



## Town Offices

Accounting -----	617-993-2620
Animal Control Officer (Health Dept)--	617-993-2724
Assessor-----	617-993-2630
Building Services-----	617-993-2640
Council on Aging -----	617-993-2970
Fire Department -----	617-993-2200
Health Department-----	617-993-2720
Department of Public Works-----	617-993-2680
Human Resources -----	617-993-2740
Library -----	617-993-2850
Municipal Light Department -----	617-993-2800
Police Department -----	617-993-2501
Recreation Department -----	617-993-2760
Retirement Board -----	617-993-2792
Town Administration -----	617-993-2610
Town Clerk -----	617-993-2600
Treasurer and Tax Collector -----	617-993-2770
Veterans Agent -----	617-993-2725
Water Division (DPW) -----	617-993-2700

The resources in this directory are those most frequently used by seniors and are not intended to be a complete listing. The listings are meant to supply the public with information and are not intended as endorsements by the Belmont Council on Aging. For more extended listings of certain services please contact the Belmont Council on Aging Social Worker at (617) 993-2983.

## **BELMONT COUNCIL ON AGING/BEECH STREET CENTER**

**266 Beech Street**

**Belmont, MA**

**(617)-993-2970**

**[www.beechstreetcenter.org](http://www.beechstreetcenter.org)**

### **CONSULTATION SERVICES-NON HEALTH RELATED**

- Tax Preparation Assistance
- Mending services
- Legal Advice
- SHINE (medical insurance counseling)
- Financial Advice

### **CLASSES/GROUPS**

- Games such as backgammon, bocce, bridge, mahjong ,poker, Ping-pong and pool
- Arts, Crafts and Music Classes
- ESL Classes
- Book Discussion, “Hot Topics”
- Computer Instruction

### **LUNCH SERVICE**

Weekday lunches are available for \$1.75 for seniors and \$6.50 for guests. Each day a hot or cold meal is offered at the Beech Street Center. The Belderbus can provide transportation. Reserve the meal and/or transportation by 11:30 AM of the previous business day.

### **SOCIAL WORK SERVICES**

Assessments, information, referrals for supportive resources, case management, individual counseling and support groups are available for Belmont seniors, their families and concerned caregivers. Help with

applying for fuel and weatherization assistance is also available.

## **TRANSPORTATION**

Pre-reserved rides are available for any of the following:

- Senior Center programs, classes, lunches and events at the Beech Street Center
- Medical appointments in Belmont and surrounding towns
- Scheduled shopping trips to supermarkets or malls
- Organized trips, based on available seating

\*Note that medical rides supersede all others. \*Please call at least one day in advance to allow scheduling. \*Suggested donation: \$2.00 each way.

## **WELLNESS**

- Exercise and Wellness Classes
- Health Clinics (Blood Pressure, Podiatry)
- Fitness Room Memberships, Personal Training
- Physical Therapy Consultations
- Wellness Promoting Courses

## **OTHER**

- Computers at the center are available for independent use.
- Volunteer snow shoveling services are provided at no cost.

## **ADVOCACY**

### **Administration on Aging (AOA)**

**[www.aoa.gov](http://www.aoa.gov)**

**(202) 619-0724**

AOA is a federal agency dedicated to raising national awareness of elder issues and to educating older adults and their caregivers about benefits and services.

### **American Association of Retired Persons (AARP)**

**[www.aarp.org](http://www.aarp.org)**

**1 (888) OUR-AARP 1 (888) 687-2277**

AARP offers health, automotive and homeowner's insurance along with healthcare advocacy, financial planning, consumer protection and wellness information for seniors over 50.

**Attorney General's Elder Hotline**

**1 (888) AG-ELDER 1 (888) 243-5337**

The Elder Hotline is available to callers Monday through Friday, from 9:00 a.m. to 5:00 p.m. The hotline provides dispute resolution services, information and referrals to seniors and their families.

**Executive Office of Elder Affairs**

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

**1 (800) AGE-INFO 1 (800) 243-4636**

The Executive Office of Elder Affairs (EOEA) is a state government office that assists seniors with housing, home care, health care, meals, nutrition and caregiver support.

**MA Association of Older Americans**

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

**(617) 426-0804**

**Boston, MA**

MAOA provides education and advocacy to help keep elders economically secure and engaged in life.

**Masspro**

**[www.masspro.org/](http://www.masspro.org/)**

**(781) 890-0011**

**Waltham, MA**

Masspro is dedicated to improving the quality of healthcare in the United States by providing medical advocacy, primarily for Medicare recipients.

**National Council on Aging (NCOA)**

**[www.ncoa.org](http://www.ncoa.org)**

**1-(800) 677-1116**

The National Council on Aging (NCOA) is a nonprofit service and advocacy organization headquartered in Washington, DC. NCOA is a national voice for older Americans and the community organizations that serve them. It brings together nonprofit organizations, businesses and government agencies to develop creative solutions that improve the lives of older adults.

