

WESTFORD SOCIAL SERVICES and WELLNESS RESOURCE GUIDE

We have created this guide to assist Westford residents in accessing resources and support services. Residents are always welcome to come to Town Social Services/Senior Outreach Coordinators, School Counselors, or Wellness Staff for support. However, this provides a means for residents to help themselves if they are more comfortable doing so. Please understand that this guide is not all-inclusive of topics or of agencies. Inclusion does not imply a recommendation or endorsement of the listed services. We have tried to include the topics most relevant to our clients and the resources that are geographically closest to Westford. If there are areas that you would like to see covered that are not currently, please notify the Wellness Coordinator or Social Worker.

Thank you,

Alison Christopher LICSW-Town/COA Social Worker

978-399-2325

Nicole Laviolette-Community Wellness Coordinator

978-399-2503

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Additional Resource Guides

Community Resource Guide - resource directory for elders and adults with disabilities, Veterans, and families. Online at <https://agespan.org/resources/>

Mass Options - Executive Office of Health and Human Services-Massachusetts clearing house of services for elderly and disabled clients - www.massoptions.org – 844-422-6277

Mass 2-1-1-<https://mass211.org> - connects callers to information about critical health and human services available in their communities, government benefits, non-profits, support groups, etc.

<https://benefitscheckup.org/> - online resource for benefits and programs for seniors. Screening tools are available, and applications can be completed on the site.

<https://mass-ala.org/> - provides details on Massachusetts Assisted Living Facilities

<https://www.mass.gov/> - Mass.gov website has many different resources available through search. Department of Public Health link has a “search for nursing home” function and website has Nursing Facility Reviews and tips for choosing a nursing home.

Merrimack Valley Substance Use Disorder Resource Guide can be found on the Greater Lowell Health Alliance website - <https://www.greaterlowellhealthalliance.org/health-priorities/substance-use-and-prevention/> Scroll down to the “addressing the need” section for the guide.

Adult Day Health Centers

Day care providers where seniors and younger clients with disabilities can spend time participating in activities, while being medically monitored by nursing staff. Transportation can be provided. Costs can be covered by Masshealth, private client payment, some long-term care insurance policies, or subsidized by elder services, depending on the situation. If you have questions about Adult Day Health, call Alison Christopher, LICSW at 978-399-2325.

Active Day, Lowell, MA 888-388-6898 <https://www.activeday.com/services/adult-day-health-care/>

Cooperative Elders Adult Day Health and Alzheimers Day Care, Acton MA 978-448-1400
<https://www.elderdayservices.org/services-acton/>

Millenium Adult Day Health, Westford, MA 978-213-4900
Special focus on Chinese American population

Namaste Adult Day Health, Chelmsford, MA 508-982-8728
Special focus on Asian populations

Advance Directives-Health Care Proxies, Living Wills, Powers of Attorney, MOLST Forms

Advance Directives provide a means for people to make their wishes known to friends, family, and medical providers, if they later become unable to express their own wishes. If you have questions about how to complete a Health Care Proxy or other Advance Directives, call Alison Christopher, LICSW at 978-399-2325 or ask your primary medical provider.

[Http://www.mass.gov/courts/case-legal-res/law-lib/laws-by-subj/about/healthproxy.html](http://www.mass.gov/courts/case-legal-res/law-lib/laws-by-subj/about/healthproxy.html)

Massachusetts chapter of NAELA-National Association of Elder Law Attorneys- www.naela.org

Advocacy Groups for seniors

American Association of Retired Persons-866-448-3621, www.aarp.org/states/ma

Executive Office of Elder Affairs-Mass Options- 800-AGE-INFO, www.mass.gov/elders/

Alcohol/Substance Use Disorders

Use web sites to find updated lists of meeting locations, virtual meetings, and times for peer support groups

Alcoholics Anonymous-978-957-4690, <https://www.aamassd21.org/>

Al Anon- www.ma-al-anon-alateen.org

Narcotics Anonymous- www.na.org

MA Substance Abuse Information and Education Helpline-800-327-5050, www.helpline-online.com

SAMHSA National Helpline-800-662-HELP(4357) <https://www.samhsa.gov/find-help-free>
24/7 information/referral

Learn to Cope-virtual online support groups and forum for those with loved ones with substance use disorder or in recovery. Call 508-738-5148 from 9-4:30 to talk with staff and get connected.

SMART Recovery- <https://www.smartrecoverytest.org/local/>

TREATMENT OPTIONS

Adcare Treatment Centers - 866-959-0970 Worcester. Inpatient and outpatient services

<https://adcare.com/>

Services and Treatments - Co-Occurring Disorder Treatment, Safe Medical Detox, Addiction Focused Healthcare, Inpatient Residential, PHP / Day Treatment, IOP / Intensive Outpatient, Outpatient Therapy, Telehealth Addiction Treatment Specialized treatment for Veterans, First Responders Services, LGBTQ Support, Chronic Mental Illness Treatment

Better Life Partners – 866-679-0831 www.betterlifepartners.com-Opioid Use disorder and Alcohol Use disorder treatment.

New England Recovery Centers-888-MyREHAB <https://www.newenglandrecoverycenter.org/>
Westborough, MA -New England Recovery Center offers inpatient treatment to adults with substance use disorders involving alcohol, heroin, opioids, cocaine, prescription drugs and/or methamphetamines.

Northeast Addictions Treatment Center-888-582-2332 <https://neaddictions.com/>
Quincy, MA-Northeast Addictions Treatment Center is an accredited Massachusetts Drug Rehab that provides guidance and treatment for individuals and family members who struggle with addiction.

Recovery Centers of America-844-242-7956 <https://recoverycentersofamerica.com/massachusetts-centers/> Two locations - Danvers and Westminster
Services - inpatient, outpatient, telehealth, alcohol and drug detox, medication assisted treatment and addiction treatment programs

Alzheimer's Disease Resources

Alzheimer's Association-Information, referrals, 24-hour helpline, free care consultation-800-272-3900,
www.alz.org/manh

NIH Research-<https://www.nia.nih.gov/health/alzheimers-disease-research-centers>

Caregiver support groups-for people caring for a person with dementia-see Alzheimer's Association website for most up to date listings by town. Closest group is in Westford-Cameron Senior Center, Fourth Tuesday of each month at 6:00 p.m. Contact Lisa Sobhian, LICSW for information and to pre-register at 978-808-4246.

Bridges by EPOCH Assisted Living in Westford offers free caregiver support groups to the community, in person and through zoom. They offer activities for loved ones at the facility during the group. Call 978-692-9541

Animal Companion Care

Tufts School of Veterinary Medicine- <https://vet.tufts.edu/> -lower cost spaying and neutering for dogs and cats

MSPCA- <https://www.mspca.org/> -617-522-5055, 617-522-7282-low-cost spay and neuter for pet owners with limited economic means

Angell at Nashoba-Located at Nashoba Valley Technical High School-978-577-5992-Discounted spay/neuter, vaccines, basic care for clients who receive WIC, SNAP, TAFDC, or live in subsidized housing

<https://www.rover.com/> -hire dog walkers and sitters

Westford ACO-Phone: 978-692-4574

Emergency: 978-399-2345

Age Span – Power of Pets Program for Age 65 + who qualify financially, up to \$300 in one time veterinary care. Call your care manager at 800-892-0890 or Sandy Jennings at 978-946-1222.

Assisted Living and Rest Home Facilities

Apartments for people who do not require 24-hour nursing care, but who need assistance with some personal care, medication administration, housekeeping/laundry, social activities, and meals. Some facilities have specific areas for people with memory/cognitive issues and these units offer more structure, a secured environment, and supportive activities. Most Assisted Living apartments are paid for privately by the resident. However, there are some subsidy programs for a small percentage of units. Many facilities save these apartments for residents who have spent their savings in their assisted living facility and would otherwise need to move. However, subsidized apartments are *occasionally* available to new applicants. The Mass ALA website describes these programs and where they exist. Rest Homes are usually large houses where residents have a bedroom or shared bedroom and shared common living space. Rest Homes offer help with housekeeping, laundry, meals, medication supervision, and a small amount of personal care. There are very few Rest Homes in Massachusetts, and most are private pay.

