

Directory of Senior Services

2008



Belmont Council on Aging

This directory is made possible by



The Friends of the Belmont Council on Aging

*Cover photo: Belmont Council on Aging T'ai Chi Class
(Calvin Chin, Instructor)*

Table of Contents

Advocacy & Consumer Protection	4
Alzheimer's Information	5
Assisted Living	5
Disabilities	6
Financial/Tax Assistance	7
Food Assistance	7
Fuel Assistance	8
Healthcare Programs	8
Health Insurance	9
Home Health Care Agencies	10
Home Repair & Services	11
Hospice	12
Housing	12
Legal Services	12
Life-Long Education	13
Medical Equipment and Support	13
Mental Health	13
Multicultural Services	14
Nursing & Rehabilitation	15
Physical Health	15
Prescription Assistance	16
Recreation	17
Safety	17
Support Groups/Caregiver Services	18
Transportation	19
Volunteer Opportunities	20
Council on Aging Contact List	21
Belmont Town Numbers	21

ADVOCACY & CONSUMER PROTECTION

Administration on Aging (AoA) www.aoa.dhhs.gov

Federal agency dedicated to raising national awareness on elder issues and to educating older adults and their caregivers about benefits and services.

American Association of Retired Persons (AARP) (800)-566-0242 (886) 448-3621 www.aarp.org

Service available to persons over the age of 50 provides health, automotive, and homeowner's insurance benefits, healthcare advocacy, financial planning, consumer protection, and wellness information.

Attorney General's Elder Hotline (888)-AG-ELDER (888)-243-5337

A statewide, toll-free elder hotline to address issues including guardianship, assisted living, managed care, health insurance, legal services, and fraud prevention.

Boston ElderINFO (617)-292-6211 Boston, MA www.elderinfo.org

Devoted to assisting elders and their caregivers. Provides guidance, advice, and solutions to many elder issues including money management, care coordination, and in-home care.

Executive Office of Elder Affairs (800)-AGE-INFO (800)-243-4636 www.mass.gov

The Executive Office of Elder Affairs (EOEA) is a state government office that assists seniors and their caregivers in Massachusetts. Services include home care, SHINE counseling, nutrition, and housing options.

MA Association of Older Americans (617)-426-0804 Boston, MA www.maoamass.org

Dedicated to keeping the elderly in the mainstream of life and preserving the dignity, health, quality of life, and economic standing of the elderly in Massachusetts.

**MA Senior Action Council
(617)-442-3330**

Boston, MA

www.masssenioraction.org

Dedicated to promoting the rights, dignity, and wellbeing of vulnerable senior citizens.

**National Council on Aging
(NCOA)**

www.ncoa.org

Programs designed to help elderly individuals maintain their independence, find jobs, increase access to benefits and find new ways to contribute to society.

ALZHEIMER'S INFORMATION

Alzheimer's Association

(800)-548-2111

(617)-868-6718

Watertown, MA

www.alzmass.org

Resources available to answer Alzheimer's related questions, give referrals, care giver information sessions, and patient advocacy.

**McLean Memory Diagnostic
Clinic**

(617) 855-2300

Belmont, MA

www.mcleanhospital.org

Offers diagnosis and treatment of memory disorders and cognitive impairment.

ASSISTED LIVING

Brigham House

(617)-923-7779

Watertown, MA

www.newspringseniorcommunities.com

Provides lifeline, 24-hour staff, daily activities, group trips, monthly wellness visits, and several other services.

Subsidies for low-income residents.

Cadbury Commons

(617)-868-0575

Cambridge, MA

www.cadburycommons.com

Offers a vibrant, active environment for seniors who like the security of knowing help is always nearby while maintaining independence. Includes a dementia unit.

The Cambridge Homes

(617)-876-0369

South Boston, MA

An ideal option for those wishing to remain in the city while still receiving security, personalized services, and companionship.

Longmeadow Place

(781)-270-9008

Burlington, MA

Located across the street from Lahey Clinic, on-site physical therapy provider, pets welcome, respite stays available.

