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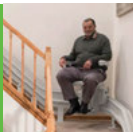
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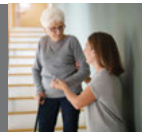
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## Solo Agers *Are you or do you know a solo ager?*

The term "Solo agers" refers to aging adults who, because of choice or circumstance, are without the support of adult children or close family members. According to the U.S. Census Bureau nearly 20% of all male seniors and over one third of women over 65 live alone. One quarter of baby boomers (born 1946-1964) did not have children and about one third of Americans aged 45 - 62 are currently single.

In the past, when an aging senior needed assistance with healthcare and caregiving matters, their adult child(ren) or other younger family members were available to help. For those who did not have children, ensuring support as they age requires an extra layer of intentional and thoughtful planning to make sure supports are in place when needed.

Please join us for our first **Seniors BlueBook University online webinar** to learn more about Solo Agers, the challenges that are unique to this population and the resources that are available.

We are pleased to have **Cathleen Summers, RN, Esq.**, and co-Founder of Generations Law Group and **Ailene Gerhardt, Independent Board-Certified Patient Advocate (BCPA)** and Founder of Beacon Patient Solutions LLC join us for a two-part series to discuss the challenges and opportunities of aging solo.

To learn more about Solo Agers and receive a link to join the Zoom session, please **RSVP to [Susan@seniorsbluebook.com](mailto:Susan@seniorsbluebook.com)**

The Senior Blue Book University invites you to attend the FREE educational online programs that will be provided in the coming months.

**For more information, go to [SeniorsBlueBook.com/local/Boston](https://SeniorsBlueBook.com/local/Boston)**

# What's the Difference Between a CCRC and a Lifecare Community?

*What is a CCRC? What defines a Lifecare community? Is there a difference? In this article, you will learn about the available contract types at CCRCs so you can make an educated decision about the type of community that's best for you.*

CCRCs—also referred to as continuing care retirement communities or Life Plan communities—offer a secure pathway for aging and future healthcare needs and eliminate the need for a disruptive move if you ever need a higher level of care. Residents typically enter these communities as independent living residents and enjoy access to continuing on-site healthcare, including assisted living and memory care, should the need for such services arise.

There are **three types of care contracts** available at CCRCs (Type A, Type B and Type C), all offering different levels of care coverage.

## 1. Type A Contract: Lifecare

Type A Lifecare contracts include coverage of all potential care costs as part of the initial contract, which includes housing, services, and amenities. All Lifecare communities are CCRCs, but not all CCRCs offer a Lifecare contract. A Lifecare contract requires an entrance fee but ensures predictable monthly fees regardless of your care needs. Plus, couples with a Lifecare contract can occupy two residences on the same campus

but only pay one monthly fee.

Those who opt for Lifecare know they can count on high-quality care available at predictable rates for the rest of their lives. Generally, Lifecare residents pay far less for these services than they would on the open market as part of a smart financial plan to protect themselves and their estate from the ever-increasing costs of long-term care.

## 2. Type B Contract: Modified Care

Type B Modified Care Contracts offer lower upfront deposits and monthly fees but also have limitations on covered long-term care services. Healthcare is typically provided in one of two ways:

1. A limited number of free days included as part of the entrance fee, with additional care billed at per diem market rates
2. An ongoing, minimally discounted rate

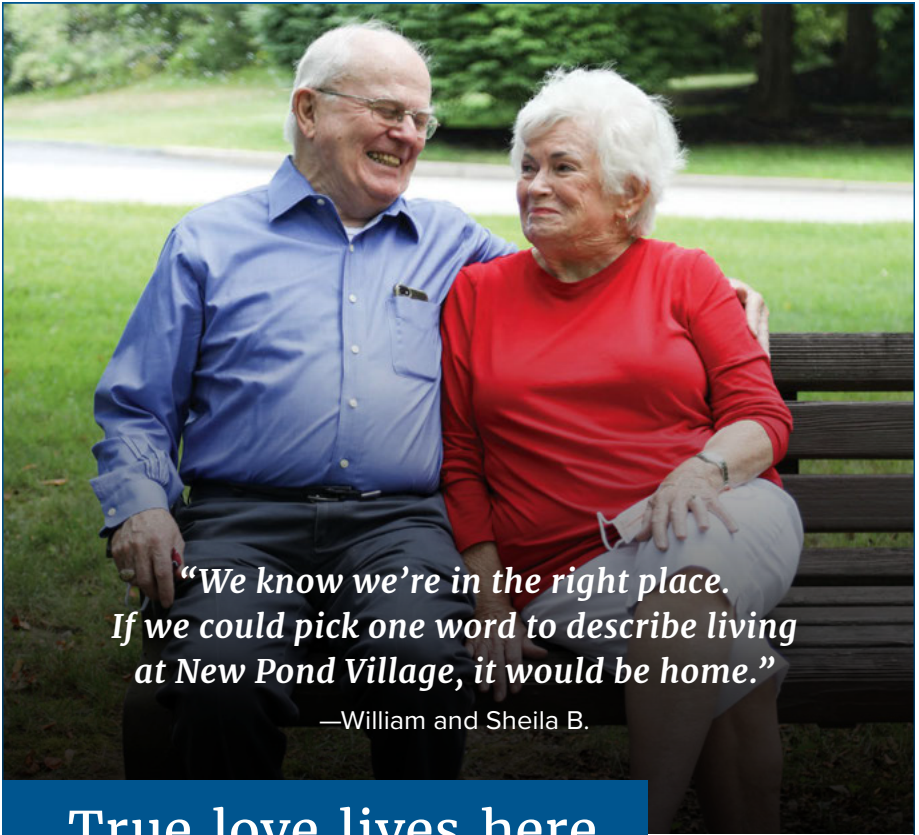
Healthcare services may be delivered on or off site, and two monthly fees may be incurred if couples require different levels of care.

## 3. Type C Contract: Fee-for-Service Care

With a Type C Fee-for-Service Contract, access to long-term care, while typically guaranteed, is charged at market rates. If a

*Continued on page 42 >*





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## Healthy Brain Aging in a COVID World

*The COVID-19 pandemic has had a devastating impact on the lives of many Americans. Older adults, in particular, likely suffered because of their increased risk of illness from the virus and the negative impact of isolation on their quality of life.*

The pandemic forced us to limit contact with others, and it has been found that loneliness may increase the risk of developing memory problems, like dementia. Dementia is a term describing the decline in a person's cognition and functioning over time, and it is a concern for the aging population.

Some risk factors for dementia are modifiable, meaning they can be controlled to reduce one's risk. Socialization and cognitive stimulation are both factors that can help reduce dementia risk. It has been shown that those with more social interactions in their community often experience slower rates of memory decline. Currently, with the emergence of the highly contagious delta variant, there is an increased risk of COVID infection amongst vaccinated individuals, though risk of hospitalization and death are lower for the vaccinated. So, vaccinated older adults should still take protective measures, but it is possible to slowly and safely begin participating in activities that can contribute to healthy brain aging.

Activities that promote socialization and stimulation include

meeting with friends or family, volunteering, joining a club, attending a religious service, or learning something new – like an instrument or knitting, to name a few. These community and social engagements are like exercise for the brain, and they are positively associated with healthy aging.

Introducing social activities back into daily routines may be overwhelming for seniors, after living secured and secluded for so long during the pandemic. It is possible to start small, and cautiously incorporate social interactions back into their lives. This can be done by picking one meaningful activity or relationship to focus on. In fact, the quality and satisfaction of the connections you engage in are the most important factors in reducing dementia risk. Alternatively, personal activities like writing, reading, or playing digital games help stimulate the brain for healthy aging. To start, reach out to your local senior center and see what activities they offer which may be of interest to you.

Another way to increase social interactions is to get involved in clinical trials. The Division of Geriatric Psychiatry at McLean treats patients experiencing memory problems. We offer research opportunities for individuals interested in gaining access to

*Continued on page 27* >

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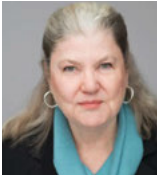
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**DEAR VALUED READERS:**

Welcome to our **Winter Edition of Seniors Blue Book—Greater Boston.**

We hope this book finds you well. It has certainly been unprecedented times for all of us and I need to thank all the professionals that have risked their lives and their families to provide services to all of us. As we age, we all need help at one time or another. Having a plan insures you are part of the decisions. Please use this book to educate yourself and your family on all the great services available in our area. Any of our partners would welcome the opportunity to speak with you and show you their services and or communities. We are lucky that we live in this area where there are so many choices for us in housing, services, and products.

As members of your local community we are committed to providing you with a comprehensive and easy to use resource guide full of “Resources for Aging Well.” With each new edition we strive to continuously expand the content, scope and quality of the information we include. In addition, SeniorsBlueBook.com provides you access to this book on-line as well as other books across the country.

Our community partners have prepared a host of educational articles on a variety of topics intended to educate you and help you plan. You will find articles on several different topics from healthy aging to support services that are available in the area and a variety of other topics.

We are very appreciative of the overwhelming response from seniors, their families, and professionals thanking us for providing such a comprehensive, informative, and useful resource. We also recognize that this Book would not be possible without the many professionals who have helped us with the development, content, and distribution of our books

Please share this book with family members and neighbors. Additional copies are available at over 2000 locations including Senior Centers, Libraries, Areas on Aging, and our advertisers. Or give us a call and we will provide you with additional copies. As always please let people know that you saw them in Seniors Blue Book, support our advertisers and let us know how we can improve. That’s how we can be sure that Seniors Blue Book will always remain the most comprehensive resource guide for everyone involved with the senior community in Greater Boston.

Stay Well

**Susan Duggan Arayas, Publisher**

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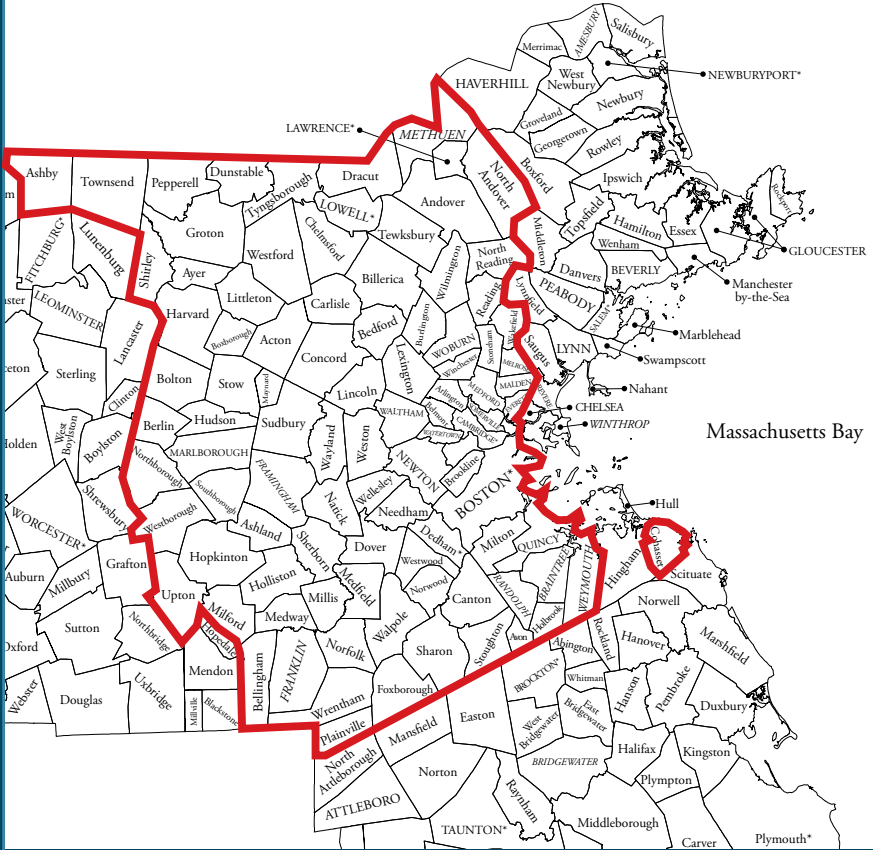
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P.O. Box 200, Sudbury, MA 01776

# Seniors and the Internet: Defeating Loneliness Together

*Part 1 of a conversation between Gordon Szerlip, founder and Chief Connector of e-VOLV Senior Connections, and Cynthia Connelly, Boston-based marketing and communications professional specializing in senior living.*



**CC:** Gordon, the Covid-19 pandemic menaced people of all ages, but it posed an additional threat to seniors: the extraordinary health risks caused by loneliness. Why is that?