BRIDGES by Epoch-Memory Care Assisted Living-108 Littleton Rd., Westford, MA 01886 978-692-9541

Billerica Crossings-20 Charnstaffe Ln, Billerica, MA 01821 978-667-0898

Brightview Concord River-199 Concord Rd., Billerica, MA 01821 978-262-1410

Benchmark-Inn at Robbins Brook-10 Devon Dr., Acton, MA 01720 978-264-4666

Chelmsford Crossings-199 Chelmsford St., Chelmsford, MA 01824 978-250-8855

Meadow Lodge at Drum Hill-4 Technology Dr., N. Chelmsford, MA 01863 978-458-0099

River Court Residences-8 West Main St., Groton, MA 01450 978-448-4122

The Atrium at Drum Hill- Technology Dr., Chelmsford, MA 01863 978-934-0000

Hillside Rest Home-Amesbury-978-388-1010

Lakeview Rest Home-Haverhill-978-372-1081, www.lakeviewhousema.com

Sutton Home for Women-Peabody-978-531-0815, www.suttonhomeforwomen.com

The Timothy Wheeler House of Concord, 978-369-3771, www.timothywheelerhouse.com

Bereavement

Bereavement support groups are often run by area hospice agencies for those who have lost loved ones. They are usually open to any member of the community free of charge, and they allow bereaved clients to connect with each other under the direction of a trained facilitator.

Emerson Hospital- <https://www.emersonhospital.org/community-programs/support-groups>

Nashoba Boards of Health. Call for information at 978-425-6675.

Drop in grief and healing support groups around the local area. Groups can also be found on their website calendar at <http://www.nashoba.org/calendar>

Care Dimensions Hospice Bereavement Support Groups. See website
<https://www.caredimensions.org/grief-support/#Find%20Support>

Tufts Medicine Care at Home - call [978-552-4510](tel:978-552-4510) for more information on groups re: general loss, loss of spouse/partner, coping with the holidays.

Blind/Visually Impaired Services

Mass Commission for the Blind- 600 Washington St., Boston, MA 800-392-6450

Mass Equipment Distribution Program-1-800-300-5658

Lowell Association for the Blind-978-454-5704

MAB Community Services-200 Ivy St. Brookline, MA 617-738-5110

Cancer Support

American Cancer Society-800-227-2345 <https://www.cancer.org/>

The Virginia Thurston Healing Garden- <https://healinggardensupport.org/> offers several different cancer support groups, each with a specific focus: young women, in treatment, post treatment (day/evening), ovarian, living with metastatic cancer, caregiver, and caregiver and client. All support groups are free and require pre-registration. Please call 978-456-3532 x103 for information and registration.

Emerson Hospital

<https://www.emersonhospital.org/community-programs/support-groups>

Tufts Lowell General

<https://www.tuftsmedicine.org/search?text=support+group>

Caregiver Support

For any support group, please call ahead as the group locations, times, and continuation are not guaranteed.

Westford COA Dementia Caregiver Support Group-Cameron Senior Center, Fourth Tuesday of the month at 6:00PM. Contact Lisa for information and to pre-register at 978-808-4246

Individual caregiver support-Westford COA Social Worker, Alison Christopher, LICSW-978-399-2325 or Annette Cerullo/Jen Beale, Outreach 978-399-2326.

AgeSpan Caregiver Support Program- <https://agespan.org/solutions/> 800-892-0890

Alzheimer's Association of MA/NH- 24/7 Helpline-800-272-3900- www.alz.org/manh

www.caregiver.org

www.caregiving.org

www.caregiveraction.org

Charitable Assistance

Friends of Cameron Emergency Fund-Age 60+ call COA Social Work or Outreach office for screening - 978-692-5523.

SVdP Society-St. Catherines-978-320-4214 -leave name and contact information on voicemail for return call and to set up a meeting.

Westford Remembers-contact westfordremembers01886@gmail.com

Child Abuse/Neglect Reporting

Massachusetts Hotline - 800-792-5200

Cleaning Services

Light housekeeping can be offered as part of a service package from AgeSpan for people 60 y.o. or older. However, the client must be receiving other services for “critical unmet needs” as well. If cleaning is needed as a stand-alone service, clients of all ages must hire an agency privately. This is a short list of some local agencies who were rated highly on Angie’s List and/or Yelp. Please request your own references and screen carefully.

Karla Morales, www.getyourhomedetox.com, Ayer, 978-615-9894

Perfect Cleaning Service, Burlington, 781-328-4671

Costa Cleaning Service, Dracut, 857-719-6070

Topline Cleaning Service, Lowell, 978-303-5134

Tidy Troops, Nashua, 603-318-6118

Mops, Littleton, 978-486-0073

Danielle’s Cleaning, Lowell, 415-680-5455

HomePlus Cleaning, Tyngsboro, 781-262-8049

Clothing Assistance

Low cost or free clothing for people with financial hardship.

Cameron Senior Center Thrift Shop-M-F 9-3, 978-692-5523,

all ages are welcome

Salvation Army-150 Appleton St. Lowell-978-458-3396

SVdP Thrift Shop-1488 Middlesex St Lowell- (978) 453-7750- Local SVdP chapter can also offer vouchers to clients who cannot afford to pay at the Thrift Shop.

Community Health Center

Community Health Centers provide care to all, regardless of ability to pay. There are staff members who are fluent in several languages, interpreters, care managers, and health benefit advisors on site. They can assist with applications for MassHealth and other low-cost insurance products on the Health Connector. They also offer sliding a fee pay scale for those without access to insurance coverage.

Lowell Community Health Center-978-937-9700, www.lchealth.org

Council on Aging

Offers activities, socialization, exercise, educational programs, outreach and social services, medical equipment loan, library, fitness room, meal programs, Thrift Shop and much more. Check out the newsletter on the COA page of the Town of Westford website or come for a visit.

Cameron Senior Center-20 Pleasant St. Westford 978-692-5523, www.westfordma.gov

Dental Assistance

Traditional Medicare does not cover dental care. Masshealth Standard does cover dental care and you can get a list of MassHealth providers directly from MassHealth. For people without dental insurance, the following options exist for lower cost care. For a list of dental insurance products available for individuals to purchase, schedule an appointment with SHINE by calling 978-692-5523.

Westford Senior Dental Grant-for residents 55+ with no dental insurance and low-income. Call Westford Health Department at 978-692-5509 for an application. This grant only covers Dr. Schofield's office and is available based on funding availability for cleanings and small amounts of dental work.

Lowell Community Health Center Dental Clinic- 978-937-9700 <https://www.lchealth.org/health-wellness/additional-services/nancy-l-and-richard-k-donahue-dental-center/> for those with MassHealth or no insurance and in need of sliding fee scale services

Tufts Dental School Clinic-617-636-6828-lower cost services by supervised dental residents

Harvard Dental School Clinic-617-432-1434-lower cost services by supervised dental residents

BU Dental School Clinic-617-638-4700- lower cost services by supervised dental residents

Disabled Person Services

MA Department of Developmental Disabilities-125 West St. Walpole, MA 508-668-3679, 508-668-1590

MA Rehab Commission-617-204-3603, www.mass.gov/mrc -responsible for vocational rehab services, community living services, eligibility for SSDI and SSI.

