The Arlington Council on Aging offers this **Directory of Social Services – Sixth Edition** for informational purposes only. Seniors, family members and others who utilize this information do so with the understanding that the Council on Aging, the Town of Arlington and its employees and agents do not necessarily screen nor endorse any service listed and do not assume any legal or other responsibility for services rendered by listed entities.

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**Adult Day Care**

Cooperative Elder Services
Adult Day Health & Alzheimer Day Care Services
37 Broadway, Arlington MA  (781) 641-1070
www.elderdayservices.com

The Community Family, Inc.  (781) 395-5542
Memory Loss Day Program
121 Washington St., Medford, MA 02155
www.communityfamily.org

Sancta Maria’s Windsor House (617) 491-1815
799 Concord Ave.
Cambridge, MA 02138
www.windsorhouse.org

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**Advocacy & Consumer Protection**

American Association of Retired Persons (AARP) Massachusetts (866) 448-3621
One Beacon St., Suite 2301
Boston, MA 02108
www.aarp.org/states/ma/
Local Chapters in Medford and Waltham.

Better Business Bureau (508) 652-4800
www.boston.bbb.org

Consumer Products Safety Commission (800) 638-2772
www.cpsc.gov

MA Attorney General Office (617) 727-2200
One Ashburton Pl.
Boston, MA 02108
AG’s Elder Hotline (888) 243-5337
Consumer Protection Hotline (617) 727-8400
To file a complaint online: www.mass.gov/ago

MA Association of Older Americans  (617) 426-0804
19 Temple Pl., 4th Floor
Boston, MA 02111
Education, advocacy, and action for seniors.
www.maoamass.org

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**Alcohol & Substance Abuse**

Al-Anon Family Support (508) 366-0556
www.ma-al-anon-alateen.org

Alcoholics Anonymous (617) 426-9444
www.aaboston.org

MA Substance Abuse Helpline (800) 327-5050
c/o Health Resources in Action
95 Berkeley St., Suite 208
Boston, MA 02116
Referrals and information on evaluations,
detoxification, and treatment programs.
www.helpline-online.com

McLean Hospital (617) 855-2000
115 Mill St.  (800) 333-0338
Belmont, MA 02478
Alcohol and drug abuse treatment center.
www.mclean.harvard.edu/adult
Mount Auburn Hospital  (617) 499-5051  
Prevention and Recovery Center  
330 Mt. Auburn St.  
Cambridge, MA 02138  
Addiction services for alcoholism, substance abuse, and compulsive gambling.  
www.mountauburnhospital.org

Stronger Together  617-628-2601 X3151  
Cambridge Senior Center  
806 Mass. Ave. 3rd Floror  
Cambridge, MA  
A weekly gathering for older adults (55+) in recovery from substances. Call to enroll.

Alzheimer’s Information

Alzheimer’s Association, MA and NH  
309 Waverly Oaks Rd.  (800) 272-3900  
Waltham, MA 02452  (617) 868-6718  
24-hour Helpline for Alzheimer’s related questions and referrals, classes for caregivers, and advocacy.  
www.alz.org/manh

McLean Memory Diagnostic Clinic  
115 Mill St.  (617) 855-2300  
Belmont, MA 02478  
Consultation and referral services for diagnosis and treatment of memory disorders or other cognitive impairments.  
www.mclean.harvard.edu/adult

Minuteman Senior Services  (781) 272-7177  
26 Crosby Drive  (888) 222-6171  
Bedford, MA 01730  
Family Caregiver Support Program and in-home memory and dementia consultation.  
www.minutemansenior.org

National Institute on Aging  (800) 438-4380  
Alzheimer’s Disease Education & Referral Center  
www.nia.nih.gov/alzheimers

StilMee  (617) 328-3440  
157 Wilson Ave.  
Quincy, MA 02170-1037  
Alzheimer coaching for caregivers and families.  
www.alzheimercoachingservices.com

Assisted Living

A Place for Mom  (866) 889-4413  
Free help from local advisor regarding senior care and living options.  
www.aplaceformom.com

Arlington Council on Aging  (781) 316-3400  
27 Maple St.  
Arlington, MA 02476  
Social workers provide list of assisted living facilities in area and consult with seniors and families about the decision and search process.

Brightview Arlington  (781) 646-0837  
1 Symmes Road  
Arlington, MA 02474  
Assisted living apartments plus a dementia care neighborhood.  
arlingtonma.brightviewseniorliving.com

MA Assisted Living Facilities Association  (Mass-ALFA)  (781) 622-5999  
135 Beaver St, Suite 202  
Waltham, MA 02452  
Directory of most assisted living facilities in MA.  
www.massalfa.org

Sunrise Assisted Living of Arlington  1395 Mass. Ave.  (781) 643-2100  
Arlington, MA 02476  
Assisted living apartments plus a dementia care neighborhood.  
www.SunriseArlingtonMA.com

Visiting Nurse Senior Living  (617) 776-9800  
259 Lowell Street, Somerville, MA 02144  
405 Alewife Brook Pkwy. Somerville, MA 02144  
Assisted living 2-room apartments with 3-meals.  
www.vnaem.org
**Cancer Information**

American Cancer Society       (800) 227-2345  
43 Nagog Park, Suite 110  
Acton, MA 01720       (800) 952-7664  
www.cancer.org

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

**Dental Health**

Dental Hygiene Program       (978) 656-3250  
Middlesex Community College  
44 Middle St.  
Lowell, MA 01852  
Preventive dental hygiene services.  
www.middlesex.mass.edu/DHClinic

Dental Subsidy Program       (781) 316-3400  
Arlington Council on Aging  
27 Maple St.  
Arlington, MA 02476  
Must be age and income eligible.