**GS:** Everything was locked down. Senior Centers, Adult Day Programs, and Councils on Aging were suddenly shuttered; nursing homes barred visitors. Elders were isolated at home, cut off from friends and family. Research shows that isolation can pose a 29% increased risk of heart disease and a 32% increased risk of stroke<sup>1</sup>. Social isolation has also been associated with a roughly 50% increased risk of dementia, too<sup>1</sup>.

**CC:** So, how did seniors overcome those challenges?

**GS:** Surprisingly, the answer has been the internet. Forget all the old jokes about seniors having to call in a grandchild to turn on their computers. These days, seniors are using the internet in increasing numbers, and making it a part of their daily lives.

**CC:** Do you mean that seniors are emailing and Zooming now... the basic stuff?

**GS:** They're way past that. In fact, more than 1/3 of adults over 50 use their computers for online learning and to manage and receive medical care.<sup>2</sup> And that number is growing daily as seniors keep upgrading laptops, notebooks, and mobile devices. In 2020, while in-person life was at a standstill, adults 50+ increased their technology spending 194% - from \$394 to \$1144 on average to modernize, update, or create a better experience for themselves online.<sup>3</sup>

**CC:** So, what we're seeing is seniors using the internet to build bridges over loneliness and isolation; broadening their horizons, enlarging their lives, making connections like never before.

**GS:** Right, Cynthia. The digital world is now the domain of many people in the upper digits of age.

**CC:** Thanks, Gordon. We'll talk again soon. ~

<sup>1</sup> National Academies of Sciences, Engineering, and Medicine. 2020. *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*

<sup>2</sup> *Technology Use and Attributes among Mid-Life and Older Americans* AARP Research, Dec. 2017

<sup>3</sup> AARP Research, 2021 *Tech Trends and the 50+: Top 10 Biggest Trends*

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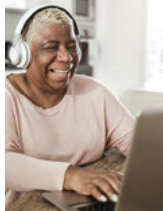
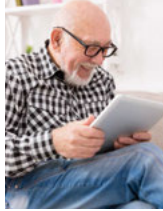
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### BU Alzheimer's Disease Center

617-414-1077

### Alzheimer's Disease Education & Referral Center

800-438-4380

### McLean Hospital

115 Mill St, Belmont 02478  
617-855-2000

## AGING IN PLACE HOME MODIFICATIONS

### Home Again Transitions

*(ad on page 59)*

Boston 02118

**617-431-6583**

### MobilityWorks

*(ad on Inside Front Cover, page 92)*

**888-608-1659 (Vans)**

**877-275-4903**

**(Home Accessibility Solutions)**

– 57 George Leven Dr

North Attleborough 02760

– 560 Boston Providence Hwy

Norwood 02062

– 299 Washington St, Ste H, Woburn 0180

### Next Day Access

*(ad on page 14)*

**617-969-7267**

### Oakley Home Access

*(ad on page 14)*

16 Production Wy, Walpole 02032

**508-269-9227**

### Stannah Stairlift, Inc

*(ad on Back Cover)*

20 Liberty Wy, Ste A, Franklin 02038

**888-663-7538**

**AQUATIC CLASSES & THERAPY**

Offers swimming lessons and water exercises for seniors. Check with local pools.

**YMCA****– Cambridge**

820 Massachusetts Ave, Cambridge  
02139  
617-661-9622

**– Foxborough**

67 Mechanic St, Foxborough 02035  
508-543-2523

**– Framingham**

280 Old Connecticut Path,  
Framingham 01701  
508-879-4420

**– Franklin**

45 Forge Hill Rd, Franklin 02038  
508-528-8708

**– Central MA**

416 Boston Post Rd, Marlborough 01752  
774-463-0213

**– Needham**

863 Great Plain Ave, Needham 02492  
781-444-6400

**– North Suburban**

137 Lexington St, Woburn 01801  
781-935-3270

**– Reading**

36 Arthur B Lord Dr, Reading 01867  
781-944-9622

**– South Shore – Quincy**

79 Coddington St, Quincy 02169  
617-479-8500

**– Striar – Stoughton**

445 Central St, Stoughton 02072  
781-341-2016

**– Waltham**

725 Lexington St, Waltham 02452  
781-894-5295

**– Westborough**

4 Valente Dr, Westborough 01581  
508-870-1320

**Longfellow Sports Club**

203 Oak St, Natick 01760  
508-653-4633

**The Longfellow Club**

524 Boston Post Rd, Wayland 01778  
508-358-7355

**Wayside Racquet & Swim Club**

80 Broadmeadow St, Marlborough 01752

**Westboro Tennis & Swim Club**

35 Chauncy St, Westborough 01581  
508-366-1222

**AREA AGENCIES ON AGING (AAA)**** AgeSpan** *(ad on page 23)*

280 Merrimack St, Ste 400,  
Lawrence 01843

**800-892-0890**

** BayPath Elder Services, Inc**

*(ad on page 24)*

33 Boston Post Rd, Ste 500,  
Marlborough 01752

**508-573-7200**

**Central MA Agency on Aging**

360 W Boylston St, West Boylston 01583  
508-852-5539

**Eldercare Locator Nationwide**

800-677-1116

Locates any Area Agency on Aging  
Nationwide

** HESCO**

*(ad on pages 24)*

One Merchant St, Sharon 02067

**781-784-4944**

*Continued on page 23 >*


**ADULT DAY PROGRAM PROVIDERS**

	AD ON PAGE #	PHONE #	LICENSED CAPACITY	MEDICAL OR SOCIAL MODEL	MEMORY CARE (DEMENTIA)	TRANSPORTATION	SUPPORT GROUPS	WEEKEND HOURS	EXTENDED HOURS	ASSISTANCE WITH ADL'S	PERSONAL SERVICES***	RN ON STAFF	THERAPY (SPOR)**	PART OF A SENIOR CAMPUS	OUTDOOR ACTIVITIES	PAYMENT METHODS*
<b>ACTON</b>																
<b>Cooperative Elder Services, Inc</b> 30 Sudbury Dr, Ste 1, Acton 01720	15	781-641-1070	42	M	•	•	•	•	•	•	SH	•	P	•	•	PP LT VA MA AS SC
	<b>ANDOVER</b>															
Andover Council on Aging Sr Ctr, 30 Whittier Court, Andover 01810		978-623-8320	25	S	•	•	•					•			•	PP LT AS SC
<b>ARLINGTON</b>																
<b>Cooperative Elder Services, Inc</b> 37 Broadway, Arlington 02474	15	781-641-1070	59	M	•	•	•	•	•	•	SH	•	P	•	•	PP LT VA MA AS SC
	<b>BELLINGHAM</b>															
Bellingham Supportive Day, 40 Blackstone St, Bellingham 02019		508-966-0398	6	S	•	•								•		PP AS
<b>BOSTON</b>																
<b>Hebrew SeniorLife's Great Days for Seniors at Wallingford Road</b> 30 Wallingford Rd, Boston-Brighton 02135	140	617-912-8452	24	M	•					•	H	•	SPO	•	•	PP LT VA MA AS SC
	<b>ROGERSON EGGLESTON ADULT DAY HEALTH</b>															
<b>Rogerson Eggleston Adult Day Health</b> 2053R Columbus Ave, Boston-Roxbury	163	617-469-5829	62	M	•							•	SPO	•	•	PP PI




<b>Rogerson House</b> 434 Jamaica Way, Boston-Jamaica Plain 02130	163	617-983-2300	24	S	•						•	•	PP
<b>Rogerson Roslindale Adult Day</b> 120 Poplar St, Boston-Roslindale 02131	163	617-469-5829	92	M	•	•	•	•	•	•	•	•	PP PI
<b>BURLINGTON</b>													
<b>Cooperative Elder Services, Inc</b> 37 B St, Burlington 01803	15	781-270-0339	38	M	•	•	•	•	•	•	•	•	PP LT VA MA AS SC
Gracious Home Adult Day, 2 Ray Ave, Burlington 01803		781-698-5627											
<b>EVERETT</b>													
The Community Family Everett Ctr, 106 Wylilis Ave, Everett 02149		617-389-4500	70	M	•	•	•	•	•	•	•	•	PP LT VA MA AS SC
<b>FRAMINGHAM</b>													
<b>Mary Ann Morse at Heritage Adult Social Day Program</b> 747 Water St, Framingham 01701	183	508-665-5300	20	S									PP
Dia Feliz Adult Day Health Ctr, 63 Fountain St, Framingham 01702		508-270-1080	118	M	•	•	•	•	•	•	•	•	PP MA AS SC
<b>HOPKINTON</b>													
Liberty Adult Day Health, 25F South St, Hopkinton 01748		508-497-2300	84	M, S	•	•	•	•	•	•	•	•	PP LT MA MC AS SC