## **ADULT DAY HEALTH CENTERS**

**Windsor House**  
**[www.windsorhouse.org](http://www.windsorhouse.org)**  
**(617) 491-1815**  
**Cambridge, MA**

**Cooperative Elder Services**  
**[www.elderdayservices.com](http://www.elderdayservices.com)**  
**(781) 641-1070, Arlington, MA**  
**(781) 861-9863, Lexington, MA**

**Greater Boston Chinese Golden Age Center**  
**(617) 789-4289**  
**Brighton, MA**

## **ASSISTED LIVING**

**Atria Longmeadow Place**  
**[www.atrialongmeadowplace.com](http://www.atrialongmeadowplace.com)**  
**(781) 270-9008**  
**Burlington, MA**

**Brigham House**  
**[www.newspringseniorcommunities.com/residences/brigham](http://www.newspringseniorcommunities.com/residences/brigham)**  
**(617) 923-7779**  
**Watertown, MA**

**Cadbury Commons**  
**[www.cadburycommons.com](http://www.cadburycommons.com)**  
**(617) 868-0575**  
**Cambridge, MA**

**The Cambridge Homes**  
**[www.seniorlivingresidences.com/the-cambridge-homes](http://www.seniorlivingresidences.com/the-cambridge-homes)**  
**(617) 876-0369**

**Cambridge, MA**

**Hearthstone Alzheimer's Care**

**[www.thehearth.org](http://www.thehearth.org)**

**(781) 932-0305**

**Woburn, MA**

**Neville Place at Fresh Pond**

**[www.nevilleplace.org](http://www.nevilleplace.org)**

**(617) 497-8700**

**Cambridge, MA**

**Sunrise of Arlington**

**<http://www.sunriseseniorliving.com/communities/sunrise-of-arlington/overview.aspx>**

**(781) 643-2100**

**Arlington, MA**

**Waltham Crossings**

**[www.walthamcrossings.com](http://www.walthamcrossings.com)**

**(781) 609-7145**

**Waltham, MA**

**Youville Place**

**[www.youvilleplace.org](http://www.youvilleplace.org)**

**(781) 861-3535**

**Lexington, MA**

## **CAREGIVER SUPPORT**

### **WEBSITES:**

**[www.caregiver-information.com](http://www.caregiver-information.com)**

This website is a guide to general care-giving information including medication guidelines, medical concerns, nutrition environmental health, infection control and hiring help.

**[www.caregiver.org](http://www.caregiver.org)**

Founded in 1977, Family Caregiver Alliance was the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care at home. Long recognized as a pioneer in health services, FCA now offers programs at national, state and local levels to help support and sustain caregivers.

**[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) (National Caregiver's Association)**

This organization provides education, peer support and resources for family caregivers. The Caregiver Action Network serves a broad spectrum of family caregivers including the parents of children with special needs, families and friends of wounded soldiers, young couples dealing with an MS diagnosis and adult children caring for parents with Alzheimer's disease.

**IN-PERSON ASSISTANCE FOR CAREGIVERS**

**Alzheimer's Disease Caregivers' Support Information**

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

**(617) 868-6718**

**Watertown, MA**

The Alzheimer's Association offers a wide variety of information and resources on AD and related disorders and resources for caregivers. Guides to nursing homes, assisted living and family care are available as well as specialized and general support groups.

**Caregivers' Support Group**

**BELMONT COUNCIL ON AGING/BEECH STREET CENTER**

**[www.beechstreetcenter.org](http://www.beechstreetcenter.org)**

**(617) 993-2970**

**Belmont, MA**

The Council on Aging offers a twice monthly support group for caregivers. Please call the center for the dates and times of the group meetings, or refer to the SENIOR NOTES.

**Springwell****[www.springwell.org](http://www.springwell.org)****(617) 926-4100**

Springwell offers a variety of caregivers' resources and services. Information and referrals including a lending library are available for those who are looking for general information. Free, subsidized and private in home consultations with a care advisor are available to make needs assessments, answer questions or provide resource options.

**COUNSELING AND MENTAL HEALTH****Advocates – Psychiatric Emergency Services****[www.advocatesinc.org](http://www.advocatesinc.org)****(781) 893-2003 or 1 (800) 540-5806****Waltham, MA**

Advocates provides in home assessment, crisis stabilization, and emergency psychiatric placement.

**Alzheimer's Association****[www.alz.org/manh](http://www.alz.org/manh)****(617) 868-6718****1-(800) 272-3900 (24/7 Helpline)****Watertown, MA**

The Alzheimer's Association MA/NH Chapter provides programs and services to friends and family of those with Alzheimer's, Dementia and related Dementia's. Services include information, education, support and guidance.

**Crossroads Counseling****[www.crossroadscounselingwellesley.com](http://www.crossroadscounselingwellesley.com)****(781) 431-2277****Wellesley, MA**

Crossroads Counseling, Inc. is a comprehensive mental health group practice providing counseling and therapy for individuals, couples, families and groups. In home therapy is available. All major insurance is accepted.



