 p.m.
Web: [http://www.yourcareersource.com/](http://www.yourcareersource.com/)
Career Source provides a medley of services to help you prepare for and find employment.

Employment Spot
Online resource to link retired seniors with further employment.

Operation ABLE of Greater Boston, Inc.
174 Portland Street
5th Floor
Boston, MA 02111
Tel: 617-542-4180
Web: [www.operationable.net](http://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.

Professional Development Collaborative
[http://pdcboston.org/](http://pdcboston.org/)
The Professional Development Collaborative (PDC) provides low cost training to help individuals succeed in today’s workplace. The courses are taught by industry experts and designed to help individuals develop the technical and soft skills needed to compete.

The Career Place
100 Trade Center, Suite G100, Woburn, MA, 01801
Tel: 781-932-5500
Toll-free: 888-273-WORK
Web: https://thecareerplace.org/index.php
The Career Place provides comprehensive employment and career services that are easy to access, customer-driven, and linked to the latest technology.

Financial Resources and Subsidy Programs

Department of Transitional Assistance (DTA)
Local Office:
245 Commercial Street
Malden, MA 02148
Tel: 781-388-7300
Web: www.mass.gov/eohhs/gov/departments/dta/

The DTA offers several programs to assist those in need. The Emergency Aid to the Elderly, Disabled, and Children (EAEDC) is a state funded program that provides cash assistance to those in need to stabilize their lives. The DTA also offers a variety of programs to support clients to acquire and maintain employment as well as providing food assistance.

Massachusetts State Supplement Program (SSP)
Executive Office of Health and Human Services (EOHHS)
Web: www.mass.gov/eohhs/consumer/basic-needs/financial/ssp.html
Individuals who wish to receive State Supplement Program (SSP) payments must first apply for federal Supplemental Security Income (SSI) payments through the Social Security Administration (SSA). To find out more about applying for SSI or to inquire about SSI eligibility, contact SSA at 800-772-1213 (or TTY 1-800-325-0778 for the deaf and hard of hearing) or visit https://www.ssa.gov/

Town of Lexington
Assessor’s Office
1625 Massachusetts Ave
Lexington, MA, 02420
Tel: 781-698-4578
The Town provides several programs for eligible seniors to receive tax deferrals or tax exemptions. Call the Assessor’s office for details. In addition, eligible Seniors in Lexington have the opportunity to work for town departments in exchange for property tax abatements via the Senior Tax Workoff Program. Call the Human Services department for more details at 781-698-4840.

Tax Preparation Assistance

AARP Tax Assistance
Lexington Community Center
39 Marrett Rd. Lexington
Tel: 781-698-4855
For those over 55 with low-to-moderate incomes, trained and IRS-certified Tax-Aide volunteers are available at the Community Center to help prepare Federal and State income taxes during tax season. Call 781-698-4855 for more information.
Volunteer Income Tax Assistance (VITA)
Charles River Public Internet Center
154 Moody Street
Waltham, MA
Assist eligible taxpayers by providing free tax return preparation. The Tax Center is open 4-8 pm on Thursdays, 10am-6pm on Fridays, and 10am-6pm on Saturdays. Appointments are strongly recommended. For more information on what you need to bring and/or to make an appointment call 781-891-9559, x206. Web: http://www.crpic.org/Default.aspx

Telephone Programs

**Lifeline**
Tel: 888-225-5322
Web: [https://www.fcc.gov/general/lifeline-program-low-income-consumers](https://www.fcc.gov/general/lifeline-program-low-income-consumers)
Affordable Telephone services for income-eligible consumers.

**Safelink Wireless**
Tel: 800-Safelink (800-723-3546)
Web: [www.safelinkwireless.com](http://www.safelinkwireless.com)
Program for income eligible households provided by TracFone Wireless, Inc. Requirements are based on a person’s participation in a State or Federal support program or by meeting the Income Poverty Guidelines as defined by the U.S. Government. Limited to one person per household.

Food/Nutrition Assistance

**Farmer’s Market Nutrition Program**
Tel: 617-626-1744
Web: [https://www.mass.gov/farmers-market-nutrition-program](https://www.mass.gov/farmers-market-nutrition-program)
The Massachusetts Farmers' Market Nutrition Program provides eligible elders with coupons for fresh fruits and vegetables redeemable at participating Farmers' Markets. For more information on this program, please call the Human Services department at 781-698-4840.

**Grocery Delivery**
Shop online and get groceries delivered to your home from your favorite local grocery store. Delivery charges may apply. Delivery specials on first orders are available.
Market Basket: [https://www.instacart.com/market-basket](https://www.instacart.com/market-basket)
Stop & Shop: [https://www.peapod.com](https://www.peapod.com)
Wegmans: [https://www.instacart.com/wegmans](https://www.instacart.com/wegmans)
Whole Foods: [https://delivery.wholefoodsmarket.com/](https://delivery.wholefoodsmarket.com/)

**Lex Eat Together**
Church of Our Redeemer
6 Meriam St., Lexington, MA
Web: LexEatTogether.org
Email: lexeattogether@gmail.com
Free plated meal for those in need of a nutritious meal and companionship. Served every Wednesday 5:15pm-6:30pm at Church of Our Redeemer.
Lexington Interfaith Food Pantry
Pantry location: Church of Our Redeemer
6 Meriam Street, Lexington 02420
Open Saturdays: 9:30-11:00am
Tel: 781-861-5060
Lexington Food Pantry volunteers distribute non-perishable food to residents in need of food assistance. Referral is required from the Human Services Department. Call 781-698-4840 for more information.

Meals on Wheels
Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
Tel: 781-272-7177
Toll-free: 888-222-6171
Web: www.minutemansenior.org
The Meals on Wheels program delivers lunch to homebound seniors who are unable to provide their own meals and who meet certain guidelines. Special dietary considerations are available for those with chronic health conditions such as diabetes and heart disease.

Project Bread
145 Border Street
East Boston, MA 02128
Tel: 617-723-5000
Email: info@projectbread.org
Web: www.projectbread.org
FoodSource Hotline: 1-800-645-8333;TTY 1-800-377-1292
Hotline Hours: Monday – Friday: 8 AM - 7 PM; Saturday: 10 AM - 2 PM
Project Bread’s FoodSource Hotline is the only comprehensive statewide information and referral service in Massachusetts for people facing hunger. They will screen callers for SNAP eligibility and help with the application process.

