

# 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](http://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](http://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](http://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](http://www.activelifehcm.com)

## **Cooperative Elder Services**

30 Sudbury Road, Suite 1, South Acton, MA 01720  
978-318-0046  
[www.elderdayservices.org](http://www.elderdayservices.org)

**Gardner VNA – Gardner**  
34 Pearly Lane  
Gardner, MA 01440  
978-632-1230  
[www.gvnahealthcare.org](http://www.gvnahealthcare.org)

**Manor on the Hill**  
1 Lindell Ave.  
Leominster, MA 01453  
978-537-1661  
[www.manoronthehill.com](http://www.manoronthehill.com)

**Summit Elder Care**  
55 Cinema Blvd.  
Leominster, MA 01453  
978-401-3100  
[www.summiteldercare.org](http://www.summiteldercare.org)

## **Adult Learning**

### **ALFA**

ALFA stands for **Adult Learning in the Fitchburg Area**. 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](mailto:alfa@fitchburgstate.edu)  
[www.fitchburgstate.edu](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.masssenioraction.org)

**Assisted Living Facilities****Corcoran House**

40 Walnut St.  
Clinton, MA 01510  
978-365-3600  
[www.corcoranhauseal.com](http://www.corcoranhauseal.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](http://www.gablesal.com)

**Heywood Wakefield Commons**

50 Pine St.  
Gardner MA 01440  
978-632-8292  
[www.hwcommons.com](http://www.hwcommons.com)

**Benchmark at  
Leominster Crossings**

1160 Main St.  
Leominster MA 01453  
978-534-2424  
[www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)

**Manor on the Hill**

450 N. Main St.  
Leominster, MA 01453  
978-537-1661  
[www.manoronthehill.com](http://www.manoronthehill.com)

**Nashoba Park**

15 Winthrop Ave.  
Ayer, MA 01453  
978-772-0707  
[www.seniorlivingresidences.com](http://www.seniorlivingresidences.com)

**River Court Residences**

8 West Main St.  
Groton, MA 01450  
978-448-4122  
[www.rivercourtresidences.com](http://www.rivercourtresidences.com)

**Sunrise of Leominster**

6 Beth Ave.  
Leominster, MA 01453  
978-537-7600  
[www.sunriseseniorliving.com](http://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](http://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](http://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](mailto:bernieschultz3@gmail.com) or [kellyiskelley@gmail.com](mailto:kellyiskelley@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](http://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](http://www.agingservicesma.org)

### **Care.com**

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

[www.care.com](http://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](http://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](http://www.caregiver.org)

### **Lotsa Helping Hands**

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

[www.lotsahelpinghands.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.ywcacm.org/domestic-violence)

## **Driver Safety**

### **AAA**

[www.seniordriving.aaa.com](http://www.seniordriving.aaa.com)

### **AARP – Driver Safety Program**

Links to safe driver resources including a driver safety course.

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

## **Driver Evaluation Program**

Fairlawn Rehabilitation Hospital

189 May Street

Worcester, MA 01602

508-791-6351

[www.fairlawnrehab.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.archdeaconlaw)

### **Bowen & Bowen**

50 Main St. #1  
Lunenburg, MA 01462  
978-582-0050  
[www.bowenbowen.com](http://www.bowenbowen.com)

### **Kalmansson & Kalmansson**

48 West St  
Leominster, MA 01453  
978-343-7772  
[www.kalmanssonlaw.com](http://www.kalmanssonlaw.com)

### **Michael D. DellaMonaca**

982 South St.  
Fitchburg, MA 01420  
978-342-1914  
[www.dellamonaca.com](http://www.dellamonaca.com)

**Nancy Catalini Chew**

270 Ayer Rd #2  
Harvard, MA 01451  
(978) 772-2442  
[www.attychew.com](http://www.attychew.com)

**National Academy of Elder Law Attorneys, Inc.**

Offers referrals to elder law attorneys.  
703-942-5711  
[www.naela.org](http://www.naela.org)

Hours: Monday through Friday from 8:00am to 4:30pm  
508-860-2241  
[www.ccworc.org](http://www.ccworc.org)