**\*PAYMENT METHODS:** PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare /

HM=Managed Care Insurance / AS=ASAP / SC=SCO / O=Other

**\*\*THERAPIES:** S=Speech / P=Physical / O=Occupational / R=Respiratory

 Indicates website link on seniorsbluebook.com

**\*\*\*PERSONAL SERVICES:** H=Haircuts / P=Podiatry / SH=Showers

Continued on next page >


**ADULT DAY PROGRAM PROVIDERS** *continued*

	AD ON PAGE #	PHONE #	LICENSED CAPACITY	MEDICAL OR SOCIAL MODEL	MEMORY CARE (DEMENTIA)	TRANSPORTATION	SUPPORT GROUPS	WEEKEND HOURS	ASSISTANCE WITH ADL'S EXTENDED HOURS	PERSONAL SERVICES***	RN ON STAFF	THERAPY (SPOR)**	PART OF A SENIOR CAMPUS OUTDOOR ACTIVITIES	PAYMENT METHODS*
<b>HUDSON</b>														
Daybreak Adult Day Program – Hudson Senior Center 29 Church St, Hudson 01749		978-568-9638	12	S	●									
<b>LAWRENCE</b>														
Mi Casa, 333 Broadway, Lawrence 01841		978-975-2696												
<b>LOWELL</b>														
Active Day of Lowell, 345 Chelmsford St, Lowell 01851		978-596-1111	158		●	●	●	●	●		●	SPO	●	PP MA AS SC
Home Away from Home, 150 Industrial Ave E, Lowell 01852		978-453-4663	132	M						H	●	PO	●	PP MA AS SC
<b>MARLBOROUGH</b>														
AgingWell Adult Day Health Center, 420 Maple St, Unit 25, 01752		508-485-7700	192	M	●	●	●	●	●	H P	●		●	PP LT MA AS SC
Better Day Adult Social Day Prog, 195 Reservoir St, 01752		508-481-0809	15	S	●				●				●	PP LT VA
Daybreak Adult Day Program – Marlboro Sr Ctr, 40 New St, 01752		508-485-6492	12	S	●									
<b>MEDFORD</b>														
The Community Family Medford Ctr, 121 Washington St, 02155		781-395-5542	40	M	●	●	●	●	●	H P	●	PO		PP LT VA MA AS SC
<b>METHUEN</b>														
PACE at Element Care, 12 Ingalls Ct, Methuen 01844		877-803-5564	75	M						H P	●			PP LT VA MA MC AS





**ADULT DAY PROGRAM PROVIDERS** *continued*

	AD ON PAGE #	PHONE #	LICENSED CAPACITY	MEDICAL OR SOCIAL MODEL	MEMORY CARE (DEMENTIA)	TRANSPORTATION	SUPPORT GROUPS	WEEKEND HOURS	EXTENDED HOURS	ASSISTANCE WITH ADL'S	PERSONAL SERVICES***	RN ON STAFF	THERAPY (SPOR)**	PART OF A SENIOR CAMPUS OUTDOOR ACTIVITIES	PAYMENT METHODS*
<b>STOUGHTON (cont'd)</b>															
N.E. Sinai Hospital Adult Day Health, 150 York St, Stoughton 02072		781-297-1230													
<b>WAKEFIELD</b>															
The Community Family Dutton Ctr, 1117 Main St, Wakefield 01880		781-246-2820	48	M, S							P		SP0		PP LT MA AS SC
<b>WATERTOWN</b>															
Arevik Adult Day Health, 51 Water St, Unit B, Watertown 02472		617-924-5900	100	M							H				PP MA AS
Second Home, 51 Water St, Watertown 02472		617-924-1212	119	M PT							H				PP PI MA AS
<b>WESTWOOD</b>															
The Julia Ruth House, 199 Canton St, Westwood 02090		781-251-3393													
<b>WEYMOUTH</b>															
Active Day of Hingham, 370 Libbey Industrial Pkwy, Unit 800, 02189		781-749-1310	106	M							HP SH		P		PP LT VA MA AS SC
Care Pro Adult Day Health, 153 Pleasant St, Weymouth 02190		781-340-7811		M							HP SH		P0		PP LT VA MA
<b>WOBBURN</b>															
A Joyful Adult Health Care Ctr, 112 Cummings Park Dr, Woburn 01801		781-999-2642													

SEE LEGEND ON PREVIOUS PAGE.  Indicates website link on seniorsbluebook.com

## AREA AGENCIES ON AGING (AAA) *continued from page 19*

 **Minuteman Senior Services** *(ad on page 25)*  
26 Crosby Dr, Bedford 01730  
888-222-6171

 **Mystic Valley Elder Services, Inc** *(ad on page 25)*  
300 Commercial St, Ste 19, Malden 02148  
781-324-7705


 **Somerville / Cambridge Elder Services** *(ad on page 26)*  
61 Medford St, Somerville 02144  
617-628-2601

**South Shore Elder Services**  
1515 Washington St, Braintree  
781-848-3910

 **Springwell** *(ad on page 26)*  
307 Waverley Oaks Rd #205,  
Waltham 02452  
617-926-4100

### BATH SAFETY

 **Next Day Access**  
*(ad on page 14)*  
617-969-7267

 **Oakley Home Access**  
*(ad on page 14)*  
16 Production Wy, Walpole 02032  
508-269-9227

### BILL PAYEE SERVICES

Check with your local Area Agency on Aging.



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- Nutrition Counseling
- Healthy Living Programs: Chronic Disease Self Management and A Matter of Balance

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508-573-7200  
TTY: 508-573-7282

33 Boston Post Road West  
Marlborough, MA 01752

[www.baypath.org](http://www.baypath.org) • [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)



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Area Agency on Aging & Aging Services Access Point



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A Matter of Balance: Fall Prevention*

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Transportation

- **Elder Protective Services**

- **Meals on Wheels/Senior Dining**

- **Medicare Benefits Counseling**

- **Bill-Paying Assistance**

- **Nursing Home Ombudsman**

**Minuteman**  
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781-275-1285 TTY

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

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backyard**



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**781-324-7705 • [mves.org](http://mves.org) • [info@mves.org](mailto:info@mves.org)**



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**617-628-2601 eldercare.org**

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Respite Care  
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Springwell is a non-profit organization that has been supporting seniors in our communities since 1977.



[www.springwell.com](http://www.springwell.com) • 617-926-4100

**CARE MANAGEMENT**

Public or private organizations which provide services to the elderly who need professional assistance to arrange appropriate care. Check with your local Area Agency on Aging

 **Allies in Aging** (ad on page 27)

475 Franklin St, Ste 101,  
Framingham 01702  
508-875-3100 x180

 **Beacon Patient Solutions, LLC** (ad on page 15)

Brookline 02446  
617-651-2140

 **SeniorBridge**

(ad on page 117)  
75 Second Ave, Ste 540, Needham 02494  
781-444-1199

**CAREGIVER SUPPORT SERVICES**

Check with local AOA.

**Caregiver Homes**

209 W Central St, Ste 309, Natick 01760  
866-797-2333

**GWArc, Inc**

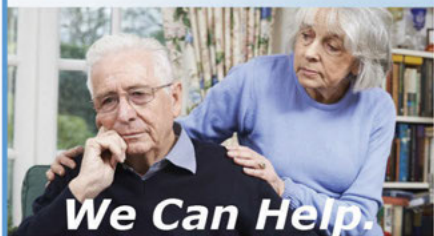
56 Chestnut St, Waltham 02453  
781-899-1344

**Massachusetts Mentor**

48 Sword St, Fl 2, Auburn 01501  
508-368-2700

**CERTIFIED PATIENT ADVOCATE**
 **Beacon Patient Solutions, LLC** (ad on page 15)

Brookline 02446  
617-651-2140

**Worried about a Loved One?**

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Please call

**(508) 875-3100 x180**



JFS Elder Care Solutions  
475 Franklin Street, Suite 101  
Framingham, MA 01702  
[AlliesinAging.com](http://AlliesinAging.com)

**Healthy Brain Aging in a COVID World** *continued from page 4*

treatment interventions for memory loss and dementia as well as associated behavioral symptoms, such as anxiety and agitation. By participating, older adults can form relationships with our study clinicians and research staff, while also contributing to the advancement of

treatment options for those experiencing memory problems. ~

*Editor's Note: This article was submitted by Dr. Brent Forester, Chief, Division of Geriatric Psychiatry, McLean Hospital and Isabella Santangelo, Clinical Research Assistant. For more information call 617-855-3267.*

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## CONFLICT RESOLUTION

 **Elder Decisions** (ad on page 28)  
**617-621-7009**

- Marlborough 01752
- Natick 01760
- Norwood 02062

## CLUTTER CLEAN-UP

 **Home Again Transitions**  
(ad on page 59)  
Boston 02118  
**617-431-6583**

## CONSUMER AFFAIRS

### NATIONAL

**Centers for Disease Control**  
1600 Clifton Rd, Atlanta 30333  
800-232-4636

**Do Not Call Registry**  
888-382-1222

**Federal Trade Commission**  
600 Pennsylvania Av NW,  
Washington 20580  
877-382-4357

**National Center on Elder Abuse**  
(National office)  
302-831-3525

### National Fraud Information Center

PO Box 65868, Washington 20035  
800-876-7060

### Securities & Exchange Commission (SEC Complaint Center)

450 Fifth St NW, Washington 20549

### U S Food & Drug Administration Information

10903 New Hampshire Ave,  
Silver Spring 20993  
888-463-6332

### US Administration on Aging (AoA)

Washington 20001  
800-677-1116

### LOCAL

### Better Business Bureau of Eastern MA

290 Donald Lynch Blvd, Ste 102,  
Marlborough 01752  
508-652-4800

### Consumer Protection for Seniors

One Ashburton Pl, Boston 02108  
617-727-8400

### Massachusetts Do Not Call List

866-231-2255

**National Center on Elder Abuse  
(Massachusetts Hotline)**

800-922-2275

**New England ADA Center**200 Portland St, Boston 02114  
800-949-4232**Office of the Attorney General**1 Ashburton Pl, Boston 02108  
617-727-2200**Securities & Exchange Commission  
(Boston Regional Office)**33 Arch St, Boston 02110  
617-573-8900**CONTINUING EDUCATION  
OPPORTUNITIES**

Check with local AOA, COA.

 **Elder Decisions** *(ad on page 28)***617-621-7009**

- Marlborough 01752
- Natick 01760
- Norwood 02062

 **e-VOLV Senior Connection***(ad on page 13)*1660 Soldiers Field Rd, #1051,  
Brighton 02135**617-221-6049****A Senior Citizens Guide for College**[www.aseniorcitizenguideforcollege.com](http://www.aseniorcitizenguideforcollege.com)**Boston University Evergreen Prog**755 Commonwealth Av, Ste B18,  
Boston 02215  
617-358-1350**Framingham State University**100 State St, Framingham 01701  
508-620-1220**Harvard Institute for  
Learning in Retirement**34 Concord Ave, Cambridge 02138  
617-495-4072**Lifelong Learners ([www.llaic.org](http://www.llaic.org))**

10 Bethel Rd, Wellesley 02381

**Lifelong Learning at Regis College**235 Wellesley St, Weston 02493  
781-768-7135**Mount Ida College**777 Dedham St, Newton 02459  
617-928-4500**Osher Lifelong Learning Institute  
at Tufts University**Tufts Univ Carmichael Hall, Medford 02155  
617-627-5699**Osher Lifelong Learning Institute  
at Brandeis (BOLLI)**415 South St, Waltham 02453  
781-736-2992**Road Scholar Institute Network**11 Ave d'Lafayette, Boston 02111  
800-454-5768**UMass Lowell**One University Ave, Lowell 01854  
– **Div of Online Ed**  
978-934-2474– **Learning in Retirement Assoc**

978-934-3135

**UMass Boston**100 Morrissey Blvd, Boston 02125  
617-287-6200**Wellesley – Weston****Lifetime Learning**PO Box 812248, Wellesley 02482  
781-205-4204