Senior Dining at Lexington Community Center
39 Marrett Road
Lexington, MA 02421
Tel: 781-698-4850
Minuteman Senior Services manages the senior dining program, where people can gather and socialize over a nutritious meal. Sign up is required in advance and a small donation is encouraged to help cover the cost. Call to sign up and for more information.

Supplemental Nutrition Assistance Program (SNAP)
SNAP Hotline: 866-950-3663
Web: www.mass.gov/dta
SNAP helps low income individuals and families buy healthy, nutritious food. A SNAP household’s monthly benefit depends on household size, income, and expenses. Seniors can apply for SNAP benefits using a shorter form. Call the SNAP Hotline for more details. A member of the Human Services department can also help you apply for this program.
Gay & Lesbian Supports

**LGBT Aging Project**
Web: [www.lgbtagingproject.org](http://www.lgbtagingproject.org)
The LGBT Aging Project is a Boston-based non-profit organization dedicated to ensuring that lesbian, gay, bisexual, and transgender older adults have equal access to life-prolonging benefits, protection, and services.
Ansin Building
1340 Boylston Street
Boston, MA 02215
Tel: 857-313-6590

**Stonewall Seniors**
Web: [http://stonewallseniors.com](http://stonewallseniors.com)
Stonewall Seniors is an LGBT Community that provides information on advocacy, learning, social/cultural opportunities, and healthy living.

**Help at Home (Home Care/Home Health Agencies)**

**Associated Homecare**
Tel: 781-222-5501
Web: [http://associatedhomecare.com/](http://associatedhomecare.com/)
Remain independent at home while receiving high quality care from caregivers. Services include: assistance with daily tasks via home health aides, companions, skilled nursing care and medication management, specialized dementia and alzheimer’s care, live-in senior care, overnight assistance, 24-hour care, and caregiver respite.

**ABC Home Healthcare**
Main Office: 781-245-1880
Web: [https://www.abchhp.com/](https://www.abchhp.com/)
Email: info@abchhp.com
Services include Certified Home Health Aides, Homemakers, Companions, Live-in Caregivers, Private Duty Nursing, Respite and Hospice Services, Hospital Sitters, Certified Geriatric Case Management and Medication Management. Services are available from 1 to 24 hours, 365 days a year and includes nurse supervision.

**Clark Care**
Tel: 781-729-1601
Web: [http://www.clarkcareinc.com/](http://www.clarkcareinc.com/)
Services include nursing care, home health aides, live in aides, medication administration, wound care, and palliative care. Privately owned by a Registered Nurse.

**Home Instead Senior Care**
Tel: 781-402-0060
Web: [www.homeinstead.com](http://www.homeinstead.com)
Services include companionship, personal care, help with groceries and errands, a helping hand with household chores, and a simple reminder to take medications.
House Works
Tel: 800-928-3393
Web: www.house-works.com
Email: Info@house-works.com
Offers flexible and dependable at-home care and home modification services.

Metropolitan Home Health Services, Inc.
Tel: 781-643-9115
Web: www.metrohh.com
Services include companionship, meal preparation, light housekeeping, home health aides, overnight care/24 hour care, nursing, medication reminders, and short-term/long-term care.

Minuteman Senior Services
Tel: 781-272-7177
Web: www.minutemansenior.org
Administers the State home care program providing subsidized or sliding scale homecare services for eligible seniors. Services include meal preparation, grocery shopping, light housekeeping, laundry, bathing assistance, companion, and respite care.

Minutewomen, Inc.
Tel: 781-862-3300
Web: www.mwhomecare.com
Provides non-medical homecare services including: bathing assistance, light housekeeping, companionship, shopping and errands, transportation, and assistance with paperwork.

One Stop Clothing Care, Inc.
Tel: 978-670-7577
Laundry service with pickup and delivery.

Privatus
Tel: 617-275-4050
Web: http://privatuscare.com/
Services include private nursing, personal care, and care management.

Right At Home
Bedford, MA 01730
Tel: 781-275-1400
Web: www.rightathome.net/boston-northwest/
Services include companionship, bathing assistance, meal preparation, light housekeeping, medication reminders, shopping, errands, and incidental transportation.

Senior Helpers
Tel: 781-569-6700
Web: www.SeniorHelpers.com/NortheastMass
Email: NortheastMass@SeniorHelpers.com
Offers companion care, personal care, Alzheimer's & Dementia care, and other assistance.
Seniors Helping Seniors
Tel: 617-877-3163
Email: info@shsboston.com
A model of peers helping peers. Services may include light housework, cooking, shopping, transportation to doctor appointments, socialization outside of the home, respite care, and dementia care.

Visiting Nurses Associations (VNAs)
(See also Hospice & Palliative Care for Hospice-only providers)

**All Care VNA**
Tel: 781-598-2454; Toll-free: 800-287-2454
Referral Line: 781-598-7066
Web: [www.allcare.org](http://www.allcare.org)
All Care specializes in providing a full continuum of in-home services through its VNA, Hospice, and Private Care Services; all of which supports independence, safety, and caring.

**Parmenter Community Health Care**
Tel: 508-358-3000
Web: [http://parmenter.org](http://parmenter.org)
Parmenter is an independent, non-profit health care agency providing visiting nurse services, rehabilitation care, palliative care, Hospice care, and community services.

**Visiting Nurse and Community Care**
Tel: 781-396-2633
Web: [www.thevisitingnurses.com](http://www.thevisitingnurses.com)
Provides a wide range of skilled care that allows clients to stay in the comfort of their home. Services include, but are not limited to, medication management, infusion therapy, dressing and catheter changes, rehabilitation, mental health, and end-of-life care.

**Lahey Health at Home**
Tel: 978-921-2615
Web: [www.laheyhealthathome.org](http://www.laheyhealthathome.org)
Offers a comprehensive range of home health and hospice care services, as well as specialty programs, palliative care, and bereavement care.