**North Central Career Center**

Provides assistance with job seeking.  
100 Erdman Way  
Leominster, MA 01453  
978-534-1481  
[www.ccncm.com](http://www.ccncm.com)

**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

**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](http://www.cityunited.church)

### **Pilgrim Covenant Church**

138 Beal St. Lunenburg MA 01462  
978-403-0708  
[www.pcclunenburg.org](http://www.pcclunenburg.org)

### **St. Boniface Catholic Church**

817 Mass Ave. Lunenburg, MA 01462  
978-582-4008  
[www.stboniface-lunenburg.org](http://www.stboniface-lunenburg.org)

### **United Parish**

14 Main St. Lunenburg, MA 01462  
978-582-6572  
[www.unitedparishlunenburg.weebly.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.ginnyshelpinghand.org)

### **Highland Baptist Church**

2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month  
from 9am-11am  
19 Cedar Street  
Fitchburg, MA 01420  
978-342-9646  
[www.hbcfitchburg.com](http://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.lunenburghlions.org](http://www.lunenburghlions.org)

### **Montachusett Opportunity Council**

601 River St.  
Fitchburg, MA 01420  
978-435-7040  
[www.mocinc.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.nehd.org)

### **Stair Lift Headquarters**

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

1-866-549-8893

[www.stairliftheadquarters.com](http://www.stairliftheadquarters.com)

### **Lifeway Mobility**

21 East Main St.

Suite 1B

Westborough, MA 10581

508-492-2268

[www.lifewaymobility.com](http://www.lifewaymobility.com)

## **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](http://www.elderhomeowners.org)

### **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](http://www.rcapsolutions.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](http://www.ableha.com)

### **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](http://www.rebuildingtogether.org)

### **AmRamp**

Stair lifts and wheelchair ramps.

888-715-7598

[www.amramp.org](http://www.amramp.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](http://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](http://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](http://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](http://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](mailto:info@hahhh.org)  
[www.hahhh.org](http://www.hahhh.org)

### **Palliative Care Federation**

(781)255-7077  
Provides a hospice locator guide and other helpful end-of-life resources  
[www.hospicefed.org](http://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](http://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](http://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](http://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](http://www.aveanna.com)

### **Epic Wellness**

14 Manning Ave. Suite #307  
Leominster, MA 01453  
978-401-2148  
[www.epicwellnessllc.com](http://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](http://www.gvnahealthcare.org)

## **Health Alliance Home Health and Hospice**

60 Hospital Rd.  
Leominster, MA 01453  
978-728-0621  
[www.hahhh.org](http://www.hahhh.org)

## **JK Sunshine**

76 Summer St. Suite 303  
Fitchburg, MA 01420  
978-400-7983  
[www.jksunshine1.com](http://www.jksunshine1.com)

## **Nashoba Home Care**

65 Wyman Rd.  
Groton, MA 01450  
978-448-2113  
[www.nashobahomecare.com](http://www.nashobahomecare.com)

## **Premier Live Ins, Inc.**

300 West Main St., Building A, Suite 5  
Northborough, MA 01532  
508-393-8570  
[www.premierhomehealthcare.com](http://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](http://www.inhomecarema.com)

## **Summit Elder Care**

55 Cinema Blvd.  
Leominster, MA 01453  
978-401-3100  
[www.summiteldercare.org](http://www.summiteldercare.org)

**Truly Cherished**

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

[www.trulycherishedhomecare.com](http://www.trulycherishedhomecare.com)

**Visiting Angels**

165 Mechanic St.  
Leominster, MA 01453  
978-227-5263  
[www.visitingangels.com](http://www.visitingangels.com)

**Whole-Hearted Senior Home Care**

274 Main St, Unit A  
Groton, MA 01450  
603-630-6467  
[www.wholeheartedcares.com](http://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. 3<sup>rd</sup> Floor  
Fitchburg, MA 01420  
855-252-5342  
508-755-3260 TTY/TTD  
[www.communitylegal.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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:** 1<sup>st</sup> Baptist Church of Littleton  
Meets on the 4<sup>th</sup> 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](mailto:compass@namimass.org)  
[www.namimass.org](http://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  
1<sup>st</sup> & 3<sup>rd</sup> Thursday via Zoom  
Contact: Paul at [pbois56@gmail.com](mailto: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](http://www.ayervalley.com)