Harvard School of Dental Medicine  
188 Longwood Ave.       (617) 432-1434  
Boston, MA 02118  
www.harvardedentalcenter.harvard.edu

Massachusetts Dental Society       (800) 342-8747  
Information on access to care and dental health insurance.  
www.massdental.org/for-the-public

Tufts Dental Clinics       (617) 636-6791  
One Kneeland St.  
Boston, MA 02111  
Emergency, general, and specialty clinics.  
http://dental.tufts.edu

**Disabilities**

Arlington Commission on Disabilities       (781) 316-3431  
20 Academy St.  
Arlington, MA 02476  
Advocates to insure that people with disabilities have equal access to town facilities and services.

Carroll School for the Blind       (617) 969-6200  
770 Centre St.       (800) 852-3131  
Newton, MA 02458  
Rehabilitative services, vision assessments, technology programs, computer services and vision store.  
www.carroll.org

D.E.A.F., Inc.        V/TTY: (617) 254-4041  
215 Brighton Ave., #1  
Allston, MA 02134  
Independent Living Program for seniors who are deaf and hard of hearing, including assistive technologies, education, employment, social activities and health support services.  
www.deafinconline.org

Easter Seals       (617) 226-2640  
89 South St., 1st Floor       (800) 244-2756  
Boston, MA 02111  
Services and information for adults and children with disabilities.  
www.ma.easterseals.com

Low-Vision Support Group       (781) 316-3400  
Council on Aging  
27 Maple St.  
Arlington, MA 02476  
Support group and information for people with low-vision and/or legally blind. Meets monthly.  
www.arlingtonma.gov/coa

MA Association for the Blind (MAB)  
Community Services       (800) 852-3029  
200 Ivy St.       (617) 738-5110  
Brookline, MA 02446  
Provides information, referral, rehabilitation, low-vision support groups.  
www.mabcommunity.org
MA Commission for the Blind
600 Washington St., 3rd Floor
(617) 727-5550
Boston, MA 02111
TDD: (800) 392-6556
Provides information, referral, & support services to state residents who are legally blind.
www.state.ma.us/mcb

MA Commission for the Deaf & Hard of Hearing
150 Mt. Vernon St. TTY: (617) 740-1700
Dorchester, MA 02125 TTY: (800) 530-7570
Video Phone: (617) 265-8447 IP 70.22.152.162
Provides case management, technical assistance, training, education, interpreters, and information.
www.state.ma.us/mcdhh
Emergency Interpreter: M-F regular work hours for all emergencies; after 5 pm and weekends, legal/police emergencies only.
V/TTY: (800) 249-9949

MA Disabled Persons Protection Commission
24-Hour Hotline (800) 426-9009
V/TTY: (888) 822-0350
To report suspected abuse of adults (ages 18-59) with disabilities.

MA Equipment Distribution Program
(800) 300–5658
Provides free or low-cost specialized telephones for those with a permanent disability, such as hearing, vision, speech, or motion.
www.mass.gov/massedp

MA Office on Disability
One Ashburton Pl. #1305 V/TTY: (617) 727-7440
Boston, MA 02108 V/TTY: (800) 322-2020
Provides information, technical assistance, and advocacy for people with disabilities.
www.state.ma.us

Mass Relay 7-1-1
Dial 711 for nationwide access to relay service operator who facilitates communication between people using phone and TTY.

Massachusetts Rehabilitation Commission
MRC Ombudsperson: (617) 204-3603
Voice/TDD: (800) 245-6543
Vocational rehabilitation services, independent living programs, home care, employment services, and home modifications.
www.state.ma.us/mrc

Perkins School for the Blind (617) 924-3434
175 North Beacon St.
Watertown, MA 02472
Braille and talking book library, descriptive videos, low-vision clinic, adaptive technology.
www.perkins.org

Donations & Reusable Items

Arlington Recycling Program (781) 316-3100
Department of Public Works
51 Grove St.
Arlington, MA 02476
Recycling includes weekly, curb-side pick-up of paper, plastic and metal. Also Hazardous Waste Program and Community Collection Days.
www.arlingtonma.gov/recycle

Big Brother Big Sister Foundation
Call for pick-up: (888) 483-5503
Clothing and household items.

Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Accepts lightly-used, clean medical equipment.

HGRM Household Goods Recycling of MA
530 Main St. (978) 635-1710
Acton, MA 01720
Drop-off household items and furniture to be distributed to those in need.
www.hgrm.org

MA Coalition for the Homeless (781) 595-7570
Call well in advance for pick-up of furniture and kitchen items.
Mission of Deeds                           (781) 944-9797
6 Chapin Ave.
Reading, MA 01867
Accepts furniture and household items in good
and usable condition to distribute to those in need.
www.missionofdeeds.org

Morgan Memorial Goodwill                        (617) 445-1010
Donation Trailer - Stop & Shop Parking lot
905 Massachusetts Ave., Arlington, MA 02174
Goodwill Store                        (617) 628-3618
230 Elm St. (Davis Square), Somerville, MA
Clothing, linens, household items.
www.goodwillmass.org

REquipment                                  (866) 244-6156
MA Rehabilitation Commission
Accepts donations of medical equipment less than
6 years old. Pick-up of equipment available.
www.dmeREquipment.org

Middlesex Community College
591 Springs Rd.                             (781) 280-3570
Bedford, MA 01730                           (781) 280-3663
Middlesex Institute for Lifelong Education for
Seniors (M.I.L.E.S.)
www.mileonline.org

Minuteman Regional High School
Community Education                           (781) 861-6500
758 Marrett Rd.
Lexington, MA 02421
10% senior and military discount.
www.minuteman.org/continuing-education

Osher Lifelong Learning Institute
@ Tufts University                        (617) 627-5699
Medford, MA 02155
ase.tufts.edu/lli
@ Brandeis (BOLLI)                          (781) 736-2992
Waltham, MA 02453
www.brandeis.edu/bolli
Study groups, lectures, day trips for adult learners.