MA Disabled Persons Protection Commission-For reports of abuse or neglect of disabled persons by their caretakers (age 18-59). Call 800-426-9009, www.mass.gov/dppc

MA Office on Disability-800-322-2020, <https://www.mass.gov/orgs/massachusetts-office-on-disability>

Mass Commission for the Blind-617-727-5550, www.mass.gov/mcb

Mass Commission for the Deaf and Hard of Hearing-800-530-7570 TTY, 800-882-1155V, www.mass.gov/mcdhh

Northeast Independent Living Program-Lawrence, MA, 978-687-4288 x125- <https://www.nilp.org/>

Information and Referral, Peer Counseling, Skills Training, Advocacy, and Nursing Home Transition to Community Living. Programs and services that help people with all disabilities include: Transition to Adulthood (TAP) for youth ages 14 to 22, Deaf and Hard of Hearing IL Services (DHILS), Independent Living/Vocational Rehabilitation (IL/VR) Services, The Northeast Recovery Learning Community (NERLC) serving individuals with “lived experience” with a psychiatric disability, Personal Care Attendant (PCA) Services, Community Supports (CS), Long Term Options Counseling (OC), Long Term Services & Supports (LTSS), Money Follows the Person (MFP), Transition Services, The Merrimack Valley Aging & Disability Resource Consortium (a partnership between NILP and Elder Services of Merrimack Valley serving people with all disabilities and elders), The Training and Learning Collaborative (TLC is the education division of NILP geared toward educating organizations, businesses, and individuals with disability sensitivity awareness training), and NILP Community Development Consulting which is geared to the business community providing Americans with Disabilities Act (ADA) training and compliance assistance.

Domestic Violence, Sexual Assault, and Women’s Shelters

Please note that you should be cautious about going to any of these websites or calling these numbers from a phone or computer that can be accessed by an abuser. There are public computers available at the JV Fletcher Library and at the Cameron Senior Center Computer Room if needed. You may also call

Alison Christopher for an appointment to use an office phone at 978-399-2325. In case of an emergency, or immediate danger, dial 911. The hotlines offer free, confidential services to callers experiencing domestic violence or family/friends seeking information on how to help.

Domestic Violence Hotline-SAFELINK-**877-785-2020**-clearinghouse for Massachusetts domestic violence shelter beds. They can do an intake and keep you on the line while shelters are contacted for availability. This prevents the need to call separate shelters directly. The hotline also provides information, safety planning, and other resources.

Alternative House-Lowell-888-291-6228 <https://www.alternative-house.org/> 24-hour hotline, access to support, shelter, legal assistance, housing assistance, community advocacy for victims of domestic violence and their children.

Jane Doe, Inc. Coalition against DV- www.janedoe.org

National Domestic Violence Hotline **1-800-799-7233 (SAFE)**

National Teen Dating Abuse Hotline **866-331-9474** www.loveisrespect.org

National Sexual Assault Hotline 800-656-4673 www.rainn.org

National Coalition against Domestic Violence (NCADV)- 1-800-799-7233- <https://ncadv.org/>

REACH Hotline-800-899-4000. Also offers internet chat services- <https://reachma.org/>

Saheli-1-800-4SAHELI- <https://saheliboston.org/about/> Saheli is here to offer non-judgmental and culturally sensitive domestic and sexual violence [SERVICES](#) that are vital to the wellbeing of immigrant survivors of domestic and sexual violence, while keeping in mind their unique cultural beliefs and upbringing.

The Center for Hope and Healing 800-542-5212 <https://chhinc.org/> Free confidential support to survivors of sexual violence and their loved ones, including counseling, medical and legal advocacy, healing circles and more.

Westford Coalition For Non – Violence
Committee Chair, Gail Johnson (Westford Public Health Nurse) gjohnson@westfordma.gov

Domestic Violence Legal Resources

Victim Rights Law Center (civil legal cases regarding sexual violence, campus, and workplace violence): <http://www.victimrights.org/>

Women's Bar Foundation: <https://wbawbf.org/index.php/wbf/contact-us>

Mass Legal Services: <https://www.masslegalservices.org/>

Driver Safety and Evaluations

RMV Medical Affairs Bureau, P.O. Box 55889, Boston, MA 02205-5889.

Website: <https://www.mass.gov/orgs/massachusetts-registry-of-motor-vehicles>

Phone: 857-368-8000

Driving Evaluation Programs

These programs are geared toward adults who have had a change in medical or cognitive status. They usually involve an evaluation by an occupational therapist for a clinical assessment of driving abilities and some include actual driving. Most require and MD referral and are paid out of pocket by the client. However, Mass Rehab and other agencies serving individuals with disabilities have some funding assistance for their clients. Each program is slightly different, so please explore their websites or discuss with your medical provider.

Triad Driving Academy, Adaptive Driving Program, Beverly, MA 978-969-0753

TDAadaptive@gmail.com

https://www.triaddriving.com/adaptive_driving_program.phtml

Driving Solutions, N. Reading, MA 01864

508-878-9583, <http://www.drivingsolutionsforyou.com/>

Emerson Hospital Center for Rehabilitative and Sports Therapies-Keys to Independence Program

131 Old Road to Nine Acre Corner Suite 830, Concord, MA 01742, 978-287-8244,
<https://www.emersonhospital.org/clinical-services/physical-rehabilitation-sports-medicine/clinics-classes-groups/keys-to-independence-driver-assessment>

New England Rehabilitation Hospital, 2 Rehabilitation Way, Woburn, MA 01801

781-935-5050

Northeast Rehabilitation Hospital, 70 Butler Street, Salem, NH

888-950-9939

<https://www.northeastrehab.com/services/driving-rehabilitation/>

Driver Training Programs for seniors

<http://seniordriving.aaa.com/> or call your local AAA office

AARP Smart Driver Course 888-

687-2277

Central Massachusetts Safety Council West

Boylston, MA

508-835-2333 call or text

In Control Advanced Driver Training 188 Main

Street, Suite 202

Wilmington, MA 01887 888-

301-SAFE

Early Intervention (EI) Services for Children

Thom Ann Sullivan Center EIP

126 Phoenix Ave Lowell 978-453-8331

Margaret Mahoney mmahoney@asc.thomchild.org

South Bay – Early Childhood Services

22 Old Canal Drive, Lowell, MA 978-452-1736

Eating Disorders

MEDA-Support groups and resources-617-558-1881, www.medainc.org

Walden Behavioral Care - 888-228-1253- residential, inpatient, outpatient for adolescents and adults

<https://www.waldeneatingdisorders.com/locations/massachusetts-locations/>

National Eating Disorder Association 800-931-2237 <https://www.nationaleatingdisorders.org/help-support/contact-helpline> Supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.

Elder Abuse

Abuse, neglect, and self-neglect of persons age 60+ should be reported to the Elder Abuse Hotline at 800-922-2275. It is open 24/7. If you have concerns about reporting or need assistance for a senior in Westford, call Alison Christopher, LICSW or Annette Cerullo/Jen Beale at Cameron Senior Center 978-692-5523 Monday through Friday 8-4. The Senior Center Staff are mandated reporters of observed, reported, or suspected elder abuse, neglect, and self-neglect.

Elder Services-Aging Services Access Point

AgeSpan-Free information and referral, coordination of in-home services, crisis intervention services for elder abuse and neglect, case management, caregiver support.

800-892-0890

Emergency Services

Westford Police Department-911 for Emergency, or 978-399-2345 for 24/7 non-emergency

Westford Fire Department-911 for Emergency, or 978-399-2345 for 24/7 non-emergency

Suicide and Crisis Lifeline – 988

Vinfen – 24 hour Crisis Lifeline: 866-388-2242

Vinfen Behavioral Health (VBH) has expanded its community services to include Community Behavioral Health Center (CBHC) located in Lowell. In addition to urgent and routine outpatient services, the CBHC provides crisis intervention services to support individuals and families in a variety of new ways. CBHC provide around the clock, 24/7 mental health and substance use evaluation and assessment to children, youth, and adults in crisis or in need of support. Instead of going to the emergency room, services can be provided to you over the phone, in your home , at school, or in another community setting.

Family Services

Parental Stress Hotline-800-632-8188

Department of Child and Family Services Hotline-800-792-5200

MSPCC-978-937-3087

Planned Parenthood—There are three ways to get an appointment at Planned Parenthood:

1. Online: <https://www.plannedparenthood.org/get-care>
2. By Phone: Call 800-230-PLAN
3. Walk-In: Many of the health centers offer walk-in services. For more information about walk-in availability at your health center, call 800-258-4448, option 2.

