

# Chelmsford Council on Aging



## Resource Guide 2019

Council on Aging  
Chelmsford Senior Center  
75 Groton Road  
No. Chelmsford, MA 01863  
978-251-0533

# INTRODUCTION

## CHELMSFORD SENIOR CENTER MISSION STATEMENT

The Chelmsford Senior Center-Council on Aging strives to provide and promote advocacy and support systems which empower older adults and disabled citizens to maintain independence, prepare for life changes and improve quality of life. We hope to enrich the experience of healthy aging. We have 22 staff members ( five of whom are paid by the Town General Fund ) and volunteers of all ages. The Chelmsford Senior Center is home of the Town’s Human Services Department and all of the services it provides to adults over 60, disabled individuals, and their families.

### Police/Fire/Ambulance/Emergency

Emergency.....	911
Police – Non Emergency.....	978-256-2521
Fire – Non Emergency.....	978-250-5265
Poison Control Center.....	800-222-1212
Elder Abuse / Elder @ Risk.....	800-922-2275
Elder Abuse Hot Line	
Operating 7 days a week, 24 hours a day.....	800-922-2275
Suicide Prevention.....	978-327-6607
Samaritans of the Merrimack Valley.....	877-870-4673

### Town of Chelmsford Safe Watch Program

The Chelmsford Police Department is committed to the safety of all our residents. We recognize that there are members of our community who may have conditions that cause them to wander, be unsafe, or pose a danger to themselves or others. The Chelmsford Police Department is working to identify those individuals and their caretakers in order to respond to crisis situations in a knowledgeable manner, to ensure the safety of everyone involved. Whether the person wanders, becomes separated from a caretaker, or poses a danger, the Chelmsford Police Department is committed to using the proper techniques to ensure a positive outcome. Family members, caretakers, and friends are encouraged to make use of this program by completing the form, which is available in the LOBBY of the Chelmsford Police Department and on the Chelmsford Police Website. Contact the Chelmsford Police Department for general questions or concerns at **978-256-2521**. This is a free, voluntary and confidential program that is designed to better equip emergency personnel when responding to a crisis situation. The information is not for general release.

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## **MEDICAL/HEALTH CARE**

### **Adult Day Health Programs (Supervised medical treatments)**

All Care Adult Day Health @North Village, N. Chelmsford .....	978-251-0367
Blaire House of Tewksbury.....	978-851-3121
Buttonwoods Place ADH, Haverhill.....	978-373-1584
Castle Hill ADH, Chelmsford.....	978-250-1121
Community Family, Lowell.....	978-458-4844
D'Youville ADH Center, Lowell.....	978-454-5681
Home Away from Home, Lowell.....	978-453-4663
La Casa de Maria Immaculata, Lawrence.....	978-685-2727
MI Adult Health, Lawrence.....	978-682-7575
Nevins Adult Day Health Ctr., Methuen.....	978-686-2807
Nevins Alzheimer Family Care Ctr., Methuen.....	978-682-3582
Sarah's Place, Haverhill.....	978-374-2175

### **Adult Supportive Day Programs (Supervised daytime activities)**

Andover Social Day Program.....	978-623-8321
Chelmsford Adult Social Day Program Monday-Friday 8:30-3:00pm. Transportation subject to availability A special place for seniors to receive warm, individual and group attention in a structured setting. Supervised, daytime activities for the older adults are offered.....	978-251-8880

### **Free Pharmacy Delivery**

Rite Aide, 24 Wood St., Lowell, deliver M, W, F.....	978-458-6397
Remedium Pharmacy, 2 Vinal Sq., Chelmsford.....	978-251-7070
Tyngsboro Family Pharmacy, 138 Middlesex Rd., Tyngsboro.....	978-226-5679
True Care Pharmacy, 1275 Pawtucket Blvd., Lowell.....	978-452-6666

**Hospitals and Medical Services**

Emerson Hospital.....	978-369-1400
Lowell General Hospital.....	978-937-6000
LGH-Saints Memorial Campus.....	978-458-1411
Lahey Clinic.....	781-744-5100
MA Medical Advocacy.....	800-336-2262
Middlesex Community College Dental Clinic	
Preventative dental hygiene services for elders.....	978-656-3250
National Eye Care Products	
Volunteer ophthalmologists offer medical eye care to limited	
Income senior who are not currently being treated	
by an ophthalmologist.....	800-222-3937
Vaccinations.....	978-250-5241
Chelmsford Flu Clinics by Chelmsford Board of Health at Chelmsford	
Senior Center...Check Messenger for dates	

