

Lunenburg Elder Resource Guide



2024

The Mission of the Lunenburg Council on Aging is to advocate for improved quality of life for all seniors through supportive services, programs, and education.

This guide has been compiled by staff at the Lunenburg Adult Activity Center. We are so pleased to offer this guide and hope that the information included will be helpful to our community.

Additions, corrections, or other changes for future editions should be sent to the Lunenburg Adult Activity Center,
25 Memorial Drive Lunenburg, MA 01462

The Lunenburg Council on Aging does not endorse any service or product listed herein. Readers are encouraged to investigate any service or product they may consider using to make an informed decision.

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Abuse, Neglect, Exploitation

Elder abuse includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation, and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community.

Call 911 or local police if you have an emergency or life-threatening situation.

Aging Services of North Central Massachusetts

Is the local agency who handles protective services for Lunenburg and surrounding towns. You can call them directly to file a report of abuse.

680 Mechanic Street
Leominster, MA 01453
800-734-7312 or 978-537-7411
www.AgingServicesMA.org

Community Care Ombudsman Program

MA Executive Office of Elder Affairs
(800)243-4636; (617)727-7750
Helps resolve problems with home health or community services
www.ma.gov/elders

Elder Abuse Hotline

800-922-2275
Open 24x7
Online at Mass.gov, search 'elder abuse'

Institutional Abuse

Abuse of a senior by a nursing home or hospital.
Department of Public Health
800-462-5540

Disabled Persons Protection Commission

The mission of the Disabled Persons Protection Commission is: To protect adults with disabilities (ages 18-59) from the abusive acts or omissions of their caregivers through investigation oversight, public awareness, and prevention.

www.Mass.gov/about-dppc
800-426-9009

Adult Day Care (Health or Social)

Adult Day Health (ADH) programs offer frail seniors a place to receive medical care, as well as an opportunity for increased socialization. ADH programs may also be a source of respite to caregivers for seniors who are unable to remain alone at home during the daytime hours. ADH program staff may consist of nurses, social workers, recreational therapists, certified nursing assistants, physical and occupational therapists, and dietitians.

Active Life Health Care Management, LLC

783 Water St.
Fitchburg, MA 01420
978-400-7604
www.activelifehcm.com

Cooperative Elder Services

30 Sudbury Road, Suite 1, South Acton, MA 01720
978-318-0046
www.elderdayservices.org

Gardner VNA – Gardner

34 Pearly Lane
Gardner, MA 01440
978-632-1230

www.gvnahealthcare.org

Manor on the Hill

1 Lindell Ave.
Leominster, MA 01453
978-537-1661

www.manoronthehill.com

Summit Elder Care

55 Cinema Blvd.
Leominster, MA 01453
978-401-3100

www.summiteldercare.org

Adult Learning**ALFA**

ALFA stands for **A**dult **L**earning in the **F**itchburg **A**rea. Originally begun as a program for local seniors, ALFA has since expanded to include participants from over fifteen surrounding communities.

ALFA is a Lifelong Learning Institute that offers non-credit daytime courses and special activities designed and implemented by the members of the ALFA in coordination with the professional staff at Fitchburg State. ALFA provides an opportunity for lifelong learners with similar interests to meet in an informal setting and pursue learning for enrichment and personal growth.

(978) 665-3706

alfa@fitchburgstate.edu

www.fitchburgstate.edu

Lunenburg Adult Activity Center

There are many opportunities for learning and activity at the Lunenburg Adult Activity Center (LAAC). There are classes to encourage healthy living as well as speakers from various community organizations. The LAAC also has regular classes for fitness as well as opportunities to participate in games. Communal lunches are served two days a week for \$5, continental breakfast every Wednesday for \$3, as well as special meals such as veterans' breakfast, pancake breakfast and holiday parties.

25 Memorial Dr.

Lunenburg, MA 01462

978-582-4166

www.lunenburgma.gov/229/Council-On-Aging

Lunenburg Public Library

The Lunenburg Library hosts classes on a wide variety of topics including travel, healthy living, art, and creative living. Passes are also available to local museums and areas of interest.

1023 Massachusetts Ave.

Lunenburg, MA 01462

978-582-4140

www.lunenburglibrary.org

Massachusetts Public Universities

There is no tuition charge for students over 60 years of age who enroll in most credit-bearing graduate or undergraduate courses (excluding our Accelerated Online Programs). However, these students must pay all appropriate fees. Senior citizens are welcome to enroll in any class, provided space is available, after the registration of tuition-paying students. The following criteria must be met for eligibility:

- Massachusetts resident for at least one year prior to the start of the academic year, and maintain such residency throughout the entire period of eligibility.
- U.S. Citizen or Eligible Non-Citizen.
- Enrolled in a public university on-campus undergraduate or graduate degree or certificate program.
- Not in default of any Federal or State Loan for attendance at any institution or owing a refund for any previous student financial aid received.
- Complete all verification requirements mandated by the U.S. Department of Education and the institution when requested.
Call individual public universities for more information.

Advance Directives

Comfort Care/Do Not Resuscitate (CC/DNR)

A Comfort Care/Do Not Resuscitate Order is a medical form signed by a clinician after a discussion with a patient about the risks and benefits of CPR (Cardiopulmonary Resuscitation) given the patient's medical outlook, where the patient chooses to have comfort care measures but not to receive CPR if the patient's heart beat and breathing stop. The CC/DNR form only documents one decision- not to be resuscitated if your heartbeat and breathing stop.

Health Care Proxy

A health care proxy is a simple, legal document that enables a patient to appoint someone they trust to make health care decisions if the patient is

unable to do so. These decisions include life-saving procedures such as CPR, life-sustaining treatments such as tube feedings and respirators, as well as other procedures such as consent for surgery, blood transfusions, pain medications and other routine tests. The person you choose as your Health Care Proxy should be someone who knows what decisions you would make for yourself if you were able to do so. Most people choose a relative or close friend.

Living Will

A living will or medical directive is a statement of a patient's wishes and preferences, but it is not binding on providers. Living Wills are still potentially useful because they guide Agents and physicians about the types of choices a person would make. The Commonwealth of Massachusetts does not have a statute authorizing Living Wills, but it is still a good idea to make one. Federal law gives you the right to direct your own health care -- and a Living Will is a valuable tool for doing just that.

Medical Orders for Life Sustaining Treatment (MOLST)

MOLST is a medical order form that is based on a patient's rights and preferences to accept or refuse medical treatment – including treatment that might extend the person's life. It reflects decisions made by seriously ill patients about certain medical treatments they want, or do not want, to receive. These decisions can be changed at any time, even after completing and signing a MOLST form. Using MOLST is voluntary. The MOLST form is used to communicate medical orders from a

care provider (ex: doctor or nurse) to other health professionals (ex: emergency responders). The MOLST form is a medical document that can be acted on immediately, based on a person's current medical situation.

www.molst-ma.org

Advocacy & Consumer Protection

AARP (American Association of Retired Persons)

Non-profit, nonpartisan organization that helps people 50 and older improve their quality of life.

1 Beacon St. Suite 2301

Boston, MA 02108

866-448-3621

www.aarp.org

Office of the Attorney General

1 Ashburton Pl.

Boston, MA 02108

M-F 10am-4pm

617-727-2200

TTY: 617-727-4765

AG Elder Hotline: 888-243-5337

Consumer Specialist Hotline: 617-727-8400

Worcester Office: 508-792-7600

www.mass.gov/ago

Better Business Bureau

BBB is your source for unbiased information on BBB Accredited and non-accredited businesses.

400 Grove St.

Worcester, MA 01605

508-755-3340

www.bbb.org/us/ma

Central Mass. Agency on Aging Inc.

330 Southwest Suite 203.

Worcester, MA

508-852-5539

800-244-3032

MA Do not call Registry

The Massachusetts Do Not Call list is maintained by First Data. To add or remove your number to the list, you must contact First Data, not the Office of Consumer Affairs and Business Regulation.

You can register any home and cell phone numbers, and each number only needs to be registered once (not every person in the household needs to register).

Once you have registered, your phone number will be included on future lists unless you request to have it removed. If you want your phone number to be taken off the list, you must print and mail a delete request form to First Data in Omaha Nebraska, or call their office, 866-339-1475. You should remove your number if you move and change your number.

