

Chelmsford Council on Aging



Resource Guide 2023

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
Suicide and Crises Lifeline.....	988

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. The information is not for general release.

Contents

MEDICAL/HEALTH CARE	<i>Error! Bookmark not defined.</i>
Adult Day Health Programs (Supervised medical treatments)	Error! Bookmark not defined.
Adult Supportive Day Programs (Supervised daytime activities)	Error! Bookmark not defined.
Free Pharmacy Delivery _____	Error! Bookmark not defined.
Hospitals and Medical Services _____	Error! Bookmark not defined.
Prescription Drugs _____	Error! Bookmark not defined.
GENERAL ASSISTANCE	6
Clothing _____	Error! Bookmark not defined.
Financial assistance _____	Error! Bookmark not defined.
Shelters _____	Error! Bookmark not defined.
Social Services _____	7-9
Transportation _____	9
Utilities _____	9
HOUSING	10
Assisted Living/Housing _____	10
Housing/Housing goods/Furniture _____	10
BENEFITS COUNSELING	11
Food _____	11
Fuel assistance _____	11
Immigrants _____	11
Insurance _____	Error! Bookmark not defined.
Lawyer Referral Services _____	12
PUBLIC RESOURCES	<i>Error! Bookmark not defined.</i>
Alzheimer’s Association Ma Chapter _____	Error! Bookmark not defined.
Disability Agencies _____	13
Elder Abuse _____	Error! Bookmark not defined.
Elderly Services _____	13
Emergency Assistance _____	Error! Bookmark not defined.
Employment Services _____	13
Food/Nutrition _____	13
Health & Benefits Counseling _____	Error! Bookmark not defined.
Homemaking _____	14
Library _____	14
Other Services _____	14
Recreation/Volunteer _____	15
State Agencies _____	15
Town Of Chelmsford _____	16
PLACES OF WORSHIP	17

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

MASSACHUSETTS BEHAVIORAL HEALTH HOTLINE ...Providing clinical assessment and treatment for people suffering mental health and substance abuse

833-773-2445

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, AgeSpan.....	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

AgeSpan (formally known as 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.....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-elders800-342-5297

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 OF Greater Lowell 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 Hotline800-645-8333
- Salvation Army – 150 Appleton St., Lowell.....978-458-3396
- SNAP – Supplemental Nutrition Assistance Program978-251-0533
Lowell Dept of Transitional Assist (DTA office), 131 Davidson St978-446-2400
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
- 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
AgeSpan (Elder Services of Merrimack Valley)978-892-0890
Mass Health Customer Service.....800-841-2900
TTY-800-497-4648
Mass Health Enrollment Center800-665-9993
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 month 5:30-7:30pm.....617-338-0610
MA Bar Legal Referral Service, masslawhelp.com.....866-627-7577
MA Senior Legal Helpline800-342-5297
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 Affairs1-800-882-2003

AgeSpan (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

AgeSpan, 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 / Board of Appeals.....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	Constable.....978-256-4581
Planning Board.....978-250-5231	Commission on Disability.....978-250-9689
Zoning Board of Appeals.....978-250-5231	Sewer Commission.....978-250-5233
Welfare.....978-454-8061	Veterans Dept.....978-250-5238

V

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