## DEMENTIA CARE

### **The Deanna & Sidney Wolk Center for Memory Health at Hebrew SeniorLife**

*(ad on page 140)*

1200 Centre St, Boston 02131

**617-363-8600**

## DENTAL SERVICES

### **Sudbury Family Dental Care**

*(ad on page 31)*

370 Boston Post Rd, Sudbury 01776

**978-443-5193**

## DOWNSIZING & RELOCATION

### **EXP Realty – Susanne McInerney**

*(ad on page 64)*

**617-413-4550**

### **Fenochetti Antiques**

*(ad on page 34)*

504 Main St, Dunstable 01827

**978-314-5156**

### **Home Again Transitions**

*(ad on page 59)*

Boston 02118

**617-431-6583**

### **INSIGHT Realty Group – Michelle Quinn**

*(ad on pages 65, 139)*

**508-948-5642**

## DRIVING AND LICENSE INFORMATION

### **AAA online**

AAA.com/reservations

### **RMV online**

www.massrmv.com

AAA members can process many RMV-related transactions at AAA locations throughout Massachusetts, reservations are required

### **BOSTON**

#### **RMV Boston**

136 Blackstone St, Boston 02109

617-351-4500

### **BRAINTREE**

#### **RMV Braintree**

10 Plain St, Braintree 02184

857-368-8000

### **LAWRENCE**

#### **RMV Lawrence**

73 Winthrop Ave, Lawrence 01843

617-351-4500

### **LOWELL**

#### **RMV Lowell**

77 Middlesex St, Lowell 01852

617 351-4500

### **MILFORD**

#### **RMV Milford**

14 Beach St, Milford 01757

617 351-4500

### **NATICK**

#### **RMV Natick**

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*Continued on page 32*



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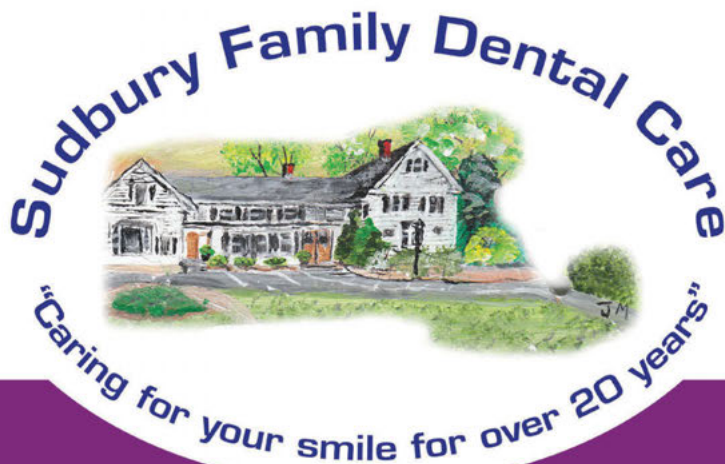
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## **DRIVING AND LICENSE INFORMATION** *continued from page 30*

### **NEWTON**

#### **Newton – Wellesley's Drive Safe Program**

2014 Washington St, Newton 02462  
617-243-6172

### **WATERTOWN**

#### **RMV Watertown**

550 Arsenal St, Watertown 02472  
617 351-4500

### **WILMINGTON**

#### **AARP Driver Safety Program**

888-227-7669

#### **RMV Wilmington**

355 Middlesex Ave, Wilmington 01887  
617 351-4500

## **ELDER ABUSE PREVENTION**

Check with local AOA.

#### **National Center on Elder Abuse**

800-677-1116

#### **National Domestic Violence Hotline**

800-799-7233

#### **Ombudsman for the Institutionalized Elderly**

877-582-6995

#### **Elder Abuse Hotline Massachusetts**

Methuen 01844  
800-922-2275

#### **MetroWest Legal Services**

63 Fountain St #304, Framingham 01702  
508-620-1830

## **ELDER LAW**

### **Generations Law Group**

*(ad on page 54)*

- 179 Great Rd, Ste 109, Acton 01720  
**978-263-0006**
- 1500 District Ave, Burlington 01803  
**978-849-3051**
- 111 Boston Post Rd, Ste 101,  
Sudbury 01776  
**978-263-0006**

### **Law Offices of Timothy R Loff**

*(ad on page 33)*

1087 Beacon St, Ste 201, Newton 02459  
**617-332-7021**

## **EMERGENCY RESPONSE SYSTEMS**

### **Direct Link by Home Helpers**

*(ad on page 116)*

- **Canton-MetroSouth**  
295 Turnpike St, Ste 3R, Canton 02021  
**781-828-9600**
- **Wayland-MetroWest**  
260 Boston Post Rd, Ste 9, Wayland 01778  
**508-545-0164**

## **EMPLOYMENT OPPORTUNITIES**

**National Older Worker  
Career Center – National Office**  
703-558-4200

**Operation Able of Greater Boston**  
131 Tremont St, Ste 301, Boston 02111  
617-542-4180

**Senior Community Service  
Employment Program**  
877-872-5627

## New Rules And Concerns About MassHealth Estate Recovery

*In Massachusetts, as mandated by the Federal government, if you die with a probate estate (assets in your own name), and have received MassHealth benefits at any time after age 55, or at any time during your life if you end up in a nursing home, MassHealth can recover the benefits paid from your estate.*

Two recent developments and a proposed law are important to know.

In the last few years, the use of Senior Care Option and PACE programs, which provide complete health care to elders in need, began

expanding. While these can be great programs, what wasn't known is that MassHealth, who pays premiums to private companies that provide these programs, will seek estate recovery for these premiums (as much as \$3000 per month), after the death of the MassHealth recipient. This could mean a substantial lien against the home or other assets of a MassHealth recipient. Once this became clear, Elder Law attorneys went to Court and obtained a ruling that MassHealth can only collect these premiums if they give Notice to beneficiaries

*Continued on page 60*

**Law Offices of  
Timothy R. Loff**  
1087 Beacon St, Ste. 201  
Newton, MA 02459  
[www.LoffLaw.com](http://www.LoffLaw.com)  
[info@LoffLaw.com](mailto:info@LoffLaw.com)



Law Offices of  
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Care Through Generations



### Elder Law

- Estate Planning & Trusts
- MassHealth/Medicaid Applications & Appeals
- Guardianships & Conservatorships
- Probate Matters
- Will & Trust Administration

**(617) 332-7021**

## ENERGY RESOURCES

**Citizens Energy Heat Assistance  
(Joe4Oil)**

617-338-6300

**Good Neighbor Energy Fund  
(Salvation Army)**

800-334-3047

**Low Income Home Energy  
Assistance Program (LIHEAP)**

800-632-8175

**Quincy Community Action Program**

1509 Hancock St, 3rd Fl, Quincy 02169

617-479-8181

**SELF-HELP Fuel Assistance**

508-588-5440

**SMOC (South Middlesex  
Opportunity Council)**

300 Howard St, Framingham 01702

508-620-1230

## ESTATE CLEANOUT

 **Fenochetti Antiques**
*(ad on page 34)*

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**978-263-0006**

- 1500 District Ave, Burlington 01803

**978-849-3051**- 111 Boston Post Rd, Ste 101,  
Sudbury 01776**978-263-0006**
 **Law Offices of  
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1087 Beacon St, Ste 201, Newton 02459

**617-332-7021**

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## FINANCIAL ASSISTANCE

**AARP Tax Aide**

888-227-7669

**18-65 Banking Program****Consumer Assistance**

617-956-1501

## Six Risks to Be Prepared for in Retirement

### *Long-Term Care Costs and Rising Healthcare Costs Top the List*

As baby boomers approach retirement, many may find themselves in different economic circumstances than what they planned for. Recent economic events have taught us the downside of risk, yet careful planning can help soften the impact. Northwestern Mutual says that your retirement plan can stay on track if you focus on these six key risks.

- **Health Care Risk.** Rising medical and prescription drug costs, fewer employer-sponsored retiree benefits and limitations of Medicare are all impacting income and retirement savings. According to Medicare.gov, estimated health care costs for a 65-year-old range from \$3,000 for someone in excellent health to \$10,000 for someone in poor health, including premiums, deductibles and co-pays but not including long-term care, vision or dental expenses.
- **Inflation and Taxes:** With inflation reducing purchasing power and taxes impacting liquidation strategies, less money will be available to spend or invest in retirement planning.
- **Longevity Risk:** Americans are living longer and the possibility exists that they could outlive their resources. There is a 10 percent chance that a 65-year old male will live to 97 years of age and a 1 percent chance the same male will live to 105 years of age.

- **Legacy Risk:** Many Americans want to leave a legacy, making an impact beyond their lifetime by leaving a financial gift to a loved one or a charity. It is necessary to balance this desire with the need to fund an individual's retirement.
- **Long-term Care Risk:** The cost of care for an unexpected event, or long-term illness not covered by private insurance or Medicare is requiring more Americans to prematurely deplete their assets. A 2009 LIMRA (Life Insurance Marketing and Research Association) survey of pre-retirees and retirees aged 55 to 75 found that health care and long-term care expenses together account for between 12 and 15 percent of retirement expenses, depending on the household income<sup>1</sup>.
- **Market Risk:** Participating in the stock market can give an individual's retirement savings and income the potential to keep pace with inflation, however, volatility in investment markets can significantly affect retirement income and savings.

*Editor's Note: This article prepared by Northwestern Mutual with the cooperation of Bruce Mozinski. Bruce Mozinski is based in Southborough, MA. To contact Bruce Mozinski, please call (508) 251-7223, e-mail at [bruce.mozinski@nm.com](mailto:bruce.mozinski@nm.com), or visit [brucemozinski.com](http://brucemozinski.com).  
1. <https://www.medicare.gov/find-a-plan/questions/home.aspx>, accessed August 22, 2011*



## You're Retired. Your Money Isn't.

To learn about the different options for your retirement accounts, call my office today.



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 **Northwestern Mutual – Bruce Mozinski**  
*(ad on Inside Back Cover)*  
257 Turnpike Rd, Ste 300,  
Southborough 01772  
**508-251-7223**

### FITNESS & WELLNESS PROGRAMS

#### **SILVER SNEAKER FITNESS PROGRAM PROVIDERS**

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### **GET UP AND GO**

**Hebrew Rehabilitation Center**  
*(ad on page 140)*  
1200 Centre St, Boston 02131  
**617-363-8539**

#### **KEEP WALKING MASSACHUSETTS WALKING CLUB**

Check with local COA.

#### **PEOPLEFIT**

**PeopleFit Health & Fitness Center**  
237 Lexington St, Woburn 01801  
781-932-9332

**PeopleFit at Home**  
237 Lexington St, Woburn 01801  
781-932-9332



## FOOD PANTRIES

Check with local AOA, COA. Each of the non-profit centers will have its own conditions; call for details and hours. See grid on pages 219-220.

## FOOD RESOURCES

Check with local AOA, COA.