Business phone numbers are not covered by this law.

Call First Data toll-free 866-339-1475.

This automated system is also available 24 hours a day, 7 days a week.

866-339-1475

<https://www.madonotcall.govconnect.com/welcome.asp>

Mass Senior Action Council

Statewide grassroots senior-led organization that addresses key policy and community issues.

108 Myrtle St. Suite 112

Quincy, MA 02171

617-284-1275

www.masssenioraction.org

Assisted Living Facilities**Corcoran House**

40 Walnut St.

Clinton, MA 01510

978-365-3600

www.corcoranhouseal.com

Davis Manor

200 Harvard Rd.

Lancaster, MA 01523

978-368-4816

<https://www.seniorly.com/assisted-living/massachusetts/lancaster/davis-manor>

The Gables of Fitchburg

935 John Fitch Highway

Fitchburg, MA 01420

978-343-8789

www.gablesal.com

Heywood Wakefield Commons

50 Pine St.

Gardner MA 01440

978-632-8292

www.hwcommons.com

Benchmark at**Leominster Crossings**

1160 Main St.

Leominster MA 01453

978-534-2424

www.benchmarkseniorliving.com

Manor on the Hill

450 N. Main St.

Leominster, MA 01453

978-537-1661

www.manoronthehill.com

Nashoba Park

15 Winthrop Ave.

Ayer, MA 01453

978-772-0707

www.seniorlivingresidences.com

River Court Residences

8 West Main St.

Groton, MA 01450

978-448-4122

www.rivercourtresidences.com

Sunrise of Leominster

6 Beth Ave.

Leominster, MA 01453

978-537-7600

www.sunriseseniorliving.com

Bereavement Support**Lunenburg Adult Activity Center**

25 Memorial Dr.

Lunenburg, MA 01462

978-582-4166

Second Monday of the month at 4pm

GVNA Healthcare, Inc.

34 Pearly Lane

Gardner, MA 01440

978-632-1230 x3084

www.gvnahealthcare.org

Aging Services of North Central MA

Meets every Thursday 2-4pm

680 Mechanic St.

Leominster, MA 01453

978-537-7411

www.montachusethomecare.org

Widowed Helping Widowed

Fitchburg State University

Recreation Center

130 North Street Room 203

Fitchburg, MA 01420

Co-facilitators Kelley Lynn & Bernie Schultz

Contact: bernieschultz3@gmail.com or
kellyyiskelley@gmail.com

Bernie 978-342-4998

Caregiver Resources**AARP**

The AARP community offers helpful information for caregivers such as information about ways to find services nearby, to plan for care, tips on long-distance caregiving or dementia caregiving.

877-333-5885

www.aarp.org/caregiving

Aging Services of North Central Mass

Our Caregiver Coordinator is available to help caregivers of frail elders with counseling, information on available services, referrals to those services, a support group, and scholarships that provide needed support and relief to caregivers.

680 Mechanic St.

Leominster, MA 01453

978-537-7411

www.agingservicesma.org

Care.com

Maintains a database of people willing to provide care to people of all ages.

www.care.com

Eldercare Locator

The Eldercare Locator connects older adults and their caregivers with information about services throughout the United States. The service links those who need assistance with state and local Area Agencies on Aging and community-based organizations.

1-800-677-1116

www.eldercare.acl.gov

Family Caregiver Alliance

The Family Caregiver Alliance offers information, support, and resources such as caregiver education, tips and facts sheets on caregiving issues and strategies for family caregivers in Massachusetts and nationwide, caring for adult loved ones with chronic, disabling health conditions.

800-445-8106

www.caregiver.org

Lotsa Helping Hands

Provides an easy way to organize help from multiple caregivers for people in need.

www.lotsahelpinghands.com

LiveWell Elder Care Management

Offers a holistic, client-centered approach to caring for older adults. Guides individuals and families to the actions and decisions that ensure quality care and an optimal life for those they love.

978-660-7835

www.livewelleldercare.com

Mass Options

Mass Options connects older adults, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs. Learn more about Mass Options, the network of partners and State agencies and how to contact them.

You can call M-F 9am-5pm

1-800-AGE-INFO (1-800-243-4636)

www.massoptions.org

National Family Caregivers Association

NFCA also known as Caregiver Action Network (CAN) is a national organization that is working to help people caring for loved ones of all ages by providing education through instructional videos, peer support through family caregiver forums, tips, and a toolbox for caregiving.

1-800-227-3640

www.caregiveraction.org

Cell Phone Discount Programs

Lifeline

Lifeline is a federal program that provides free or low-cost phone or internet service to low-income households through a monthly service discount. Lifeline subscribers have the choice of applying their benefit discount to either (1) home phone service; (2) home internet service, where available, or (3) a wireless phone plan with data. The Lifeline Program subsidy does not cover the cost of a wireless device, but some Lifeline Providers may choose to offer an initial wireless device upon completing enrollment. Only one Lifeline program discount is available per

household, which is defined as any individual or group of individuals who live together at the same address and share income and expenses. Therefore, if there are multiple people living at the same address, but they do not share income, each individual will be eligible for Lifeline service.

For more information and a list of service providers and links to apply, see the website listed below.

www.mass.gov/service-details/lifeline-services

SafeLink

SafeLink provides free cell phones to those who meet income requirements. (If you are eligible for SNAP or certain other state/federal programs, you are eligible for this program). The phone will arrive in 7-10 business days after approval (approval takes about 5 days). You must make at least 1 call/month. Call 1 (800) 723-3546 for additional information about enrollment or changes to your plan.

PLEASE NOTE: You cannot have a SafeLink cell phone and a Lifeline landline. If you order one when you have the other, the initial service will be discontinued, and you may end up getting a bill.

SafeLink Wireless

1-800-SafeLink (723-3546)

www.safelinkwireless.com

Dental Care

Central MA Senior Dental Clinic

This clinic is a joint project between the Central Massachusetts Agency on Aging and Quinsigamond Community College Dental Hygiene Program. It offers

culturally competent professional preventative dental services for older adults in Central Massachusetts free of charge. Services include cleanings, assessments, x-ray. Through a partnership with Yellow Cab, patients of the QCC Senior Dental Clinic are eligible for FREE transportation to the clinic.

QCC Main Campus
670 West Boylston Street
Worcester, MA 01606
508-854-4306
Monday – Friday 8am to 4pm
www.qcc.edu

Community Health Connections

Services provided include:

- Dental exams
- Teeth cleanings
- X-rays
- Fluoride and varnishes
- Fillings and restorations
- Crowns
- Dentures (full, partial and repair)
- Implants
- Extractions
- Root canals
- Oral Surgery

Hours: M/T/Th/F 8am – 5pm, Wed 8am – 8pm.

Locations include:

Fitchburg - 326 Nichols Rd. Fitchburg
MA 01420

Gardner- 175 Connors St. Gardner MA
01440

Leominster - 14 Manning Ave.
Leominster MA 01453

Call 978-878-8100 for more information
and to schedule an appointment.

www.chcfhc.org

Forsyth Dental Hygiene Clinic at MCPHS (Massachusetts College of Pharmacy and Health Sciences)

A wide variety of preventive oral health services are provided to patients by knowledgeable, highly skilled, licensed dental hygienists who oversee students' delivery of care. Free care for seniors on Medicare or MassHealth.

Worcester Clinic
10 Lincoln Square
Worcester, MA 01608
774-243-3410

<https://www.mcphs.edu/patient-centers/forsyth-dental-hygiene-clinic>

RI Mission of Mercy: Free Dental Clinic

This is an annual two-day dental clinic where treatment is provided at no cost for individuals who are uninsured or underinsured, or anyone who cannot otherwise afford dental care.

Providence Community Health Center
Dental Clinic

335R Prairie Avenue
Providence, RI 02905

www.rimom.org

Travelling Tooth Fairy

The Traveling Toothfairy provides preventative dental services to children and adults of all ages who, for various reasons, are not able to easily access dental care. Will provide home visits to patients who are homebound.