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**Health Insurance**

**Medicaid/MassHealth**
Tel: 800-841-2900
Web: [www.mass.gov/masshealth](http://www.mass.gov/masshealth)
Medicaid is a jointly funded, Federal-State health insurance program for low-income individuals.

**Medicare**
Tel: 800-MEDICARE or 800-633-4227
Web: [www.medicare.gov](http://www.medicare.gov)
Medicare is a federally funded health insurance program for those ages 65 and older.
SHINE
SHINE (Serving the Health Insurance Needs of Everyone) provides personalized help with making health insurance decisions and information on programs for people with limited income and resources. SHINE counselors are available at the Lexington Community Center. For an appointment to meet with a counselor at the Center, call 781-698-4840 (only available on specified days).

If you’d like information on other SHINE counselor locations, call Minuteman Senior Services at 781-272-7177. Minuteman administers the SHINE program for their region and can connect you to other nearby SHINE counseling locations.

Home Furnishing, Maintenance, & Supports

Giving/Receiving Used Household Items

Household Goods
530 Main St
Acton, Ma 01720
Tel: 978-635-1710 ext. 4
Email: pickup@householdgoods.org
Web: www.hgrm.org/
Household Goods Inc., is an independent 501(c)(3) not-for-profit organization based in Acton, MA, that provides household goods -- free of charge -- to people in need. They accept donations of gently used household items that will help people make a home. To receive items, you must have a referral from a social worker. Call the Human Services department at 781-698-4840 to schedule an appointment with a staff member.

Mission of Deeds
Tel: 781-944-9797
Web: http://www.missionofdeeds.org/
Email: info@missionofdeeds.org
Providing beds, furniture, and household essentials free of charge for people in need. You can donate items or obtain items if you are in need (referral from a social worker required). Call the Human Services department at 781-698-4840 to schedule an appointment with a staff member.

The Salvation Army Family Stores
Tel: 800-728-7825
Web: http://satruck.org
You can donate most household items, such as appliances, cars, furniture, household goods, and clothing. You can drop them off or they can come pick up the items at your home.

House Cleaning

Maidpro
Tel: 781-643-1063
Web: www.maidpro.com/arlington
Maidpro offers a full range of house cleaning services.
Sterling Residential Cleaning
Tel: 877-598-6620
Email: info@sterlingresidentialcleaning.net
Web: www.sterlingresidentialcleaning.net
Sterling provides a full range of residential cleaning services, including Green Cleaning.

Odd Jobs

Help Around Town
Tel: 781-325-8696
Email: founder@helparoundtown.com
Web: www.helparoundtown.com
A online community marketplace where Lexington residents can seek resources for odd jobs, such as gardening, caring for kids or pets, technology support, running errands; or to seek part-time work or volunteering opportunities. Note: This service is available only online.

Mr. Handyman of Central Middlesex
18-A Westford St.
PO Box 78
Carisle, MA 01741
Tel: 978-518-3490
Bonded handymen specializing in all major and minor repairs, maintenance, and odd jobs. Full Year Satisfaction Guarantee.

Snow Removal

Bay Colony Construction and Development LLC.
Lexington, MA 02421
Tel: 781-862-6100

Bob’s Power Equipment
Bob Smith
Lexington, MA 02421
Tel: 781-862-5161

Leary Auto Repair
Pat Leary
Bedford, MA 01730
Tel: 781-271-1170
Web: http://www.learyauto.com/

Mike Leary Contracting, Inc.
Lexington, MA 02421
Tel: 781-862-1108
http://www.mikelearycontracting.com/
Mike's Automotive Services
Jim Chamberlain
Arlington, MA 02474
Tel: 781-648-4375

Waste Removal (Cars, Furniture, Computers, etc.)

J.P. Carroll's Auto Parts
Lexington, MA 02421
Tel: 781-861-6060
Provides junk car pickup services.

1-800-GOT-JUNK?
Woburn, MA 01801
24/7 Customer Service: 800-468-5865
Company picks up (recycles, donates, and/or disposes of) anything, including old mattresses, furniture, computers, printers, and appliances.

Home Modification

Home Modification Loan Program
Web: http://www.mass.gov/eohhs/consumer/disability-services/housing-disability/home-mod-loan/
Tel: 617-727-5944
Email: Susan Gillam, sgillam@cedac.org
The Massachusetts Home Modification Loan Program (HMLP) provides loans to elders, adults with disabilities, and the families of children with disabilities. The Modifications made to the residence must be necessary to allow the beneficiary to remain in the home and relate to their ability to function on a daily basis.

See also Medical Supplies & Adaptive Equipment on page 23.

Hospice & Palliative Care

Grief Support

Compassionate Friends
Tel: 630-990-0010 or Toll-free 877-969-0010
Web: www.compassionatefriends.org/home.aspx
The Compassionate Friends provides highly personal comfort, hope, and grief support to every family experiencing the death of a loved one and helps others better assist the grieving family.

SafePlace via Samaritans
Boston, MA 02111
Tel: 617-536-2460
Email: info@samaritanshope.org
SafePlace is an open group of caring people who have experienced the loss of a loved one to suicide. It is not a professional therapy group; rather it is peer support. Call or go on their web site for exact meeting times and locations.

Hospice & Palliative Care Homecare Agencies

**All Care VNA**
Tel: 781-598-2454; Toll-free: 800-287-2454
Referral Line: 781-598-7066
Web: [www.allcare.org](http://www.allcare.org)
All Care specializes in providing a full continuum of in-home services through its VNA, Hospice, and Private Care Services; all of which supports independence, safety, and caring.

**Compassionate Care Hospice**
Tel: 781-935-5550
Toll-free: 866-209-4371
Web: [http://cchnet.net](http://cchnet.net)
Compassionate Care Hospice is a community-based organization that provides end of life care to patients, their families, and close friends.

**Parmenter Community Health Care**
Tel: 508-358-3000
Web: [http://parmenter.org](http://parmenter.org)
Parmenter is an independent, non-profit health care agency providing visiting nurse services, rehabilitation care, palliative care, Hospice care, and community services.

**Visiting Nurse and Community Care**
Tel: 781-396-2633
Web: [www.thevisitingnurses.com](http://www.thevisitingnurses.com)
Provides a wide range of skilled care that allows clients to stay in the comfort of their home. Services include, but are not limited to, medication management, infusion therapy, dressing and catheter changes, rehabilitation, mental health, and end-of-life care.