**Neville Place at Fresh Pond
(617)-497-8700**

Cambridge, MA

Offers personalized assisted living as well as Memory Support Neighborhood which offers special care for those with memory loss or early-stage Alzheimer's.

Sunrise Senior Living

(781)-643-2100

Arlington, MA

www.sunriseseniorliving.com

Provides services and care to seniors while encouraging independence, enabling freedom of choice, preserving dignity, celebrating individuality, nurturing the spirit, and involving family and friends.

Waltham Crossings

(781)-466-9912

Waltham, MA

Helping seniors stay independent by providing 24-hour personal care in a socially active, dignified residential setting. Subsidies for low-income residents.

Youville Place

(781)-861-3535

Lexington, MA

Extensive assisted living services available, common areas with multiple amenities, variety of unit sizes available.

DISABILITIES

**Belmont Disabilities Access
Commission**

617-993-2796

Matches the unmet needs for assistance of town residents with disabilities with the available time and talents of the able-bodied.

HearUSA

Arlington: (781)-646-2040

Somerville: (617)-623-1331

HOME VISITS: (781)-224-1416

www.hearusa.com

Devotes its efforts to patient advocacy, increased utilization of hearing care products and services, and improved access to qualified providers.

**Mass Commission for the Deaf and
Hard of Hearing**

(617)-740-2850

www.mass.gov/mcdhh

Information, assistance, and training for people who are deaf or hard of hearing.

Massachusetts Office on Disability

(617)-727-7440

(800)-322-2020

www.mass.gov/mod/

Advocacy, information and assistance for people with disabilities.

**MA Association for the Blind
(MAB)**

(617)-926-4232

(800)-852-3029

Watertown, MA

www.mablind.org

Information, referral, and rehabilitation, for MA residents who are blind.

Perkins School for the Blind

(617)-924-3434

Watertown, MA

www.perkins.org or

Outreach@Perkins.org

Home assessment and informational classes for low-vision seniors.

**FINANCIAL/TAX
ASSISTANCE**

Belmont Council on Aging

(617)-484-5501

Belmont, MA

Assistance with personal finances and financial matters. Confidential tax assistance from AARP certified tax advisors available on an appointment-only basis.

**Money Management Program at
Springwell**

(617)-926-4100

Watertown, MA

www.springwell.com

Assists low income seniors age 60 and over who have difficulty with financial responsibilities, balancing a checkbook,

and paying bills. Bill payer service and representative payee programs provided.

Social Security

(800)-772-1213

www.ssa.gov

Social Security is a federal insurance program that pays a monthly stipend to workers or their families when the worker retires, becomes disabled or passes away.

Supplemental Security Income (SSI)

(800)-772-1213

Supplement program funded by general tax revenues. Administered by the Social Security Office, the SSI program is designed to help individuals with financial assistance.

FOOD ASSISTANCE

Belmont Council on Aging: Hot-Lunch Program

(617)-484-5501

Belmont, MA

Transportation is available to the Belmont Manor where a mid-day meal is provided.

Belmont Council on Aging: Meals on Wheels

(617)-484-5501

Provides meals to seniors who are home-bound.

Belmont Food Pantry at Belmont High School

Food distribution: 1st and 3rd Saturday each month for food distribution between 8:30 and 9:30AM, and, the 3rd Wednesday each month between 5:30 and 6:30PM.

**Food Stamp Outreach
(800)-645-8333**

Food Stamps are available to be used to purchase food at local grocery stores. For more information on food stamps including eligibility restrictions, qualifications and applications please call.

**Peapod Online Stop & Shop Delivery
www.peapod.com**

Online grocery delivery service program.

**Tele-Grocers
888-902-7467**

Assists individuals with ordering groceries from online vendors. Orders may be placed over the phone.

FUEL ASSISTANCE

**Belmont Council on Aging
(617)-484-5501, ext. 106**

**Contact: Marie Poore
mpoore@town.belmont.ma.us**

Assistance with payment for home energy needs available to homeowners and renters.

Fuel Assistance Community Teamwork

(781)-643-2358

Arlington, MA

Low-income energy assistance. Covers primary source of heat.