### **Fitchburg Healthcare**

1199 John Fitch Highway  
Fitchburg, MA 01420  
978-345-0146  
[www.fitchburgrnc.com](http://www.fitchburgrnc.com)

### **Leominster Rehabilitation and Nursing Center**

44 Keystone Drive  
Leominster, MA 01453  
978-537-9327  
[www.leominsterrnc.com](http://www.leominsterrnc.com)

**Life Care Center of Leominster**  
370 West St.  
Leominster, MA 01453  
978-537-0771  
[www.lcca.com](http://www.lcca.com)

**River Terrace**  
1675 Main St.  
Lancaster, MA 01523  
978-365-4537  
<https://riverterracererehab.com/>

**Sterling Village**  
18 Dana Hill Rd.  
Sterling, MA 01564  
978-422-5111  
[www.Sterling-village.com](http://www.Sterling-village.com)

**The Highlands**  
335 Nichols Road  
Fitchburg, MA 01420  
978-343-4411  
[www.thehighlandsma.com](http://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](http://www.umb.edu/pensionaction)

## **Personal Emergency Alert Systems**

**Alert-1**  
866-406-9867  
[www.alert-1.com](http://www.alert-1.com)

**Alert Sentry**  
877-253-7899  
[www.alertsentry.com](http://www.alertsentry.com)

**Lifeline**  
**(formerly Phillips Lifeline)**  
855-681-5351  
[www.lifeline.com](http://www.lifeline.com)

**Medical Alert**  
800-836-0887  
[www.medicalalert.com](http://www.medicalalert.com)

**Mobile Help**  
800-990-9571  
[www.mobilehelp.com](http://www.mobilehelp.com)

**New England Emergency Response Systems (NEERS)**  
7 Church St.  
Dover, NH 03820  
800-888-0338  
[www.neers.com](http://www.neers.com)

**Senior Safety**  
888-473-2800  
[www.seniorsafety.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.ginnyshelpinghand.org)

**Pibbles Kibbles**

[Info@pibbleskibbles.com](mailto: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](http://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](http://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](http://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](http://www.mcphs.edu/patient-clinics/pharmacy-outreach-program)

### **Online prescription cost saving sites**

[www.needymeds.org](http://www.needymeds.org)  
[www.goodrx.com](http://www.goodrx.com)  
[www.singlecare.com](http://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](http://www.800ageinfo.com)

### **Rx Assist**

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

[www.rxassist.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.mrta.us)

### **MART Connects**

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

[www.mrta.us](http://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](http://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](http://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](http://www.carewellurgentcare.com)

### **CVS Minute Clinic – Leominster**

246 Mill St.  
Leominster, MA 01453  
866-389-2727

[www.cvs.com](http://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](http://www.medexpress.com)

### **Urgent Care Leominster**

510 N. Main St.  
Leominster, MA 01453  
978-466-8820  
[www.ummhealth.org](http://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](http://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](mailto:fuelassistance@mocinc.org)  
978-342-4520 - phone  
978-334-0735 – fax  
[www.mocinc.org/fuelassistance](http://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.magoodeighbor.org/assistance.html](http://www.magoodeighbor.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](http://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](http://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](http://www.va.gov)

### **State Veterans Services**

617-210-5480  
[www.ma.gov/veterans](http://www.ma.gov/veterans)

### **Lunenburg Veterans Officer:**

Michelle Durkee  
Ritter Building -Thurs. 8am-1pm  
978-582-4146 x4  
Email: [vso@lunenburgma.gov](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.alz.org)  
Arthritis [www.arthritis.org](http://www.arthritis.org)  
Cancer – [www.cancer.org](http://www.cancer.org)  
Center for Disease Control [www.cdc.gov](http://www.cdc.gov)  
Diabetes [www.diabetes.org](http://www.diabetes.org)  
Epilepsy [www.epilepsy.com](http://www.epilepsy.com)  
Heart Disease [www.heart.org](http://www.heart.org)  
Parkinson's [www.apdaparkinson.org](http://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](http://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](http://www.lunenburgapartments.com)

Whalom Luxury Apartments

250 Whalom Rd. Lunenburg MA 01462

978-343-9500