

# Chelmsford Council on Aging Resource Guide 2018



**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 ( 5 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.....	800-892-0980
Elder Abuse Hot Line	
After 5 pm, Monday-Friday, Weekends and Holidays.....	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, and by meeting with Officer Jennifer Bellissimo to discuss specifics. Officer Jennifer Bellissimo may be contacted for general questions or concerns at **978-256-2521 X148** or [jbellissimo@townofchelmsford.us](mailto:jbellissimo@townofchelmsford.us). 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**

Health Care Family Pharmacy.....	978-455-0570
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

**Medical Equipment**

New England Home Medical Equipment, Alpha Rd., Chelmsford.....	978-221-2323
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**Prescription Drugs**

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

## **GENERAL ASSISTANCE**

### **Clothing**

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
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.....	1-877-746-9852
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
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

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
Bayberry at Emerald Court, Tewksbury.....	978-640-0194
Billerica Crossings, Billerica.....	978-667-0898
Blaire House Assisted Living, Tewksbury.....	978-851-3121
Chelmsford Crossings, Chelmsford.....	978-250-8855
The Pines, Tewksbury.....	978-657-0800
Bridges, assisted living, memory care, Westford.....	978-692-9541
Brightview, Concord River, Billerica.....	978-262-1410
Brookdale, North Chelmsford.....	978-206-1534
The Arbors at Dracut.....	978-455-9182

### 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	
174 Dutton St., Lowell, MA.....	978-459-0551
Household Goods Recycling of Mass. (HGRM)	
530 Main St., Acton – Referral from Social Services needed for appointment .....	978-635-1710
Lowell Wish Project, 1 A Foundry St., Lowell.....	978-441-9474
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  
Call for hours. Food pick up hours – Thurs: 2-4 & Fri. 5-8; Sat.  
Noon-1:30; Dec. 1 – April 26.....978-250-3818
- 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
- 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
- Table of Plenty  
FREE dinner every Tuesday from 5pm-6pm at the Unitarian Church  
in Chelmsford. Open to ALL! Families are welcome.  
No need to pre-register.....978-710-8328
- Veteran’s Breakfast  
at the 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) Lowell.....877-451-1082
- 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 Elders and 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 certaintypes of legal problems.....800-427-2521  
Merrimack Valley Legal Services  
free legal advice for the elderly.....978-458-1465  
or 800-336-2262

## **LGBT**

### **SAGE**

- Advocacy and Services for LGBT elders.....[www.sageusa.org](http://www.sageusa.org)
- LGBT Elder Hotline.....1-888-234-7243
- LGBT Aging Project (Boston).....[fenwayhealth.org/the-fenway-institute/lgbt-aging-project](http://fenwayhealth.org/the-fenway-institute/lgbt-aging-project)
- LGBT Senior Social Connection
  - Merrimac Council on Aging
  - 100 E. Main St., Merrimac, MA 01860
  - 3<sup>rd</sup> Thursday of each Month 6:30-8:30pm
  - For more info call Elder Services Merrimack Valley.....1-800-892-0890
- National Resource Center on LGBT Aging.....[www.lgbtagingcenter.org](http://www.lgbtagingcenter.org)

## **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**

- 7 days a week/24 hours a 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; call Elder Services.....800-892-0890

[www.benefitcheckup.org](http://www.benefitcheckup.org)

[www.benefits.gov](http://www.benefits.gov)

**Homemaking**

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

**Library**

Adams.....978-256-5521

McKay.....978-251-3212

**Other Services**

Adams Library – Large print books, books on tape.....978-256-5521

Chelmsford Community Ed.....978-251-5151

McKay Library .....978-251-3212

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

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
- Friendly Visitor – Be a friend 1 hr/week to homebound seniors.....978-251-0533
- 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
- Medical Transport
  - Drive elders to appointments outside Chelmsford and Lowell.....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

**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