**Meals on Wheels & Dining Programs**  
800-882-2003

**Supplemental Nutrition Assistance Program**

Apply on-line at  
[www.fns.usda.gov/snap/eligibility](http://www.fns.usda.gov/snap/eligibility)

## GUARDIANSHIP

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*(ad on page 54)*

– 179 Great Rd, Ste 109, Acton 01720

**978-263-0006**

– 1500 District Ave, Burlington 01803

**978-849-3051**

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Sudbury 01776

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475 Franklin St, Ste 101,  
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*(ad on page 33)*

1087 Beacon St, Ste 201, Newton 02459

**617-332-7021**

**MassGuardianshipAssociation.org**

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

## HEARING AUDIOLOGISTS / HEARING AIDS

### CaptionCall Boston

– **Peter Johnson** *(ad on page 40)*

**617-862-6849**

### HearingLife – Hearing Aids

*(ad on page 38)*

**508-276-6048**

– **Amesbury**

24 Morill Pl, 2nd Fl, Amesbury 01913

– **Brockton**

165 Westgate Dr, Brockton 02301W

– **Brookline**

44 Washington St, Ste 102A,

Brookline 02445

– **Dedham**

624 Washington St, Dedham 02026

– **Haverhill**

62 Brown St, Ste 204, Haverhill 01830

– **Lynn**

152 Lynnway, Ste 1A, Lynn 01902

– **Marlborough**

277 Main St, Marlborough 01752

– **Milford**

2 Cape Rd, Rte 140, Ste 1, Milford  
01757

– **North Attleboro**

425 E Washington St, Ste 3,

North Attleboro 02760

– **Peabody**

300 Andover St, Peabody 01960

– **Shrewsbury**

24 Julio Dr, Ste 101,

Shrewsbury 01545

– **Stoneham**

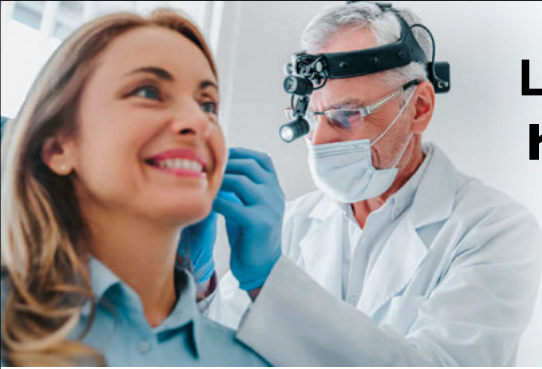
200 Main St, Rte 28, Stoneham 02180

– **Waltham**

85 River St, Store #12, Waltham 02453

– **West Roxbury**

1762 Centre St, West Roxbury 02132



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**HearingLife’s vision is to  
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With a personalized approach to hearing healthcare and highly skilled professionals to guide you, our goal is to **provide the best hearing health options available** for your individual needs.

**Our services include:**

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  - Demonstrations of the latest technology
  - Treatment of tinnitus & other hearing-related conditions
    - Complimentary in-office cleaning of hearing devices
- PLUS AfterCare Program** benefits with every hearing aid purchase



**Book an appointment at one of our convenient centers.**

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 Pembroke ● Plymouth ● Raynham ● Shrewsbury ● South Dennis  
 Stoneham ● Waltham ● West Springfield ● Wilbraham

**508.276.6048** [hearinglife.com](http://hearinglife.com)

Mention code **AG60-1** when calling

\*See office for details.

# Health Effects of Untreated Hearing Loss

About **48 million Americans** are living with hearing loss. While 80% of hearing loss cases can be successfully treated with hearing aids, only one in four people who could benefit from hearing aids actually use them.<sup>1</sup>

Most people are not aware that untreated hearing loss is associated with serious illnesses and conditions, including:

**Dementia:** The 2020 study from the Lancet Commission<sup>2</sup> shows that hearing loss is the largest modifiable risk factor against dementia. According to the report, dementia risk varies based on the level of hearing loss:<sup>3</sup>

- Mild hearing loss doubles the dementia risk
- Moderate hearing loss triples the risk
- Severe hearing impairment increases the dementia risk up to 5 times

The study states that “hearing loss might result in cognitive decline through reduced cognitive stimulation.” By being proactive and treating hearing loss as soon as possible, the risk for cognitive decline and dementia can be reduced.

**Heart Disease:** The Centers for Disease Control found that cardiovascular disease and hearing loss are linked due to blood flow. It’s believed that heart disease can reduce blood flow to the ear and cause damage to different parts of the auditory system. This damage typically results in sensorineural hearing loss, which is permanent and often managed with amplification.<sup>4</sup>



**Depression:** Hearing loss, left untreated, can have serious emotional and social consequences, especially for older people. Poor hearing often leads to anxiety, insecurity and social withdrawal. Feelings of loneliness often culminate into depression. Older adults who use hearing aids are less at risk of suffering from depression.<sup>5</sup>

Continued on page 65 >

## HEARING / DEAF PRODUCTS

 **CaptionCall Boston**  
– Peter Johnson
*(ad on page 40)***617-862-6849**
 **HearingLife – Hearing Aids**
*(ad on page 38)*

See Locations under Hearing Audiologists

## HEARING RESOURCES

## OUR PREFERRED PROVIDERS

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 **HearingLife – Hearing Aids**
*(ad on page 38)***508-276-6048**

See Locations under Hearing / Audiologists

**American Speech Language  
Hearing Association**

800-638-8255

**Hearing Aid Helpline**

800-521-5247

**Hearing Helpline****Better Hearing Institute**

800-327-9355

 **CaptionCall Boston**  
– Peter Johnson
*(ad on page 40)***617-862-6849***Continued on page 42 >*

## Connect to life with CaptionCall.

CaptionCall helps people with hearing loss connect with friends and family by phone. Easy-to-read captioning helps you understand conversations better. And there's no cost for people with hearing loss that need captions to use the phone effectively.

Contact: Peter Johnson, 617-862-6849  
pjohnson2@CaptionCall.com  
Promo Code: 1625058



*"My hearing is so bad I almost gave up answering calls in the past, but with my new CaptionCall phone, the sound quality along with captioning is fantastic!"*

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# New Phone Technology Keeps You Connected

*Both your vision and your hearing are very important senses, and both cause great difficulties if they don't work effectively.*

Due to the way we use them, their loss affects us in different ways. Many adults get their vision checked regularly, so why do so many people ignore their ears?

When you visit an optician, you look at a letter chart. If you have loss of vision, you may not be able to read the smaller letters because your eyes can't focus on them.



Another way to understand vision loss is to think of how we age. Over time, the eyes gradually lose their ability to focus. If you are farsighted, you know seeing things close to you – like reading – become more difficult. This loss of sensitivity to nearby objects does not vary; it is uniform.

Like vision, our ears often gradually lose the ability to hear high frequencies, both through damage and aging. However, unlike vision loss, the actual effects of this are not uniform.

Speech is made up of many different frequencies and tones. If we can't hear high pitched sounds, we find it hard to understand specific letters such as f and s. This is be-

cause they contain high frequencies.

In contrast to vision loss where we miss chunks of vision, the loss of hearing sensitivity affects many parts of speech that are scattered throughout a conversation, so random bits of conversation get lost.

When people struggle to see, they wear glasses. These "vision aids" help a broad range of people. Prescription glasses require a professional to check your vision, write a prescription

and orders lenses specifically addressing your individual needs.

The same is true with hearing solutions. Since modern hearing aid designs are discreet, stylish and come in a range of colors. many people now find old stigmas to be silly. The life-changing, cutting-edge hearing aid technology of today offers solutions for every type of hearing loss, age and lifestyle. If you hear and see well, your entire world is brighter.

Having a hearing assessment\* is as easy as a vision test. Plus, at HearingLife it's complimentary. Make an appointment to get started.~

*Editor's Note: This article was submitted by HearingLife. See ad on page 40. \*See office for details.*

## HEARING RESOURCES

*continued from page 40*

### HearingLife – Hearing Aids

*(ad on page 38)*

**508-276-6048**

See Locations under Hearing / Audiologists

### **Learning Center for the Deaf**

848 Central St, Framingham 01701

508-875-4559

### **National Hearing Aid Bank /**

**Hear Now**

800-648-4327

### **National Institute on Deafness**

800-241-1044

### **Sight & Hearing Association**

800-992-0424

### **D.E.A.F, Inc**

215 Brighton Ave, Allston 02134

617-254-4041

### **MA Commission for the Deaf**

600 Washington St, Boston 02111

617-740-1600

## HOARDING

### Fenochetti Antiques

*(ad on page 34)*

504 Main St, Dunstable 01827

**978-314-5156**

### Home Again Transitions

*(ad on page 59)*

Boston 02118

**617-431-6583**

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## *What's the Difference between a CCRC and a Lifecare Community?* *continued from page 2*

resident requires care on a short-term basis, to maintain their independent living residence, that resident would be required to pay the monthly fee on the independent living residence plus the costs of housing and healthcare received in assisted living, memory care or skilled nursing. While there's no upfront expense under this plan, the market costs of care can rapidly exceed the amount of an upfront entrance fee without the benefits of pre-arranged long-term care costs.

### **Making a Decision**

So which CCRC contract is the best? There's no one right answer for everyone. It comes down to making the decision that you're comfortable with after considering things like your family history regarding life expectancy and health in addition to knowledge about the different types of CCRCs. ~

---

*Editor's Note: This article was submitted by contributing writer Adam Manchester, Executive Director, New Pond Village, amanchester@benchmarkquality.com, 508-660-1555. See ad on page 3.*



## HOME IMPROVEMENTS & MODIFICATIONS

### **MobilityWorks**

*(ad on Inside Front Cover, page 92)*

**888-608-1659 (Vans)**

**877-275-4903**

**(Home Accessibility Solutions)**

- 57 George Leven Dr  
North Attleborough 02760
- 560 Boston Providence Hwy  
Norwood 02062
- 299 Washington St, Ste H, Woburn 01801

### **Next Day Access**

*(ad on page 14)*

**617-969-7267**

### **Oakley Home Access**

*(ad on page 14)*

16 Production Wy, Walpole 02032

**508-269-9227**

### **Stannah Stairlift, Inc**

*(ad on Back Cover)*

20 Liberty Way, Ste A, Franklin 02038

**888-663-7538**

## HOME MEDICAL EQUIPMENT – LOAN CLOSETS

Check with local COA. The following organizations loan medical equipment to those in need.