**Prescription Drugs**

MA College of Pharmacy, medication checkup.....	866-633-1617
Mass Medline.....	866-633-1617
Prescription Advantage.....	800-243-4636

## **GENERAL ASSISTANCE**

### **Clothing**

Angels Above Thrift Shop- 99 Mammoth St., Lowell.....	978-452-4833
Household Goods Recycling of MA- 530 Main St., Acton, MA.....	978-635-1710
Lazarus House Thrift Store – 229 So. Union St., Lawrence.....	978-557-5449
Ruth’s House, Haverhill, MA.....	978-521-5575
Salvation Army – 217 West Hollis, Nashua, NH.....	603-880-0271
The Wish Project- 166 Middlesex St No. Chelmsford, Ma.....	866-947-4360
Treasure Shop, Chelmsford Senior Center.....	978-251-0533

### **Financial assistance**

Chelmsford Senior Center/Council on Aging (COA) Variety of services: Property tax work programs, FUEL ASSISTANCE, SNAP (food assist) app, lifelines, Federal and State Tax Preparation Free of charge courtesy of AARP volunteers. Appointments needed.....	978-251-0533
Elder Care Fund, Elder Services Merrimack Valley.....	800-892-0890
Social Security Administration, Information and Referral.....	800-772-1213
Social Security Office, Lowell.....	978-452-5509
St. Vincent De Paul Ministry.....	978-692-6353 X 349
Town Assessor’s – Tax Exemptions & Deferral Programs.....	978-250-5220
Transitional Assistance, Lowell MA.....	978-446-2400

### **Shelters**

Alternative House (Domestic Violence) Lowell .....	978-937-5777 or 888-291-6228
House of Hope Family Shelter 812 Merrimack St., Lowell, Ma 01854.....	978-458-2870
Lowell Transitional Living Center 205-209 Middlesex St., Lowell Ma 01852.....	978-441-0805
Traditional Living Center – 189 Middlesex St., Lowell.....	978-452-5509

**Social Services**

Chelmsford Respite & Companion Care Program

This award winning program provides supervisory care and attention to isolated, convalescent or disabled elder to allow family a time of relief from daily routine.....978-788-6174

Chelmsford Senior Center

Our goal is to help seniors remain in their homes for as long as possible. Our services include Meals on Wheels, handicap placards, small home repairs, assistance with food and fuel applications, medical equipment loans, life alert choices, along with activities and programs for recreation, health and lifelong learning.....978-251-0533

Chelmsford Senior Center Adult Supportive Day Program

Mon-Fri: 8:30am – 3:00pm. A special place for seniors to receive warm, individual and group attention in a structured setting. Transportation subject to availability.....978-788-6178

## Social Services (Cont'd)

### Adult Disability Service

Programs for the visually impaired, support groups.

“buddy” network, survival skill training, and AIDS project.....1-617-868-6718

Alcoholics Anonymous 24 hour hotline.....978-688-6607

Alzheimer’s Association help line.....617-868-6718

### Alzheimer’s caregiver support group

Chelmsford Senior Center, 2<sup>nd</sup> & 4<sup>th</sup> Monday of each month.....978-251-8880