**McLean's Hospital**  
**Geriatric Psychiatry Evaluations, Memory Diagnostic Clinic**  
**[www.mclean.harvard.edu/patient/geriatrics](http://www.mclean.harvard.edu/patient/geriatrics)**  
**(617) 855-2300**  
**Belmont, MA**

McLean's' offers psychiatric, neuropsychological, psychosocial and neurological assessments and evaluations. Programs include inpatient, outpatient and partial hospital care.

**Mt Auburn Hospital**  
**[www.mountauburnhospital.org/body.cfm?id=73](http://www.mountauburnhospital.org/body.cfm?id=73)**  
**Senior Services –Wyman Center**  
**(617) 499-5780**  
**Cambridge, MA**

Mt Auburn provides inpatient and outpatient psychiatric evaluations, treatment planning, recommendations and case management.

### **DISEASE SPECIFIC RESOURCES**

The following websites provide the latest news on research, treatment and lifestyle recommendations for the specific diseases mentioned. Some of the associations provide services such as support groups, financial assistance and transportation to medical appointments.

**Alzheimer's Disease Support Information**  
**[www.alzmass.org](http://www.alzmass.org)**  
**(617) 868-6718**

**American Cancer Society**  
**[www.cancer.org](http://www.cancer.org)**  
**1 (800) 227-2345**  
**TTY: 1 (866) 228-4327**

**American Diabetes Association**  
**[www.diabetes.org](http://www.diabetes.org)**  
**1 (800) 342-2383**

**American Heart Association**  
**www.americanheart.org**  
**(508) 620-1700**  
**1 (800) 242-8721**

**American Parkinson's' Disease Association**  
**www.apdaparkinson.org**  
**(617) 733-8120**  
**information and referrals: (617)-638-8466**

**Arthritis Foundation**  
**www.arthritis.org,**  
**www.info.ma@arthritis.org**  
**(617) 244-1800**

## **DRUG/PRESCRIPTION RESOURCES**

**MassMedLine**  
**www.massmedline.com**  
**1 (866) 633-1617**

MassMedLine provides information about programs sponsored by pharmaceutical companies that offer free, low cost or discounted medications. Licensed pharmacists and other professionals can help individuals understand prescription drug cost plans, assist with paperwork and can identify which discount card or program is appropriate.

**Prescription Advantage**  
**www.800ageinfo.com**  
**1 (800) 243-4636**  
**TTY/TTD 1-800-872-0166**

Prescription Advantage is a prescription drug insurance plan for all Massachusetts residents 65 years and older. The program is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs. Members pay premiums, deductibles and co-payments based on their gross annual household income. Prescription Advantage does place an annual out-of-pocket spending limit on the amount members pay for deductibles and copayments .

### **Vial of Life**

**[www.vialoflife.com](http://www.vialoflife.com)**

**(617) 993-2200 or (617) 993-2979**

These prescription sized vials contain health and medication information as well as emergency contacts in case of emergencies. They are distributed by the Belmont Fire Department (617-993-2200) or the COA (617) 993 2979.

## **FINANCIAL/TAX ASSISTANCE**

### **Money Management at Springwell**

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

**(617) 926-4100**

**Waltham, MA**

Springwell assists low income seniors ages 60 and over having difficulty with financial responsibilities, balancing a checkbook and paying bills. Bill payer service and representative payee programs are also provided.

### **Social Security**

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

**1 (800) 772-1213**

Social Security is a federal insurance program that pays a monthly stipend to workers or their families when the worker retires, becomes disabled or passes away.

### **Supplemental Security Income (SSI)**

**[www.socialsecurity.gov](http://www.socialsecurity.gov)**

**1 (800) 772-1213**

SSI is funded by general tax revenues and administered by the Social Security Office for certain qualified low-income individuals to help them with on-going financial assistance.

## **FOOD ASSISTANCE**

### **Belmont Council on Aging Weekday Lunches**

**[www.beechstreetcenter.org](http://www.beechstreetcenter.org)**

**(617) 993-2970**

**Belmont, MA**

#### **LUNCH SERVICE**

Weekday lunches are available for \$1.75 for seniors and \$6.50 for guests. Each day a hot or cold meal is offered at the Beech Street Center. The Belderbus can provide transportation. Reserve the meal and/or transportation by 11:30 AM on the previous business day.

### **Belmont Food Pantry**

**[https://sites.google.com/site/thebelmontfoodpantry/Belmont, MA](https://sites.google.com/site/thebelmontfoodpantry/Belmont,MA)**

The food pantry is located behind Belmont High School. Food Distributions are on the 1st and 3rd Saturday of each month between 8:30-9:30 AM and the 2nd and 4th Tuesday of each month, from 5:30-6:30 PM.