**Good Neighbor Energy Fund
(800)-334-3047**

www.use.salvationarmy.org/mas

Assists any MA resident who, because of temporary financial difficulty, cannot meet a month's energy expense **and** is not eligible for state or federal fuel assistance programs.

HEALTHCARE PROGRAMS

**Belmont Council on Aging
(617)-484-5501**

Blood pressure clinics are offered weekly. Health education/disease prevention seminars offered selectively each month. Strength/flexibility, aerobics, and fitness workshops are available weekly and free fitness assessments are conducted for those who are interested. Swimming, massage therapy, one-on-one fitness training, and T'ai Chi classes are also available.

Veteran's Administration (VA)
1-800-827-1000

www.va.gov

The VA can assist any registered veterans in obtaining prescription drugs at reduced rates and medical supplies. In-patient and out-patient health services are offered. Veterans may enroll at any VA medical center or clinic and at any veteran's agency office in Massachusetts.

HEALTH INSURANCE

Health Care for All
617-988-3222

Boston, MA

www.hcfama.org

This Free Care/Partial Care Program provides assistance, mainly for emergencies, for people with low incomes in Massachusetts and only covers care people receive at health centers and hospitals. The program provides inpatient and outpatient and emergency services.

MASSPRO
781-487-0083

800-252-5533

Waltham, MA

www.masspro.org

Ensures the quality and reliability of health care for both Medicare and MassHealth (Medicaid) recipients in Massachusetts.

Medicare Coverage
(800)-MEDICARE
(800)-772-1213

www.medicare.gov

A Federal government health insurance program for people age 65 and older that assists in paying for home health care, hospital, skilled nursing and hospice care as well as other services.

Fallon Community Health Plan
(800)-868-5200
(877)-608-7677

www.fchp.org

Plan provides health care services designed to meet the unique and changing needs of individuals served. FCHP is the only health plan in Massachusetts that is both an insurer and provider of care.

Harvard Pilgrim Health Care
(800)-779-7723
(800)-439-2370

www.harvardpilgrim.org

A full-service health benefits company serving members throughout Massachusetts to improve the health of the people and the health of society. The provider network is extensive and includes physicians who practice in a variety of settings — including individual practices, small medical groups and large multi-specialty groups.

Blue Care 65/ Blue Cross Blue Shield

(800)-678-2265

(800)-522-1254

www.bluecrossma.com

Committed to assisting physicians and hospitals in their mission to continuously improve the extraordinary quality of care that makes our state's healthcare world-renowned and recognizing that all of us have a direct role and responsibility in keeping healthcare affordable.

Tufts Associated Health Plan

(800)-246-2400

(888)-899-8977

www.tufts-health.com

Committed to improving healthcare quality and customer safety by offering a wide variety of care providers and services.

Medicaid

(888)-655-9993

(800)-841-2900

www.mass.gov/dma

In Massachusetts, the program offers a wide range of health-care services by paying for part or all of a MassHealth member's health insurance, or paying medical providers for services given to members.

SHINE

www.medicareoutreach.org/

Provides information regarding insurance options, Medicare and

MassHealth benefits, prescription drug coverage, and other programs to elderly and disabled adults. Appointments with SHINE counselors are available at the Senior Center by calling 617 484 5501.

HOME HEALTH CARE AGENCIES

Belmont Council on Aging: Home Care Department

(617) 484-5501, ext. 109

Contact: Katie Christopher

kchristopher@town.belmont.ma.us

Matches made for seniors and families seeking homecare services with appropriate providers.

CareGroup (VNA)

(617)-673-1700

Watertown, MA

Provides specialized home-care expertise including certified home health aides, nutrition services and other types of skilled nursing care. MD authorizations required for insurance payments.

Golden Care

(617)-267-5858

Boston, MA

www.goldencare.org

Offers services for in-home care and assisted living patients such as companionship, light housekeeping, personal care and meal preparation.

**Home Instead
(781)-402-0060**

Lexington, MA

www.homeinstead.com

Provides non-medical home services and companionship for seniors including, 24 hour care.