### Blind/Visually impaired, Low vision support group

Chelmsford Senior Center, 2<sup>nd</sup> Thursday of each month,

10am-11:30 am, Call Anne Smith for more info.....978-251-2968

### Deaf / Hard of Hearing

#### Mass Relay

Free service for MA residents who are deaf, hard of hearing, late

deafened, or speech disabled to communicate over the phone.....800-720-3479

### Disaster Distress Line FEMA

Federal Emergency Management Agency.....1-800-480-2520

### Elder Services of Merrimack Valley

Private, non-profit agency serving elders and disabled adults

to support individuals’ desire to make their own decisions, secure

independence, and remain in the community. Elder Care Fund, Money

Management Program, volunteers trained to help with bill paying and

reconciling bank statements

Please contact Age Information Department.....800-892-0890

or 978-683-7747

### Lowell Association for the Blind

Adaptive equipment, assessment, training, information, and referral

for the visually impaired. A drop-in center and social recreation

programs are available.....978-454-5704

MAB Community Service.....1-800-852-3029

MA Commission for the Blind.....1-800-392-6450

MA Comm. for the Deaf and Hard of Hearing. TTY(Teletypewriter).....800-530-7570

Voice.....800-882-1155

### MA Equip Distribution Program

Call to find out if you qualify for free or low cost equipment.....800-300-5658



**Social Services (Cont'd)**

- Mass Elderly Hotline
  - Attorney General – Mon-Fri, 10am-5pm State-wide information about health insurance, home health care, Medicaid, Medicare, consumer protection, discrimination.....888-243-5337
  - 617-727-8400
- MA Office of Disability.....800-322-2020
- Mass Senior Help Line
  - Free legal information and referral service for MA senior citizens (60 or older) .....866-778-0939
- Mental Health Referral Service
  - William James INTERFACE Mon. thru Fri. 9-5.....888-244-6843
- Northeast Independent Living Disability Agency.....978-687-4288
- Perkins Braille & Talking Book Library.....1-800-852-3133

**Transportation**

- Council on Aging Bus
  - In Chelmsford or medical appointments in Lowell and Westford.
  - Make reservation at least 48 hours ahead.....978-251-0533
- COA Volunteer Transportation
  - For medical appointments outside Chelmsford, Lowell and Westford.
  - Call for availability.....978-251-0533
  - Dracut COA also provides medical transportation to Boston.....978-957-2511
- Local Bus Information.....978-452-6161
- Lowell Regional Transit Authority (LRTA)
  - Service from Lowell or MBTA Information Half fair with MBTA ID required.....800-392-6100
- Roadrunner
  - Curb-to-curb transportation available to senior residents, 60+ years of age; advance reservation required.
  - Boston service available for medical only.....978-459-0152

**Utilities**

- Electricity – National Grid.....800-322-3223
- Gas – Key Span.....800-548-8000
- Local Key Span.....978-458-7749

## HOUSING

### Assisted Living/Housing

Atrium at Drum Hill, Chelmsford.....	978-934-4000
Billerica Crossings, Billerica.....	978-667-0898
Blaire House Assisted Living, Tewksbury.....	978-851-3121
Brightview, Concord River, Billerica.....	978-262-1410
Brookdale, North Chelmsford.....	978-206-1534
Bridges, assisted living, memory care, Westford.....	978-692-9541
Chelmsford Crossings, Chelmsford.....	978-250-8855
The Pines, Tewksbury.....	978-657-0800

### Housing/Housing goods/Furniture

Chelmsford Housing Authority Emergency, Apartments, State and Federal housing, M-F, 8:30-4:30.....	978-256-7425
Council on Aging (COA) Information on Senior Housing options, 75 Groton Road 8:30-4:00, M – F.....	978-251-0533
Community Teamwork Housing Education Center 155 Merrimack St., Lowell, MA.....	978-459-0551, Ext 2
Household Goods Recycling of Mass. (HGRM) 530 Main St., Acton – Referral from Social Services needed for appointment .....	978-635-1710
House of Hope Family Shelter 812 Merrimack St., Lowell, Ma 01854.....	978-458-2870
Lowell Transitional Living Center 205-209 Middlesex St., Lowell Ma 01852.....	978-441-0805
Lowell Wish Project, 166 Middlesex St, No. Chelmsford, MA.....	866-947-4360
Mass Coalition for the Homeless, Lynn, MA.....	781-595-7570
Mass Housing, One Beacon St., Boston or <a href="http://www.masshousing.com">www.masshousing.com</a> .....	800-882-1154
Salvation Army, 150 Appleton St., Lowell.....	978-458-3396
Westford Housing Authority.....	978-692-6011

## **BENEFITS COUNSELING**

### **Food**

- Chelmsford Senior Center Lunch Program  
Call Ahead for Reservations MON-FRI LUNCH 11:30-12:30  
Suggested donation of \$2.50.....978-251-0533
- Food Pantry – Chelmsford Community Exchange, 50 Rear Billerica Rd.....978-250-3818  
[www.chelmsfordfoodpantry.org/Pantry.html](http://www.chelmsfordfoodpantry.org/Pantry.html)
- Greater Lowell Family YMCA Community Table –  
35 YMCA Drive, Lowell.....978-454-7825
- Meals on Wheels  
Home delivered meals for homebound over age 60 Monday  
through Friday except holidays Suggested donation of \$2.50.....978-251-0533
- Merrimack Valley Catholic Charities & Lowell Food Pantry  
70 Lawrence St., Lowell.....978-454-9946  
[www.ccab.org/location-merrimack](http://www.ccab.org/location-merrimack)
- Project Bread – Food Source Hotline .....800-645-8333
- Salvation Army – 150 Appleton St., Lowell.....978-458-3396
- SNAP – Supplemental Nutrition Assistance Program .....978-251-0533  
Lowell Dept of Transitional Assist (DTA office), 131 Davidson St ....978-446-2400  
[www.mass.gov](http://www.mass.gov)
- Table of Plenty  
FREE dinner every Tuesday from 5pm-6pm at the Chelmsford Senior Center  
Open to ALL! Families are welcome.  
No need to pre-register.....978-710-8328
- Veteran’s Breakfast  
at the Chelmsford Senior Center, free to all veterans,4<sup>th</sup> Thurs. of month  
Must Register.....978-251-0533