### **Peapod Online Stop & Shop Delivery**

**[www.peapod.com](http://www.peapod.com)**

Peapod is a grocery delivery service. Orders must be placed online.

### **Springwell Meals-On-Wheels**

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

**(617) 926-4100**

**Watertown, MA**

Springwell provides home-delivered meals to seniors age 60 and over, including those who have special dietary needs.

### **Supplemental Nutrition Assistance Program (SNAP)**

**[www.mass.gov/vg/selfservice](http://www.mass.gov/vg/selfservice)**

**1 (866) 950-3663**

Formerly known as the food stamp program, SNAP provides benefits for income eligible people of all ages to purchase nutritious food at local grocery stores or farmers' markets.

## **FUEL ASSISTANCE**

### **Community Teamwork**

**www.comteam.org**

**(978) 459-6161 1 (877) 451-1082**

**Lowell, MA**

A state/ federally subsidized fuel assistance program is available to income eligible homeowners and renters of any age for their home heating needs.

### **Good Neighbor Energy Fund**

**www.magoodneighbor.org**

**1 (800) 334-3047**

This Salvation Army Program assists income eligible MA residents with temporary financial difficulties, who are not eligible for state or federal fuel assistance.

### **Menotomy Weatherization Assistance Program**

**[http://www.town.arlington.ma.us/public\\_documents/arlingtonma\\_planning/weatherization/index](http://www.town.arlington.ma.us/public_documents/arlingtonma_planning/weatherization/index)**

**(781) 316-3436**

**Arlington, MA**

Menotomy Weatherization Program provides free insulation and home heating assistance to income eligible people. Services include: annual heating system tune-ups, heating system repairs, modifications to improve efficiency of heating systems and replacement for inoperable or unsafe heating systems.

## **LOCAL FUNERAL HOMES**

### **Brasco & Sons**

**www.brascofuneralhome.com**

**(617) 484-2088**

**Belmont, MA**

### **Brown & Hickey**

**www.browndanhickey.com**

**(617) 484-2534**

**Belmont, MA**

**Stanton Funeral Service**  
**www.stantonfuneralhome.com**  
**(617) 924-3838**  
**Watertown, MA**

**Short, Williamson & Diamond**  
**www.swdfuneralhome.com**  
**(617) 484-6900**  
**Belmont, MA**

## **GERIATRIC CARE MANAGERS**

Geriatric Care Managers provide assessment and evaluation of an elder's physical, mental, emotional, social, family, safety and financial needs. In addition, they provide personalized care management and monitoring plans involving coordination of home care, housing, legal/financial needs and referral to a variety of specialists.

**Elder Resources**  
**www.eldersma.com**  
**(617) 327-2858**  
**Newton, MA**

Elder Resources is comprised of geriatric care managers who help family care givers get connected with necessary services.

**Senior Support Solutions**  
**www.seniorsupportsolutions.com**  
**(781) 862-2829**  
**Lexington, MA**

Senior Support Solution providers are trained in Alzheimer's specialty care.

**Jewish Family & Children's Services: Your Elder Experts**  
**www.jfcsboston.com**  
**(781) 647-5327**  
**Waltham, MA**

JFCS offers specialized services for Parkinson's disease, Alzheimer's disease and related dementias.

## **HEALTH INSURANCE ASSISTANCE**

### **Health Care for All**

**[www.hcfama.org](http://www.hcfama.org)**

**(617) 350-7279**

**Boston, MA**

This Free Care/Partial Care Program provides emergency assistance to Massachusetts residents with low incomes. It only covers care people receive at health centers and hospitals. The program provides inpatient, outpatient and emergency services.

### **MASSPRO**

**[www.masspro.org](http://www.masspro.org)**

**(781) 890-0011**

**Waltham, MA**

MASSPRO ensures the quality and reliability of health care for both Medicare and Mass Health (Medicaid) recipients in Massachusetts.

### **Health Connector Commonwealth Care Program**

**[www.mahealthconnector.org](http://www.mahealthconnector.org)**

**1 (877) 623-6765**

Commonwealth Care offers low-or-no-cost health insurance for people who qualify. It provides comprehensive benefits and a choice of health plans.

### **Medicare Coverage**

**[www.medicare.gov](http://www.medicare.gov)**

**1 (800) MEDICARE 1 (800) 633-4227**

Medicare is a federal government health insurance program for people who are age 65 and older or younger disabled. It assists in paying for hospital, skilled nursing, hospice care and prescription medication. Coverage may include physical therapy, occupational therapy and nursing care provided in the home. Seniors can supplement Medicare coverage with additional insurance through ‘Medigap’ and HMO policies (see below). More information about Medicare can be found in “Your Medicare Handbook” which can be obtained by calling Medicare **or by** downloading it off of the website. It can also be obtained by contacting Social Security at [www.ssa.gov](http://www.ssa.gov) or by calling **1 (800) 772-1213**.