NFI Family Resource Center of Greater Lowell

Lowell Family Resource Center

27 Prescott Street Lowell 978-455-0701

Wayside Youth and Family Support Network Lowell Parent/Caregiver Open Discussion

Groups: Tuesdays & Thursdays, Zoom

Open Discussion Tuesdays, 6-7:30 p.m.

Open Discussion Thursdays, 10-11:30 a.m.

Contact facilitators Roberta Agostinho and Malik Marrero for a Zoom meeting invite.

Email: Roberta_Agostinho@waysideyouth.org or call 978-349-4177

Email: Malik_Marrero@waysideyouth.org or call 978-349-4171

NAMI Family Support Group

Greater Lowell Family Support Group

meets on the 1st Wednesday of the month 7 – 8:30 pm via Zoom

Rie at rie.lopez.mph@gmail.com

NAMI Family Support Group

Acton Family Support Group

meets on the 4th Tuesdays of the month 7 – 8:30 pm via Zoom
and 2nd Tuesdays of the month @ St. Mathew's United Methodist Church, Acton

contact for more information:

Susan at 978-263-8830 or susangmcdougall@gmail.com

Food Pantries

Westford Food Pantry-at Cameron Senior Center-978-692-5523.

<https://www.facebook.com/westfordfoodpantry>

Acton Community Supper and Food Pantry- Actonfoodpantry.org 978-635-9295-Serves Acton, Boxborough, Concord, Carlisle, Littleton, Maynard, Stow, and Westford. Hours: call or check website.

Registration is required on first visit with photo ID and utility bill with same address.

Open Pantry of Greater Lowell-978-453-6693. Serves Lowell, Billerica, N.Billerica, Chelmsford, N.Chelmsford, Dracut, Tewksbury, Tyngsborough, Westford, Wilmington. Hours: Call for hours. Registration each visit with Social Security card for every family member or passport/immigration papers. Proof of residence for the head of household from the last 90 days-name, date, address.

Chelmsford Food Pantry-978-250-3818-Serves "everyone". Hours: Call for hours.

Food Resources - other

Meals on Wheels are available to homebound seniors who are not able to prepare a hot meal. There is no income eligibility, but at \$3.00 donation per meal is requested. SNAP (food stamps) is available for low-income seniors, adults, and families. If you need assistance with a SNAP application, call Alison Christopher, LICSW 978-399-2325 or Annette Cerullo or Jen Beale, 978-399-2326.

AgeSpan Meals on Wheels-800-892-0890

SNAP food assistance-<http://www.gettingfoodstamps.org/>

Department of Transitional Assistance, <https://www.mass.gov/dta> Lowell office-877-382-2363 -SNAP applications via website or phone. Senior SNAP helpline-833-712-8027 or <https://www.mass.gov/dta-seniors>

Or call Project Bread Food Source Hotline-1-800-645-8333

WIC-800-942-1007- <https://www.mass.gov/women-infants-children-wic-nutrition-program>

Foot Care at Home

Footcare Focus LLC-home based foot and nail care by footcare RN-617-417-2149 (private pay)

Podiatry HouseCalls , Inc- (617) 690-8421-podiatrists-(Medicare or flat fee)

Fuel Assistance

LIHEAP-Federally funded fuel assistance administered through CTI, Lowell- 155 Merrimack St, Lowell, MA 01852 · (978) 459-6161 or make appointment via website at <https://www.commteam.org/how-we-help/housing-utilities/liheap/>. Applications can also be filed on-line on the website.

Westford Senior Center-Intake site for LIHEAP Fuel Assistance applications for all ages, renewal applications, Friends of Cameron Emergency Fund for seniors with financial crisis. Call Alison Christopher, LICSW or Annette Cerullo/Jen Beale.

Salvation Army-Good Neighbor Energy Fund-Emergency fuel assistance for individuals who do not qualify for LIHEAP but are facing financial hardship-dependent on availability of funds. Call Alison Christopher, LICSW or Annette Cerullo/Jen Beale regarding referral.

Funeral Homes

Healy and Sons, Westford- Tel: 978-692-6502

Badger, Littleton, or Groton- Littleton 978-486-3709 or Groton 978-448-6782

Blake, Chelmsford- (978) 256-5251

Dolan, N.Chelmsford- (978) 251-4041

Furniture Assistance

Household Goods, Acton- Household Goods, Inc. provides a full range of donated furniture and household items, free of charge, to people in need. Clients must be referred by social service agency for

assistance, once per lifetime service. Call Alison Christopher, LICSW at 978-399-2325 or Annette Cerullo/Jen Beale, 978-399-2326 to discuss a referral.

Savers-Nashua, NH-anyone can shop for discounted, used furniture.

Gambling Resources

Gamblers Anonymous-888-222-5542

Gay, Lesbian, Bisexual, Transgender, and Queer (LGBTQ+) Resources

PFLAG-Parents and Friends of Lesbians and Gays-866-427-3524

Greater Boston PFLAG Offers help for Lesbian, Gay, Bisexual and Transgender (LGBTQIA) youth, their families, and communities around the topic of sexual orientation and gender identity.
<http://www.gbpflag.org> or 781-891-5966

National LGBT Hotline-888-843-4564

LGBT Youth Support: The Trevor Project Helpline is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. <http://www.thetrevorproject.org/> or 866-488-7386

Fenway Community Health LGBT Helpline Assists in referrals to the services you need. Healthcare, housing, violence, recovery, HIV/AIDS, etc. Generally staffed between the hours of 6-11 p.m. 617-267-2535

Peer Listening Line This is staffed by volunteers under the age of 25. Also assists in referrals for services. Generally staffed between the hours of 5-10 p.m. 800-399-PEER

Hairdressers (Home Visits)

Georgia – goes to Tadmuck Housing on Fridays and home visits – 978-807-9208

Suzanne Hickey-978-457-0390 (will visit outside during Covid-19)

Linda's Haircare-Lowell-978-273-1842

Handyman Services

Volunteer handyman services for small jobs that don't require permits-through Cameron Senior Center for seniors and people with disabilities-call Annette Cerullo/Jen Beale at 978-399-2326.

Finishing Touch Carpentry LLC-Gary Frankfurt-978-761-1284

At Your Service-Chelmsford-978-375-4330

SSS Home Services-Lowell-978-606-6442

Convenient Handyman-Concord-617-755-9175

Health Department

The Westford Health Dept. offers a wide range of health-related services and education-including information about transmittable diseases and vaccines.

For more information reach out to the Westford Health Department-978-692-5509

<https://westfordma.gov/215/Health-Department>

Health Insurance Information

SHINE Program-call Senior Center for free appointment with health insurance counselor for Medicare beneficiaries-978-692-5523. Website also has good information <https://shinema.org/>

Health Care for All-800-272-4232, health insurance information, trouble shooting, referrals and advocacy at <https://www.hcfama.org/>

Medicare Resources-800-633-4227, <https://www.medicare.gov/>

MassHealth Enrollment Center 888-665-9993. Tewksbury office is closest. See MassHealth website <https://www.mass.gov/service-details/masshealth-enrollment-centers-mecs> for hours.

Health Connector Certified Counselors-Trained counselors to assist clients with Health Connector applications for Masshealth products and subsidized private insurance products. This is a free service and call ahead for an appointment. Ask for the Financial Counseling Department at the following facilities:

Nashoba Valley Medical Center-200 Groton Rd., Ayer, MA, 978-784-9000

(slated to be closed the Fall of 2024)

Lowell General Hospital-295 Varnum Ave., Lowell, MA, 978-937-6000

Lowell Community Health Center-161 Jackson St., Lowell, MA, 978-937-9700

Hearing Impaired/Deaf Services

MA Commission for the Deaf and Hard of Hearing-800-882-1155, TTY-800-530-7570

HIV/AIDS

AIDS Hotline-800-253-2331

Lowell Community Health Center 978-937-9700-Offers comprehensive HIV services including counseling, testing, treatment, social support, and advocacy for those living with or affected by HIV/AIDS

Hoarding Services

Call Westford Health Department for direct evaluation for health code violations-978-692-5509. Call Alison Christopher LICSW at 978-399-2325 for referrals to hoarding assistance services that do not require Health Department intervention.