508-596-3506

thetravelingtoothfairy.com

Domestic Violence (see also Abuse)

SafeLink

SafeLink is a resource for anyone affected by domestic or dating violence. Each call is answered by a trained advocate who provides non-judgmental support, assistance with safety planning, and information on appropriate resources. SafeLink's state-of-the-art technology allows the advocate answering your call to keep you on the line while you are being connected to a resource in your area, getting you help in just a single call. It is also OK to call SafeLink if you need to talk about your situation or someone else's – you do not need to be looking for services or a shelter space.

1-800-723-3546

TTY: 877-521-2601

<https://www.safelinkwireless.com/>

YWCA

Domestic violence services at the YWCA provide direct and comprehensive support to survivors of domestic violence.

24-hour Crisis Hotline: 508-755-9030

www.ywcacm.org/domestic-violence

Driver Safety

AAA

www.seniordriving.aaa.com

AARP – Driver Safety Program

Links to safe driver resources including a driver safety course.

www.aarp.org

Driver Evaluation Program

Fairlawn Rehabilitation Hospital

189 May Street

Worcester, MA 01602

508-791-6351

www.fairlawnrehab.org

Keys to Independence

Emerson Hospital Specialty Services

Offers private pay driver's evaluation consisting of a clinical assessment, and if qualified, an on-road driving test. Call for information.

Emerson Hospital

133 Old Road to Nine Acre Corner

Concord, MA 01742

978-287-8244

www.emersonhospital.org

(search for Keys to Independence in the search box)

Registry of Motor Vehicles

Medical Affairs Branch

Handles disability plates and placards.

857-368-8020

www.massrmv.com

Elder Information

800 Age Info

This web site has been created and is supported as a joint effort between the MA Executive Office of Elder Affairs and Mass Home Care Association. This site will provide you with information to help you make good decisions concerning care for the elders of Massachusetts and to help elders find the resources they need to maintain their independence and to improve their quality of life.

800-Age Info (800-243-4636)

www.Massoptions.org

Mass 211

Mass 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 211 maintains the integrity of the 911 system saving that vital community resource for life and death emergencies. Available 24 hours a day, 7 days a week.

211 or 877-211-6277

www.mass211.org

Mass Elder Hotline

The Attorney General's Office has a statewide, toll-free hotline to assist individuals on a wide range of elder issues. Call the Elder Hotline Monday through Friday, from 9am to 5pm. The hotline assists Massachusetts' senior citizens, their families, and others seeking information about elder-related issues and programs throughout the Commonwealth. The hotline provides dispute resolution services and is a comprehensive resource for information and referral on a full range of concerns including: debt and debt collection practices, health insurance, home improvement, landlord/tenant issues, long-term care insurance, fraud awareness and telemarketing.

888-AG-ELDER

888-243-5337

TTY: 617-727-4765

Mass Options

A link to community services for elders or caregivers for elders or individuals

with a disability. Trained specialists provide referrals to services that may be appropriate. Available 7 days a week – 8am-8pm

1-844-422-6277 (1-844-422-MASS)

www.MassOptions.org

The Senior List

Connects seniors and caregivers to the right products, services, and other resources that make aging just a little bit easier.

<https://www.theseniorlist.com>

Elder Law**Philip Arcidiacono**

Attorney at Law

The Village

1 Main St.

Lunenburg, MA 01462

978-400-2626

www.archdeaconlaw

Bowen & Bowen

50 Main St. #1

Lunenburg, MA 01462

978-582-0050

www.bowenbowen.com

Kalmansson & Kalmansson

48 West St

Leominster, MA 01453

978-343-7772

www.kalmanssonlaw.com

Michael D. DellaMonaca

982 South St.

Fitchburg, MA 01420

978-342-1914

www.dellamonaca.com

Nancy Catalini Chew

270 Ayer Rd #2
Harvard, MA 01451
(978) 772-2442
www.attychew.com

National Academy of Elder Law Attorneys, Inc.

Offers referrals to elder law attorneys.
703-942-5711
www.naela.org

Emergency Information**Lunenburg Police Department**

911 for emergencies
978-582-4531 – business line

Lunenburg Fire Department

911 for emergencies
978-582-4155 – business line

Emergency Preparedness

<https://www.ready.gov/older-adults>
<https://www.cdc.gov/aging/emergency-preparedness/index.html>

Employment**Catholic Charities: Senior Employment Program**

Provides employment, training, and job search assistance to low-income mature workers. Participants must be 55 years-old and older. Participants perform up to 20 hours per week of community service work for which they are paid minimum wage, at non-profit and government agencies.

10 Hammond Street, Worcester, MA

Hours: Monday through Friday from 8:00am to 4:30pm
508-860-2241

www.ccworc.org

North Central Career Center

Provides assistance with job seeking.
100 Erdman Way
Leominster, MA 01453
978-534-1481
www.ccncm.com

Senior Tax Work off Program

The Town of Lunenburg will offer income eligible senior citizens age 60+ an opportunity to receive up to \$1500 off their property tax bill. Participants work in various Town Departments to earn the tax abatement. For each hour worked a person will receive \$15.00 and can work between January 1 and November 1 to receive the abatement. Any hours worked beyond that will be considered volunteer hours. Hours are exempt from state taxes only. Earnings are subject to federal and FICA tax withholding. Applicants must reapply yearly starting in July and must meet financial guidelines. Application forms are available at the following locations:

- Lunenburg Adult Activity Center
25 Memorial Dr. Lunenburg, MA 01462
978-582-4166
- Lunenburg Assessors Office
Town Hall
17 Main St.
Lunenburg, MA 01462
978-582-4130 x5

Faith Communities

City United Church

194 Electric Ave. Lunenburg MA 01462
978-582-4901

www.cityunited.church

Pilgrim Covenant Church

138 Beal St. Lunenburg MA 01462
978-403-0708

www.pcclunenburg.org

St. Boniface Catholic Church

817 Mass Ave. Lunenburg, MA 01462
978-582-4008

www.stboniface-lunenburg.org

United Parish

14 Main St. Lunenburg, MA 01462
978-582-6572

www.unitedparishlunenburg.weebly.com

Financial Education and Assistance

Aging Services of North Central Massachusetts

The Massachusetts Money Management Program (MMMP) is a free program for income eligible individuals over 60.

Program staff and volunteers help vulnerable individuals maintain their independence by assisting them with budgeting and bill paying.

680 Mechanic St.

Leominster, MA 01453

978-537-7411

www.agingservicesma.org

Benefits Check Up

A free service of the National Council on Aging (NCOA) By answering questions on the BenefitsCheckUp website you will

get a report describing programs which offer help for prescription drugs, health care, utilities, and other basic needs.

<https://www.benefitscheckup.org>

Catholic Charities

Provides budgeting and financial education as part of their Basic Needs and Emergency Stabilization program. Hours are Monday through Friday from 8:00am to 4:30pm.

196 Mechanic Street

Leominster, MA 01453

978-840-0696

www.ccworc.org

Department of Transitional Assistance

Provides cash, food and nutritional assistance and employment supports to low-income individuals and their families.

49 Nursery Lane, Suite 101

Fitchburg, MA 01420

978-665-8700

www.mass.gov/dta

RCAP Solutions

Provides Financial Literacy Training, as well as assistance with first time homeownership and mortgage foreclosure prevention. Hours: Monday through Friday from 8:00am to 4:30pm.

12 East Worcester St.

Worcester, MA 01804

800-488-1969

www.rcapsolutions.org

Food and Nutrition

Farmers Market Coupons

Coupons are available in the summer to be used for the purchase of fresh picked vegetables and fruits grown and sold by local farmers at farmers' markets. The coupons cannot be used at the grocery store. Each coupon is worth \$5.00, and no change can be given. A full book is 10 coupons for a value of \$50.00. Coupons expire October 31st. These are distributed by the LAAC.

Lunenburg Farmers Market

960 Massachusetts Avenue
Lunenburg, MA 01462
Dates & Times: Sundays spring through fall: 10:00 am to 12:30 pm
Ritter Memorial Building
960 Mass Ave.
Lunenburg, MA 01462

Farm Stands:

- Dick's Market Garden
649 Northfield Rd.
Lunenburg MA 01462
978-582-0400
- Growing Places
Local Community Supported
Agriculture (CSA) Delivery
978-598-3723
- Lanni Orchards
294 Chase Rd.
Lunenburg, MA 01462
978-582-6246
- Open Meadow Farm
5 Leominster - Shirley Rd.
Lunenburg, MA 01462
978-466-5873
- Stillmans Farm
1410 Lancaster Ave.
Lunenburg, MA 01462
508-867-7193

Lunenburg Adult Activity Center

Congregate lunches served on Tuesday & Thursday for \$5, and continental breakfast on Wednesday for \$3. Reservations for lunch need to be made the previous week by calling 978-582-4166.