### **BOSTON**

#### **Easter Seals of MA**

89 South St, Boston 02111

800-244-2756

### **CANTON**

#### **REquipment DME Reuse Program – Canton**

866-244-6156

### **LINCOLN**

#### **Lincoln Council on Aging**

15 Bedford Rd, Lincoln 01773

781-259-8811

### **MARLBOROUGH**

#### **The Wheelchair Recycler, Inc**

60 Carver Hill Rd, Marlborough 01752

508-460-6328

### **WELLESLEY**

#### **Wellesley Friendly Aid**

219 Washington St, Wellesley 02481

781-235-3960

## HOSPITALS

### **ACUTE HOSPITALS**

#### **AYER**

#### **Nashoba Valley Medical Center**

200 Groton St, Ayer 01432

978-784-9000

#### **BOSTON**

#### **Beth Israel Deaconess Medical Ctr**

– 330 Brookline Ave, Boston 02215

617-667-8000

– One Deaconess Rd, Boston 02215

617-632-7000

#### **Boston Medical Ctr Menino Pavilion**

830-840 Harrison Ave, Boston 02118

617-414-5000

#### **Boston Medical Ctr Newton Pavilion**

88 E Newton St, Boston 02118

617-414-5000

*Continued on next page >*

## **HOSPITALS** *continued*

### **Brigham & Women's Faulkner Hospital**

1153 Centre St, Boston 02130  
617-522-5800

### **Brigham & Women's Hospital**

75 Francis St, Boston 02115  
617-732-5500

### **Carney Hospital**

2100 Dorchester Ave, Boston 02124  
617-296-4000

### **Dana Farber / Brigham and Women's Cancer Center**

450 Brookline Ave, Boston 02215  
617-632-3000

### **Mass Eye & Ear Infirmary**

243 Charles St, Boston 02114  
617-523-7900

### **Mass General Brigham**

55 Fruit St, Boston 02114  
617-726-2000

### **New England Baptist Hospital**

125 Parker Hill Ave, Boston 02120  
617-754-5800

### **St. Elizabeth's Medical Center**

736 Cambridge St, Boston 02135  
617-789-3000

### **Tufts Medical Center**

800 Washington St, Boston 02111  
617-636-5000

## **BURLINGTON**

### **Lahey Hospital & Medical Center Burlington**

41 Mall Rd, Burlington 01806  
781-744-8330

## **CAMBRIDGE**

### **Cambridge Health Alliance – Cambridge**

1493 Cambridge St, Cambridge 02139  
617-498-1000

### **Mount Auburn Hospital**

330 Mount Auburn St, Cambridge 02238  
617-492-3500

## **CONCORD**

### **Emerson Hospital**

Old Rd To Nine Acre Corner, Concord 01742  
978-369-1400

## **EVERETT**

### **Cambridge Health Alliance – Whidden Hospital**

103 Garland St, 3rd Fl, Lvl C, Everett 02149  
617-498-1000

## **FRAMINGHAM**

### **Metrowest Medical Center – Framingham Union Campus**

115 Lincoln St, Framingham 01701  
508-383-1000

## **HAVERHILL**

### **Holy Family Hospital Haverhill**

140 Lincoln Ave, Haverhill 01830  
978-374-2000

## **LAWRENCE**

### **Lawrence General Hospital**

One General St, Lawrence 01842  
978-683-4000

**LOWELL****Lowell General Hospital  
– Saints Campus**

1 Hospital Dr, Lowell 01852  
978-458-1411

**Lowell General Hospital**  
295 Varnum Ave, Lowell 01854  
978-937-6000

**MARLBOROUGH**

**Marlborough Hospital**  
157 Union St, Marlborough 01752  
508-481-5000

**MEDFORD**

**Lawrence Memorial  
Hospital of Medford**  
170 Governors Ave, Medford 02155  
781-306-6000

**MELROSE**

**Melrose Wakefield Hospital**  
585 Lebanon St, Melrose 02176  
781-979-3000

**METHUEN**

**Holy Family Hospital Methuen**  
70 East St, Methuen 01844  
978-687-0151

**MILFORD**

**Milford Regional Medical Center**  
14 Prospect St, Milford 01757  
508-473-1190

**MILTON**

**Beth Israel Deaconess  
Hospital – Milton**  
199 Reedsdale Rd, Milton 02186  
617-696-4600

**NATICK**

**Metrowest Medical Center  
– Leonard Morse Campus**  
67 Union St, Natick 01760  
508-383-1000

**NEEDHAM**

**Beth Israel Deaconess Hospital  
– Needham**  
148 Chestnut St, Needham 02192  
781-453-3000

**NEWTON**

**Newton-Wellesley Hospital**  
2014 Washington St, Newton 02162  
617-243-6000

**NORWOOD**

**Norwood Hospital**  
800 Washington St, Norwood 02062  
781-769-4000

**WEYMOUTH**

**South Shore Hospital**  
55 Fogg Rd, Weymouth 02190  
781-340-8000

**WINCHESTER**

**Winchester Hospital – Member of  
Beth Israel Lahey Health**  
41 Highland Ave, Winchester 01890  
781-729-9000

**WORCESTER**

**St. Vincent Hospital**  
123 Summer St, Worcester 01608  
508-363-5000

*Continued on next page >*

**HOSPITALS** *continued***UMass Memorial Medical Center**

855-862-7763

**–Memorial Campus**

119 Belmont St, Worcester 01605

**–University Campus**

55 Lake Ave N, Worcester 01655

**HOSPITALS – INPATIENT  
SATELLITE****BOSTON****Dana Farber / Brigham and  
Women’s Cancer Institute****– Inpatient**

75 Francis St, 6th Fl, 6 &amp; 7, Boston

02115

617-632-3000

**New England Sinai Hospital****– Inpatient Sat Carney Hospital**

2100 Dorchester Av, 3rd Fl, Boston

02124

781-344-0600

**FRAMINGHAM****Encompass Health Rehabilitation  
Hospital of Braintree at****Framingham**

125 Newbury St, Framingham 01701

508-848-5353

**NON-ACUTE HOSPITALS****Encompass Health****Braintree Hospital of Braintree**

250 Pond St, Braintree 02184

781-848-5353

**Encompass Health Rehabilitation  
Hospital of New England at Lowell**

1071 Varnum Ave, Lowell 01854

978-935-5050

**Encompass Health Rehabilitation  
Hospital of New England**

2 Rehabilitation Wy, Woburn 01801

781-935-5050

 **Hebrew Rehabilitation  
Center** *(ad on page 140)*

1200 Centre St, Boston 02131

**617-325-8000** **Hebrew Rehabilitation  
Center at Dedham***(ad on page 140)*

7000 Great Meadow Rd, Dedham 02026

**617-363-8913****McLean Hospital Corporation**

115 Mill St, Belmont 02478

617-855-2000

**New England Sinai Hospital**

150 York St, Stoughton 02072

781-344-0600

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in the next issue of the  
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Susan@seniorsbluebook.com

## Spaulding Hospital for Continuing Medical Care

1575 Cambridge St, Cambridge 02138  
617-876-4344

## Spaulding Rehabilitation Hospital

300 First Ave, Boston 02129  
617-573-7000

## HOUSING PLACEMENT & RESOURCE SPECIALISTS

Check with local COA, AOA.

## Assisted Living Locators

(ad on page 165)

[www.assistedlivinglocators.com/semass](http://www.assistedlivinglocators.com/semass)

– Ashland 01721

**508-834-3341**

– Amesbury 01913

**508-878-8878**

## CarePatrol – Eastern MA & Southern NH

(ad on page 187)

**781-496-2700**

## JFS of Metrowest

(ad on page 27)

475 Franklin St, Ste 101,  
Framingham 01702

**508-875-3100 x180**

## Oasis Senior Advisors

(ad on pages 49, 139)

– Greater Boston

24 River Edge Rd, Mansfield 02048

**508-538-8100**

– Boston South Shore

Hull St, Cohasset 02025

**781-490-0180**

## INCONTINENCE SUPPLIES

### Charm Medical Supply

(ad on page 5)

**877-942-4276**

## INDEPENDENT BOARD CERTIFIED PATIENT ADVOCATE

### Beacon Patient Solutions, LLC

(ad on page 15)

Brookline 02446

**617-651-2140**

## LEGAL SERVICES (NO FEE)

### AARP Legal Services Network

1 Beacon St, Ste 2301, Boston 02108  
866-330-0753

### Greater Boston Legal Services

60 Gore St, Ste 203, Cambridge 02141  
617-603-2700

### MetroWest Legal Services

63 Fountain St, Ste 304, Framingham 01702  
508-620-1830

### Northeast Legal Aid

– 50 Island St, Ste 203, Lawrence 01840  
978-686-6900

– 35 John St, Ste 302, Lowell 01852  
978-458-1465

## LIBRARIES

See grids on pages 50-53.

## LIFE INSURANCE

### Northwestern Mutual – Bruce Mozinski

(ad on Inside Back Cover)

257 Turnpike Rd, Ste 300, Southborough 01772  
**508-251-7223**

# Is It Time for Senior Living?

*Senior living community is a catchall phrase for independent living, assisted living, and memory care communities. For seniors who are ready to downsize, or for those who need more care than can affordably be provided at home, a senior living community can be an excellent choice.*

Independent living communities offer social activities, meals, and the security of knowing help is nearby. Assisted living and memory care communities do the same, but also provide the care ailing seniors need to live as independently as possible. If you or a loved one is struggling with whether it's time to move, consider the following.

## **RED FLAGS—Immediate action is needed.**

- **Wandering.** People with dementia may get lost in familiar surroundings or they may set out for a location from their past. They are at significant risk if they are alone.
- **Frequent falls.** Injury from a fall often marks the beginning of a steep decline in physical and mental health.
- **Drastic weight loss.** Weight loss may be due to a medical condition, self-neglect, or simply not eating enough because it's too difficult to shop and/or prepare meals adequately.
- **Inconsistency taking medications.** Confusion and forgetfulness can lead to under- or over-medicating, resulting in falls, overdoses, or poorly controlled medical conditions.

- **Self-neglect.** Self-neglect shows up as very poor personal hygiene, unkempt appearance, malnutrition and/or dehydration, squalid or unsanitary living conditions, and/or hoarding.

## **YELLOW FLAGS—A move should be considered.**

- **Isolation.** Studies have shown that socialization and mental stimulation are key components to healthy aging.
- **Increased forgetfulness or confusion.** These can lead to a senior leaving the stove on, forgetting, or doubling up on medications, and vulnerability to financial predators.
- **Caregiver burnout/declining health.** Caregiving is emotionally and physically stressful. Caregivers may see their own health decline as caregiving needs increase. If a caregiver feels burned out or has health issues of their own, a “Plan B” should be put in place.
- **Loss of driver's license.** Giving up a driver's license becomes much easier if there are good alternatives. A senior living community provides built in social activities and meals and may provide transportation to local businesses and doctors' appointments. ~

*Editor's Note: This article was submitted by Megan Fisher, CSA and Bill Cleary, CSA, owners of Boston-area offices of Oasis Senior Advisors and may be reached at 781-490-0180 or 508-538-8100, or by email at [mfisher@youroasisadvisor.com](mailto:mfisher@youroasisadvisor.com) or [bcleary@youroasisadvisor.com](mailto:bcleary@youroasisadvisor.com).*





# We make senior living simple.



Finding and understanding senior living options can be overwhelming and confusing. We assist seniors and families to find the “right fit.” Our **5-step process** is simple and easy.

- In-depth consultation to identify needs
- Discuss financial options, care needs, location, and lifestyle preferences
- Provide you with a customized list of local housing options
- Schedule visits and personally tour communities with you
- Once the right place is selected, we make transitions easy!