### **Fuel assistance**

- Chelmsford Senior Center.....978-251-0533
- Community Teamwork, Inc. (CTI) 45 Kirk St. Lowell.....978-459-6161
- Joe Kennedy – Fuel Program.....877-563-4645
- Salvation Army – Good Neighbor Fund, ([magoodneighbor.org](http://magoodneighbor.org)) .....800-334-3047

### **Immigrants**

- International Institute of Lowell – 144 Merrimack St., Lowell.....978-459-9031
- Mass Immigrant and Refugee Advocacy Coalition – Boston.....617-350-5480

**Insurance**

Chelmsford Senior Center SHINE Program  
SHINE, Serving Health Insurance Needs of Everyone, health  
benefit counseling by a trained volunteer.  
Call for free appointment.....978-251-0533

Elder Services of Merrimack Valley ESMV.....978-892-0890

Mass Health Customer Service.....800-841-2900  
TTY-800-497-4648

Mass Health Enrollment Center .....800-665-9993  
TTY-800-665-9997

Medicare.....800-663-4227

Part A.....888-896-4997

Part B.....800-882-1228

**Lawyer Referral Services**

Boston Bar Lawyer Referral.....800-552-7046  
or 617-742-0625

Chelmsford Senior Center  
Attorney Hours 2<sup>nd</sup> Thursday of each month, 10:30-11:30,  
by apt only.....978-251-0533

Dial a Lawyer  
Free legal advice first Wed. each month 5:30-7:30pm.....617-338-0610

MA Bar Legal Referral Service, masslawhelp.com.....866-627-7577

MA Senior Legal Helpline .....800-778-0939

MA Senior Legal Help Line, Lowell  
Referral for certain types of legal problems.....800-427-2521

Merrimack Valley Legal Services  
free legal advice for the elderly.....978-458-1465  
or 800-336-2262

Middlesex Mediation and Conciliation. Middlesex Community College.....978-656-3342  
This is a face to face mediation service @ MCC Law Center

## **PUBLIC RESOURCES**

### **Alzheimer's Association Ma Chapter**

Please call.....800-548-2111

### **Disability Agencies**

Northeast Independent Living.....987-687-4288

MA office on Disability – [www.mass.gov/mod](http://www.mass.gov/mod).....800-322-2020

### **Elder Abuse Hotline**

OPEN 7 DAYS A WEEK, 24 HOURS /DAY.....800-922-2275

### **Elderly Services**

Chelmsford Senior Center.....978-251-0533

A.A.R.P.....1-617-305-0561

Blue Cross/Blue Shield.....1-800-258-2226

Cancer Information.....1-800-4CANCER

Elder Affairs .....1-800-882-2003

Elder Services of the Merrimack Valley.....1-800-892-0890

Elder Emergency Shelter.....1-800-892-0890

Energy Information.....1-800-632-8300

Income Tax.....Federal.....1-800-829-1040

State.....1-800-392-6089

MA Medical Advocacy.....1-800-336-2262

MA Office on Disability.....1-800-322-2020

### **Emergency Assistance**

Elder Care Fund.....800-892-0890

### **Employment Services**

Career Center of Lowell – 18 John St., Lowell, [www.cclowell.org](http://www.cclowell.org) or.....978-458-2503

Mass Rehab Commission – 325 Chelmsford St., Lowell.....978-458-4544

### **Food/Nutrition**

Chelmsford Senior Center.....978-251-0533

**Health & Benefits Counseling**

Mass Division of Medical Asst.....	617-695-0976
Mass Health Customer Service.....	800-841-2900
Mass Health – TTY Customer Service.....	800-497-4648
Mass Health Enrollment Center.....	888-665-9993
Mass Health Enrollment Center-TTY.....	888-665-9997
Medicare: Part A.....	888-896-4997
Part B.....	800-882-1228
SHINE (serving health insurance needs of everyone).....	800-892-0890
www.benefitcheckup.org	
www.benefits.gov	