## **Medicaid**

**[www.mass.gov/masshealth](http://www.mass.gov/masshealth)**

**1 (800) 841-2900**

Medicaid provides some forms of health insurance to low income people. In Massachusetts, the program is called Mass Health. It is provided to those individuals who are disabled and meet low income requirements.

## **Medicare Advantage (HMOs):**

Medicare HMOs (health maintenance organizations) are private companies supplementing Medicare Part A and Part B along with additional services as a bundled package. Medicare HMOs provide additional benefits including health screenings, dental visits etc.

## **Medex/Blue Cross Blue Shield**

**[www.bluecrossma.com/medicare](http://www.bluecrossma.com/medicare)**

**1 (888) 277-2408**

**Medex is a medigap program that supplements Medicare. It covers copayments and deductibles along with providing some services of its own.**

## **SHINE**

**[www.medicareoutreach.org](http://www.medicareoutreach.org)**

**(617) 993-2970**

SHINE provides information regarding insurance options, Medicare and Mass Health benefits, prescription drug coverage and other programs to elderly and non-elderly disabled adults. Appointments with SHINE counselors are available at the Senior Center.

## **HOARDING AND CLUTTERING**

### **CLEAN UP SERVICES**

**House Works**

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

**Bob Severino**

**(617) 928-1010**

**Newton, MA**



**Service Pro**  
**www.servpro.com**  
**(617) 332-9000**

#### **CLINICAL MENTAL HEALTH SERVICES**

**Boston University School of Social Work**  
**Hoarding Research Project**

**bu.edu/ssw/research/hoarding/projects**

**(617) 353-5666**

**Boston, MA**

BU provides group and individual treatment as part of a research study.

**McLean Hospital**

**Geriatric Psychiatry Unit**

**www.mclean.harvard.edu/patient/geriatrics**

**(617) 855-3371**

**Belmont, MA**

#### **SOCIAL SERVICES THAT ADDRESS HOARDING**

**Springwell**

**www.springwell.com**

**(617) 926-4100**

**Watertown, MA**

**Jewish Family and Children's Services**

**www.jcfsboston.org**

**(781) 647-5327**

**Waltham, MA**

#### **HOME CARE AGENCIES**

**Always Best Care**

**www.alwaysbestcare.com**

**(617) 489-9000**

**Belmont, MA**

Always Best Care provides non-medical services.

**Beacon-In-Home**

**[www.beaconinhome.com](http://www.beaconinhome.com)**

**(617) 484-8000**

**Belmont, MA**

Beacon- In- Home provides home care support including professional care assessments and help for care giving family members. Licensed by the Commonwealth of Massachusetts, staff are fully bonded and insured.

**Care Group (VNA)**

**[www.mtauburnhospital.org/homecare](http://www.mtauburnhospital.org/homecare)**

**(617) 673-1700**

**Watertown, MA**

Care Group provides specialized home-care expertise including certified home health aides, nutrition services and other types of skilled nursing care. Services may be reimbursable through insurance.

**Senior Homecare Solutions**

**[www.seniorhomecaresolutions.com](http://www.seniorhomecaresolutions.com)**

**(617) 431-1165**

**Newton, MA**

This agency provides non-medical services to seniors, including 24-hour care.

**Home Instead**

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

**(781) 402-0060**

**Lexington, MA**

Home Instead provides non-medical home services and companionship for seniors. Services include 24-hour care.

**Springwell**

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

**(617) 926-4100**

**Watertown, MA**

Springwell provides information on all aspects of home care services. Services available include a free in-home consultation with a care advisor who will set up home care services, such as homemaking, personal care, companionship, grocery shopping, laundry and respite care. Services provided are subsidized based on income and need.

**Visiting Nurse Community Health, Inc.**

**[www.thevisitingnurses.com](http://www.thevisitingnurses.com)**

**(781) 643-6090**

**Arlington, MA**

This agency provides a wide range of skilled care allowing clients to stay in their homes. VNCH services include, but are not limited to, medication management, infusion therapy, dressing and catheter changes, rehabilitation, mental health and hospice care.

There are many more high quality home care agencies than could be listed here. **[www.care.com](http://www.care.com)** is a web based service that locates workers who provide home based elder, pet and child care.

**HOME SERVICES & MOVERS**

**A Thoughtful Move**

**[www.athoughtfulmove.com](http://www.athoughtfulmove.com)**

**(617) 285-4094**

A Thoughtful Move provides in home assessment and manages all aspects of moving

**Out of the Box Moves**

**[www.outoftheboxmoves.com](http://www.outoftheboxmoves.com)**

**(617) 835-7742**

**Belmont, MA**

Out of the Box provides complimentary in home assessment and handles all aspects of moving.

**Home Modification Loan Program**

**Massachusetts Rehabilitation Commission**

**[www.mass.gov/mrc/hmlp](http://www.mass.gov/mrc/hmlp)**

**(617) 204-3739**

This state funded program provides low or no interest loans to make modifications to the primary, permanent residence of elders and disabled adults. These modifications allow those who qualify to remain living independently in their homes. Amount of interest is based on income guidelines.