Road Scholar                          (800) 454-5768
(formerly Elder Hostel)
11 Avenue de Lafayette
Boston, MA 02111
Classes plus local, national and international
tavel for persons 55 years and older.
www.roadscholar.org

Education

Arlington Community Education
Arlington High School                                (781) 316-3568
869 Mass. Ave.
Arlington, MA 02476
Day, evening, and weekend educational classes.
www.arlingtoncommunityed.org

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

English At Large                                   (781) 395-2374
800 Cummings Park Dr. #5550
Woburn, MA 01801
Provides one-on-one and group assistance in
learning English, serves Arlington.
www.englishatlarge.com

Gerontology Institute at UMass-Boston
100 Morrissey Blvd.                                   (617) 287-7300
Boston, MA 02125
Offers one-year certificate program and Osher
Lifelong Learning program for 50+ years old.
www.geront.umb.edu

Elder Abuse & Neglect

Elder Abuse Hotline                          (800) 922-2275
MA Executive Office of Elder Affairs
24-hour Hotline to report elder abuse, neglect, and
at-risk elders.
www.mass.gov/elder

Minuteman Senior Services
26 Crosby Drive                                      (781) 272-7177
Bedford, MA 01730                                    (888) 222-6171
Local protective services unit that takes reports
and investigates elder abuse, neglect, and self-
neglect of Arlington elders 60-years and older.
Mon.-Fri., 9 am - 5 pm.
www.minutemansenior.org
Emergency Phone Numbers

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

Enhanced 911
Information that alerts police/fire of special issues when responding to emergencies at your home.
To receive application call:
Arlington Police Department: (781) 643-1212
Council on Aging: (781) 316-3400
Arlington Disability Commission: (781) 316-3430

See ‘Mental Health’ Section for Suicide Prevention Hotlines.

Financial Assistance

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

Circuit Breaker State Tax Credit
Information at Council on Aging: (781) 316-3400
MA Dept. of Revenue: (800) 392-6089
MA program that allows eligible homeowners and renters 65+ to receive a refundable tax credit if local property tax exceeds 10% of their income.

Income Tax Preparation (781) 316-3400
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
Free income tax preparation by AARP-trained volunteers for low to moderate-income people. www.arlingtonma.gov/coa

MA Dept. of Transitional Assistance
80 Everett Ave. (877) 382-2363
Chelsea, MA 02150 (617) 551-1700
Location for Arlington residents to apply for SNAP (food stamps) and state cash assistance (EAEDC). Also programs for families with children, including TAFDC and homeless. www.state.ma.us/dta

Money Management Program (781) 272-7177
Minuteman Senior Services (888) 222-6171
26 Crosby Drive
Bedford Drive, MA 01730
Assists eligible seniors write checks, organize bills, and balance checkbooks. www.minutemansenior.org
Pension Action Project (888) 425-6067
At Gerontology Institute (617) 287-7307
UMASS-Boston
Provides information on pension rights and assistance with pension claims. No charge.
www.umb.edu/pensionaction

Property Tax Exemptions
Arlington Assessors Office (781) 316-3050
Council on Aging (781) 316-3400
For eligible lower income seniors, widows and widowers, blind, and veterans.

Social Security Administration (888) 527-9340
10 Fawcett St. (800) 772-1213
Cambridge, MA 02138
Provides Retirement, Disability, Medicare, SSI - Supplemental Security Income, Survivor Benefits.
www.ssa.gov

Veterans’ Agent – Town of Arlington
Town Hall Annex (781) 316-3166
730 Mass. Ave., Arlington, MA 02476
Advises veterans, spouse and dependents about state and federal entitlements.

Food Assistance, Meals

Arlington Food Pantry (781) 316-3170
Office: 27 Maple Street, Arlington
Site 1: 21 Marathon St. 9:30 - 11:30 am
2nd Tuesday and last Saturday of the month.
Site 2: 117 Broadway 5 – 6:30 pm
First and third Thursdays of the month.
For Arlington residents only. Donations accepted.
www.town.arlington.ma.us

Meals on Wheels (781) 272-7177
Minuteman Senior Services (888) 222-6171
26 Crosby Drive
Bedford, MA 01730
Delivers nutritious and inexpensive meals to homebound Arlington seniors. Cost: $2.00.
www.minutemansenior.org

“Eating Together” Meal Sites
Arlington Senior Center (781) 316-3423
27 Maple St., Arlington, MA 02476

Fuel & Utilities Assistance

Arlington Fuel Assistance Fund (781) 316-3400
Arlington Health & Human Services
27 Maple St.
Arlington, MA 02476
Makes small grants to Arlington households for heating costs once federal fuel assistance funds have been used.
www.town.arlington.ma.us