American Hoarding Alliance - <https://americanhoardingalliance.com/>

International OCD Foundation - www.ocfoundation.org/hoarding

Mass Housing has a great list of hoarding related resources on their website-
<https://www.masshousing.com/programs-outreach/community-services/housing-stability/hoarding>

ClearPath Program – education, peer support, sorting and discarding services
<http://strongcommunity.org/clearpath-hoarding/>

Buried in Treasures – Hoarding and Decluttering workshop

For more information, contact Nicole Laviolette, Community Wellness Coordinator,
nlaviolette@westfordma.gov or 978-399-2503

Home and Personal Care Assistance

AgeSpan-for clients 60+ 800-892-0890

Mass Rehab Homecare-for clients with disabilities (18-60 y.o.)-617-204-3853

Various Private Pay Agencies-See Home Health Agencies.

Home Repair and Preservation Assistance

Cameron Senior Center Volunteer Handymen-for small jobs required by Westford Seniors (no charge).

Call Annette/Jen 978-399-2326

Habitat for Humanity of Greater Lowell, Critical Home Repair Program, 68 Tadmuck Rd. Unit 1,
Westford, MA, 978-692-0927, <http://www.lowellhabitat.org>

Home Modification Loan Program (HMLP)-Any homeowner who has a disability or is an elder, has a household member with a disability, or rents to an individual with a disability (in a building with fewer than 10 units) may apply for this loan. The residence's owner must apply for the loan. Apply by contacting CTI in Lowell at 978-654-5741.

In determining who is eligible:

- Income guidelines are based on the total gross household income.
- The unit requiring modifications must be the primary, principal residence of the individual with the disability or the elder.
- The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must specifically relate to their ability to function daily.
- The homeowner cannot have previously obtained an HMLP loan for the same property.

Home Modifications for People with Disabilities or Medical Needs-self pay

Next Day Access-davidg@nextdayaccess.com. 617-969-RAMP

AMRAMP-888-715-7598

101 Mobility-508-403-7591

Finishing Touch Carpentry LLC-Gary Frankfurt-978-761-1284, Westford

Natale Company & Safety Care- www.safety-care.com, 781-933-7205, Woburn

Home Health Agencies-Private Pay

These agencies provide in-home care that is usually not covered by Medicare as the services are non-medical. The descriptions and claims re: services and specialties are provided to us by the companies and are not verified. Please review the information carefully with the agency when deciding who to hire, to ensure that the summary remains accurate.

Always There Homecare, Inc.-www.alwaystheredb.com (978-386-7556, cell 978-807-5720)-owned by local

CNA. Not a franchise. Free consultation. Provide companion/personal care, transportation to appointments. Temporary or long-term care. 2 hour minimum up to 24/7.

A Place at Home-APlaceAtHomeMV.com (617-823-3652) North Chelmsford. Companion care, Lifestyle services, personal care. Care Coordination with multiple healthcare providers through Advocacy and Comprehensive Care Advantage. All employees are bonded, insured, and up to date on licensure/certifications.

Associated Home Care, Inc.-www.associatedhomecare.com ([800-281-0878](tel:800-281-0878))-Now part of Amedisys.

Care Divine Health Services LLC- (978-400-5643)-Fitchburg. Provides a full range of in-home healthcare services to individuals and families around Massachusetts. We provide personalized, compassionate, and high-quality care to our clients. We work with families, caregivers, and healthcare professionals to assist our clients achieve and maintain optimal quality of life, security and independence in the comfort and security of their homes. We offer a comprehensive approach to each client's care by integrating both medical and psychiatric treatment needs. We have the best trained and most experienced clinicians, and we place nurses and home health aides in properly matched homecare environments.

CareGivers and Friends Senior Care, LLC-(978-764-0186, 866-583-6936) Concord.
www.caregiversfriends.com Our goal at Caregivers & Friends Senior Care is to honor and respect those that have lived a long, prosperous life and to assist them with daily living activities as needed, whether it be companionship, shopping, meal preparation, hospice care, family events, advocacy at doctor's appointments, and much more. We strive to give our clients the best quality of life possible, which they so deserve.

Companion/Respite Program through Chelmsford Senior Center (978-788-6174)-provides in-home supervision, socialization, and light meal assistance for seniors who do not need physical assistance. Cost-effective program for Westford residents-around \$18/hr with 2 hour minimum per day.

Comfort Keepers (617-916-2825)-Newton. Provides non-medical senior care with a goal of bringing "daily doses of joy to our clients lives". Provides personal care, dementia care, respite care, 24-hour care, light housekeeping and housework/meals, companionship, home safety evaluations, transportation to appointments and events.

Convenient Home Care Services-convenienthomecare.com (781-642-0880)-Based out of Waltham and Framingham. Approved elder affairs vendor that also services private pay clients. Provides skilled nursing and rehab, PCA/HMK services as well as Light Chore, Heavy Chore, and Companion Services.

FCP Live-In(866) 559-9492 A family agency committed to caring-based out of Connecticut. Specializes in 24-hour care at \$299/day. Respite care available (5 day minimum), Supervision by Field Supervisor, insured staff, background checks on all caregivers, your own personal caregiver.

Granite Willow-(978-577-5755)-Westford owned business that provides a range of personal care, supervision, companionship, light housekeeping, rides, errands, etc. One or two shifts/week up to 24-hour care and hospice care support.

Griswold Home Care (978-475-0820)- non-medical homecare. Our rates are exceptionally competitive and

are a practical substitute to the cost of care at a facility. We offer a wide range of schedules from hourly to full-time live-in home care. Additionally, our office collaborates with many skilled care and hospice agencies to present a complete service for home care and the Griswold CareAssure Screening System is one of the most thorough in the industry to guarantee you receive the best care possible

Guardian Angel Senior Services, Inc.- <https://guardianangelseniorservices.com/> (877-279-4554)-Based in N.Billerica. Provides dementia care, care management, companions, homemaking, and personal care, live in, transportation. Works with families to tailor services that enhance quality of life. Home Care Alliance accredited.

Home Instead - <https://www.homeinstead.com/location/405/> (978-791-2398)-Franchise based in Chelmsford. Companionship, Home Helper Services (errands, pet care, escort to events/appointments), Personal care. Caregivers complete a thorough, multi-phased training program.

Immaculate Homecare Services- www.immaculatehcs.com (781-281-8078)-small privately-owned company based out of Woburn. Owned by nurses who train their own staff and are hands on in the assessment and reassessment process. They pride themselves on great attendance by caregivers and always having a replacement if someone is ill. RN evaluation initially and every two months free of charge.

Kind Heart Companion <https://www.kindheartcc.com/> (978-376-7239)-small owner/caregiver business. Fully insured and serving the greater Littleton, Massachusetts area, Kind Heart's goal is to help keep elderly family members active at home through socialization with a companion caregiver. We offer a multitude of services including daily household tasks, transportation, and of course, our time and dedicated companionship.

“Let’s Stay Home” Safely and Happily (603-630-6467)-Located in Groton, MA and Wolfeboro, NH. Care managers in every home, small group of hand-picked caregivers for each client, experienced staff, flexible scheduling.

Lotus Field Healthcare Agency- www.lotusfieldhealth.com (978-206-8746)-Located in Westford. Private skilled and non-skilled home care. Offering personal care, medication management and reminders, errands, home care, companions, light housekeeping/cooking, post-hospitalization/postoperative care, nursing services.

Minute Women Inc.- www.minutewomeninc.com (781-862-3300)-family owned and operated and the first home care company in Massachusetts. Offer hourly, live-in, live-out, 4–12-hour shifts, sporadic care. Personal care, companionship, home helper, transportation, dementia care. Offer coordination with long-term care insurance companies. Allow you to interview as many caregivers as needed to find a match.

