Chelmsford Council on Aging

Resource Guide 2022

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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### PLACES OF WORSHIP

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MEDICAL/HEALTH CARE

Adult Day Health Programs (Supervised medical treatments)
- 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
HELP.... HOSPITAL EQUIPMENT LOAN PROGRAM  Woburn MA........781-322-1052
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) or www.mass.gov/legal-help-for-elders ..............800-342-5297

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
Care Ride Program via AgeSpan, Alexandra Luciano coordinator........978-651-3118
On Demand transportation for medical non-emergency services
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
Habitat for Humanity Critical Home Repair Program .......................... 978-692-0927
  Call for eligibility requirements
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

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

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 .........................................................800-342-5297

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
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<td>978-256-9400</td>
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<tr>
<td>All Saints Episcopal</td>
<td>978-256-5673</td>
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<tr>
<td>Calvary Chapel Chelmsford</td>
<td>978-458-3392</td>
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<td>Central Baptist</td>
<td>978-256-0855</td>
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<td>Church of Christ</td>
<td>978-256-8901</td>
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<td>Congregation Shalom</td>
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<td>No. Chelmsford Congregational</td>
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<td>St. John Evangelist – Catholic</td>
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<td>West Chelmsford United Methodist</td>
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<td>First Parish Unitarian</td>
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<td>First Baptist</td>
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