Fuel Assistance - Low Income Home Energy Assistance Program (LIHEAP)
Community Teamwork, Inc.
45 Kirk St. (978) 459-6161
Lowell, MA 01854 (877) 451-1082
Info for Arlington Residents: (781) 316-3400
Assistance paying for heating fuel based on household size and income. Call for appointment.
Conservation Services Group  (508) 836-9500
40 Washington St., Suite 3000
Westborough, MA 01581
Provides energy conservation services and home energy analysis to help you save on energy bills.
www.csgrp.com/consumer

Safelink Wireless TracFone  (800) 723-3546
Assurance Wireless Program  (888) 898-4888
Two programs that offer free cell phone and free minutes each month for low-income residents on fuel assistance, food stamps, MassHealth, SSI, TAFDC, or EAEDC.
www.safelinkwireless.com
www.assurancewireless.com

Verizon Link Up America & Lifeline Discount  (800) 870-9999
Discount on monthly home telephone bill and installation for those on fuel assistance, food stamps, MassHealth, SSI, TAFDC, or EAEDC. Enroll in either free cell phone program or discount land-line program – not both.
www.massresources.org

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

Senior Support Solutions  (781) 862-2829
405 Waltham Street #332
Lexington, MA 02421
Care planning and management to assist older adults and their caregivers.
www.sentienatlifesolutions.com

Your Elder Experts  (866) 924 9543
Jewish Family and Children Services
1430 Main St.
Waltham, MA 02451
Private-pay program providing consultation, assessment, and care management.
www.yourelderexperts.com

Geriatric Care Managers

Geriatric Care Managers of New England
198 Tremont St., PMB #336
Boston, MA 02116  (617) 426-3533
Provides list of geriatric care managers who work with seniors and their families to assess need, recommend options and coordinate care.
www.gcmnewengland.org

Minuteman By Your Side  (781) 272-7177
Minuteman Senior Services  (888) 222-6171
26 Crosby Drive
Bedford, MA 01730
Helps seniors and their families assess need, recommend options, and coordinate care for private-pay clients at a reduced rate.
www.minutemansenior.org

Groceries

Boston Organics  (617) 242-1700
50 Terminal St., Bldg. 2, Suite 100
Charlestown, MA 02129
Delivers fresh organic produce and other items to your home every 1 or 2 weeks.
www.bostonorganics.com

Crescent Ridge Dairy  (800) 660 2740
355 Bay Rd.  Fax: (781) 784-8446
Sharon, MA 02067
Milk, juice, bread, beef, and other items delivered to homes. Order by telephone, online, fax, or leave order for delivery person. Modest fee.
www.crescentridge.com

Minuteman Senior Services  (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
State-subsidized Home Care Program includes grocery assistance if income eligible.
www.minutemansenior.org
Pea Pod Grocery Delivery  (800) 573-2763
Stop & Shop groceries delivered to your home. Delivery fee: Orders less than $100 ($9.95); more than $100 ($6.95). Minimum order $60.00. Orders taken online only. www.peapod.com

Roche Bros.  (781) 273-3261
Crossroads Plaza
34 Cambridge St.
Burlington, MA 01803
Grocery delivery to Arlington costs $9.95. Orders must be placed online at least 4 hours in advance. www.rochebros.com

Stop & Shop Bus  (781) 316-3400
Picks up Arlington seniors on Tuesday mornings for groceries. Call the Council on Aging to arrange service. No charge.

Health Insurance

Blue Cross & Blue Shield of MA
Member Service Number:  (800) 258-2226
Information:  (800) 678-2265
Supplemental health insurance for persons on Medicare. www.bluecrossma.com

Elder Service Plan  (617) 575-5850
(Part of Cambridge Health Alliance)
270 Green St.
Cambridge, MA 02139
Provides health care and home services for nursing home-eligible seniors in their home. challiance.org/senior_health/elder_service.shtml

Harvard Pilgrim Health Plan  (800) 782-0334
Member Services:  (877) 907-4742
Provides variety of supplemental health insurance options for people with Medicare. www.harvardpilgrim.org

Health Care For All Helpline  (800) 272-4232
Provides information and advocacy regarding health insurance and health care in Massachusetts. www.hcfama.org

MA Health Connector  (877) MA-ENROLL
TTY (877) 623-7773  (877) 623-6765
Massachusetts’s health insurance Marketplace with private-pay and subsidized health plan options for people who do not have Medicare. www.mahealthconnector.org

MassHealth (Medicaid)
MA Office of Health & Human Services
Benefits Advisor:  (800) 841-2900
Enrollment:  (888) 665-9993
TTY:  (800) 497-4648
Provides health insurance for seniors with low income and assets, and long-term care. www.mass.gov/masshealth

Massachusetts Medicare Advocacy Project  (617) 603-1566
197 Friend St.
Boston, MA 02114
Provides free counseling and legal representation regarding Medicare issues. www.gbls.org/map

MA Senior Medicare Patrol  (800) 892-0890
Lawrence, MA  (978) 683-7747
Helps Medicare and MassHealth consumers address healthcare errors, fraud and abuse. www.masmp.org

Medicare Helpline  (800) 633-4227
TTY:  (877) 486-2048
Provides Medicare information about coverage, health plans, appeals, and patient rights. www.medicare.gov

Prescription Advantage  (800) 243-4636
TTY:  (877) 610-0241
State-subsidized secondary prescription insurance that helps with drug costs for MA seniors and disabled, especially those in the donut hole. www.mass.gov/elders