**Homeowner Options for Mass. Elders (HOME)**  
**[www.homeowneroptionsformassachusettselders.org](http://www.homeowneroptionsformassachusettselders.org)**

**1 (800) 583-5337**

**(978) 970-0012**

**Lowell, MA**

H.O.M.E. is dedicated to protecting the equity of low and moderate income elder homeowners and provides statewide in-home consultation services.

Trained counselors from local non-profit agencies offer consumer protection, information referral services, information on equity conversion, foreclosure prevention and mortgage issues. If eligible, seniors are offered assistance on home health care, home repairs and monthly income supplements.

**House Works**

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

**(617) 928-1010**

**Newton, MA**

House Works provides maintenance services such as: household chores, cleaning, organization and moving services. It also offers specialized services for hoarding problems.

**HOSPICE**

Hospice is a service provided to the terminally ill and their families, for the purpose of easing the physical and emotional pain associated with the end of life.

**Visiting Nurse & Community Health & Homecare Plus**

**[www.thevisitingnurses.com](http://www.thevisitingnurses.com)**

**(781) 643-6090**

**Arlington, MA**

**VNA Care Network & Hospice**

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

**(617) 547-2620**

**Cambridge, MA**

**VNA Care Network & Hospice**  
[www.vnacarenetwork.org](http://www.vnacarenetwork.org)  
**(781) 455-6661**  
**Needham, MA**

**Care Alternatives**  
[www.carealt.com](http://www.carealt.com)  
**(508) 229-8390**  
**Marlborough, MA**

**Compassionate Care**  
<http://cchnet.net/hospice>  
**(781) 935-5550**  
**Woburn, MA**

**Hospice Care, Inc.**  
[www.hospicecarema.org](http://www.hospicecarema.org)  
**(781) 569-2888**  
**Woburn, MA**

## **HOUSING RESOURCES**

The following agencies offer housing assistance for low income seniors in the immediate suburban communities. Each agency manages housing developments for the elderly, the disabled, veterans and families. Applications for federally subsidized Section 8 housing are also available.

**Belmont Housing Authority**  
[www.town.belmont.ma.us/Public\\_Documents/F00010DFC/housingauthority](http://www.town.belmont.ma.us/Public_Documents/F00010DFC/housingauthority)  
**(617) 484-2160**  
**Belmont, MA**

**Arlington Housing Authority**  
**(781) 646-3400**  
[www.arlingtonhousing.org](http://www.arlingtonhousing.org)  
**Arlington, MA**

**Waltham Housing Authority**  
**[www.city.waltham.ma.us/waltham-housing-authority](http://www.city.waltham.ma.us/waltham-housing-authority)**  
**(781) 894-3357**  
**Waltham, MA**

## **LEGAL SERVICES**

**Boston College Legal Assistance Bureau**  
**[www.bc.edu](http://www.bc.edu)**  
**(781) 893-4793**  
**Boston, MA**

This organization provides free legal assistance on civil matters to seniors age 60 and over. Services include landlord/tenant issues, estate planning, will creation, personal finances and more. Limited free representation and home visits are available.

For a list of local attorneys in private practice and specializing in elder law please call the COA social worker, 617 993 2983.

**Massachusetts Bar Association Referral Services**  
**[www.masslawhelp.com](http://www.masslawhelp.com)**  
**(617) 654-0400**

If you are buying or selling a home, starting a business, going through a divorce or need a will, you may need to hire the right attorney in your area to answer your questions and help resolve your legal problems. There is no cost to utilize LRS, but referrals are made to fee charging attorneys.

## **MEDICAL EQUIPMENT**

### **Belmont Council on Aging**

**[www.beechstreetcenter.org](http://www.beechstreetcenter.org)**

**(617) 993-2989**

**Belmont, MA**

The Belmont Council on Aging provides a variety of medical equipment that can be loaned to anyone in the community who has a need.

### **Belmont Medical Supply**

**[www.belmontmedical.com](http://www.belmontmedical.com)**

**(617) 484-3888**

**Belmont, MA**

Medical equipment and supplies are sold. Equipment includes wheelchairs, scooters, aids to daily living, seat lift chairs bath safety equipment, etc.

### **Lifeline Systems-Mount Auburn Hospital**

**<http://www.mountauburnhospital.org>**

**(617) 499-5525**

**Cambridge, MA 02138**

This is a personal response service allowing seniors living at home to receive emergency assistance whenever needed. The service is covered by Medicaid and some health insurance plans. The COA may be able to provide financial assistance to seniors who are ineligible for a subsidy from Springwell or otherwise ineligible for government subsidies. Please call the COA social worker at **617-993-2983** for more information.