Sostek

(617)-224-8560

Newton, MA

www.sostekhomecare.com

Provides 24hr live-in at home care, round the clock - 365 days, temporary or long-term, flexible scheduling.

Springwell

617-926-4100

Watertown, MA

www.springwell.com

Eligibility for home care services is based on income and need. Services available include a free in-home consultation with a care advisor to make a needs assessment, care advice, home care services such as homemaking, personal care, companionship, grocery shopping, laundry, and respite care.

Visiting Nurse Community Health, Inc. (Arlington)

(781)-643-6090

(800)-310-4862

www.thevisitingnurses.com

Provides patients in the community with quality, skilled homecare; nursing, physical, occupational and speech therapy, home health aides, and social work.

HOME REPAIR & SERVICES

Belmont Council on Aging: Mr. Fix It

(617)-484-5501

Belmont, MA

Offers a variety of home maintenance services.

Homeowner Options for Mass. Elders (HOME)

(617)-451-0680

(800)-583-5337

www.home-ma.org

Offer consumer protection, information referral services, counseling on equity conversion, foreclosure prevention, and any mortgage issues.

House Works

(617)-928-1010

Newton, MA

www.house-works.com

Offers major home repairs and maintenance services such as: household chores, cleaning, organization and moving services. Specialized services for hoarding problems.

Safe Homes for Seniors

(781) 929-7424

Sudbury, MA

www.safehomesforseniors.com

In-home assessment of entrances, stairs, halls, lighting, appliances, and maintenance requirements to identify potential hazards and avoid accidents.

HOSPICE

Care Alternatives

(508)-229-8390

Marlborough, MA

www.carealt.com

Provides routine, respite, inpatient, and continuous care.

Caritas Good Samaritan Hospice

(617)-566-6242

Brighton, MA

www.cchcs.org

Provides at-home medical care and support for terminally ill patients.

Hospice Care, Inc.

(781)-569-2888

Woburn, MA

Provides support to patients with terminal illness and their families.

VNA Care Network & Hospice

(800)-563-8609

Needham, MA

www.vnacarenetwork.org

Comprehensive hospice program with several offices throughout the state.

HOUSING

Belmont Housing Authority

(617)-484-2160

Belmont, MA

Offers housing assistance for low income seniors. It manages housing developments for elders, veterans, and

families and takes applications for federally subsidized "Section 8" certificates.

LEGAL SERVICES

Boston College Legal Assistance Bureau

(781)-893-4793

Provides free legal assistance with civil matters to seniors age 60 and over. Services include landlord/tenant issues, estate planning, will creation, personal finances and more. Limited free representation and home visits are available.

Belmont Council on Aging

(617)-484-5501

Belmont, MA

A local attorney with appointed hours at the center provides consultations regarding estate planning, which includes wills, durable power of attorney issues, health care proxies and living trusts. Consultations are free of charge.

Massachusetts Bar Association Referral Services

www.masslawhelp.com

Dial-a-Lawyer

(617)-338-0610

Call and receive free legal advice between the hours of 5:30-7:30PM on the first Wednesday of the month.

**Lawyer Referral
(617)-654-0400**

Assists callers at no cost in finding and obtaining the most appropriate and relevant resources in their area. The program also refers people to lawyers and law offices in their community.

LIFE-LONG EDUCATION

**Belmont Council on Aging
(617)-484-5501**

Belmont, MA

www.town.belmont.ma.us

Educational seminars on a variety of topics offered throughout the year. Ongoing classes and individual tutoring in computer literacy and English as a Second Language. Notices of new course offerings such as chronic disease self-management available through, Senior Notes, a local monthly newsletter.

**Boston University Evergreen
Program**

(617)-353-9852

Boston, MA

www.bu.edu/lifelong/evergreen

The Evergreen Program provides opportunity for non-credit participation in most Boston University courses. Cost for most classes is \$50/course.

**UMASS Boston Gerontology
Program-Osher Life Long Learning
Institute**

(617)-287-7312

Boston, MA

www.lets.umb.edu

For people 50+ years , this program offers non-credit courses, brown-bag lunch lecture series, field trips, social events and more.