Nashoba Homecare- <https://www.nashobahomecare.com/> (978-456-0102)-Harvard, not a franchise, provides transportation and medical escorts, pet care, wellness checks, CNA/HHA/Companion care. They have 3 hour minimum and provide care from a few hours to live-in. Short-term, long-term, and hospice support.

New England Professional Home Health Care- <https://www.nephhc.com> (978-406-1327)-Middleton. Owned by a nurse. Private pay skilled medical/surgical nursing services, IV therapy, wound care, PT/OT/SW, live in care, personal care, housekeeping.

Right at Home- www.rightathomecare.com (781-275-1400)-Franchise based in Bedford. Companionship, physical assistance, and skilled nursing/medication set-up and hospice support. Caregivers are employees, trained through Right at Home University, and are bonded and insured. Contracted with ESMV.

Senior Helpers - <https://www.seniorhelpers.com/> (978-467-4300)-Locally owned agency out of Westford. Caregivers hired and employed, not subcontracted. Companion care, personal care, dementia care. Bonded and insured. From one hour to 24/7 and live in care. Owner is actively involved with clients/families. Provides ongoing education opportunities for caregivers. Senior GEMS dementia care program. Home Care Alliance Accredited.

SEWA Home Care - www.sewahomecare.com 978-677-7012-Westford agency. Owned by RN/BSN, who completes care plan for non-medical homecare. Sewa Home Care is a locally owned and operated agency backed by years of experience working with the elderly in the capacity of caregiver/home health aide and registered nurse. Our staff is an exceptional team of home care professionals who are backed by real world experience, education, and skills. Insured and bonded.

Summer Place [Summer Place - Homepage \(seniorlivingnearme.com\)](http://seniorlivingnearme.com) Chelmsford - Independent senior living in Chelmsford, MA, set in a beautiful park-like community.

Tandem Care Associates - info@tandemcareassociates.com (978-655-9800)-Privately owned agency based out of Acton. Caregivers are hired, employed, and trained. Specializing in habilitation for memory care needs. This company provides companions, light housekeeping, accompanies clients to MD appointments, personal care assistance, and geriatric care management services. An RN and MSW initially assess and oversee all care needs for seniors/families. Online monitoring of loved one's care.

Visiting Angels - www.visitingangels.com/Acton (978-263-1212) -Franchise independently owned and operated out of Acton. Return calls within 15 minutes. Available 24/7, immediate assistance upon facility discharge. Complimentary, no obligation introductory home visit. Comprehensive background checks on caregivers. Home Care Alliance Accredited

Hospice Programs

Hospice care refers to end of life care in which the goal is comfort, symptom management, and quality of life, as opposed to curative care. It is a coordinated approach provided by an interdisciplinary care team. Hospice care supports the family/caregivers as well as the patient to optimize quality of life in the last phases of the incurable disease. Hospice recognizes dying as a part of the normal process of living and focuses on maintaining the remaining quality of life. Hospice is covered by Medicare, Masshealth, and most HMO's.

Care Dimensions Hospice – 888-283-1722

Serenity Hospice – 978-890-3090

Tufts Care at Home Hospice-800-933-5593

VNA Care Hospice and Palliative Care – 800-521-5539

Hospitals

Lowell General Hospital-295 Varnum Avenue, Lowell, MA 01854-2134- Main Number: 978-937-6000

Emerson Hospital- 133 Old Road Nine Acre Corner, Concord MA 01742-Main Number: 978-369-1400

Lahey Hospital and Medical Center- 41 Mall Road, Burlington, MA-Main Number: 781-744-5100

Nashoba Valley Medical Center, 200 Groton Rd, Ayer- Main Number: 978-784-9000

Housing

Westford has subsidized housing for seniors, persons with disabilities, and a small number of family housing units. There are also some private complexes with affordable units. Due to the small number of subsidized and affordable units available, there is usually a waiting list. If you need housing application assistance, call Westford Housing Authority at 978-692-6011 or Alison Christopher, LICSW at 978-399-2325. MCO Housing Services maintains a listing of Affordable rentals, lotteries for rental units, and ownership opportunities in Westford and the surrounding area. Please see their website listed below. Affordable units are available at Princeton, Bell, Stonybrook, Avalon, and Abbot Mill. Call the complexes directly for income and asset criteria, rent amounts, and to get on waiting lists.

Westford now offers WRAP-Westford Rental Assistance Program for 5 households each year. Call Westford Housing Authority for information and application. Westford Affordable Housing Trust also has a Westford Emergency Rental Assistance Program (WERAP). Call the Housing Authority for more information.

Westford Housing Authority-978-692-6011, <http://westfordhousing.org/> (to apply for Church/Cross/65 Tadmuck/School Ln.)

Chelmsford Housing Authority-978-256-7425, <http://www.chelmsfordha.com/> (to apply to 67 Tadmuck Rd/Mystery Springs and Roberta McGuire)

Housing Advocates-MA Office on Disability-800-322-2020

Community Teamwork-Housing/Homelessness Prevention Department- 978-654-5617

Universal Public Housing Application-for any state subsidized housing-including WHA subsidized housing
<https://publichousingapplication.ocd.state.ma.us/>

MCO Housing Services- <http://mcohousingervices.com/homes-for-sale.htm>

Residential Assistance for Families in Transition (RAFT) program.

<https://www.commteam.org/program/residential-assistance-for-families-in-transition/>

The RAFT program helps keep households in stable housing situations when facing eviction, loss of utilities, and other housing emergencies. RAFT provides qualifying households with up to \$10,000 per household in a 12-month period to preserve current housing or move to new housing. RAFT can cover utilities, moving costs, and overdue rent, as well as forward rent in limited situations. Renters or landlords can apply by submitting an [online application](#).

Massachusetts Rental Vouchers -The Massachusetts Rental Voucher Program (MRVP), formerly known as the Chapter 707 Program, provides a permanent improvement in the lives of low-income families and individuals by offering both tenant- and project-based rental subsidies. The tenant-based voucher, which is known as Mobile, is assigned to the Participant and is valid for any housing unit that meets the standards of the state sanitary code. Project Based vouchers are assigned to a specific housing unit or development. The owner rents these units to a program eligible tenant, and Project Based tenants who move forfeit the subsidy. In both cases, a regional non-profit housing agency or a local housing authority administers the program locally. There are currently 8 regional non-profit housing agencies and 112 local housing authorities that administer the MRVP throughout the Commonwealth to approximately 5,100 households under lease as of January 2013 (2,100 Mobile, 3,000 Project Based). Through the assistance of this program, thousands of Massachusetts' families and individuals benefit from the long-term stabilization of their uncertain housing and financial situation.

DHCD's Division of Public Housing and Rental Assistance, which administers this program, has the responsibility for regulatory and administrative oversight of all state public housing programs which address the needs of low-income families, the elderly, and persons with disabilities.

How it works: For the Mobile component (tenant-based program), the state subsidy or voucher value is a set amount. This amount is determined by several factors: the tenant's income, household size and geography. The participant pays the difference between the value of the voucher and what the landlord charges for rent. Much of the program's recent growth has been in vouchers targeted to homeless families in motels or shelters; however, when other existing voucher holders leave the program, their vouchers are offered to eligible applicants on local waiting lists which can be quite lengthy, or closed, due to the great demand.

For the Project Based component, a participant pays either 35% or 40% of their adjusted gross income, depending upon whether heat is included in the utilities. While waiting lists for the Project Based component are lengthy, some local housing agencies are still accepting applications. Stonybrook Housing accepts Project Based voucher applications.

Who is eligible? An applicant whose household income does not exceed 50% of Area Median Income. The local housing agency will also screen for CORI prior to admitting an applicant to the program.

Application process: While the waits may be lengthy, persons interested in applying for MRVP should contact the local housing agency in the area in which they wish to reside to check the status of the agency's waiting list, open or closed. Applications may be made where waiting lists are open. Not all agencies administer both the Mobile and Project Based programs.

For further information: Please contact the Bureau of Rental Assistance at (617) 573-1150.