**VNA Hospice Care**
Tel: 781-569-2888
Web: [www.vnahospicecare.org](http://www.vnahospicecare.org)
VNA Hospice Care is a non-profit agency that provides comprehensive care and support to patients and families facing the challenges of life-limiting illness and loss regardless of acuity or cost.

**Lahey Health at Home**
Tel: 978-921-2615
Web: [www.laheyhealthathome.org](http://www.laheyhealthathome.org)
Offers a comprehensive range of home health and hospice care services, as well as specialty programs, palliative care, and bereavement care.

Web: [http://samaritanshope.org/our-services/grief-support-services](http://samaritanshope.org/our-services/grief-support-services)
Hospice Houses

*Elizabeth Evarts De Rham Hospice House*
(Formerly Chilton House)
VNA Care Network & Hospice
65 Chilton Street
Cambridge, MA 02138
Tel: 617-661-4944
Web: [http://vnacare.org/patients/hospice-care/elizabeth-evarts-de-rham-hospice-home](http://vnacare.org/patients/hospice-care/elizabeth-evarts-de-rham-hospice-home)

*Miriam Boyd Parlin Hospice House*
Hospice Residence
10 Green Way
Wayland, MA 01778
Tel: 508-358-3000 x311
Email: [info@parmenter.org](mailto:info@parmenter.org)

*Sawtelle Family Hospice House*
VNA of Middlesex-East
320 Haverhill Street
Reading, MA 01864
Tel: 781-439-6123
Email: [dagahigian@vnaofme.org](mailto:dagahigian@vnaofme.org)
Web: [www.vnaofme.org/hospice-house/](http://www.vnaofme.org/hospice-house/)

*Stanley R. Tippett Hospice House*
VNA Care Network & Hospice
920 South Street
Needham, MA 02492
Tel: 781-433-5800
Web: [http://vnacare.org/patients/hospice-care/stanley-r-tippett-home](http://vnacare.org/patients/hospice-care/stanley-r-tippett-home)

Hospice & Palliative Care Federation of Massachusetts
Wrentham, MA 02093
Tel: 781-255-7077
Email: [info@hospicefed.org](mailto:info@hospicefed.org)
Web: [www.hospicefed.org](http://www.hospicefed.org)
The HPCFM is a non-profit organization, founded in 1980, dedicated to advancing and promoting excellence in end-of-life care. Call or go online for a listing of hospice and support groups that serve the Lexington area.

Immigrant & Refugee

*Immigrant Learning Center*
442 Main Street
Malden, MA 02148-5117
Massachusetts Immigrant and Refugee Advocacy Coalition  
105 Chauncy Street, Suite 901  
Boston, MA 02111  
Tel: 617-350-5480  
Web: [http://miracoalition.org/](http://miracoalition.org/)  
Email: info@ilctr.org

Office for Refugees and Immigrants (ORI)  
600 Washington Street, 4th Floor  
Boston, Massachusetts 02111  
Tel: 617-727-7888 TTY: 617-727-8147  
Email: bukia.chalvire@state.ma.us

Legal Resources

Greater Boston Legal Services  
197 Friend St.  
Boston, MA 02114  
Tel: 617-371-1234  
Toll-free: 800-323-3205  
Web: [www.gbls.org](http://www.gbls.org)  
The Elder, Health and Disability Unit represents elders, people with disabilities and families to ensure that they have the income, health care and services that they need to live independently in the community. Their work promotes affordable housing for seniors, access to quality health care, Social Security or SSI income.

Massachusetts Senior Legal Helpline  
Executive Office of Elder Affairs  
Tel: 800-342-5297  
Web: [http://www.mass.gov/elders/](http://www.mass.gov/elders/)  
The Helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including Social Security/SSI, veterans benefits, powers of attorney, evictions, rights of nursing home residents, and guardianship.

National Lawyers Guild – Massachusetts Chapter  
14 Beacon Street; Suite 407  
Boston, MA 02108  
Tel: 617-227-7008  
Web: [www.nlgmass.org/](http://www.nlgmass.org/)  
Attorneys provide a free initial phone consultation.

Libraries/Book Delivery

Cary Memorial Library  
1874 Massachusetts Avenue
Cary library offers a service called door to door, which delivers books to those who have limitations that keep them homebound. Call or go online and fill out a registration form to participate.

**Minuteman Library Network**  
Web: [www.mln.lib.ma.us](http://www.mln.lib.ma.us)  
The Minuteman Library Network (MLN) is a consortium of 43 libraries with 62 locations and a Central Site staff that work collectively to provide excellent service to its library users. The members include 36 public and 7 college libraries in the Metro West region.

**Perkins Library**  
175 North Beacon Street  
Watertown, MA 02472  
Tel: 617-924-3434  
Web: [www.perkins.org/library](http://www.perkins.org/library)  
Perkins Library provides a world of resources - from braille and audio books to accessible magazines and museum passes. Readers with visual impairment, blindness, or physical disability are able to read independently in a format most comfortable to them.

**Talking Books**  
Tel: 888-657-7323  
Web: [www.nlstalkingbooks.org/talkingbooksform](http://www.nlstalkingbooks.org/talkingbooksform)  
Talking Books is a free library service available to U.S. residents whose low vision, blindness, or physical handicap makes it difficult to read a standard printed page. Local cooperating libraries throughout the United States mail NLS audiobooks, magazines, and audio equipment directly to enrollees at no cost. Braille books and magazines are also available at no cost.

**Medical Condition Resources**

**Cancer**

*American Cancer Society*  
Web: [https://www.cancer.org/treatment/support-programs-and-services.html](https://www.cancer.org/treatment/support-programs-and-services.html)  
Provides a lookup tool for local programs and services.

*Boston Cancer Support*  
Web: [http://www.bostoncancersupport.org/](http://www.bostoncancersupport.org/)  
Boston Cancer Support is a non-profit that was created for all who have been touched by cancer throughout the state of Massachusetts—whether you’re a patient, friend, caregiver, or healthcare professional.