Meals on Wheels

Montachusett Opportunity Council (MOC) coordinates the Meals on Wheels (MOW) program which delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines. Special dietary considerations are available. A voluntary, confidential contribution of \$3.00 per meal to help cover costs is suggested.
978-345-8501x2
www.mocinc.org

Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits are provided by the federal government and administered by the Department of Transitional Assistance (DTA). SNAP provides a monthly benefit to buy nutritious foods. Eligibility for SNAP benefits depend on financial and non-financial criteria.
977-382-2363
<https://dtaconnect.eohhs.mass.gov/>

SNAP HIP (Healthy Incentives Program)

HIP puts money back on your EBT card (up to a monthly cap of \$40, \$60 or \$80) when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors, such as farm stands and CSAs. A full list of participating vendors can be found on the DTA Website: www.dtafinder.com

Food Pantries

Ginny's Helping Hand

Tuesday – Friday 10am-5pm
52 Mechanic St.
Leominster, MA 01453
978-537-1387
www.ginnyshelpinghand.org

Highland Baptist Church

2nd and 4th Saturdays of each month
from 9am-11am
19 Cedar Street
Fitchburg, MA 01420
978-342-9646
www.hbcfitchburg.com

Lunenburg Turkey Hill Family Lions Club

Shopping hours by appointment are:
Tuesday/Thursday 5:45-7pm
Sunday 9:00-11:00am
Walk in times are:
Tuesday/Thursday 7pm-8pm
Sunday 11am-12pm
Pantry is located at TC Passios
1025 Main St.
Lunenburg, MA 01462
978-660-8074
www.lunenburglions.org

Montachusett Opportunity Council

601 River St.
Fitchburg, MA 01420
978-435-7040
www.mocinc.org

Our Lady of the Lake Parish

Tuesday from 10am – 1pm
1400 Main St.
Leominster, MA 01453
978-342-2978
www.Ourladylake.org

Our Father's Table

Faith Christian Church
40 Boutelle St.
Fitchburg, MA 01420
Serving free fresh hot meals
Serving times 5:00-5:35 Tuesdays and
Thursdays (except if they fall on a
holiday)
Handicapped accessible

Salvation Army

739 Water St.
Fitchburg MA 01420
978-342-3300
Mon-Friday: 9-12noon, 1-5pm
<https://easternusa.salvationarmy.org/massachusetts/fitchburg/>

Spanish American Center – Community Food Pantry

Basement of SAC offices
112 Spruce St. Leominster, MA
Mon – Friday: 8:30am-11:30am by apt.
978-534-3145
www.spanishamericancenter.org

File of Life

Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Whom do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved

ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

www.thefileoflife.org

Available at the Lunenburg Adult Activity Center, courtesy of the Worcester County Sheriff's Office
25 Memorial Drive
Lunenburg, MA 01462
978-582-4166

Fraud

(see Advocacy and Consumer Protection)

Friendly Visitor

This program provides companionship and connection for homebound seniors. Friendly visits can consist of walks, games, reading, crafts, and other hobbies. If you are interested in having a friendly visit or would like to be a friendly visitor, please reach out to the office staff at the Lunenburg Adult Activity Center
25 Memorial Dr.
Lunenburg MA 01462
978-582-4166

Grandparents Raising Grandchildren

The Commission on the Status of Grandparents Raising Grandchildren of Massachusetts is a resource to the Commonwealth on issues affecting not only grandparents raising grandchildren,

but also relatives, other than parents, raising kin.

600 Washington St.

Boston, MA. 02111

617 748 2454

www.massgrg.com

Grocery Delivery Programs **(see also prepared meal delivery)**

Instacart

Online program that allows you to pick out your items and have an Instacart shopper do your shopping and deliver your items to your door. Fees apply depending on the order. Local grocery stores include Hannaford, Shaws, Aldi, and BJ's. Shopper will also go to other local stores such as CVS, Target, and Big Lots.

Walmart

Walmart will deliver groceries to Lunenburg residents when orders are placed through Walmart.com or through their app. You must create an account with them to do this. They use local third-party drivers to deliver the groceries. They send an email when the order is on its way.

Hannaford

Hannaford will deliver groceries to residences in Lunenburg. Orders are placed online through Hannaford.com and are delivered through Instacart. Minimum order of \$30. Cost for delivery is \$10/order plus tip.
www.hannaford.com

Health Insurance

Shine

The SHINE program (Serving Health Information Needs of Everyone) is a state program that provides free health insurance information, counselling, and assistance to Massachusetts residents with Medicare and their caregivers.

Central Mass SHINE Program

60 North Bow St.
Milford, MA 01757
508-422-9931

www.shinema.org

For local counselling in Lunenburg call the Adult Activity Center at 978-582-4166

Medicare

1-800-MEDICARE (1-800-633-4227)

TTY: 1-877-486-2048

www.medicare.gov

MASS Health

1-800-841-2900

TTY: 1-800-497-4648

<https://www.mass.gov/topics/masshealth>

Social Security

To register for Medicare parts A and B

1-800-722-1213

www.socialsecurity.gov

Hearing Assistance

Beltone of Leominster

Free Hearing Exams

435 Lancaster St. Suite 312

Leominster, MA 01453

978-881-7243

www.beltone.com

Center for Living & Working Deaf and Hard of Hearing IL Services

18 Chestnut St, Suite 540

Worcester, MA 01608

508-798-0350

508 755-1003 TTY/Voice

www.centerlw.org

Mass Commission for the Deaf and Hard of Hearing

Central MA Office

167 Lyman St.

Westborough, MA 01581

413-788-6427

<https://www.mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing>

Mass Match

Assistive Technology Resources for Individuals with Disabilities including equipment loan and reuse programs Mass Rehabilitation Commission.

600 Washington Street

Boston, MA 02111

877-508-3974

www.massmatch.org

Mass Relay 7-1-1

Dial 711 for nationwide access to the relay operator who facilitates communication between people using phones and TTY.

TTY/ASCII (800)720-3480

<https://www.mass.gov/massrelay>

Voice/Hearing 800-720-3479

New England Homes for the Deaf

Provides a continuum of care for deaf and deaf/blind older adults including independent living, rest home, skilled nursing and more.

154-160 Water St.

Danvers, MA 01923

978-774-0445

TTY 978-739-4010

Videophone 978-767-8784

www.nehd.org

Home Care Agencies

(see in home care)

Home Equity Conversion**HOME (Homeowners Options for Massachusetts Elders)**

Provides information and referral, counseling and consumer protection on equity conversions, reverse mortgages, refinancing, loans, foreclosure protection.

800-583-5337

www.elderhomeowners.org

Home Modification**Able Home Accessibility**

Stair lifts, ramps, and automatic door openers.

67 West Boylston St. Unit 4

West Boylston, MA 01583

800-355-5451

www.ableha.com

AmRamp

Stair lifts and wheelchair ramps.

888-715-7598

www.amramp.org

Stair Lift Headquarters

Rent, Buy, or Rent-to-own ramps and lifts for the home.

1-866-549-8893

www.stairliftheadquarters.com

Lifeway Mobility

21 East Main St.

Suite 1B

Westborough, MA 10581

508-492-2268

www.lifewaymobility.com

**Home Modification Loan Program:
Massachusetts Rehabilitation
Commission**

Loans are provided to make modifications to the primary, permanent resident to allow them to remain and function in their home.

<https://www.mass.gov/info-details/about-the-hmlp>

in Central MA: RCAP Solutions

12 East Worcester St.

Worcester, MA 01604

978-630-6725 or 1-800-488-1969

www.rcapsolutions.org

Rebuilding Together

Rebuilding Together is a nonprofit organization, using community resources and volunteers to provide free home modifications and repairs for elders and individuals with disabilities.