<https://housingnavigator.ma.org/>
<https://www.mymasshome.org/>

The MassAccess Housing Registry- <http://www.massaccesshousingregistry.org/> helps people to find affordable rental and homeownership opportunities in Massachusetts. A key feature of the Registry is to highlight homes for people with disabilities who need accessible or barrier-free housing.

Supportive Housing Program-The Supportive Housing Initiative was developed by the Executive Office of Elder Affairs (Elder Affairs) and the Department of Housing and Community Development (DHCD) to create an "assisted living like" environment in state funded public elderly/disabled housing. This program was first implemented on a pilot basis in 1999 at three elder housing developments. It has since been expanded to 22 locations. By pooling resources that are currently being invested by an Aging Service Access Point (ASAP) and a housing authority in an existing development, frail, low-income elders have an opportunity to access a model of affordable supportive housing that promotes independence and aging in place.

Like traditional assisted living, services are offered on an as needed basis, 24 hours per day. Residents who do not qualify for state funded home care services based on their frailty level and income are able to privately purchase the entire package of supportive services or some of the services based upon their need. Residents who are home care eligible receive all or some of the services at no additional cost. The following are some of the services that are available to elders participating in this program: Service coordination, Case management, 24-hour personal care/on-site, on-call person, Homemaker services and laundry, medication reminders, social activities, at least one meal per day. The closest site to Westford is in Chelmsford.

Section 8 Centralized Waiting List- <http://www.section8listmass.org/> The Section 8 housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market.

The Massachusetts Section 8 Housing Choice Voucher Program Centralized Waiting List opened on January 6, 2003, in accordance with provisions contained in the United States Housing Act of 1937, as amended. Ninety-Eight (98) Massachusetts housing authorities utilize this one computerized list; all applicant information entered onto this list can be accessed and updated by all participating housing authorities. Waiting list information is secure and accessed only by authorized housing authority staff with special login codes. The closest housing authorities where you can submit applications are Acton

and Chelmsford.

Call toll-free 1-877-868-0040 for the Centralized Waiting List information line.

Massachusetts Homeowner Assistance Fund

<https://www.commteam.org/program/residential-assistance-for-families-in-transition/>

Legal Services-Subsidized

Northeast Legal Aid- <https://www.northeastlegalaid.org/> Since 1967, a small group of dedicated lawyers and paralegals have been coming together to deliver civil legal aid to the poor and elderly in Northeastern Massachusetts. The group formed two not-for-profits: Neighborhood Legal Services and Merrimack Valley Legal Services. Recently NLS and MVLS merged to form Northeast Legal Aid with full-service offices in Lynn, Lowell, and Lawrence. NLA's legal services include everything from community legal education and counsel and advice to full representation in complex litigation. NLA lawyers and paralegals handle a wide range of civil legal problems including Housing evictions and foreclosures, Consumer Debt, Public Benefits, Veterans legal needs, Elders legal needs, Immigration matters, Community Development, Health law, and Domestic Violence. Most services are limited to those who meet certain financial eligibility requirements. Call 978-458-1465 TO REQUEST LEGAL SERVICES

Massachusetts Senior Legal Helpline-The Helpline is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral to Massachusetts residents who are 60 years old or older. The helpline advocate will research your legal issue and provide information or referrals on most legal topics. They can also text, e-mail or mail links or written materials. The helpline is open Monday through Friday from 9AM-12PM. Call 800-342-5297

Elder Law Attorneys

NAELA Mass Chapter-National Association of Elder Law Attorneys (www.naela.org)

Mass Bar Association Lawyer Referral Service-866-627-7577

Edward Adamsky-Tyngsboro-978-649-6477

Nancy Catalini Chew-Harvard-978-772-2442

Eckel, Morgan & O'Connor-Acton-978-266-0101, Chelmsford-978-256-7740

Madge and Johnson-978-692-0922- This office also provides brief pro-bono consultations for seniors at Cameron Senior Center-call 978-692-5523 to schedule an appointment.

Meals on Wheels

Call AgeSpan to register for home delivered meals for homebound clients. Meals can be catered to special diets and are delivered up to 5 days per week at client request. 800-892-0890

Medical Equipment

Cameron Senior Center- Loans of walkers, canes, commodes, shower chairs, tub benches -call 978-692-5523 to inquire about equipment availability.

REquipment (MRC/MassMATCH)-provides refurbished, gently used wheeled mobility, lifts, and other DME free to people of all ages. Delivery available in Greater Boston and Central MA.
www.dmerequipment.org, 508-713-9690

H.E.L.P.-Freemason's Hospital Equipment Loan Program-Durable medical equipment is available to borrow free of charge for home use. Pick up only. <https://smd-help.org/> 781-322-1052.

Lions Club Pepperell-call Penelope Bullis, 617-909-2565.

Mental Health/Behavioral Health

IN A MENTAL HEALTH EMERGENCY, ALWAYS CALL 911 OR GO TO YOUR NEAREST EMERGENCY ROOM FOR EVALUATION. You may also call the Suicide and Crisis Lifeline at 988 or the Massachusetts Behavioral Health Helpline at 833-773-2445. In non-emergency situations, before calling for an appointment, check the back of your insurance card for the mental health toll free number. There you can find in-network providers that will be covered by your plan.

You can also call Nicole Laviolette, Community Wellness Coordinator 978-399-2503, or Alison Christopher, LICSW 978-399-2325 for assistance with accessing mental health care.

Massachusetts Department of Mental Health-800-221-0053, www.mass.gov/dmh

Most mental health needs are covered by Medicare, MassHealth, insurance on the health connector, and private insurance products. The Department of Mental Health (DMH) has a specialized role in the healthcare delivery system as DMH provides supplemental services for people with the most serious needs. DMH works with clients who are chronically/persistently dealing with mental health concerns. You must apply for services and submit clinical documentation support the need for services.

Vinfen Community Behavioral Health Center- Serves Westford Area. Vinfen Behavioral Health (VBH) has expanded its community services to include a new Community Behavioral Health Center (CBHC) located in Lowell. In addition to urgent and routine outpatient services, the CBHC provides crisis intervention services to support individuals and families in a variety of new ways. We provide around-the-

clock, 24/7 mental health and substance use evaluation and assessment to children, youth, and adults in crisis or in need of support. Instead of going to the emergency room, services can be provided to you over the phone, in your home, at school, or in another community setting.

Arbour Lowell-978-453-5736, 21 George St., Lowell, MA

Limited MCR providers, provide medication and therapy with individuals, couples, families, groups, child/adolescent treatment, offer urgent appointments based on need

Boundaries Therapy Center-978-263-4878, 518 Great Rd., Acton, MA

Take most insurance plans, adults, children, families, alcohol and chemical dependency treatment, medication, therapy, psychological testing.

Bridgewell- 978.459.0389, Lowell

Take MCR/MCD, may do limited home visits, medication management, therapy with focus on clients with psychiatric and developmental disabilities. Also offers Adult Day Treatment in Lowell for people experiencing more chronic or persistent mental health issues.

Family Associates of Merrimack Valley-978-256-1467, 201 Chelmsford St., Chelmsford, MA Take

MCR and wide range of insurance plans, individuals, couples, families, groups, medication, and therapy

Greater Lowell Psychiatric Associates-978-256-6579, appointments 978-291-6978, 73 Princeton St. #203, N.Chelmsford, MA

Take MCR, Provide medication, TMS, and therapy

Healthy Pathways Mental Health Westford 978-226-3388 Catherine@healthypathwaysmh.org

Wide range of insurances accepted

Services include Assessments, family counseling, play therapy, telehealth, cognitive behavioral therapy

Merrimack Valley Trauma Services-978-303-8433, 3 Littleton Rd. Suite 12, Westford, MA

Therapy office with focus on work with children and families with trauma history

New England Center for Healthy Minds-978-679-1200, 289 Great Rd. Suite G1, Acton, MA

Most insurances accepted, individual, couples, family, group, children, adolescents, adults, medication, therapy, TMS, Ketamine treatment, neuropsychological evaluations for children

Psychological Care Associates-781-551-0999, Chelmsford and Concord MA

Takes most insurances in Massachusetts except MassHealth, adults, children, groups, medication, therapy, and psychological testing

Rollins Counseling Center Westford 978-999-2165 <https://www.rollinscounselingcenter.com/>

Wide range of insurances covered.