**Diabetes**

*American Diabetes Association*  
Tel: 1-800-342-2383  
Web: [www.diabetes.org](http://www.diabetes.org)
Joslin Diabetes Center
One Joslin Place
Boston, MA 02215
Tel: 617-309-2400
Web: http://www.joslin.org/
Joslin Diabetes Center is the global leader in diabetes research, care and education. The Joslin clinic develops innovative patient therapies that improve the lives of people with diabetes.

Memory Disorders/Alzheimer/Dementia

Alzheimer's Association, Massachusetts Chapter
309 Waverley Oaks Road
Waltham, MA 02452
Tel: 617-868-6718
Web: www.alzmass.org
Agency provides information, education, and support. Offers 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
Tel: 617-855-2300
Web: www.mcleanhospital.org
Offers an outpatient Memory Diagnostic Clinic for the diagnosis and treatment of memory disorders.

MedicAlert and Alzheimer's Association Safe Return
Tel: 888-572-8566
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
26 Crosby Drive
Bedford, MA 01730
Tel: 781-272-7177
Web: www.minuteman.org
In-home memory and dementia consultation and caregiver support.

SafetyNet Bracelet
Tel: 781-698-4840
Safety Net by Lo/Jack technology is a proven system that helps locate seniors, adults, and child who may wander off. The person at risk wears a locator bracelet or device on their wrist or ankle, which sends a signal. Tracing technology, now at the Lexington Fire Department, can locate the signal using GPS, thus greatly improving the odds of finding a lost person quickly. For more information, call the Human Services department at 781-698-4840.
Movement Disorders

*American Parkinson Disease Association – Massachusetts Chapter*
Web: [https://www.apdaparkinson.org/community/massachusetts/](https://www.apdaparkinson.org/community/massachusetts/)
Provides resources, updates, and advocacy at the local level for the disease.

**Clinical Centers**
Many local hospitals/clinics have Centers dedicated to Movement Disorder treatment, research, and support.

Beth Israel Deaconess Hospital: [www.bidmc.org/Centers-and-Departments/Departments/Neurology/Parkinsons-Disease-and-Movement-Disorders.aspx](http://www.bidmc.org/Centers-and-Departments/Departments/Neurology/Parkinsons-Disease-and-Movement-Disorders.aspx)
Boston Medical Center: [www.bmc.org/parkinsons-disease-movement-disorders-center](http://www.bmc.org/parkinsons-disease-movement-disorders-center)
Brigham and Women’s Hospital: [www.brighamandwomens.org/Departments_and_Services/neurology/services/movementdisorders/default.aspx](http://www.brighamandwomens.org/Departments_and_Services/neurology/services/movementdisorders/default.aspx)
Lahey Hospital and Medical Center: [www.lahey.org/Departments_and_Locations/Departments/Neurology/Movement_Disorders_Center.aspx](http://www.lahey.org/Departments_and_Locations/Departments/Neurology/Movement_Disorders_Center.aspx)

**Medical Supplies & Adaptive Equipment**

A & A Medical Supply
20 Main St., Acton, MA, 01720
Tel: 978-635-0002
Provides full range of medical supplies, including mobility aids and home adaptive equipment. Offers a 10% discount to seniors 65 and older.

Belmont Medical Supply
185 Belmont Street, Belmont, MA, 02478
Tel: 617-484-3888
Web: [www.belmontmedical.com](http://www.belmontmedical.com)
Provides full range of medical supplies, including mobility aids and home adaptive equipment.

Careway Wellness Center
508 Main Street, Woburn, MA, 01801
Tel: 781-933-2345
Web: [www.carewaywellness.com](http://www.carewaywellness.com)
Provides full range of medical supplies, including mobility aids and home adaptive equipment.

H.E.L.P (Hospital Equipment Loan Program) Masonry in Action
500 West Cummings Park (Rear) Suite 1150
Washington Street, Woburn, MA 01801
Tel: 781-322-1052
Free equipment loan program for all durable medical equipment including mobility aids and home adaptive equipment. You do not need to be a mason in order to access this program. Program is staffed on Saturday mornings only. Pick-up / Return / Donate Only 9am - Noon
House Works
Newton, MA, 02458
Tel: 800-928-3393
Web: www.house-works.com
Email: Info@house-works.com
Supplies and installs adaptive equipment including grab bars, hand-held showers, and transfer aids.

Lexington Lions Club
Tel: 781-862-4710
Email: lexlionsclub@hotmail.com
Web: http://www.lexingtonlions.org/
Loans medical equipment and accepts donations. They do not provide commodes for health reasons. Indicate in email what type of medical equipment you need.

Natale Company & Safety Care
5 West Dexter Avenue
Woburn, MA 01801
Tel: 781-933-7205
Web: www.safety-care.com
Supplies and installs adaptive equipment including grab bars, hand-held showers, transfer aids, and stair lifts.

ReQuipment
600 Washington St
Boston, MA 02111
Tel: 877-508-3974
Web: www.dmerequipment.org
Free pickup and delivery of used medical equipment. Provides free refurbished medical equipment to adults, seniors, and children.

Mental Health & Suicide Supports

Advocates Inc.
1881 Worcester Road
(Route 9 West)
Framingham, MA 01701
Tel: 508-628-6300
Web: 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.

Department of Mental Health (DMH)
Local Service Site:
20 Academy Street, Suite 304
Arlington, MA 02476
Tel: 781-641-8100
DMH, the State Mental Health Authority, provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work, and participate in their communities.

**Edinburg Center**
205 Burlington Road  
Bedford, MA 01730  
Tel: 781-862-3600  
Web: [www.edinburgcenter.org](http://www.edinburgcenter.org)  
The Edinburg Center provides an array of services that promote personal growth and independence, foster hope, and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions, and/or developmental disabilities.

**Eliot Community Human Services**
186 Bedford Street  
Lexington, MA 02420  
Tel: 781-861-0890  
Email: [Contact@eliotchs.org](mailto:Contact@eliotchs.org)  
Web: [www.eliotchs.org](http://www.eliotchs.org)  
Eliot Community Human Services is a private, non-profit human services agency providing a full range of supports and treatment options to the most vulnerable and at risk populations of all ages throughout Massachusetts.