**MEDICAL EQUIPMENT
& SUPPORT**

**Rosen Pharmacy/Belmont
Medical Supply**

(617)-484-3888

Belmont, MA

www.belmontmedical.com

Offers medical equipment and supplies such as wheelchairs, scooters, aids to daily living, seat lift chairs, and bath safety equipment for purchase.

**Belmont Council on Aging
(617)-484-5501**

Belmont, MA

Wheel chairs, canes, walkers, etc. available on loan.

MENTAL HEALTH

Crossroads Counseling, Inc.

(781)-431-2277

Wellesley, MA

www.endoflifecommission.org

Provides home-based mental health counseling to senior citizens and their families as they deal with problems of aging including end of life issues, illness, disability, and loss.

**McLean Hospital (Geriatric
Psychiatry)**
(800)-333-0338

Belmont, MA

www.mclean.harvard.edu

Meets the mental health needs of elders through comprehensive diagnosis, treatment, and follow-up care.

**Lawrence Memorial Hospital of
Medford**

(781)-306-6000

Medford, MA

Acute care hospital offering services ranging from emergency care to geriatric psychiatry.

**National Alliance for the Mentally Ill
of Massachusetts**

(781)-938-3420

www.namimass.org

Support, education, and advocacy for individuals suffering from mental disorders, and their families.

The Edinburg Center

(781)-862-3600

Lexington, MA

www.edinburgcenter.org

Provides an array of innovative services which promote and enhance the quality of life of persons with mental illness, emotional disorders, addictions, and/or mental retardation.

MULTICULTURAL SERVICES

**Belmont Council on Aging: English
As a Second Language (ESL) Classes**

(617)-484-5501

Belmont, MA

English as a Second Language (ESL) classes are offered in the spring and fall.

**Greater Boston Chinese Golden Age
Center**

(617)-357-0226

Boston, MA

www.gbcgac.org

Promotes the general welfare of Chinese-speaking Asian elders including their psychosocial and economic well-being. Services include nutrition, adult day health, elder-at-risk, transportation, and congregate housing.

Russian Outreach

**(Springwell/American Services of
Jewish Family and Children's
Services)**

(781)-647-5327

Facilitates access to existing transportation services, promoting physical well-being, and promoting Russian language mental health resources.

NURSING & REHABILITATION

Belmont Manor
(617)-489-1200

Belmont, MA

Nursing home offering long-term, short-term, and rehabilitation care which includes assessments, treatments, assistance with medication administration, and coordination of care.

Emerson Nursing Center
(617)-924-1130

Watertown, MA

www.emersonrehab.com

Provides short term rehabilitative and skilled nursing services and long term, skilled nursing or intermediate chronic care.

Meadow Green Nursing Home
(781)-899-8600

Waltham, MA

www.meadowgreen.org

Short-term rehabilitation, long-term care, specialized dementia and memory disorders unit.

Park Ave. Nursing & Rehabilitation Center

(781)-648-9530

Arlington, MA

www.parkavenursing.com

24-hour nursing and physician care, short and long term care, specialized programs, hospice, and respite care.

PHYSICAL HEALTH

American Diabetes Association

(617)-482-4580

www.diabetes.org

Organization committed to preventing and curing diabetes through support of research, providing information and other services to people with diabetes, their families, health professionals and the public.

American Heart Association

(508)-620-1700

(800)-242-8721

www.americanheart.org

Organization promoting research and education on cardiovascular diseases and stroke.

American Cancer Society

(617) 556-7400

(800)-227-2345

Boston, MA

www.cancer.org

Provides information about local services, support groups, upcoming events, and many other resources.

American Parkinson's Disease Association

(617)-733-8120

I&R: (617)-638-8466

www.apdaparkinson.org

Organization that supports research and education into the disease and offers patient and family support.

Arthritis Foundation
(617)-244-1800

www.arthritis.org

Supports people affected by the more than 100 types of arthritis and related conditions with advocacy, programs, services and research.

Boston PainCare Center
(781)-647-7246

Waltham, MA

www.bostonpaincare.com

Provides specialized treatment for a variety of pain and sleep disorders.