## **MULTICULTURAL SERVICES**

### **Belmont Council on Aging: English as a Second Language (ESL)**

**Classes**

**[www.beechstreetcenter.org](http://www.beechstreetcenter.org)**

**(617) 993-2970**

A variety of opportunities to learn English are provided including individual tutoring, group instruction, a special ESL class for elder Chinese speakers and an English conversation class for more advanced students.

**Greater Boston Chinese Golden Age Center**

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

**(617) 357-0226**

The Greater Boston Chinese Golden Age Center provides a network of programs and services that assist Chinese elders to maintain their independence. Services include meals, adult day health, social work, transportation and congregate housing.

**Friends of Indian Senior Citizen Organization**

**[www.thefisco.org](http://www.thefisco.org)**

**(781) 791-7675**

FISCO promotes the well-being and independence of Indian elders through a network of programs and services.

**Jewish Family and Children's Services**

**[www.jcfsboston.org](http://www.jcfsboston.org)**

**(781) 647-5327**

This program assists Russian speaking immigrants with help gaining access to transportation, wellness services, affordable housing and mental health.

**Centro Latino, Inc.**

**[www.centrolatino.org](http://www.centrolatino.org)**

**105 Windsor Street**

**Cambridge, MA 02139**

**(617) 661 9406**

This agency provides a full range of programs and services for Latinos of all ages, in the greater Boston region.

**PET RESOURCES**

**Animal Poison Control Center**

**[www.aspca.org](http://www.aspca.org)**

**1 (888) 426-4435**

The ASPCA offers this program 24 hours a day, 365 days a year.

**MSPCA-Angell**

**[www.mspca.org](http://www.mspca.org)**

**(617) 522-7282**

**Boston, MA**

This organization provides animal protection and health services for all pets.



**Fresh Pond Animal Hospital**  
**[www.freshpondanimalhospital.com](http://www.freshpondanimalhospital.com)**  
**(617) 484-1555**  
**Belmont, MA**

Fresh Pond Animal Hospital provides preventive, surgical, medical and dental care.

**Phinney's Friends**  
**[www.phinneysfriends.org](http://www.phinneysfriends.org)**  
**(617) 979-8705**  
**Cambridge MA**

Phinney's Friends helps low-income people with disabling illnesses and other hardships to keep their bond with their pets by assisting with everyday pet care.

**Vescone**  
**[www.vescone.com](http://www.vescone.com)**  
**(781) 684-8387**  
**Waltham, MA 02454**

This pet medical center specializes in emergency care and treatment of serious illnesses.

**Pet Loss Support Hotline**  
**Cummings School of Veterinary Medicine at Tufts**  
**[www.tufts.edu/vet/petloss/](http://www.tufts.edu/vet/petloss/)**  
**(508) 839-7966**  
**North Grafton, MA**

This service is available limited hours. Call and leave a message and someone will return your call.

## **RECREATION/EDUCATIONAL**

**Belmont Recreation Department**  
**[www.town.belmont.ma.us/Public\\_Documents/BelmontMA\\_Recreation/index](http://www.town.belmont.ma.us/Public_Documents/BelmontMA_Recreation/index)**  
**(617) 993-2760**

Classes for adults include swimming, aerobics, basketball and more. Membership fees may be required for certain programs.

### **Belmont Community Education**

**[www.belmont.k12.ma.us/bps/Home/Partners/CommunityEducation](http://www.belmont.k12.ma.us/bps/Home/Partners/CommunityEducation)**

**(617) 993-5427**

Belmont Community Education offers classes of all kinds. Registration is open to everyone. Most classes are held at the Belmont High School.

### **Boston University Evergreen Program**

**[www.bu.edu/lifelong/evergreen](http://www.bu.edu/lifelong/evergreen)**

**(617) 353-9852**

The Boston University Evergreen Program invites elders to develop their lives more fully through opportunities to learn and make new friends in the University's intergenerational setting. The Evergreen Program also provides opportunities for noncredit participation in most Boston University courses.

### **UMASS Boston-Gerontology Program**

**The Osher Lifelong Learning Institute (OLLI)**

**[www.geront.umb.edu](http://www.geront.umb.edu)**

**(617) 287-7300**

This program offers non-credit courses, brown-bag lunch discussions, field trips and other educational opportunities for people ages 50 years and over. Areas of study in this program include applied research, training in direct services and social policy that affects the elderly.

## **DISABILITY SUPPORT SERVICES**

### **Belmont Disability Access Commission**

**Belmont, MA**

This commission fills the unmet needs of disabled Belmont residents with the talents of able-bodied volunteers. There is no direct phone number but you may call the Belmont Town Hall Administration office at **(617) 993-2610** and your message will be passed along.

### **HearUSA**

**[www.hearusa.com](http://www.hearusa.com)**

**(781) 646-2040**

**Arlington, MA**

HearUSA is an advocacy group for the hearing impaired. They link elders with hearing care products and services.