**McLean Hospital**
115 Mill Street  
Belmont, MA 02478  
Tel: 800-333-0338  
Web: [http://www.mcleanhospital.org/](http://www.mcleanhospital.org/)  
Provides comprehensive diagnosis, treatment, and follow-up care for individuals who are experiencing emotional, cognitive, or behavioral symptoms.

**Riverside Community Care**
270 Bridge Street, Suite 301  
Dedham, MA 02026  
Tel: 781-329-0909  
Web: [http://www.riversidecc.org/](http://www.riversidecc.org/)  
Provides outpatient counseling, emergency services, and ongoing support programs for those living with a diagnosed mental illness.

**Personal Emergency Response Systems (PERS)**

Personal emergency response systems, often referred to as Lifeline, are 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 a 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. Newer systems have added technology such as GPS tracking and fall detection.
Hallmark Health Lifeline  
Tel: 781-338-7215  
Web: www.hallmarkhealth.org/Hallmark-Health-Lifeline.html

Minuteman Senior Services  
Phone: (888) 222-6171 or (781) 272-7177  
Email: elderinfo@minutemansenior.org

Life Alert  
Tel: 1-800-852-3081  
Web: www.lifealerthelp.com/

Mount Auburn Hospital Lifeline Medical Alert Services  
Tel: 617-499-5525  
Web: www.mountauburnhospital.org/care-treatment/home-health/medical-alert-services/

Philips Lifeline  
Tel: 1-855-600-6127  
Web: www.lifeline.philips.com/

Winchester Hospital Lifeline  
Tel: 781-756-4752  
Web: http://www.winchesterhospital.org/our-services/patient-family-support/lifeline

Pharmacies (Home Delivery, Specialty Services)  
The following pharmacies are local and/or offer specialty services. You may also consider chain pharmacies, pharmacies located inside your medical providers’ practices, or mail order pharmacies depending on what your needs are and what your health insurance may cover.

Theatre Pharmacy  
1784 Massachusetts Avenue  
Lexington, MA 02420  
Tel: 781-862-4480  
Web: www.theatrepharmacy.com  
Full service pharmacy offering home delivery for a fee.

Winchester Pharmacy  
568 Main Street  
Winchester, MA 01890  
Tel: 781-570-2320  
Web: www.winchesterrx.com  
Free delivery service for prescriptions and over the counter medicines. Also provides free blister packs to sort daily medications.

Veteran’s Administration  
Tel: 877-222-8387
Medications by mail for those enrolled in Uniform Benefits Package. Co-payment required for some veterans.

**Professional Home Services**

**Home Hair Stylists**

*Hair Cuts at Your Place*
Tel: 978-761-7114
Email: Haircutsatyourplace@gmail.com
Web: www.haircutsatyourplace.com
Hair Cuts at Your Place provides traveling salon services in the Lexington area. Services include women's and men's cuts, color/highlights, perms, wash/roller setting, and waxing.

*Rosilene Silva's In-Home Hair Styling*
Tel: 857-241-0068
Rosilene provides quality in-home hair cutting and styling services for those who have difficulty getting to a salon or leaving home.

**Podiatry Services**

*Dr. Edgar Mullin*
Tel: 781-286-0499
Referral Line: 781-598-7066
Community Center: 781-698-4840
If you would like a Podiatry appointment with Dr. Mullin at the Lexington Community Center for nail trimming and filing please call 781-698-4840.

*Dr. Joseph Gimbel*
Tel: 781-641-0701

*Tri Town Podiatry*
Tel: 781-641-0107

**Senior Housing Resources (Independent, Supportive, Long-Term)**

**Assisted Living**

*MA Assisted Living Facilities*
Association (MASS-ALFA)
465 Waverley Oaks Road
Suite 300
Waltham, MA 02452
Tel: 781-622-5999
Web: www.massalfa.org
A non-profit association providing information, advocacy and support related to assisted living facilities and a searchable list of residences.

**Sunrise Assisted Living of Arlington**  
1395 Massachusetts Ave  
Arlington, MA 02476  
Tel: 781-643-2100  

**Youville Place**  
10 Pelham Road  
Lexington, MA 02421  
Tel: 781-861-3535  
Web: [http://youvilleassistedliving.org/](http://youvilleassistedliving.org/)  
Assisted living offerings include 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  
Tel: 800-283-1114  
Web: [www.brookhavenatlexington.org](http://www.brookhavenatlexington.org)  
A not-for-profit continuing care retirement community offering private residences and onsite health care.

**Carleton Willard Village**  
100 Old Billerica Road  
Bedford, Massachusetts 01730  
Tel: 781-275-8700  
Email: info@cwvillage.org  
Web: [http://www.cwvillage.org/](http://www.cwvillage.org/)  
Offering a flexible range of services, including residential living apartments and cluster homes, supportive care, skilled nursing and rehabilitation, and support for those with Alzheimer’s disease and other dementias.

**Long-Term Care/Skilled Nursing**

**Care One at Lexington**  
178 Lowell Street  
Lexington, MA 02420  
Tel: 781-778-3600  
Skilled health care facility offering short-term rehabilitation, long-term care and a memory care program for residents with memory loss.

**Meadowgreen Nursing and Rehabilitation Center**  
45 Woburn St
Waltham, MA 02452
Tel: 781-899-8600
Web: http://www.meadowgreenrehabandnursing.com/
Skilled health care facility offering short-term rehabilitation, long-term care and a memory care program for residents with memory loss.

**Park Avenue Health Center**
146 Park Avenue
Arlington, MA 02476
Tel: 781-648-9530
Web: http://parkavenuehc.org/
Skilled health care facility offering short-term rehabilitation, long-term care and a memory care program for residents with memory loss.

**Pine Knoll Nursing Center**
30 Watertown St
Lexington, MA 02421
Tel: 781-862-8151
Web: www.longtermcentersgroup.com/Pine-Knoll-Nursing-Center-Rehab-Program-Services
Skilled health care facility offering short-term rehabilitation and long-term care.

**Rental Housing**

**Avalon at Lexington**
100 Lexington Ridge Dr.
Lexington, MA 02421
Tel: 866-429-1366
Web: www.avalonatlexington.com
198 units, 56 affordable housing units (10 one-bedroom, 39 two-bedroom, 17 three-bedroom).