## Call us today!



**Megan Fisher**  
**781.490.0180** (call or text)  
 MFisher@youroasisadvisor.com

**Bill Cleary**  
**774.266.3626** (call or text)  
 BCleary@youroasisadvisor.com

**LIBRARIES**

FACILITIES	PHONE NUMBER
<b>ACADEMIC LIBRARIES</b>	
<b>BROOKLINE</b>	
New England Institute of Art Library, 10 Brookline Place West, 02445	888-624-0300
<b>CAMBRIDGE</b>	
Le Cordon Bleu College of Culinary Arts Library, 215 First St, 02142	800-736-6126
Longy School of Music of Bard College Bakalar Music Library 27 Garden St, 02138	617-876-0956
<b>FRAMINGHAM</b>	
Framingham State University Center for Global Education Resource Library 100 State St, 01701	508-626-4654
<b>MEDFORD</b>	
Fletcher School Tufts University Edwin Ginn Library, 160 Packard Ave, 02155	617-627-5021
<b>PUBLIC LIBRARIES</b>	
<b>ACTON</b>	
Acton Memorial Library, 486 Main St, 01720	978-929-6655
West Acton Citizen's Library Association, 21 Windsor Ave, 01720	978-264-9652
<b>ANDOVER</b> Memorial Hall Library, 2 N Main St, 01810	978-623-8401
<b>ARLINGTON</b>	
Edith M Fox Library, 175 Massachusetts Ave, 02474	781-316-3198
Robbins Library, 700 Massachusetts Ave, 02476	781-316-3200
<b>ASHBY</b> Ashby Free Public Library, 812 Main St, 01431	978-386-5377
<b>ASHLAND</b> Ashland Public Library, 66 Front St, 01721	508-881-0134
<b>AVON</b> Avon Public Library, 280 W Main St, 02322	508-583-0378
<b>AYER</b> Ayer Library, 26 E Main St, 01432	978-772-8250
<b>BEDFORD</b> Bedford Free Public Library, 7 Mudge Way, 01730	781-275-9440
<b>BELLINGHAM</b> Bellingham Public Library, 100 Blackstone St, 02019	508-966-1660
<b>BELMONT</b> Belmont Public Library, 336 Concord Ave, 02478	617-489-2000
<b>BERLIN</b> Berlin Public Library, 23 Carter St, 01503	978-838-2812
<b>BILLERICA</b> Billerica Public Library, 15 Concord Rd, 01821	978-671-0948
<b>BOLTON</b> Bolton Public Library, 738 Main St, 01740	978-779-2839
<b>BOXBOROUGH</b> Sargent Memorial Library, 427 Massachusetts Ave, 01719	978-263-4680
<b>BRAINTREE</b>	
Thayer Public Library, 798 Washington St, 02184	781-848-0405
Watson Park Branch Library, 85 Quincy Av, 02184	781-843-1518
<b>BROOKLINE</b> Brookline Public Library, 361 Washington St, 02445	617-730-2370
<b>BURLINGTON</b> Burlington Public Library, 22 Sears St, 01803	781-270-1690
<b>CAMBRIDGE</b> Cambridge Public Library, 449 Broadway, 02138	617-349-4040
<b>CANTON</b> Canton Public Library, 786 Washington St, 02021	781-821-5027

## LIBRARIES (cont'd)

FACILITIES	PHONE NUMBER
<b>CARLISLE</b> Carlisle Gleason Public Library, 22 Bedford Rd, 01741	978-369-4898
<b>CHELMSFORD</b> Chelmsford Public Library, 25 Boston Rd, 01824	978-256-5521
<b>COHASSET</b> Paul Pratt Memorial Library, 35 Ripley Rd, 02025	781-383-1348
<b>CONCORD</b> Concord Free Public Library, 129 Main St, 01742	978-318-3300
<b>DEDHAM</b> Dedham Public Library, 43 Church St, 02026	781-751-9280
<b>DOVER</b> Dover Town Library, 56 Dedham St, 02030	508-785-8113
<b>DRACUT</b> Dracut Moses Greeley Parker Memorial Library, 28 Arlington St, 01826	978-454-5474
<b>DUNSTABLE</b> Dunstable Free Public Library, 588 Main St, 01827	978-649-7830
<b>EVERETT</b> Everett Parlin Memorial Library, 410 Broadway, 02149	617-394-2300
<b>FOXBOROUGH</b> Boyden Library, 10 Bird St, 02035	508-543-1245
<b>FRAMINGHAM</b>	
Framingham Public Library, 49 Lexington St, 01702	508-532-5570
McAuliffe Branch, 746 Water St, 01701	508-532-5636
<b>FRANKLIN</b> Franklin Public Library, 118 Main St, 02038	508-520-4940
<b>GROTON</b> Groton Public Library, 99 Main St, 01450	978-448-1167
<b>HARVARD</b> Harvard Public Library, 4 Pond Rd, 01451	978-456-4114
<b>HOLBROOK</b> Holbrook Public Library, 2 Plymouth St, 02343	781-676-3644
<b>HOLLISTON</b> Holliston Public Library, 752 Washington St, 01746	508-429-0617
<b>HOPKINTON</b> Hopkinton Public Library, 13 Main St, 01748	508-497-9777
<b>HUDSON</b> Hudson Public Library, 3 Washington St at Wood Sq, 01749	978-568-9644
<b>LAWRENCE</b> Lawrence Public Library, 51 Lawrence St, 01841	978-620-3600
<b>LEXINGTON</b> Lexington Cary Memorial Library, 1874 Massachusetts Av, 02420	781-862-6288
<b>LINCOLN</b> Lincoln Public Library, 3 Bedford Rd, 01773	781-259-8465
<b>LITTLETON</b> Littleton Reuben Hoar Library, 41 Shattuck St, 01460	978-540-2600
<b>LOWELL</b> Lowell Samuel S Pollard Memorial Library, 401 Merrimack St, 01852	978-970-4120
<b>MALDEN</b> Malden Public Library, 36 Salem St, 02148	781-324-0218
<b>MARLBOROUGH</b> Marlborough Public Library, 255 Main St, 01752	508-624-6900
<b>MAYNARD</b> Maynard Public Library, 77 Nason St, 01754	978-897-1010
<b>MEDFIELD</b> Medfield Memorial Public Library, 468 Main St, 02052	508-359-4544
<b>MEDFORD</b> Medford Public Library, 111 High St, 02155	781-395-7950
<b>MEDWAY</b> Medway Public Library, 26 High St, 02053	508-533-3217
<b>MELROSE</b> Melrose Public Library, 69 W Emerson St, 02176	781-665-2313
<b>METHUEN</b> Methuen Nevins Memorial Library, 305 Broadway, 01844	978-686-4080
<b>MILFORD</b> Milford Town Library, 80 Spruce St, 01757	508-473-2145
<b>MILLIS</b> Millis Public Library, 961 Main St, 02054	508-376-8282
<b>MILTON</b> Milton Public Library, 476 Canton Av, 02186	617-698-5757
<b>NATICK</b> Natick Morse Institute Library, 14 E Central St, 01760	508-647-6520
<b>NEEDHAM</b> Needham Free Public Library, 1139 Highland Ave, 02494	781-455-7559

Continued on next page &gt;

 Indicates website link on [seniorsbluebook.com](http://seniorsbluebook.com)


**LIBRARIES (cont'd)**

FACILITIES	PHONE NUMBER
<b>NEWTON CENTRE</b> Newton Free Library, 330 Homer St, 02459	617-796-1360
<b>NORFOLK</b> Norfolk Public Library, 139 Main St, 02056	508-528-3380
<b>NORTH ANDOVER</b>	
North Andover Stevens Memorial Library, 345 Main St, 01845	978-688-9505
<b>NORTH READING</b> North Reading Flint Memorial Library, 147 Park St, 01864	978-664-4942
<b>NORTHBOROUGH</b> Northborough Free Library, 34 Main St, 01532	508-393-5025
<b>NORWOOD</b> Norwood Morrill Memorial Library, 33 Walpole St, 02062	781-769-0200
<b>PEPPERELL</b> Pepperell Lawrence Library, 15 Main St, 01463	978-433-0330
<b>PLAINVILLE</b> Plainville Public Library, 198 South St, 02762	508-695-1784
<b>QUINCY</b> Thomas Crane Public Library, 40 Washington St, 02069	617-376-1300
<b>RANDOLPH</b> Turner Free Library, 2 N Main St, 02368	781-961-0932
<b>READING</b> Reading Public Library, 64 Middlesex Ave, 01867	781-944-0840
<b>SHARON</b> Sharon Public Library, 11 N Main St, 02062	781-784-1578
<b>SHERBORN</b> Sherborn Library, 4 Sanger St, 01770	508-653-0770
<b>SHIRLEY</b> Shirley Hazen Memorial Library, 3 Keady Way, 01464	978-425-2620
<b>SOMERVILLE</b> Somerville Public Library, 79 Highland Ave, 02143	617-623-5000
<b>SOUTHBOROUGH</b> Southborough Public Library, 25 Main St, 01772	508-485-5031
<b>STONEHAM</b> Stoneham Public Library, 431 Main St, 02180	781-438-1324
<b>STOUGHTON</b> Stoughton Public Library, 529 Washington St, 02072	781-344-2711
<b>STOW</b> Stow Randall Library, 19 Crescent St, 01775	978-897-8572
<b>SUDBURY</b> Sudbury Goodnow Library, 21 Concord Rd, 01776	978-443-1035
<b>TEWKSBURY</b> Tewksbury Public Library, 300 Chandler St, 01876	978-640-4490
<b>TOWNSEND</b> Townsend Public Library, 12 Dudley Rd, 01469	978-597-1714
<b>TYNGSBOROUGH</b> Tyngsborough Public Library, 25 Bryants Ln, 01879	978-649-7361
<b>UPTON</b> Upton Town Library, 2 Main St, 01568	508-529-6272
<b>WAKEFIELD</b> Wakefield Lucius Beebe Memorial Library, 345 Main St, 01880	781-246-6334
<b>WALPOLE</b> Walpole Public Library, 143 School St, 02081	508-660-7340
<b>WALTHAM</b> Waltham Public Library, 735 Main St, 02451	781-314-3425
<b>WATERTOWN</b> Watertown Free Public Library, 123 Main St, 02472	617-972-6431
<b>WAYLAND</b> Wayland Free Public Library, 5 Concord Rd, 01778	508-358-2311
<b>WELLESLEY</b> Wellesley Free Library, 530 Washington St, 02482	781-235-1610
<b>WESTBOROUGH</b> Westborough Public Library, 55 W Main St, 01581	508-366-3050
<b>WESTFORD</b> Westford J V Fletcher Library, 50 Main St, 01886	978-692-5555
<b>WESTON</b> Weston Public Library, 87 School St, 02493	781-786-6150
<b>WESTWOOD</b> Westwood Public Library, 660 High St, 02090	781-326-7562
<b>WEYMOUTH</b> Tufts Library (Main), 46 Broad St, 02188	781-337-1402
<b>WILMINGTON</b> Wilmington Memorial Library, 175 Middlesex Ave, 01887	978-658-2967
<b>WINCHESTER</b> Winchester Public Library, 80 Washington St, 01890	781-721-7171