**Homemaking**

Elder Services Age Information Dept.....	800-892-0890
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**LGBTQ**

LGBTQ & Friends Social Group...(Lesbian, Gay, Bisexual, Transgender, Queer)	
Last Monday every month, Friends Café, Chelmsford Senior Center.....	978-251-0533

**Library**

Chelmsford Public Library (Adams Library) .....	978-256-5521
Chelmsford Public Library (MacKay Branch).....	978-256-5521 EXT 6

**Other Services**

Chelmsford Community Ed.....	978-251-5151
MILES Middlesex Community College - Learning in Retirement.....	781-280-3570
Newsletter – Monthly newsletter.....	978-251-0533
Perkins Library for the Blind.....	617-972-7240
Senior Center Library	
Large print books, books on tape, paper books.....	978-251-0533
SHINE – Health benefits counseling by a trained volunteer.....	978-251-0533
The Mesothelioma Center.....	189 S. Orange Avenue Suite 1600, Orlando FL 32801
www.asbestos.com/mesothelioma/ .....	844-227-1188
Tufts University – Osher LLI (Lifelong Learning Inst.)	
Learning in retirement.....	617-627-5699
U-Mass, Lowell (LIRA) - Learning In Retirement Assoc.....	978-934-4000

**Recreation/Volunteer at Chelmsford Senior Center**

- Adult Social Day Program – Assist with activities.....978-251-6178
- Lunch Program – Assist with Lunch Program.....978-251-0533
- Meals on Wheels
  - Drivers deliver meals to homebound seniors
  - Chelmsford Council on Aging/Senior Center. Many volunteer opportunities, many recreational activities, trips, tours.....978-251-0533

**State Agencies**

- Department of Public Health.....617-624-6000
- Elder Affairs.....800-882-2003
- Health & Human Services.....617-573-1600
- MA Commission for the Blind.....800-392-6450
- MA Commission for the Deaf & Hard of Hearing, Voice.....800-882-1155
  - TTY.....800-530-7570
- Mass Relay (CapTel).....877-243-2823
  - Voice/TTY: 800-300-5658

Allows people who have difficulty hearing on the telephone to listen while Reading captions of what is said to them.

**Town of Chelmsford**

Council on Aging.....978-251-0533  
Housing Authority.....978-256-7425  
Veterans Services.....978-250-5238

**TOWN OF CHELMSFORD GENERAL INFORMATION**

Assessors.....	978-250-5220	East Water District.....	978-453-0121
Board of Registrars.....	978-250-5205	Town Treasurer.....	978-250-5210
Absentee Ballots.....	978-250-5205	Conservation Commission....	978-250-5247
Birth, Death, Marriage, Hunting Certificates.....	978-250-5205	Electrical Inspector.....	978-256-8346
Board of Health.....	978-250-5241	Emergency Mgmt.....	978-250-5280
Town Manager’s Office.....	978-250-5201	Engineer.....	978-250-5228
Building Inspector (permits)....	978-250-5225	Housing Authority.....	978-256-7425
Dog Officer.....	978-256-0754	Highway Dept.....	978-250-5270
Inspector of Animals.....	978-256-0754	Gas Inspector.....	978-250-5225
Cemetery Department.....	978-250-5245	Constable.....	978-256-4581
Center Water District.....	978-256-2381	North Water District.....	978-251-3931
Public Health Nurse.....	978-250-5243	Chamber of Commerce.....	978-459-8154
Planning Board.....	978-250-5231	Constable.....	978-256-4581
Zoning Board of Appeals.....	978-250-5231	Commission on Disability.....	978-250-9689
Welfare.....	978-454-8061	Sewer Commission.....	978-250-5233
		Veterans Dept.....	978-250-5238



## **PLACES OF WORSHIP**

Aldersgate Methodist.....	978-256-9400
All Saints Episcopal.....	978-256-5673
Central Baptist.....	978-256-0855
Church of Christ.....	978-256-8901
Congregation Shalom.....	978-251-8091
No. Chelmsford Congregational.....	978-251-1261
St. John Evangelist – Catholic.....	978-251-8571
West Chelmsford United Methodist.....	978-251-4834
First Parish Unitarian.....	978-256-5133
First Baptist.....	978-256-8630
St. Mary’s – Catholic.....	978-256-2374
Trinity Lutheran.....	978-256-6300
Matthews Memorial.....	978-453-8732
Central Congregational.....	978-256-5931
Immanuel Baptist.....	978-256-6463
Grace Community.....	978-256-2626
Mass. Baptist Temple.....	978-251-7013