**Avalon at Lexington Hills**
1000 Main Campus Dr.
Lexington, MA 02421
Tel: 866-912-6829
Web: www.avalonatlexingtonhills.com
387 units, 97 affordable housing units (27 one-bedroom, 64 two-bedroom, 6 three-bedroom).

**Battle Green Apartments**
32-42 Worthen Rd
Lexington, MA 02421

**Captain Parker Arms**
7 Captain Parker Arms
Lexington, MA 02421
Tel: 781-869-2508
Franklin School
7 Stedman Rd.
Lexington, MA 02421
Tel: 781-863-1810
Web: www.FranklinSchoolApts.com
38 units, 30 are affordable housing units (1, 2, and 3 bedroom).

Katahdin Woods
1 Katahdin Dr.
Lexington, MA 02421
Tel: 781-862-1998
Web: https://www.gables.com/communities/massachusetts/lexington/katahdin-woods/

Lexington Housing Assistance Board (LexHAB)
1620 Massachusetts Avenue #4
Lexington, MA 02421
Tel: 781-863-5362
Web: www.lexingtonhousingpartnership.org
Rents single family houses, duplexes and condominium units to low income individuals or families.

Lexington Housing Authority
Countryside Village, Greeley Village, Vynebrooke Village
One Countryside Village
Lexington, MA 02420
Tel: 781-861-0900
Web: http://www.lexingtonhousing.org/
Manages the state and federally subsidized housing complexes in Lexington.

Housing Retention Options

Homeowner Options for MA Elders (H.O.M.E)
150 Grossman Dr.
Braintree, MA 02184
Tel: 800-583-5337
Web: 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.

Metropolitan Boston Housing Partnership
125 Lincoln Street, 5th Floor
Boston, MA 02111
Tel: 617-859-0400
Web: www.mbhp.org
Agency helps individuals and families to find and retain affordable housing.
Transportation

Ambulance & Chair Car Services
Offer wheelchair transport, carry in and out, ambulance service. Call for fees/pricing. Services may vary by provider.
- **Lifeline Ambulance:** 781-935-2220
- **Eastern Ambulance Service:** 781-246-5223

American Cancer Society Road to Recovery Program
Tel: 1-800-227-2345
The Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

Churches
Check with your place of worship to find out if rides may be available.

Disabled Veterans of America
Tel: 781-687-2999 (Bedford VA Disabled Veterans Office)
Or 781-953-3160 (Lexington Veterans Service Officer)
Volunteer drivers offer rides to disabled veterans who have medical appointments scheduled at military facilities or Veteran Administration hospitals.

FISH (Friendly Independent Sympathetic Help)
Lexington, MA 02421
Tel: 781-861-9300 (Call between the hours of 9:00 AM & 1:00 PM)
Or 781-533-9481 (Call the president of FISH if you have questions or concerns)
Web: [www.lexfish.org/](http://www.lexfish.org/)
Free transportation to medical appointments, primarily in the Lexington area, are provided by volunteer drivers for seniors who do not have alternative transportation. FISH rides are limited to one round-trip ride per week and are based on volunteer availability. **Note:** Rides must be scheduled exactly two operating days in advance. FISH is closed weekends and holidays. During the months of June, July, and August, there is no transportation provided on Fridays.

Housing Villages Stop & Shop Bus
**Fare:** This is a free service; compliments of Stop & Shop
On Tuesday mornings, a school bus transports residents from the three Lexington Housing Villages to Stop & Shop in Lexington. The service begins at 8:50 am at Countryside Village followed by stops at Vynebrooke and Greeley. The bus leaves Stop & Shop at 10:30 am to return to each of the villages. Note: *Route 4 on Lexpress also pulls into Stop & Shop 9:00 AM – Noon.*

LexConnect
39 Marrett Road
Lexington, MA 0242
Tel: 781-698-4820
Taxi Reservations: 781-935-1121 (Checker Cab of Woburn)
Email: transportation@lexingtonma.gov
Lexington residents age 60 and older or residents with a disability can purchase discounted taxi vouchers to go anywhere within Lexington or to select area towns. Vouchers can only be used for a
discounted taxi ride Monday thru Friday from 9:00 am until 5:00 pm, and Saturday/Sunday from 8:00 AM until 8:00 PM. Rides must be scheduled the day before your trip. First-time applicants must register in person at the Lexington Community Center or call for assistance.

**Lexpress**
39 Marrett Road
Lexington, MA 02421
General Information: 781-861-1210
Email: lexpress@lexingtonma.gov
Web: www.lexpress.us
Lexington’s public transportation bus service operates six routes; each route runs once per hour. Buses are wheelchair accessible and equipped with bike racks. Service runs Monday through Friday 7:00 am - 6:30 pm.
**Senior Fare:** $.75 per ride; free transfers. **Senior/disabled riders ride free 9:00 am - 1:59 pm.**
**Senior Passes:** Annual (July-June only): $125; Six months: $75; Three months: $50; One month: $20.

**MassHealth Transportation Resources**
Tel: 800-841-2900 (Toll-free); 800-497-4648 (TTY)
MassHealth members who need non-emergency transportation to and from medical appointments may be eligible for free transportation services. Eligible members who use public transportation can get reimbursed for transportation expenses. Eligible members who need dial-a-ride services can get free van or taxi service. **Note:** All members are covered for emergency ambulance services.

**MBTA**
*General:* 1-800-392-6100 or www.mbta.com
*Senior or TAP cards:* 617-222-5438
**Fare:** Discounted for those with a Senior ID card (65+) or TAP card (special needs).
As part of the regional bus system, Routes #62 and #76 serve Lexington and provide a link to Alewife Station/Red Line/Boston. First time cardholders must apply at the Senior/TAP Card Office at Downtown Crossing Station in Boston or at Senior Charlie Card sign-up events.

**MBTA “The Ride”**
Tel: 800-533-6282 or 617-222-5123
**Reservations:** 887-765-7433; **Eligibility Center:** 617-337-2727
Web: https://mbta.com/accessibility/the-ride
THE RIDE provides door-to-door para-transit service to eligible customers who cannot use public transit due to a physical, mental, or cognitive disability. THE RIDE operates from 5:00 am to 1:00 am 365 days a year. Rides are scheduled in advance. Fares apply each way based on distance from an MBTA bus or subway stop. No tipping.