Dental Screenings (Belmont COA)
(617)-484-5501

Please call for information on free monthly oral screenings by appointment.

Massachusetts Breast Cancer Coalition

(617)-376-6222

(800)-649-6222

Quincy, MA

www.mbcc.org

Agency dedicated to the eradication of breast cancer, increasing knowledge of environmental contributors to the disease, and changing the way society views victims and survivors.

National Multiple Sclerosis Society
(800)-344-4867

Waltham, MA

www.msnewengland.org

Seeks to end the devastating effects of multiple sclerosis through research,

advocacy, programs, awareness, and clinical treatment.

National Stroke Association
(800)-STROKES

(800)-787 – 6537

www.stroke.org

Offers information regarding symptom recognition and prevention methods.

Guidance provided in management of acute incident of a stroke and how to care for a loved one who has suffered one.

The Wellness Community
(617)-332-1919

Newton Upper Falls, MA

www.thewellnesscommunity.org

Support groups, educational workshops, and mind/body exercises for cancer patients and their families.

PRESCRIPTION ASSISTANCE

Prescription Advantage

(800)-AGE-INFO

(800)-243-4636

www.800ageinfo.com

Members pay premiums, deductibles and co-payments based on their gross annual household income.

MassMedLine
(866)-633-1617

www.massmedline.com

Licensed pharmacists and other professionals help individuals understand prescription drug cost plans, assist with paperwork and can identify which discount card or program is appropriate.

Discount Card /Mass Medline
(866)-663-1617

Discounts on the cost of prescription medication purchased at local retail pharmacies. Cards offer a range of discounts between 10-40% off on a large variety of medications.

Manufacturer Discount Card Programs
(866)-663-1617

Various cards offering an assortment of discounts on prescription pharmaceuticals.

MA Senior Games
(413)-748-3812
Springfield, MA

www.maseniorgames.org

Open to individuals 50 years of age and older, annual state-wide competition in various sporting events.

Senior Citizen State Parks Pass Program
(617)-626-1250

Boston, MA

www.massparks.org

Provides free entry to over 100 state parks for Massachusetts residents 62 years and older.

Walk for Wellness

Burlington Mall

Burlington, MA

Monday-Friday, 7-10 A.M.

Walk around the lower level of the mall to get the blood pumping. Free blood pressure checks offered every Tuesday at 9A.M.

RECREATION

Belmont Recreation Department
(617)-993-2760

Belmont, MA

Programs include swimming, exercise and aerobics, basketball, and more. Membership/Fees may be required for certain programs.

SAFETY

Elder Abuse Hotline
(800)-922-2275

www.ma-elderaffairs.org

24-hour hotline where elder abuse, neglect, and at-risk elders may be reported.

**Lifeline Systems-Mount
Auburn Hospital
(617)-499-5525**

Cambridge, MA

www.lifelinesystems.com

Personal response service that allows older adults living at home to receive emergency assistance whenever needed. The service is covered by Medicaid and some health insurance plans.

Vial of Life

(617)-484-3478

www.vialoflife.com

These prescription sized vials are distributed by the Fire Department and contain health and medication information as well as emergency contacts. Also available at the Council on Aging.

Wanderers Alert Registry

(617)-868-6718

(800)-572-1122 (report patient missing)

People with Alzheimer's disease or dementia can be registered in a national database that acts as an alert system to local police and hospitals if the patient wanders away. One-time fee.

SUPPORT GROUPS/ CAREGIVER SERVICES

**Alzheimer's Disease Caregivers'
Support Information**

(617)-868-6718

Watertown, MA

www.alzmass.org

The Alzheimer's Association offers a wide variety of information on AD and resources for caregivers. Brochures and guides on nursing homes, assisted living, and family care are available.

Caregivers' Support Group (COA)

(617)-484-5501

Belmont, MA

The Council on Aging offers a monthly support group for caregivers Refer to Belmont's Senior Notes for meeting times.

Grandparent Support Group

(781)-316-3410

Arlington, MA

Support group for grandparents who are primary caregivers for their grandchildren. Monthly meetings on the second Tuesday of the month.