S.H.I.N.E. Program
(Serving Health Insurance Needs of Everyone)
Minuteman Senior Services:  (781) 221-7029
Arlington Council on Aging:  (781) 316-3400
SHINE volunteers provide seniors and others free, unbiased information about Medicare and other health insurance options. Call for appointment. www.minutemansenior.org/benefits.html
Tufts Insurance Company          (800) 714-3000
Member Services:          (800) 701-9000
TDD: (800) 208-9562
Provides variety of supplemental health insurance options for people with Medicare.
www.tuftsmedicarepreferred.org

United Healthcare (AARP)         (800) 523-5800
Provides variety of supplemental health insurance options for people with Medicare.
www.aarphealthcare.com

**Home Care Services**

Cambridge-At-Home                   (617) 864-1715
545 Concord Ave. Suite 104
Cambridge, MA 02138
Membership organization provides referral service, health and wellness programs, social and cultural programs for Arlington seniors.
www.cambridgeathome.org

Community Care Ombudsman Program
MA Executive Office of Elder Affairs
(800) 243-4636        TDD/TTY: (800) 872-0166
Helps to resolve problems with home health or community services.
www.mass.gov/elders

Always Best Home Care             (617) 489-9000
375 Concord Avenue, Suite 102
Belmont, MA 02478
In-home services provided by home health aides and CNAs to assist with activities of daily living and other care needs.
www.alwaysbestcareboston.com

Comfort Keepers                    (781) 721-5522
21G Olympia Ave., Suite 5
Woburn, MA 01801
Provides non-medical in-home care.
www.comfortkeepers.com

Home Instead Senior Care           (781) 402-0060
5 Militia Dr.                    (888) 484-5759
Lexington, MA 02421
Provides non-medical in-home care.
www.homeinstead.com

Metropolitan Home Health           (781) 643-9115
297 Broadway, Suite 222
Arlington, MA 02474
Private-pay in-home care including homemaker and home health aide.
www.metrohh.com

Minuteman Senior Services          (781) 272-7177
26 Crosby Drive                    (888) 222 -6171
Bedford, MA 01730
Subsidized home care services for income-eligible seniors, including homemaking, bathing, groceries, etc.
www.minutemansenior.org/homecare

Intercity Home Care                (781)321-6300
11 Dartmouth Street
Malden, MA 02148
Private-pay in-home care including homemaker, companion, home health aide and nursing.

Minutewomen, Inc.                  (781) 862-3300
238 Bedford St., Suite 7
Lexington, MA 02420
Provides non-medical homemakers, companions, house cleaners and people to run errands.
www.minutewomen.net

Right At Home                      (781) 275-1400
60 Great Rd.
Bedford, MA 01730
Provides companions, homemakers, personal care.
www.rightathome.net/bostonnorthwest

Visiting Nurse & Community Health & Home Care Plus
37 Broadway                            (781) 643-6090
Arlington, MA 02474                    (800) 310-4862
Certified and private-pay medical care, home care and hospice care.
www.thevisitingnurses.com

Winchester Home Care               (800) 862-9353
800 Cummings Park, Suite 5000
Woburn, MA 01801                       (781) 756-2488
Nursing care (RNs), HHAs, and homemaking.
Certified and private-pay.
www.winchesterhospital.org
Home Services & Maintenance

Circle Laundry & Dry Cleaning
4110 Mystic Valley Pkwy. (781) 395-9429
Medford, MA 02155
Pick-up and delivery of laundry – $1.15 per lb.

HouseWorks (617) 928-1010
300 Washington Street #902 (800) 928-3393
Newton, MA 02458
Handyman, house cleaning, heavy cleaning, home repair, & modifications for elders & their families.
www.house-works.com

LINKS (Linking Neighborhood Kids with Seniors)
Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Arlington 7th and 8th graders provide seniors with outdoor work, including yard cleanup, weekly rubbish removal, and snow shoveling at low cost.
www.arlingtonma.gov/coa

Teele Square Laundromat (617) 776-2598
1141 Broadway
Somerville, MA 02144
Free pick-up and delivery – $1 per lb. ($10 min.).

Menotomy Weatherization & Home Improvement Program (781) 316-3430
20 Academy St., Suite 202
Arlington, MA 02476
Provides low-interest loans to Arlington residents for home improvements. Also weatherization program for residents receiving fuel assistance.
www.town.arlington.ma.us

Natale Company & Safety Care (781) 933-7205
5 West Dexter Ave.
Woburn, MA 01801
Consultation, home modifications, and installation of assistive equipment for seniors and people with disabilities including bath bars.
www.safety-care.com

Royal White Laundry (617) 776-1500
13 Warwick Rd.
Somerville, MA 02145
Laundry and dry cleaning picked up & delivered.
www.royalwhite.com

Hospice

All Care VNA and Hospice (800) 351-8402
16 City Hall Square
Lynn, MA 01901
Symptom and pain management at the end of life, including bridge to hospice program.
www.allcare.org

Visiting Nurse & Community Health Hospice Care (781) 643-6090
37 Broadway
Arlington, MA 02474
Comprehensive in-home hospice program.
www.thevisitingnurses.com

VNA Hospice Care (781) 569-2888
100 Trade Center, G-500
Woburn, MA 01801
Programs include in-home care, respite programs for caregivers, and bereavement groups.
www.hospicecarema.org

Housing

Arlington Council on Aging (781) 316-3410
27 Maple St.
Arlington, MA 02476
Information and consultations on senior living options, including assisted living, subsidized apartments, and other senior residences.
www.arlingtonma.gov/coa

Arlington Housing Authority (781) 646-3400
4 Winslow St.
Arlington, MA 02474
Manages four subsidized senior housing buildings in Arlington for people of low and moderate income who are over 60 years of age or disabled.
www.arlingtonhousing.org
Housing Corporation of Arlington
20 Academy St. (781) 316-3451
Arlington, MA 02476
Provides affordable rental housing and grants for homeless prevention for Arlington residents.
www.housingcorparlington.org

Millbrook Square Apartments (781) 641-1410
17 Mill St.
Arlington, MA 02476
Subsidized apartments for low-income seniors (62 years and older) and disabled persons.