**Neighbor Brigade**
Lexington, MA 02420
Tel: 781-325-8580
Web: www.neighborbrigade.org/
Neighbor Brigade helps locals dealing with a temporary crisis, i.e., a critical illness or sudden family tragedy with no specific timeline on services. Among the services available is transportation to hospitals or medical centers for ongoing treatments. Call for more information.
Our Pleasure 2 Help
Tel: 781-862-4300  
Web: http://ourpleasure2help.com/  
Fare: Fee per ride  
Our Pleasure 2 Help provides transportation to medical appointments and procedures, airport transportation, and other services for a fee.

Taxi Services
- Arlington Airport Taxi Cab: 781-641-1700
- Checker Cab of Woburn: 781-935-1121
- Lexington MA Airport Taxi Cab Service: 781-999-3772
- Veterans Taxi: 617-527-0300
- Yellow Cab: 781-648-1400

Utility Assistance & Weatherization Resources

Utility Assistance

Citizens Energy Heat Assistance
Joe-4-Oil & Distrigas Heat Assistance  
88 Black Falcon Avenue  
Boston, MA 02210  
Oil Heat Program: 1-877-JOE-4-OIL (1-877-563-4645)  
Distrigas application: 1-866-GAS-9918  
Web: [www.citizensenergy.com](http://www.citizensenergy.com)  
This program helps low-income people pay their heating bills during cold months.

Community Teamwork, Inc. (CTI)
17 Kirk Street  
Lowell, MA 01852  
Tel: 978-459-0551  
Web: [www.comteam.org](http://www.comteam.org)  
CTI administers the Fuel/Energy Assistance program, which helps eligible households challenged by the high cost of home heating pay a portion of their winter heating bills. Homeowners and renters, including households whose cost of heat is included in the rent, can apply for assistance. Eligibility is based on household size and the gross annual income of every household member, 18 years of age and older. First-time applicants can schedule an appointment at the CTI Lowell office or with Lexington Human Services staff (781-698-4855).

Utility Shutoff Protection & Payment Plans
Tel: 877-886-5066  
Applications: Call your utility company  
Web: [www.massresources.org](http://www.massresources.org)  
Massachusetts laws prevent utility companies from shutting off service to people in special situations. Requests to set up a payment plan with the utility company can also be made. By law, gas and electric companies must give their customers at least four months to pay off their overdue balances.
Weatherization

*Community Action Program Intercity, Inc. (CAPIC)*
100 Everett Street, Unit 14
Chelsea, MA 02150
Tel: 617-884-6130
Web: [www.capicinc.org/Eng/E_Weatherization.html](http://www.capicinc.org/Eng/E_Weatherization.html)
The CAPIC Weatherization Program provides energy conservation measures to make the home more energy efficient year round.

*Menotomy Weatherization Assistance Program*
20 Academy St., Suite 202
Arlington, MA 02476
Tel: 781-316-3430
Web: [www.town.arlington.ma.us](http://www.town.arlington.ma.us)
The Menotomy Weatherization Assistance Program is designed to assist low-income households to reduce their heating bills by providing home energy efficiency services.

Veterans' Services

**Bedford/Lexington Veterans’ Services District**
39 Marrett Rd
Lexington, MA 02421
Tel: 81-698-4848
Email: [grada@lexingtonma.gov](mailto:grada@lexingtonma.gov)
The Veterans’ Services Department provides assistance and/or guidance on connecting with various benefit opportunities for veterans and their families.

**Disabled Veterans of America**
Tel: 781-687-2999 (Bedford VA Disabled Veterans Office)
Or 781-698-4848 (Lexington Veterans Service Officer)
Volunteer drivers offer rides to disabled veterans who have medical appointments scheduled at military facilities or Veteran Administration hospitals.

**Massachusetts Department of Veterans Services**
Department of Veterans’ Services
600 Washington St., 7th Floor
Boston, MA 02111
Tel: 617-210-5480
fax: 617-210-5755
Web: [www.mass.gov/veterans](http://www.mass.gov/veterans)
Email: [MDVS@vet.state.ma.us](mailto:MDVS@vet.state.ma.us)

**MASS Vets Advisor**
MassVetsAdvisor is an easy to use online guide to anyone searching for benefits and programs for Veterans and their family members. The data is comprehensive and currently provides search
results from Massachusetts and Federal resources, listing only the benefits and services the Veteran is qualified for, and, where available, an "action plan" to apply for the benefit.

**Statewide Advocacy for Veterans Empowerment (SAVE)**
Tel: 617-210-5743
Toll-free: 1-888-844-2838
Web: save@massmail.state.ma.us

The program's primary mission is prevention of suicide and mental health distress. Acts as a liaison between veterans and their families and the various agencies within the federal and state governments. Works closely, and in collaboration, with the Massachusetts National Guard.

**U.S. Department of Veterans Affairs**
Boston Regional Benefit Office
JFK Federal Building
15 New Sudbury Street
Boston, MA 02203
Tel: 1-800-827-1000
Web: http://www.benefits.va.gov/boston/

**VA Medical Center**
Edith Nourse Rogers Memorial Veterans Hospital
200 Springs Rd, Bedford, MA, 01730
Tel: 781-687-2000 | 800-838-6331
Web: www.bedford.va.gov/

**Veterans Crisis Line**
1-800-273-8225 Press 1
http://www.veteranscrisisline.net/
Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential Toll-free hotline, online chat, or text.

**Volunteer Opportunities**

**Lexington Community Center**
39 Marrett Road
Lexington, MA, 02421
Tel: 781-698-4840
Possibilities include receptionist duties, SHINE health benefits counselor, working in the Fix-It Shop, working in the Windowpane Shop, being a presenter or peer facilitator.

**Minuteman Senior Services (MMSS)**
26 Crosby Drive
Bedford, MA 01730
Tel: 888-222-6171
Web: https://www.minutemansenior.org/
Call MMSS to learn about their volunteer opportunities, which include senior dining assistance, meals on wheels delivery, money management assistance, and nursing home ombudsman duties.