Worcester Chapter

PO Box 2774

Worcester, MA 01613

617-971-0058

www.rebuildingtogether.org

Home Repair

Central Mass Housing Alliance

Elder Home Repair and Maintenance Program corrects unsafe housing conditions (while contained at a manageable scale), which if left unattended, threaten the immediate health and safety of elders at home as well as the structural integrity of their homes. Charges are for materials only; there is no fee for labor. The program also assists senior homeowners with routine maintenance, such as snow removal, gutter cleaning, grass cutting and light routine maintenance chores. Central Massachusetts Housing Alliance
6 Institute Road
PO BOX 3
Worcester, Ma 01609
Phone: (508) 752-5519
Fax: (508) 752-5009
www.cmhaonline.org

Habitat for Humanity: Critical Repair Program

The Critical Home Repair Program is an outreach initiative that seeks to provide a wide range of opportunities for low-income homeowners who are veterans, elderly or disabled and are struggling to maintain their homes due to age, disability, or family circumstances. For our elderly partners, this service provides aging in place. Habitat for Humanity North Central MA
201 Great Rd. Suite 301
Acton, MA 01720
978-348-2749
www.ncmhabitat.org

Mass Housing: home improvement, septic system repair, lead paint removal loans

Mass Housing has loans ranging from 0%-5% interest depending on income eligibility. These loans are available to make general non-luxury improvements to your home, repair septic systems or remove lead paint.

617-854-1000

www.masshousing.com

U.S. Department of Agriculture, Rural Development; Home Improvement Loans and Grants

Low-income rural homeowners may receive funds to make substantial home repairs, or to remove health and safety hazards. The Home Repair Program also provides funds to make a home accessible to someone with disabilities. Homeowners 62 years and older are eligible for grants, other low-income families and individuals may receive loans at a 1% interest rate.

State office: 413-253-4300

Central Ma Office: 508-829-4477, ext. 4

<https://www.rd.usda.gov/programs-services/all-programs/single-family-housing-programs>

Hospice

Beacon Hospice

36 Williams St.

Leominster, MA 01453

978-466-7890

<https://locations.amedisys.com/ma/leominster>

GVNA HealthCare

34 Pearly Lane

Gardner, MA 01440

978-632-1230 or 800-382-7305
Fax: 978-632-4513
www.gvnahealthcare.org

Health Alliance Home Health and Hospice

60 Hospital Rd.
Leominster, MA 01452
978-728-0621
Fax: 978-537-0134
Email: info@hahhh.org
www.hahhh.org

Palliative Care Federation

(781)255-7077
Provides a hospice locator guide and other helpful end-of-life resources
www.hospicefed.org

Hospitals

Heywood Hospital

242 Green St.
Gardner, MA 01440
978-632-3420

Nashoba Valley Hospital

200 Groton Rd.
Ayer, MA 01432
978-784-9000

UMASS Memorial Leominster

60 Hospital Rd.
Leominster, MA 01453
978-466-2000

Housing

Center for Living and Working

Housing guidance and assistance in filling out forms for people with physical and mental health disabilities

18 Chestnut St. Suite 540
Worcester, MA 01608
508-798-0350
Contact: Steve Stohlberg
<https://centerlw.org>

Champ

CHAMP stands for Common Housing Application for Massachusetts Programs. Using this site, you will be able to apply for state-aided public housing and the Alternative Housing Voucher Program (AHVP), and you will also be able to find any existing applications you may have. If you need to change information on your application, you will only need to update information at this site. All your changes will be recorded at the housing authorities where you have applied. This site does not process applications for other voucher programs or federal public housing, please contact your local housing authority.
<https://publichousingapplication.ocd.state.ma.us/>

Housing Navigator

Online database of income restricted rentals.
www.housingnavigatorma.org

Lunenburg Housing Authority

The mission of the Lunenburg Housing Authority is to provide safe, secure rental subsidies for families, the elderly, and persons with disabilities. Depending upon the program, applicants can be housed in town-house style family units, or the apartment complex owned by the Lunenburg Housing Authority at 131 White St. in Lunenburg, MA. Managed by North Central Massachusetts Housing Authority See below for contact information.

North Central Massachusetts Housing Authority

Manages the Housing Authorities for the following towns: Leominster, Sterling, Lunenburg, and West Boylston. Office hours are: M,Tu,W,F 8:30am-4:00pm and Th 8:30am-5:30pm.

100 Main St.

Leominster, MA 01453

978-537-5300

www.ncmhousing.org

Seven Hills Family Services

Seven Hills Family Care provides home-based support for seniors and adults with disabilities who are unable to live independently.

508-796-1868

www.sevenhills.org

Housing: Emergency **(see Shelters)**

In-Home Care

Aveanna

64 Millbrook St, Suite 401

Worcester, MA 01606

1-800-601-3562

www.aveanna.com

Epic Wellness

14 Manning Ave. Suite #307

Leominster, MA 01453

978-401-2148

www.epicwellnessllc.com

GVNA Health-Care

In Home Assisted Living Program for participants with Mass Health who live in Elderly Housing

978-632-1230

www.gvnahealthcare.org

Health Alliance Home Health and Hospice

60 Hospital Rd.

Leominster, MA 01453

978-728-0621

www.hahhh.org

JK Sunshine

76 Summer St. Suite 303

Fitchburg, MA 01420

978-400-7983

www.jksunshine1.com

Nashoba Home Care

65 Wyman Rd.

Groton, MA 01450

978-448-2113

www.nashobahomecare.com

Premier Live Ins, Inc.

300 West Main St., Building A, Suite 5

Northborough, MA 01532

508-393-8570

www.premierhomehealthcare.com

Right at Home - Groton

6 West Main St.

Groton, MA 01450

978-448-6988

<https://www.rightathome.net/boston-northwest/about-us/areas-served/groton>

Right at Home – Harvard

6 Lancaster Country Rd. #1

Harvard, MA 01451

978-391-1700

www.inhomecarema.com

Summit Elder Care

55 Cinema Blvd.

Leominster, MA 01453

978-401-3100

www.summiteldercare.org

Truly Cherished

305 Whitney St. Suite G4
Leominster, MA 01453
978-235-3247

www.trulycherishedhomecare.com

Visiting Angels

165 Mechanic St.
Leominster, MA 01453
978-227-5263

www.visitingangels.com

Whole-Hearted Senior Home Care

274 Main St, Unit A
Groton, MA 01450
603-630-6467

www.wholeheartedcares.com

Legal Services

(for lawyers see Elder Law)

**Community Legal Aid
Massachusetts**

Provides legal services for persons 60 years or older in the following areas: housing, SSI and Social Security disability and other Social Security issues, healthcare benefits including Medicare, nursing home rights, SNAP (food stamps) and other benefits, family law, including physical abuse and financial exploitation.

515 Main St. 3rd Floor

Fitchburg, MA 01420

855-252-5342

508-755-3260 TTY/TTD

www.communitylegal.org

Dial-A-Lawyer

On the first Wednesday of every month between 5:30pm and 7:30pm volunteer lawyers are available to answer questions on a variety of topics

including family law, bankruptcy, real estate, labor, and consumer rights and more.

617-338-0610

877-686-0711

www.massbar.org/public/dial-a-lawyer

Health Law Advocates

HLA provides high quality, free legal assistance to income-eligible Massachusetts residents having difficulty accessing health care or health insurance coverage. They also provide legal assistance to consumers with unaffordable medical debt.

617-338-5241

<https://www.healthlawadvocates.org/>

**Jewish Family and Children's
Service**

Provides conservatorship and guardianship services.

646 Salisbury St.

Worcester, MA 01609

508-755-3101

www.jfcsboston.org

**Massachusetts Attorney General
Elder Hotline**

The hotline is available to callers from Mon-Friday 9am-5pm and provides information on a variety of issues including but not limited to debt and debt collection practices, healthy insurance, home improvement, landlord/tenant issues, long term care insurance, fraud, scam awareness and telemarketing.