## **Mass Commission for the Deaf and Hard of Hearing**

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

**(617) 740-1600**

**Boston, MA**

This commission provides information, assistance and training for people who are deaf or hard of hearing.

## **Mass 211**

**[www.mass211.org](http://www.mass211.org)**

**To connect by phone dial 211**

Mass 211 is a free multilingual agency which provides statewide information & referral line available.24 hours a day/ 7 days a week.

It provides information regarding government benefits, services and non profit organizations. The list includes:

- Support Groups
- Volunteer Opportunities
- Donation Programs
- Information about Food, Shelter and Clothing
- Rental Assistance
- Utility Bill Assistance
- Child Care
- Counseling
- Senior Services
- Support for Seniors and People with Disabilities
- Home Health Care
- Adult Day Care
- Congregate Meals
- Meals on Wheels
- Respite Care
- Transportation
- Home Making Services
- Physical and Mental Health Services
- Drug and Alcohol Intervention
- Medicaid and Medicare

## **Massachusetts Office on Disability**

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

**(617) 727-7440**

**Boston, MA**

Massachusetts Office on Disability provides advocacy, information and assistance for people with disabilities.

**MA Association for the Blind (MAB)**

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

**(617) 738-5110**

**Brookline, MA**

MAB provides information, referral and rehabilitation for Massachusetts residents who are blind.

**Carroll Center for the Blind**

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

**(617) 969-6200**

**Newton, MA**

The Carroll Center provides home assessment and informational classes for visually impaired seniors. The Safe Home Project provides home assessment and installation of equipment and technology necessary to enable visually impaired seniors to live independently. A technology store offers the latest in adaptive devices.

**Perkins School for the Blind**

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

**(617) 924-3434**

**[Outreach@Perkins.org](mailto:Outreach@Perkins.org)**

**Watertown, Ma.**

Perkins School for the Blind provides education and services for children and adults who are blind, deaf-blind or visually impaired. Home assessment consultations are available.

**TRANSPORTATION**

**Belmont COA Transportation Services**

**[www.beechstreetcenter.org](http://www.beechstreetcenter.org)**

**617-993-2980**

Rides are available to and from medical appointments in Belmont and some surrounding communities. Regularly scheduled grocery and mall shopping trips are also offered. Rides are also provided to COA programs, lunches and other destinations within Belmont. All appointments require reservations. A donation of \$2 each way is suggested.

**MBTA: SENIOR PASS**

**www.mbta.com**

**(617) 222-5976**

**TTY: 1 (800) 543-8287**

The MBTA offers an **MBTA Senior ID Card** that entitles seniors over 65 and people with disabilities offers a reduced fare on the commuter rail, subways and buses. The pass may be purchased at the MBTA Senior and Access Pass Office in Boston, or by mail. Please call for more information.

### **MBTA RIDE**

**www.mbta.com**

**(617) 222-5123**

**TTY: 617-222-5415**

The MBTA RIDE program provides door-to-door transportation for any individual with a disability that prevents them from using public transportation. In order to use The RIDE, an application must be completed indicating medical verification of a disability. Reservations are required in advance. Applications now include a mandatory interview in person. Cost of ride is \$4 to \$5 each way.

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

**www.springwell.com/medicalescorts.php**

**(617) 926-4100**

Reservations are required at least 7 days in advance.

Transportation to medical appointments is provided by volunteers M-F from 9AM-5PM.

### **Springwell**

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

**(617) 304-4131**

Springwell funds medical transportation for Belmont residents age 60 and over who need a medical ride outside of Belmont. Call at least three business days in advance for a reservation. A donation of \$4 for each one way trip is requested.

## **VOLUNTEER OPPORTUNITIES**

**Belmont Council on Aging  
Volunteer Services  
[www.beechstreetcenter.org](http://www.beechstreetcenter.org)  
(617) 993-2979**

The COA offers a variety of opportunities at the Beech Street Center plus information on opportunities elsewhere in the community. Volunteer matches are made based on the prospective volunteers' needs, interests and qualifications along with the needs of the agencies that are looking for volunteers.

**Springwell  
[www.springwell.com](http://www.springwell.com)  
(617) 926-4100**

Springwell offers opportunities to work as friendly visitors, medical escorts, money managers, office assistants, Meals on Wheels drivers, SHINE volunteers and more.

## **VETERANS SERVICES**

**Veterans Administration (VA)**

**[www.va.gov](http://www.va.gov)  
(617) 993-2725  
1 (800) 827-1000 or  
1 (800) 222-VETS 1 (877) 222-8387**

The VA provides registered veterans with help in obtaining prescription drugs and medical supplies at reduced rates.

**Town of Belmont Veterans Services**

**[http://www.town.belmont.ma.us/Public\\_Documents/BelmontMA\\_Veterans/index](http://www.town.belmont.ma.us/Public_Documents/BelmontMA_Veterans/index)  
(617) 993 2720**

This office serves Belmont veterans providing financial assistance and help with Veterans Administration paperwork.