Hospice Support

(781)-279-4100

Stoneham, MA

Bereavement support groups offered to patients and families.

Springwell
(617)-926-4100
Watertown, MA

www.springwell.com

Services include information and referral, short-term care advice, home visits or consultations, a lending library and educational events focused on issues related to care giving and aging.

ADDITIONAL WEBSITES

www.caregiver-information.com

www.caregiver.org

www.thefamilycaregiver.org

(National Caregiver's Association)

TRANSPORTATION

Belmont Council on Aging

(617)-484-5501

Belmont, MA

The “**BelderBus**” offers pre-reserved rides to COA programs, lunch at the Belmont Manor, grocery shopping, and even to the local mall. The “**medi-car**” also provides pre-reserved rides to and from medical appointments in Belmont and some surrounding towns. All appointments require reservations.

Assistance with alternative sources of transportation including applications for the MBTA “Ride”.

MBTA: Senior Pass

(617)-222-5976

(800)-543-8287

www.mbta.com

MBTA Senior ID Card that entitles seniors to a reduced fare on the commuter rail, subways, and buses.

MBTA RIDE Program

(617)-222-5123

Boston, MA

www.mbta.com

Provides door-to-door transportation for any individual with a disability that inhibits them from using public transportation. Reservations are required in advance and there is a \$2 fee for each ride. An application is required prior to use of the RIDE.

Springwell Senior Medical Escort

(617)-926-4100

Watertown, MA

www.springwell.com

Transportation to medical appointments is provided by volunteer medical escorts M-F from 9AM-5PM. Please call at least 7 days in advance to secure a ride.

Suburban Med-Ride (Springwell)

(866)-633-7433

Watertown, MA

www.springwell.com

Provides medical transportation to hospitals and doctors offices *outside* of Belmont M-F 7AM-4PM. Wheelchair accessible transportation available. Call between 9am and 3pm at least 3 business days in advance. Donation of \$4 each way requested.

VOLUNTEER OPPORTUNITIES

Belmont Council on Aging
(617)-484-5501

Belmont, MA

The COA offers a variety of volunteer opportunities including dispatchers, instructors for a variety of interest groups to seniors, receptionists, assistant drivers for the Meals on Wheels Program and friendly visitors.

Springwell

(617)-926-4100

Watertown, MA

www.springwell.com

Various opportunities are available to volunteer through Springwell including friendly visitors , medical escorts, money managers, office assistants, SHINE volunteers, and many more.

United Way of Massachusetts Bay

(617)-624-8000

Boston, MA

www.uwmb.com

Provides several types of volunteering opportunities throughout the state.

Cooperative Elder Services, Inc.

(781)-641-1070

Arlington, MA

Help set up and clean up lunches at the Adult Day Care Center.

**COUNCIL ON AGING
CONTACT LIST**

Director

Nava Niv Vogel, ext. 105

Senior Center Coordinator

Suzanne Cromwell, ext. 103

Social Worker

Lucia Stone, ext. 107

Transportation

Brian Jennings, ext. 111

Volunteer Coordinator

Marie Poore, ext. 106

Home Health Care

Katie Christopher, ext. 109

Meals on Wheels/Secretary

Pat Driscoll, ext. 100

Secretary

June Knowles, ext. 100

**COUNCIL ON AGING
SERVICES**

- Information & Referral
- Health & Wellness
- Enrichment Programs
- Volunteer Opportunities
- Nutrition

BELMONT TOWN NUMBERS

Accounting 617-993-2620

Animal Control 617-993-2724

Assessor 617-993-2630

Building Services 617-489-2640

Council on Aging 617-484-5501

Fire Department 617-484-3473

Health Department 617-993-2720

Dept of Public Works 617-993-2680

Human Resources 617-993-2740

Main Library 617-489-2000

Municipal Light Dept 617-484-2780

Police Department 617-484-1215

Recreation Dept 617-993-2760

Retirement Board 617-993-2792

Town Administration 617-993-2610

Town Clerk 617-993-2600

Treasurer 617-993-2770

Veterans Agent 617-993-2725

Water Division 617-993-2700