888-243-5337

www.mass.gov/ago

Massachusetts Legal Help

Massachusetts legal aid programs put together this website to help you find practical information about your legal rights. Information is available on issues regarding children and families, consumers and debt, health and mental health, housing, income, and benefits.
www.masslegalhelp.org

Massachusetts Legal Resource Finder

The Legal Resource Finder will give you contact information for legal aid programs, nonprofits, government agencies and court programs that may be able to help you with your legal issue for free, or at a low cost. It will also give you links to legal information and self-help materials.
www.masslegalservices.org/findlegalaid

Massachusetts Senior Legal Helpline

(800)342-5297
Open Monday through Friday 9am-12pm
Provides free legal and referral services to Massachusetts residents who are 60 years of age and older.
<https://www.mass.gov/doc/senior-legal-help-line/download>

National Academy of Elder Law Attorneys, Inc. (NAELA)

Offers referrals to elder law attorneys.
703-942-5711
www.naela.org

Worcester County Bar Association

Professional association of lawyers. Provides legal referral services. Services may be offered at a reduced rate depending on financial eligibility.
508-752-1311
800-622-9700
www.worcestercountybar.org

Worcester County District Attorney

Provides outreach and prevention education to seniors and their caregivers on a variety of topics such as scams, fraud, and elder abuse
508-755-8601
www.worcesterda.com

Lesbian Gay Bisexual and Transgender (LGBT) Aging**Worcester LGBT Elder Network (WLEN)**

This program provides information, support and referrals for LGBT older adults and caregivers. They also sponsor lunch and supper clubs to allow LGBT seniors an opportunity to socialize and meet new friends.
508-756-1545 x404
<https://eswa.org/about-us/lgbt/>

LGBT Aging Project

The LGBT Aging Project is a non-profit organization dedicated to ensuring that lesbian, gay, bisexual, and transgender older adults have equal access to the life-prolonging benefits, protections, services, and institutions that their heterosexual neighbors take for granted
617-267-0900
<https://www.fenwayhealth.org>

Medical Equipment

Handicap Equipment Lending Program (H.E.L.P.)

Our Lady of the Lake Parish in Leominster has a program that temporarily loans items, free of charge, such as walkers, crutches, wheelchairs, bath chairs, etc. Donations of similar items in good condition are also accepted.

Emery Gaudet

Our Lady of the lake Parish

978-855-6821

JeanGau@verizon.net

Hospital Bed Project

Provides quality low cost used hospital beds and related equipment. Will deliver to all of MA. Beds can be rented monthly or bought for a low cost.

8 Deer Rock Dr.

Amston, CT 06231

www.thehospitalbedproject.org

Mass Equipment Distribution Program

Provides individuals with disabilities specialized telephones. A trained professional will meet with the person to identify the most appropriate technology. Depending on income, the telephones may be provided at low or no cost.

1-800-300-5658

www.mass.gov/massedp

Mass Match

State initiative to enhance the lives of people with disabilities.

Programs include:

- **REquipment:** Provides free refurbished equipment which can

be used short or long term, and insurance is not needed.

1-800-261-9841

www.dmeREquipment.org

- **Mass AT loan Program:**

Reduced interest-rate loans are available to assist individuals with purchasing wheelchairs, adapted vehicles, and other devices.

Operated by Easter Seals of Massachusetts

18 Chestnut St.

Worcester 01608

508-757-2756 x428 or 431

<https://www.easterseals.com/ma/programs-and-services/assistive-technology/loan-programs.html>

USA Medical Supply

1779 Riverdale St.

West Springfield, MA 01089

413-733-7843

www.usamedicalsupply.com

Memory Cafes

Groton: The Groton Center

Meets on the third Tuesday of the month

From 10:30am-12:00pm

163 W. Main St.

Groton, MA 01450

978-448-1170

Littleton: 1st Baptist Church of Littleton

Meets on the 4th Saturday of the month from 10am-12pm

461 King St. Littleton, MA 01460

978-486-4660

Lunenburg: A Cup of Joy

Meets on the last Friday of the month
from 10am – 12pm.

Lunenburg Adult Activity Center
25 Memorial Dr.

Lunenburg, MA 01462
978-582-4166

- inpatient and discharge rights
- substance use and addiction
- supports for children and teens
- special education and transition to adulthood

617-704-6264 or 1-800-370-9085

Hours: M-F 9am-5pm

email: compass@namimass.org

www.namimass.org

Mental Health Services**Call 988**

988 is the new nationwide three-digit number now available for suicide and mental health crisis, available to everyone in the United States. Compassionate, accessible care and support are available for anyone experiencing a mental health-related emergency – whether that is thought of suicide, a mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support. If an individual's physical health or safety is at immediate risk, please call 911.

Compass Helpline: Direct Support and Information to Navigate Mental Health

Staffed by people with first-hand experience navigating the mental health system. Provide support for MA residents:

- finding peer and family support
- accessing mental health treatment
- insurance issues
- housing programs
- help with employment
- public benefits
- transportation
- police and the legal system

Support Group for people with mental illness through NAMI (National Alliance for the Mentally Ill)

Every Thursday 7-8:30pm

Seventh Day Adventist Church

445 Union St.

Leominster, MA 01453

1st & 3rd Thursday via Zoom

Contact: Paul at pbois56@gmail.com

Or 978-514-2942

Nursing Homes / Rehabs**Ayer Valley Rehab and Nursing**

400 Groton Rd.

Ayer, MA 01432

978-772-1704

www.ayervalley.com

Fitchburg Healthcare

1199 John Fitch Highway

Fitchburg, MA 01420

978-345-0146

www.fitchburgnrc.com

Leominster Rehabilitation and Nursing Center

44 Keystone Drive

Leominster, MA 01453

978-537-9327

www.leominsterrnc.com

Life Care Center of Leominster

370 West St.
Leominster, MA 01453
978-537-0771
www.lcca.com

River Terrace

1675 Main St.
Lancaster, MA 01523
978-365-4537
<https://riverterracer rehab.com/>

Sterling Village

18 Dana Hill Rd.
Sterling, MA 01564
978-422-5111
www.Sterling-village.com

The Highlands

335 Nichols Road
Fitchburg, MA 01420
978-343-4411
www.thehighlandsma.com

Pension Plan Assistance**N.E. Pension Assistance Project**

Offers free, confidential, and individual counseling and assistance to help you know your rights under pension law and claim the benefits you have earned
617-287-7307
888-425-6067
www.umb.edu/pensionaction

Personal Emergency Alert Systems**Alert-1**

866-406-9867
www.alert-1.com

Alert Sentry

877-253-7899
www.alertsentry.com

Lifeline

(formerly Phillips Lifeline)
855-681-5351
www.lifeline.com

Medical Alert

800-836-0887
www.medicalalert.com

Mobile Help

800-990-9571
www.mobilehelp.com

New England Emergency Response Systems (NEERS)

7 Church St.
Dover, NH 03820
800-888-0338
www.neers.com

Senior Safety

888-473-2800
www.seniorsafety.com

Pet Care**Merwin Clinic**

Free Office visits and outpatient veterinary services. Medication offered at a reduced rate. Walk-Ins only.
(617)782-5420
542 Cambridge St.
Allston, MA 02134
www.merwinclinic.org

Monty Tech Vet Clinic

M-F 8 a.m.-3:00 p.m.

Must meet financial eligibility.

978-516-0888

www.montytech.net

MSPCA Angell

They offer discounted medical care for sick or injured animals whose owners meet financial eligibility criteria or who are active military personnel.

617-541-5028

Safety Plan for Animals (SPAN)

Provides temporary foster care for the pets of people who are: elderly or disabled, and need a temporary stay in a hospital or nursing home.

413-781-4000

www.dakinhumane.org

Spay Mass

Offers a comprehensive list of low-cost spay/neuter services in Massachusetts

978-465-1940

www.massanimalcoalition.org/resources/spay-neuter-map

The Brown Dog Foundation

For families in need who cannot provide emergency lifesaving treatment or medications for their pet. Proof of income, hardship and ownership of pet required.

www.browndogfoundation.org/prequal

Tufts at Tech Community Veterinary Clinic

Low cost, preventative and primary care for companion animals.

Worcester, MA

508-751-7670

www.vet.tufts.edu

Pet Food

List of pet food pantries (and Food pantries that stock pet food)

www.mspca.org/animal_protection/massachusetts-food-pantries

Ginny's Helping Hand

52 Mechanic St.

Leominster, MA 01453

978-537-1387

May not always be available

www.ginnyshelpinghand.org

Pibbles Kibbles

Info@pibbleskibbles.com

Prepared Meal Delivery**Heart to Home**

Heart to Home creates quick and delicious meals with seniors in mind, so you can spend less time cooking and more time enjoying life. There is no minimum order, no subscription, and no hidden fees.

