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
   CVS Pharmacy 16 Boston Rd., Chelmsford, MA ........................................... 978-256-2577
   Rite Aide, 24 Wood St., Lowell, deliver M, W, F ........................................ 978-458-6397
   Remedium Pharmacy, 2 Vinal Sq., Chelmsford ........................................... 978-251-7070
   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, 2nd & 4th Monday of each month..............978-251-8880
Blind/Visually impaired, Low vision support group
Chelmsford Senior Center, 2nd 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
- The Residence at Freeman Lake, 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 www.masshousing.com......................................................................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
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
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
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, 4th 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) ...............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 2nd Thursday of each month, 10:30-11:30,
by apt only.............................................................................978-251-0533
Dial a Lawyer
Free legal advice first Wed. each month5:30-7:30pm..............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..................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 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

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
Board of Registrars...............................978-250-5205
Absentee Ballots...........................................978-250-5205
Birth, Death, Marriage,
Hunting Certificates..............................978-250-5205
Board of Health.....................................978-250-5241
Town Manager’s Office.........................978-250-5201
Building Inspector (permits)...............978-250-5225
Dog Officer..........................................978-256-0754
Inspector of Animals........................978-256-0754
Cemetery Department.........................978-250-5245
Center Water District.........................978-256-2381
Public Health Nurse.......................978-250-5243
Planning Board..........................................978-250-5231
Zoning Board of Appeals.................978-250-5231
Welfare..................................................978-454-8061

East Water District..............................978-453-0121
Town Treasurer........................................978-250-5210
Conservation Commission...............978-250-5247
Electrical Inspector.........................978-256-8346
Emergency Mgmt...................................978-250-5280
Engineer.............................................978-250-5228
Housing Authority...............................978-256-7425
Highway Dept......................................978-250-5270
Gas Inspector......................................978-250-5225
Constable.............................................978-256-4581
North Water District .........................978-251-3931
Chamber of Commerce..................978-459-8154
Constable.............................................978-256-4581
Commission on Disability..............978-250-9689
Sewer Commission..........................978-250-5233
Veterans Dept.......................................978-250-5238
PLACES OF WORSHIP

Aldersgate Methodist.......................................................................................................................... 978-256-9400
All Saints Episcopal.............................................................................................................................. 978-256-5673
Calvary Chapel Chelmsford.................................................................................................................. 978-458-3392
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