Offer individualized, person-centered and trauma informed care. Counseling techniques include Cognitive Behavioral Therapy, EMDR, Ego State Therapy, Solution Focused, Hypnosis, Mind-Body Approaches and more.

Stony Brook Counseling Center-978-275-9444, 2 Courthouse Ln. #3, Chelmsford, MA

Take MCR, Provide medication and therapy with individuals, couples, and families, psychological testing

South Bay Community Services-(978-453-6800), 22 Old Canal Dr., Lowell, MA

Individuals, couples, families, psychological testing, forensic services, substance abuse, dual diagnosis, trauma therapy, crisis intervention. Accepts many insurance plans including MH and Medicare.

Trinity Care Associates Lowell 978-455-0756 <https://tri-cares.com/>

Wide range of insurances covered.

Outpatient Services and Children's Behavioral Health Initiative (CBHI)

True North Therapy Westford <https://tnorththerapy.com/> info@tnorththerapy.com | 978-467-4019

Various insurance carriers accepted

Cognitive behavioral therapy, counseling for anxiety, new mothers, trauma, grief, and bereavement counseling, LGBTQIQ + Individual therapy, Telehealth

Vinfen Lowell 978-674-6744 <https://vinfen.org/>

Most insurances accepted

Individualized assessment and evaluation, Individual therapy, Family and/or group therapy, Substance use & recovery services, Behavior management, Medication management, Urgent outpatient services, Care coordination services

Money Management Programs

AgeSpan-The Money Management program at Age Span helps elders who have difficulty with simple financial tasks such as bill paying or budgeting. All services are free, confidential, and provided by trained and supervised volunteers. An independent review process ensures oversight and protection for the elder and volunteer. See more at: <https://agespan.org/solutions/financial-education/> 800-892-0890

Community Teamwork, Inc.-Family Finance Solutions- the Family Finance Solutions (FFS) program offers a variety of financial education programs to help families achieve their financial goals through Workshops, One on One Financial Counseling, Asset Building, Financial Literacy Academy, and much more. All FFS programs are free, require registration, and are offered to the public. - See more at:

<https://www.commteam.org/program/financial-education/>

Nursing Homes and Rehabilitation Centers

Westford House (978) 392-1144

Life Care of Nashoba Valley Littleton (978) 486-3512

Life Care of Acton (978) 263-9101

Palm Center Chelmsford (978) 256-3151

Sunny Acres Chelmsford (978) 256-0231

Ayer Valley Nursing Home Ayer (978) 772-1704

Care One Concord (978) 371-3400

D'Youville Lowell (978) 569-1000

Personal Emergency Response Services/Lifeline

Phillips Lifeline-855-681-5351

New England Emergency Response Systems-800-888-0338

5 Star Urgent Response/Great Call-800-463-5412 (mobile responder)

ISAFE-877-253-7899 (mobile responder)

Real Estate Tax Relief

Westford Assessor's Office-(978) 692-5504-for CPA, Senior, Veteran, and Blind Exemptions. Seniors in need of yearly application assistance may call Annette Cerullo or Jen Beale at 978-399-2326.

Alison Christopher, LICSW at Senior Center for information about T.R.E.A.D. and Senior Tax Work-Off Programs-978-399-2325.

T.R.E.A.D. (Tax Relief for the Elderly and Disabled) Program- is a voluntary donation funded program to assist in defraying the real estate taxes of elderly and disabled persons of low income. Applicants must own and occupy the property for which taxes are assessed, must be 65+ years old or have a state recognized disability, must complete an application disclosing exemptions and household income and expenses for all members age 18+, and must file an application at the Westford Council on Aging by August 1st each year. T.R.E.A.D. awards are decided by the T.R.E.A.D. Committee and vary from year to year depending on donations to the fund. Applications are available at the Council on Aging/Cameron Senior Center starting May 1 each year. Please call Alison at 978-399-2325 if you have questions or need application assistance.

Senior and Veteran Work-Off Abatement-Participating senior real estate taxpayers may volunteer their services to the Town of Westford in exchange for up to \$1500.00 (minus required taxes and retirement deductions) reduction in their property tax bills. Earnings are determined annually for hours worked during the period of July 1st-June 30th. This earned reduction is treated as an abatement of property taxes. Applicants must be 60+ years old, committed to completing mandatory hours of volunteer service, have appropriate skills for the available positions as agreed upon by Department Heads, own and occupy the property for which Westford taxes are paid. Applications are available at the Council on Aging/Cameron Senior Center and must be submitted by May each year.

Relocation Services

www.nasmm.org

Shelters

For individuals without children: <https://mahomeless.org/individual-shelters/>

Department of Transitional Assistance for EA Family Shelters <https://www.mass.gov/how-to/apply-for-ea-emergency-family-shelter> -Families may be eligible if they meet the following criteria:

- Resident of Massachusetts
 - Meet the gross income standards for Emergency Assistance
 - Have needy children under the age of 21, or be pregnant
- and the reason for homelessness is one of the following:
- No-fault fire, flood, natural disaster, condemnation, or foreclosure

- **Fleeing domestic violence (current or within past 12 months)**
 - **No-fault eviction**
- **Child(ren) are exposed to a substantial health and safety risk**

To apply for shelter services, please call (866) 584-0653 and speak with a Homeless Coordinator.

There is no on-line application for emergency shelter. You must call the number above for assistance.

Social Security

www.ssa.gov

800-772-1213-Main number

Lowell office-877-746-9850

Substance Use Resources and Treatment-see Alcohol

Suicide Prevention

Suicide and Crisis Lifeline – 988

When people call, text, or chat 988, they will be connected to trained counselors that are part of the Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Massachusetts Behavioral Health Help Line – 833-773-2445

Samaritans, Inc-877-870-HOPE, www.samaritanshope.org

American Foundation for Suicide Prevention- 988 or text TALK to 741741, www.afsp.org

Veterans Crisis Line- call 988 then press 1, or text 838255

Call 911 or present for evaluation at the closest emergency room

Support Groups-see Caregiver and Cancer Sections

Transportation

Westford COA-Transportation for seniors 55+ and younger clients with disabilities (with paratransit approval through LRTA)-call Bob Rafferty at 978-692-5523 or 978-399-2322. For younger non-disabled clients with financial hardship, call Alison Christopher at 978-399-2325.

Montachusett Regional Transit Authority(MART)-shuttle to Boston with pick up at Littleton Station, Emerson Hospital, call 800-922-5636 x3 for schedule.

Rides by Joanne-781- 608-9223 (private car service, Westford)

Kind Heart Companion Care-978-376-7239 (Littleton)

The Butler Did It, Ayer <https://www.butlerdiditconcierge.com>

A1 Taxi Service-978-970-2909 (Chelmsford)

Palms Pride-781-373-3460 or 978-667-6203-(non-emergency wheelchair accessible minivan transport to medical and non-medical destinations)

Gentle Arms Daily Transportation- 978-244-0199 (wheelchair van)

American Cancer Society Road to Recovery-800-227-2345 (volunteer drivers to cancer treatment)

Community-Based Volunteer Drivers (these are Westford residents who have offered their services to seniors, but who are NOT senior center volunteers. All arrangements must be made directly with the driver):

Ray Mascola-978-764-1760 (requests 48-hour notice)

Ken Clough-978-692-2282

Veterans Services

Westford Veterans Services Officer - Terry Stader-978-392-1170, www.westfordma.gov/veterans

Edith Nourse Rogers Memorial Veterans Hospital-Bedford-781-687-2000

Utility Discounts/Advocacy

If you need assistance, contact Alison Christopher, Annette Cerullo/Jen Beale at the Senior Center.

Lifeline phone discounts and Affordable Connectivity Program <https://www.mass.gov/how-to/apply-for-a-discounted-communications-service-through-the-lifeline-program>

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