Their team of talented chefs designed a menu with over 160 choices that you can easily heat straight from frozen. Ordering is simple, and local drivers deliver meals straight to your door once per week. Ordering can be done online or by phone.

508-658-3000 between 9am-5pm

www.hearttohomemeals.com

Meals on wheels – Making Opportunity Count (MOC)

MOC's Meals on Wheels program provides meals to elders who need help preparing their meals and who are unable to attend a community dining site because of health issues or a lack of

transportation. Each meal meets one-third of the USDA's Daily Recommended Dietary Allowances for adults and is appropriate for a "no added salt" diet. For people who have problems eating regular food due to medical conditions, special meals can be prepared and delivered with a prescription from a doctor. Please ask for further information on these special meals. A voluntary, confidential contribution of \$3.00 per meal to help cover costs is suggested. Once a month we send a contribution request letter and pre-addressed stamped envelope to program participants.

To be eligible for Meals on Wheels, applicants must be aged 60 years or over and homebound. Please call 978-345-8501 ext. 2 for more info.

www.mocinc.org/elder-services

Prescription Drug Assistance

Benefits CheckUp

Benefits CheckUp is a program by the National Council on Aging (NCOA). It is a web-based service designed to help individuals find the right benefit programs to meet their needs. The site contains a free, confidential screening tool to determine eligibility for state and federal programs.

www.benefitscheckup.org

Massachusetts College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program

Pharmacists and Case Managers are available to help with a comprehensive review of your medications and prescription drug coverage. They provide information that includes

assistance with accessing affordable prescription drug programs through the Medicare Drug benefit, as well as medication assistance options for other uninsured or underinsured residents of Massachusetts.

Hours: M-F 8:30am-5pm

866-633-1617 (toll free)

www.mcphs.edu/patient-clinics/pharmacy-outreach-program

Online prescription cost saving sites

www.needymeds.org

www.goodrx.com

www.singlecare.com

Prescription Advantage

Prescription Advantage is a state prescription drug assistance program for older adults and people with disabilities in Massachusetts. For those with Medicare Prescription Advantage can provide supplemental assistance to help pay for copays and out of pocket expenses associated with prescription drugs.

800-age-info (1-800-243-4636)

www.800ageinfo.com

Rx Assist

RxAssist is a website that offers a database of patient assistance programs.

www.rxassist.org

Serving the Health Information Needs of Everyone (SHINE)

The SHINE program is a state program that provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers.

800-243-4368

For local SHINE counselling call the
Lunenburg Adult Activity Center:
978-582-4166

Pharmacies that deliver

Hannaford

Rx delivery is available within a 10-mile radius of all Hannaford Pharmacy locations. Please expect a \$10 delivery charge.

978-582-7013

www.hannaford.com

CVS

CVS offers delivery services for medications and other goods. Call the Lunenburg Pharmacy for more information to see if this is right for you.

CVS Lunenburg
454 Electric Ave.

Lunenburg, MA

978-345-1064

www.cvs.com

Shelters

Days Inn Leominster

482 North Main St.

Leominster, MA 01453

Apply through Fitchburg City Hall

978-829-1968—ask for Keith Barnaby

Elizabeth House

Provides transitional housing to homeless women in recovery

76 Mechanic St.

Fitchburg, MA 01420

978-343-5720

North Star Family Services

Emergency shelter that can assist five families.

758 Main St.

Leominster, MA 01453

978-466-1704

www.northstarfs.org

Substance Abuse

AA 24hr Hotline: 978-688-6607
(Central MA hotline)

Al-Anon Family Groups of MA

(508)366-0556

Aware Recovery Care

Comprehensive in-home recovery care
(617)430-4949

Bureau of Substance Abuse Services (BSAS)

BSAS oversees the statewide system of prevention, intervention, treatment, and recovery support services for individuals, families, and communities affected by substance addiction.

250 Washington St.

Boston, MA 02108

(617) 624-5111

www.mass.gov/orgs/bureau-of-substance-addiction-services

The Mass Substance Abuse Helpline

The Helpline is the only statewide, public resource for finding substance use treatment, recovery, and problem gambling services. Helpline services are free and confidential. Our caring, trained specialists will help you understand the treatment system and your options.

1-800.327.5050

Transportation

American Cancer Society: Road to Recovery

Patients must be traveling to a cancer-related medical appointment. Other eligibility requirements may apply. For example, a caregiver may need to accompany a patient who cannot walk without help. Contact us to find out what is available in your area, and what the specific requirements are.

It can take several business days to coordinate your ride, so please call us at 1-800-227-2345 well in advance of your appointment date.

www.cancer.org/support-programs-and-services/road-to-recovery.html

GAAMHA

GAAMHA's transportation department offers full-service door-to-door transportation to individuals of all ages, private and public businesses. We accommodate most needs including those that are handicapped, physically challenged, elderly and the visually and hearing challenged.

Hours: M-F 5:30am – 5:30pm

208 Coleman St.

Gardner, MA 01440

978-632-0934

www.Gaamha.org

JK Sunshine Transport

Locally Owned Transportation Company for non-emergency transport.

Wheelchair vans available. Private Pay.

978-400-7983

www.jksunshine1.com

Lunenburg MART Van

Lunenburg seniors (age 60 and older) as well as disabled Lunenburg residents (as qualified under ADA regulations) are eligible to ride our van. The van does have a wheelchair lift and wheelchair riders must have an escort accompanying them. The current rate for rides is \$0.50 each way. Must call our office to schedule transportation. 978-582-4166

Lyft

An online and smart phone app allowing you to request rides 24 hours a day, 7 days a week. Rates are based on distance, type of car, destination, and other factors. Price is determined prior to ride.

www.lyft.com

Montachusett Regional Transit Authority (MART)

ADA Eligible Paratransit service for Lunenburg residents who live within $\frac{3}{4}$ of a mile from a fixed Mart Bus Route are eligible to ride the regular MART van. Call for more information and to schedule a ride.

Montachusett Regional Transit Authority
1427R Water St.

Fitchburg, MA 01420

Hours: M-F 8:30am-4:30pm

800-922-5656

www.mrta.us

MART Connects

Low-cost transportation through livery and taxi services for people in Lancaster, Lunenburg, Sterling

www.mrta.us

1-800-922-5636 x4

Nashoba Transport

Door to door, non-emergency transport to medical appointments, day surgery, social visits, etc.

Provided by Nashoba Homecare

65 Wyman Rd.

Groton, MA 01450

978-448-2113

www.nashobahomecare.com

Reliant (For Reliant Patients Only)

Tuesday, Wednesday, and Thursdays to Reliant Offices in Auburn, Holden, Southborough, and Worcester

Van leaves from 225 New Lancaster Rd. Leominster

Call 978-466-3333 at least 24 hours in advance

Uber

An online and smart phone app allowing you to request rides 24 hours a day, 7 days a week. Rates are based on distance, type of car, destination, and other factors. Price is determined prior to ride.

www.uber.com

VA Volunteer Driver

Assists Central Massachusetts Veterans with transportation to and from VA referred medical and dental appointments.

Arnie Wensky

781-424-6558 (M-F 8:30am – 4pm)

Urgent Care Clinics**CareWell Urgent Care**

380 John Fitch Hwy.

Fitchburg, MA 01420

978-696-3547

www.carewellurgentcare.com

CVS Minute Clinic – Leominster

246 Mill St.

Leominster, MA 01453

866-389-2727

www.cvs.com

An appointment is required.

Make the appointment online.

ReadyMed

241 N. Main St.

Leominster, MA 01453

978-840-5850

www.medexpress.com

Urgent Care Leominster

510 N. Main St.

Leominster, MA 01453

978-466-8820

www.ummhealth.org

Utility Assistance**Citizens Energy: Joe-4-Oil**

The Oil heat program offers free heating oil to people in financial need who cannot afford to pay their heating bills. Each eligible household is allowed a one-time delivery per heating season of 100 gallons.