Fair Housing Advisory Committee
Town of Arlington Housing Office
730 Mass. Ave. (781) 316-3091
Arlington, MA 02476
Advocates and strategizes for fair and affordable housing for Arlington residents.

Information & Library Services

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Provides information and referral resources to Arlington seniors and their families about a wide range of senior programs and benefits.
www.arlingtonma.gov/coa

Fox Branch Library (781) 316-3198
175 Mass. Ave.
Arlington, MA 02474
Branch library located in East Arlington. Open Tuesday thru Friday.
www.robbinslibrary.org

Robbins Library (781) 316-3200
700 Mass. Ave.
Arlington, MA 02476
In addition to regular library services, provides resources for seniors, including large-print books and magazines, books on tape, and home delivery.
www.robbinslibrary.org

MA Executive Office of Elder Affairs
1-800-AGE-INFO (800) 243-4636
One Ashburton Pl.
Boston, MA 02108
State-wide information and resource line for seniors.

Mass 2-1-1 Information Line
Dial 211 or 1-877-211-MASS (6277)
TTY (508) 370-4890
Information on government, non-profit, volunteer resources and disaster/emergency information.
www.Mass211.org

Minuteman Senior Services (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
Provides information and referral resources to seniors and caregivers on a wide range of issues.
www.minutemansenior.org

Legal Services

AARP Legal Services Network (866) 330-0753
Reduced fees for AARP members with attorneys in network.
www.aarplsn.com

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Elder law Attorney Noreen Murphy provides free consultation. Call for appointment.
www.arlingtonma.gov/coa

Boston Bar Association (617) 742-0625
Lawyer Referral Service. (800) 552-7046
www.bostonbar.org

Community Legal Services and Counseling Center (617) 661-1010
1 West St.
Cambridge, MA 02139
Legal assistance for Arlington residents with non-housing related questions, including immigration.
www.clsacc.org
Cambridge and Somerville Legal Services
(Part of Greater Boston Legal Services)
60 Gore St., Suite #3  (617) 603-1776
Cambridge, MA 02141
www.gbls.org

Health Care Proxy  (617) 727-7750
Mass. Executive Office of Elder Affairs
(800) AGE-INFO or (800) 243-4636 then “5”
Provides sample contract for MA Health Care Proxy, which allows someone to make medical decisions for you when you are unable.

Massachusetts Bar Association
Lawyer Referral Service  (800) 392-6164
$25 fee maximum for initial ½ hour consultation.
“Dial A Lawyer” Program  (617) 338-0610
Call on the first Wednesday of any month to speak directly to a lawyer, 5:30 - 7:30 pm. Free.
www.massbar.org

National Lawyers Guild  (617) 227-7008
$15 fee for initial ½ hour consultation. Fees on sliding scale.
www.nlg.org

Massachusetts Senior Legal Helpline
Greater Boston Legal Services  (866) 778-0939
197 Friend St.
Boston, MA 02114
Provides free legal assistance to Arlington seniors on issues such as Social Security, Medicaid, evictions, rights of nursing home residents.
www.gbls.org

Mental Health Legal Advisors Committee
24 School St., 8th floor  (617) 338-2345
Boston, MA 02108  (800) 342-9092
Provides advice and legal representation for children and adults with mental disabilities.

Medical Equipment

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

Careway Wellness Center  (781) 933-2345
508 Main St.
Woburn, MA 01801
Health and wellness superstore – medical equipment, lift chairs, shoes, etc.
www.carewaywellness.com

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

H.E.L.P. Hospital Equipment Loan Program
500 W. Cummings Park, Suite 1150
Woburn, MA  (781) 322-1052
Masonic community program loans medical equipment, including wheelchairs, hospital beds; accepts donations of used equipment. Hours are Saturdays, 9 am - noon.

REquipment Program  (866) 244-6156
MA Rehabilitation Commission
A reuse program for durable medical equipment which repairs and cleans donated used medical equipment then gives items to seniors and people with disabilities at no cost.
www.dmeRequipment.org

Mental Health

Advocates, Inc.  (781) 893-2003
Mental Health Crisis Team  (800) 540-5806
675 Main St.
Waltham, MA 02453
Crisis Team that responds to mental health emergencies in Arlington and surrounding area.
www.advocatesinc.org

Arlington Council on Aging  (781) 316-3400
27 Maple St.
Arlington, MA 02476
Free consultation, evaluation, and short-term counseling for Arlington seniors.
Edinburg Center  (781) 894-8440
169 Elm St.
Waltham, MA 02454
Out-patient mental health clinic.
www.edinburgcenter.org

Lawrence Memorial Hospital of Medford  (781) 306-6000
170 Governors Ave.
Medford, MA 02155
Geriatric psychiatry, including in-patient and partial hospitalization programs.
www.lmh.org

McLean Hospital  (617) 855-2000
115 Mill St.  (800) 333-0338
Belmont, MA 02478
Services include in-patient, out-patient, partial hospital, and residential mental health and substance abuse; specializes in gerontology, with a special unit for geriatric patients who have Alzheimer’s disease and other dementias.
www.mclean.harvard.edu/patient/geriatrics

Wyman Center for Older Adults
Mount Auburn Hospital  (617) 499-5780
330 Mount Auburn St.
Cambridge, MA 02138
A secure, short-term in-patient geriatric psychiatry unit for older adults.
www.mountauburnhospital.org

National Alliance for The Mentally Ill of Massachusetts  (781) 938-4048
Helpline:  (800) 370-9085
Also offers local meetings for friends and caregivers.
www.namimass.org
www.nami-cambridgemiddlesex.org

National Suicide Prevention Hotline  (800) 273-TALK (8255)

Samaritans MA Statewide Hotline  (877) 870-HOPE  (877) 870-4673
24-Hour Suicide Prevention Hotline

Moving & Organizing

Careful Carriers Moving Services  (781) 641-0376
37 Westminster Ave.
Arlington, MA 02174
Senior discount, 2-hour minimum.
www.carefulcarriers.com

Diana’s Domestic Therapy  (617) 312-8304
Cambridge, MA
Professional Organizer and De-clutterer. Habla Español, fala Portuguese.
E-mail: Dilopez2005@yahoo.com

Find Your Floor: Professional Organizing  (781) 605-8619
Jennifer Hunter
20 Circuit St.
Medford, MA 02155
Helps clients create order in their space.
www.findyourfloor.org

Hands of Change  (617) 661-3333
Division of Gentle Giant Moving Company
29 Harding St.
Somerville, MA 02143
Specializes in moving/transitioning seniors

Mini Moves & More  (781) 646-9000
144 Mystic Street
Arlington, MA 02474
Across the room, across town, or across the state.
www.minimovesandmore.com

More Than a Move  (617) 416-0578
Helene Vecchione
Arlington, MA 02476
Organizing, moving, and “check-ups” as needed.
www.morethanamove.com

North Shore Center for Hoarding and Clutter  (978) 624-2207
300 Rosewood Drive, Suite 200
Danvers, MA 01923
Offers a clinically based program which includes support groups, counseling, peer support and client-centered case management.
Email: mmcdonald@nselder.org
**Nursing Home Care**

Arlington Council on Aging    (781) 316-3400  
27 Maple St.  
Arlington, MA 02476  
Provides list of nursing facilities in area, information regarding the process, and assistance with MassHealth/Medicaid applications.  
www.arlingtonma.gov/coa

“Nursing Home Compare”  
Center for Medicare and Medicaid Services  
Provides ratings for all nursing homes in the US that are Medicare and Medicaid certified.  
www.medicare.gov/Nhcompare/

“Nursing Home Reports”  
(617) 753-8000  
MA Division of Health Care Quality  
Ratings for all nursing homes in Massachusetts.  
www.mass.gov/hhs, then search “nursing homes”

Park Ave. Nursing & Rehabilitation Center  
146 Park Ave.    (781) 648-9530  
Arlington, MA 02476  
Rehabilitation and long-term care nursing facility.  
www.parkavenursingandrehab.com

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

Minuteman Ombudsman Program  
26 Crosby Drive  
Bedford, MA 01730    (781) 221-7017  
Helps to resolve nursing home and long-term care problems in 16 towns, including Arlington.  
www.minutemanseniorg.org

SHINE (Serving Health Insurance Needs of Everyone)  
Arlington Council on Aging  
(781) 316-3400  
SHINE Volunteers assist with MassHealth (Medicaid) applications for long-term care.

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**Pharmacies & Prescriptions**

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

CVS Pharmacy    (781) 648-0557  
23 Mass. Ave.    (781) 643-4272  
833 Mass. Ave.  
Arlington, MA  
www.cvs.com

Maida Pharmacy    (781) 643-7840  
121 Mass. Ave.  
Arlington, MA 02474  
Services include free delivery, compounding and bubblepak set-up.  
www.maidapharmacy.com

MassMedline    (866) 633-1617  
MA College of Pharmacy & Health Sciences  
19 Foster St.  
Worcester, MA 01608  
Provides information on medications, side effects, drug interactions, and paying for medications.  
www.massmedline.com

Medication Disposal Drop-Box  
at Arlington Community Safety Building  
112 Mystic Street  
Arlington, MA 02474  
Information:    (781) 316-3179  
Dispose of unused or expired medications in secure drop-box in lobby of police station.  
www.arlingtonma.gov

Stop & Shop Pharmacy    (781) 643-3267  
1043 Mass. Ave.  
Arlington, MA 02476  
Medication delivery service.  
www.stopandshop.com
Town of Arlington                        (781) 316-3400
Prescription Discount Card
Save about 20% off retail price of prescription
drugs not covered by other insurance.

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

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

Recreational &
Social Groups

Arlington Recreation               (781) 316-3880
422 Summer St.
Arlington, MA 02474
Offers a wide range of recreation programs for
residents of all ages and abilities.
www.arlingtonma.gov/rec

Arlington Seniors Association     (781) 316-3420
Arlington Senior Center
27 Maple St.
Arlington, MA 02476
Hours:  M-F, 9 am - 3:45 pm
Provides fitness, social and educational activities
for seniors.
www.arlingtonseniorsassociation.org

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

MA Senior Citizen ParksPass Program
DCR, Division of State Parks and Recreation
251 Causeway St., 6th Floor
Boston, MA 02114          (617) 626-1250
Send proof of age 62 years or older and $10 and
receive lifetime pass for free parking at over 100
MA state parks. Handicap plates or placards also
qualify for free parking at state parks.
www.mass.gov/dcr

MA Senior Games              (413) 748-3812
Annual state-wide competition in various sports.
www.maseniorgames.org

Retired Men’s Club of Arlington
at St. Camillus Church          (781) 395-1734
1175 Concord Turnpike
Arlington, MA 02476
Meetings with speaker on 2nd and 4th
Wednesdays at 9:30 am. Also trips, golf, cards,
bowling, and other activities.
www.rmcarlington.org

Burlington Mall Walkers
Burlington, MA 01803
Monday - Friday, 7 - 10 am
Walk on your own or join Heart and Soles Club at
food court, September to May.