1-877-563-4645 (877-joe-4-oil).

www.citizensenergy.com/assistance-programs

Fuel Assistance: LIHEAP (Low Income home Energy Assistance Program (Nov. through April))

An annual cash benefit to help pay for heating fuel is available to those who meet income requirements. Applications are taken by appointment only, by calling the office at:

Making Opportunity Count
601 River Street
Fitchburg, MA 01420
Email: fuelassistance@mocinc.org
978-342-4520 - phone
978-334-0735 – fax
www.mocinc.org/fuelassistance

Good Neighbor Energy Fund

The fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must be within 60-80 percent of the State Median Income. Apply by contacting your local Salvation Army Service Center:
Salvation Army Service Center
Fitchburg Montachusett Corps
739 Water St.
Fitchburg, MA 01420
978-342-3300
1-800-334-3047
www.magoodneighbor.org/assistance.html

Heating System Repair and Replacement Program (HEARTWAP)

HEARTWAP provides heating system repair and replacement services to low-income households. Through the heating season, the program is primarily an emergency-based heating system repair program that helps eligible homeowners pay to repair or replace defective or unsafe heating systems. Making Opportunity Count (MOC)
66 Day St.
Fitchburg, MA 01420
978-342-7025

Mass Save

Offers a no-cost Home Energy Assessment for homeowners to help them discover opportunities to save energy and money through upgrades, rebates, and incentives. Energy saving products will be installed at no cost as needed, such as: energy star led light bulbs, advanced power strips, low flow showerheads, faucet aerators, and programmable thermostats or discounted wireless thermostats. You will also receive a report which will include all applicable rebates and incentives, such as approved insulation improvements, rebates on energy-efficient heating, cooling, and water heating equipment. Income eligible households will receive higher rebates and assistance.

1-800-527-SAVE (800-527-7283)

www.masssave.com

Shut off Protection

In Massachusetts, there are rules that control when and if your utilities can be shut off. There are also programs that can help you pay your utility bills if you qualify for assistance.

<https://www.mass.gov/keeping-your-utilities-on>

Unitil/Fitchburg Gas and Electric Light Company

Discount Rate Program for residential customers who qualify for any means-tested public assistance programs and household income meets eligibility guidelines.

1-888-301-7700

www.unitil.com

Weatherization Assistance Program (WAP)

The Low Income WAP provides eligible households with full-scale home energy efficiency services. Typical weatherization activities include air sealing to reduce infiltrations, attic insulation, sidewall insulation, floor insulation, pipe and/or duct insulation, and limited energy related repairs. Homes also receive a thorough evaluation of the heating system as well as health and safety testing of all combustion appliances.

Making Opportunity Count (MOC)
66 Day St
Fitchburg, MA 01420
978-342-7025

Veterans Assistance

Department of Veteran's Affairs

Veterans with service disabilities can receive funds to modify their homes. The Specially Adapted Housing Program allows veterans with a service-related disability to receive a grant of not more than 50% of the cost of specially adapted housing unit or to a max of \$60,000. The funds may be used to build, buy, or modify a home. For more information call 800-827-1000.
www.va.gov

State Veterans Services

617-210-5480
www.ma.gov/veterans

Lunenburg Veterans Officer:

Michelle Durkee
Ritter Building -Thurs. 8am-1pm
978-582-4146 x4
Email: vso@lunenburgma.gov

VA Volunteer Driver

Assists Central Massachusetts Veterans with transportation to and from VA referred medical and dental appointments.

Arnie Wensky
781-424-6558 (M-F 8:30am – 4pm)

Visually Impaired and Blind Services

Audio Journal

News and other programming of interest to people who are blind or visually impaired. Read by volunteers.

www.audiojournal.org

MAB Community Services

Provides information, referral, rehabilitation, and low vision support groups.

200 Ivy St.
Brookline, MA 02446
617-738-5110
www.mabcommunity.org/mabvi

Massachusetts Commission for the Blind (MCB)

MCB is part of the state's Executive Office of Health and Human Services. MCB provides rehabilitation and social services to fully blind and legally blind residents of the Commonwealth of Massachusetts.
(617)727-5550

www.mass.gov/orgs/massachusetts-commission-for-the-blind

Massachusetts Equipment Distribution Program (MassEDP)

If you live with a disability, the Massachusetts Equipment Distribution Program (MassEDP) may be able to

provide you with a specialized telephone network. Depending on your income level, these telephones may come for free or at reduced cost. MassEDP only provides home telephones with land line service.

151 Campanelli Drive, Suite A
Middleborough, MA 02346
(800) 300-5658

Open M-F 8:30am-5pm

www.mass.gov/massachusetts-equipment-distribution-program-massedp

Perkins School for the Blind

Braille and Talking Book Library.
Application required. Call for eligibility
175 North Beacon St.
Watertown MA 02472
617-972-7240 TTY: 617-972-7690
www.perkins.org/library

The Talking Book Library at the Worcester Public Library

Provides cassette books, large type books, descriptive videos, and print/braille materials to individuals unable to read regular print due to a visual physical or neurological disability.
3 Salem Sq. Worcester, MA 01608-2074
(508) 799-1730 or (800) 762-0085 (MA only) or (508) 799-1724 (TTY)
www.talkingbook.mywpl.org

Yellow Dot Program

The Yellow Dot Program is a nationally recognized motor vehicle safety program dedicated to making sure first responders have access to your medical information in the event of a crisis. Medical personnel can make the best decisions regarding emergency treatment when they know about an individual's medical history, medications, and allergies. Many emergency personnel are trained to look for a Yellow Dot decal when they arrive at the scene of an accident, which indicates the presence of a folder in the glove compartment containing important medical documentation. Each Yellow Dot kit contains a bright yellow sticker for your vehicle window, a yellow plastic pocket to hold photos and medical information, and a medical information form. Keep your folder in the glove compartment for easy access during emergencies. The pocket is clearly marked to draw the attention of first responders. Yellow Dot kits are available at the Lunenburg Adult Activity Center.

Appendix A: Important Lunenburg Phone Numbers

| | |
|--|-----------------|
| Accounting Department ----- | 978-582-4130 |
| Animal Control ----- | 978-582-4531 |
| Assessor's Office ----- | 978-582-4130 x5 |
| Board of Health ----- | 978-582-4146 x3 |
| Building Department ----- | 978-582-4146 x1 |
| Conservation Commission ----- | 978-582-4146 x8 |
| Council on Aging ----- | 978-582-4166 |
| Facilities, Grounds and Recreation Dept. ----- | 978-582-4146 x7 |
| Human Resources ----- | 978-582-4130 x7 |
| Information Technology Department ----- | 978-582-4130 |
| Land Use Department ----- | 978-582-4146 |
| Library ----- | 978-582-4140 |
| Parks Commission ----- | 978-582-4160 |
| Planning Board Department ----- | 978-582-4146 x5 |
| Plumbing/ Gas Inspector ----- | 978-265-6540 |
| Police Department ----- | 978-582-4531 |
| Post Office ----- | 978-582-0006 |
| Department of Public Works ----- | 978-582-4160 |
| Select Board ----- | 978-582-4144 |
| Town Clerk ----- | 978-582-4130 x4 |
| Town Manager ----- | 978-582-4130 x3 |
| Treasurer and Tax Collector ----- | 978-582-4130 x2 |
| Veteran's Services Department ----- | 978-582-4146 x4 |
| Zoning Board of Appeals ----- | 978-582-4146 |

Appendix B: Disease Information

Alzheimer's www.alz.org
Arthritis www.arthritis.org
Cancer – www.cancer.org
Center for Disease Control www.cdc.gov
Diabetes www.diabetes.org
Epilepsy www.epilepsy.com
Heart Disease www.heart.org
Parkinson's www.apdaparkinson.org

Appendix C: Apartment Complexes in Lunenburg

Arrive Lunenburg

1 Carousel Lane, Lunenburg MA 01462

2 Bedroom Apartments

855-232-8281

www.arrivelunenburg.com

Tri Town Landing

3 Tri-Town Drive. Lunenburg, MA 01462

1, 2, and 3 Bedroom Apartments. One building is 55+

978-345-6673

www.lunenburgapartments.com

Whalom Luxury Apartments

250 Whalom Rd. Lunenburg MA 01462

978-343-9500