Safety

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

New England Emergency Response Systems
Dover N.H.          (800) 888-0338
Personal response system for monthly fee.
www.neers.com

Mount Auburn Lifeline          (617) 499-5525
330 Mt. Auburn St.
Cambridge, MA 02138
Offers a personal response system with personal
help button for a monthly fee.
Philips Lifeline                              (800) 242-1306
111 Lawrence St.                          Ext. 4752
Framingham, MA 01702
Provides medical alert and support services to
seniors, enabling them to maintain independence.
www.lifelinesystems.com

Qmedic                                    (877) 241-2244
A personal response system developed at MIT to
help alert caregivers when a health emergency
arises.
Qmedichealth.com

Wandering Assistance – Safe Return Program
Alzheimer’s MA Helpline:                      (800) 272-3900
Register with national database for a one-time fee
and receive ID bracelet for person with dementia
who tends to wander. If patient wanders, relatives
call toll-free number and an alert is sent to local
police and hospitals.

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

Support Groups

Caregiver Support Group                  (781) 316-3400
Arlington Council on Aging
27 Maple Street, Ground Floor
Arlington, MA 02476
Meets 2nd Tuesday of the month from 10:15 to
11:30 am.
www.arlingtonma.gov/coa

Chronic Pain Support Group
American Chronic Pain Association
At Robbins Library                          (781) 652-0146
700 Mass. Avenue                           781-652-0146
Arlington, MA 02476
Local self-help chapter meets 2nd Friday of every
month at 11:00 am.
www.theacpa.org

Grandparent Support Group               (781) 316-3400
Council on Aging                           Arlington, MA 02476
A support group for grandparents with primary
responsibility for their grandchildren. The group
meets monthly on the 2nd Tuesday of the month
from 12 - 1:30 pm. No charge. Call for location
and short telephone intake.
www.arlingtonma.gov/coa

Bereavement Group                        (617) 575-8606
Mount Auburn Hospital
330 Mount Auburn Street
Cambridge, MA 02138
Eight-week early evening support groups.

Bereavement Group                        (781) 643-6090
Visiting Nurse and Community Health     x1342
37 Broadway                               781-643-6090
Arlington, MA 02474
Offers bereavement groups in Arlington.
www.thevisitingnurses.com

Sharing Our Losses Group                  (781) 756-1026
The Gables of Winchester
299 Cambridge Street
Winchester, MA 01890
Monthly drop-in support group for when a loved
one has passed, Third Friday from 1:30 – 3:00 pm.

Parkinson’s Family Support               (781) 647-5327
JF&CS - Jewish Family and Children
1430 Mail Street                         781-647-5327
Waltham, MA 02451
Various groups related to Parkinson’s Disease
including support groups, therapeutic yoga,
singing, and movement classes.

Parkinson’s Disease Support Group
Medford Senior Center                    (781) 396-6010
101 Riverside Drive, Medford, MA 02155
Group for people with Parkinson’s and caregivers;
meets first Wednesday of the month at 10:30 am.
Transportation

AARP Driver Safety Program   (888) 227-7669
Provides classroom and on-line courses for older motorists to brush up on driving skills.
www.aarp.org, then ‘home’ then ‘getting around’

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

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

Council on Aging     (781) 316-3400
27 Maple St.
Arlington, MA 02476
Various transportation options for Arlington seniors including rides to medical appointments, senior center activities, cancer-related appointments, and an in-town subsidized taxi program called Dial-A-Ride.
www.arlingtonma.gov/coa

Driver Evaluation Program  (781) 939-1900
New England Rehabilitation Hospital
2 Rehabilitation Way
Woburn, MA 01801
Private-pay driving evaluation, including clinic and driving tests.
www.newenglandrehab.com

MBTA Senior Access ID   (617) 222-3200
CharlieCard Store at Downtown Crossing
101 Arch Street
Boston, MA 02110
Senior ID allows for reduced fare on MBTA buses and subways for people 65 and older or those with disabilities.
www.mbta.com

MBTA “The Ride”   (617) 337-2727
The Ride Eligibility Center
Hood Business Park
500 Rutherford Ave. 3rd Floor
Charlestown, MA 02129
Van or car pick-up for those who cannot use regular public transportation due to physical or mental disability. Call for appointment to determine eligibility. Cost is usually $3 for one-way ride.
www.mbta.com

Volunteer Opportunities

Arlington Council on Aging     (781) 316-3400
27 Maple St.
Arlington, MA 02476
Opportunities for medical escorts, friendly visitors, office and program support, and special projects.
www.arlingtonma.gov/coa

Arlington Senior Association   (781) 316-3420
27 Maple St.
Arlington, MA 02476
Volunteers help with welcoming, office and program support, and special projects.
www.arlingtonseniorsassociation.org

Minuteman Senior Services   (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
Opportunities as meals-on wheels drivers, friendly visitors, medical escorts, and with money management program.
www.minutemansenior.org

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