LIBRARIES (cont'd)	
FACILITIES	PHONE NUMBER
<b>WOBURN</b> Woburn Public Library, 45 Pleasant St, 01801	781-933-0148
<b>WORCESTER</b>	
Worcester Public Library, 3 Salem St, 01608	781-933-0148
<b>Worcester Talking Book Library</b> , 3 Salem Sq, 01608	<b>508-799-1730</b>
<b>WRENTHAM</b> Fiske Public Library, 110 Randall Rd, 02093	508-384-5440
<b>SPECIALTY LIBRARIES</b>	
<b>ANDOVER</b>	
Andover Historical Society Caroline Underhill Research Library 97 Main St, 01810	978-475-2236
<b>BROOKLINE</b>	
Frederick Law Olmsted National Historic Site Library, 99 Warren St, 02445	617-566-1689
<b>CAMBRIDGE</b>	
Volpe National Transportation Systems Center Volpe Technical Library and Information Center, 55 Broadway, 02142	617-494-2000
<b>CONCORD</b>	
Adjutant Generals Office Military Archives Branch, 91 Everett St, 01742	978-369-4807
<b>DEDHAM</b> Dedham Historical Society Library, 612 High St, 02026	781-326-1385
<b>LAWRENCE</b>	
Lawrence History Center Immigrant City Archives Library, 6 Essex St, 01840	978-686-9230
<b>LEXINGTON</b>	
National Heritage Museum Van Gorden–Williams Library & Archives 33 Marrett Rd, 02421	781-457-4109
<b>LINCOLN</b>	
Walden Woods Project – The Thoreau Institute at Walden Woods 44 Baker Farm Rd, 01773	781-259-4700
<b>LOWELL</b>	
American Textile History Museum Osborne Library, 491 Dutton St, 01854	978-441-0400
Lowell National Historical Park Library, 67 Kirk St, 01852	978-970-5241
<b>NEEDHAM</b> Needham Historical Society Library, 1147 Central Ave, 02492	781-455-8860
<b>NEWTON</b> Newton History Museum Library, 527 Washington St, 02458	617-796-1450
<b>NORTH ANDOVER</b>	
North Andover Historical Society Archives, 153 Academy Rd, 01845	978-686-4035
<b>WALTHAM</b>	
Suicide Prevention Resource Center SPRC Library, 43 Foundry Ave, 02453	877-438-7772
<b>WATERTOWN</b> Perkins Library, 175 N Beacon St, 02472	617-972-7240
<b>WELLESLEY</b>	
Massachusetts Horticultural Society Library, 900 Washington St, 02482	617-933-4912
<b>WORCESTER</b>	
<b>Worcester Talking Book Library</b> , 3 Salem Sq, 01608	<b>508-799-1730</b>

## LONG TERM CARE INSURANCE


 **Edward Jones – Haley Adams** *(ad on page 36)*  
628 Somerville Ave, Ste 1  
Somerville 02143  
**617-764-5360**

 **Northwestern Mutual – Bruce Mozinski**  
*(ad on Inside Back Cover)*  
257 Turnpike Rd, Ste 300,  
Southborough 01772  
**508-251-7223**


## MEDICAID ATTORNEY

 **Generations Law Group**  
*(ad on page 54)*  
– 179 Great Rd, Ste 109, Acton 01720  
**978-263-0006**

– 1500 District Ave, Burlington 01803  
**978-849-3051**  
– 111 Boston Post Rd, Ste 101,  
Sudbury 01776  
**978-263-0006**

 **Law Offices of Timothy R Loff** *(ad on page 33)*  
1087 Beacon St, Ste 201, Newton 02459  
**617-332-7021**

## MEDIATION SERVICES

 **Elder Decisions**  
*(ad on page 28)*  
**617-621-7009**  
– Marlborough 01752  
– Natick 01760  
– Norwood 02062



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# Protecting the Aging Population from Scams

*The Federal Trade Commission reports that each year aging Americans (ages 60+) lose hundreds of millions of dollars due to scams of varying types. Many everyday activities the aging population are involved in, such as telephone calls, emails, and other online interactions are being used as an entry point for scamming activity.*

## Proactive Steps

### To Avoid

#### Victimization

- Estate planning with an elder law attorney can help put trusted loved ones in a position of authority to help protect the aging person from undue influences. Documents like Power of Attorney, Health Care Proxy, and Revocable or Irrevocable Trusts can all be valuable tools to create structure for when the aging adult is not able to make sound decisions for themselves.
- A credit freeze (also known as a security freeze) does not allow a creditor to access your credit file, thus preventing someone from opening accounts in the victim's name and may be an appropriate proactive step.
- Review Statements from health insurance, banks, credit cards, IRA accounts, etc. should all be monitored closely for suspicious activity. Medicare Summary Notices and Explanation of Benefits should be reviewed for incorrect charges and information.



- Research whether the companies, offers, or phone call regarding “bills owed” are legitimate. Scammers usually try to force the aging person to “act now”. Slow down your reaction to be sure that the call, email, or letter are in fact real.

### If You Are A Victim

- Contact the bank/financial institution to let them know of a fraudulent or unauthorized charge. Ask them to give you your money back and reverse the charge.
- Contact your local police department to notify them of the fraud.
- Change the username and password for any affected online account and other account that you may use the same login information. Use a random password to make the account(s) less vulnerable. Use different passwords for different accounts and keep a record of your passwords in a safe place.
- File a report, not only for your benefit but to possibly help prevent others from becoming a victim. A report can be made to the Federal Trade Commission (FTC) at Report-Fraud.ftc.gov. ~

*Editor's Note: his article was submitted by Cathleen Summers, RN, Esq., founding partner with Generations Law Group. Cathleen may be reached at 978-263-0006 or by email at info@GenerationsLawGroup.com. See ad page 54.*

## Medicare Overview: 2022

(Part A, Part B, & Part D)

**Original Medicare** is a government health insurance program primarily for people Age 65 and older. It has two parts: A & B. Separate **Part D Prescription Plans** are sold through private insurance companies. The chart below summarizes the benefits.

Original Medicare NO Prescription Coverage		Part D Prescription Plan
<b>Part A</b> Inpatient Hospital	<b>Part B</b> Doctors, Outpatient	<b>Private Insurance</b> 21 Plans in Massachusetts
<b>NO Cost</b> if you or spouse paid into Medicare for 10 years	<b>\$170.10/month</b> may be higher based on your 2020 income tax filing	<b>Premiums Vary</b> by insurance company, where you live, and specific prescriptions taken
<b>\$1,556 Deductible</b> per benefit period	<b>\$233 Annual Deductible</b> for Part B expenses	<b>Part D Plans have 4 Stages</b> Deductible, Initial coverage, Coverage Gap, Catastrophic
<b>Hospital, SNF, Home Health</b>	<b>Medicare - 80% Insured - 20%</b>	<b>Deductibles, Copays &amp; Coinsurance</b>
<b>UNLIMITED Financial Exposure</b> <b>NO Out-of Pocket Maximum</b>		<b>Can be added with Part A or B, with Medigap, or be included as part of Medicare Advantage</b>
<b>NO Coverage Outside of USA</b>		
<b>There are penalties for late enrollment in Part B, Part D</b>		

There is no additional cost to use the services of a full-time insurance professional. Please call us or a source in your local area for further assistance.



**Russ Swallow, Managing Director**  
**508-831-0805**  
[russ@TheMedicareAdvisors.com](mailto:russ@TheMedicareAdvisors.com)

## Medicare Overview: 2022

(Medicare Advantage & Medigap)

Offered through private insurance companies. **Medicare Advantage** must cover ALL Medicare approved services and most include Part D prescription coverage. **3 Medigap Options** are available to pay gaps in Original Medicare (separate Part D prescription plan is needed).

### Medicare Advantage (Part C)

### Medicare Supplement (Medigap)

**Must have BOTH Part A & Part B to enroll.  
Ongoing Part B Premium is Required.**

**HMO & PPO Plans  
Enhances A & B, includes D**

**Original Medicare pays 1<sup>st</sup>  
Medigap Insurer pays 2<sup>nd</sup>**

**HMO  
In-Network Providers**

**Any Doctor or Hospital in the  
country that accepts Medicare**

**PPO = In & Out-of-Network**

**\$233 Part B Annual Deductible**

**Copayments**

**NO Copayments**

**Referrals May Be Required**

**NO Referrals Required**

**Part D Included (usually)**

**Part D Plan NEEDED**

**\$0 Premium Availability**

**Cost = \$200/month approx.**

**World-Wide ER & Urgent Care ONLY**

**LIMITED Financial Exposure**

These two pages are in an easy-to-read format. This is NOT a contract. This is NOT intended to represent the actual benefits offered by any insurer. For specific details, refer to an individual insurer's Summary of Benefits.



## MEDICAL STAFFING

### **Care with Care HomeHealth Care, LLC**

*(ad on page 114)*

560 Boston Tpke, Shrewsbury 01545

**508-842-3960**

### **Nursing on Demand**

*(ad on page 118)*

405 Concord Ave, Ste 378,

Belmont 02478

**617-249-5305**

## MEDICAL SUPPLIES

### **Charm Medical Supply**

*(ad on page 5)*

**877-942-4276**

## MEDICARE & MEDICAID INFORMATION

### **OUR PREFERRED PROVIDER**

### **The Medicare Advisors**

*(ad on page 56)*

**508-831-0805**

### **MA Senior Medicare Patrol (SMP) Program**

800-892-0890

### **Medicaid Hotline**

800-221-3943

### **Medicare & Medicaid Claims**

800-633-4227

### **Medicare Helpline**

800-633-4227

### **Medicare/Medicaid Fraud Hotline**

800-447-8477

### **Massachusetts Health**

800-322-1448

### **SHINE (Serving Health Information Needs of Elders)**

800-243-4636

Check with your local COA

### **The Medicare Advisors**

*(ad on page 56)*

**508-831-0805**

## MEMORY CAFES

### **National Directory**

[www.alzheimerscafe.com/public.html](http://www.alzheimerscafe.com/public.html).

[alzheimerscafe.com/national\\_registry.html](http://alzheimerscafe.com/national_registry.html)

## MENTAL HEALTH SERVICES

### **US Dept of Health & Human Services SAMHSA**

1 Choke Cherry Rd, Rockville 20857

877-726-4727

### **National Suicide Prevention Hotline**

800-273-8255

### **The Samaritans Statewide CRISIS HOT LINE**

877-870-4673

### **Massachusetts State Dept of Health & Human Services**

One Ashburton Pl, Boston 02108

617-573-1600

### **MA Suicide Prevention Program**

250 Washington St, 4th Fl, Boston 02108

617-624-5438

### **The Samaritans**

41 West St, 4th Fl, Boston 02111

617-536-2460

WWW.HOMEAGAINMA.COM



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### MOBILITY EQUIPMENT

#### **MobilityWorks**

*(ad on Inside Front Cover, page 92)*

**888-608-1659 (Vans)**

**877-275-4903**

**(Home Accessibility Solutions)**

- 57 George Leven Dr  
North Attleborough 02760
- 560 Boston Providence Hwy  
Norwood 02062
- 299 Washington St, Ste H, Woburn  
0180

#### **Next Day Access**

*(ad on page 14)*

**617-969-7267**

#### **Oakley Home Access**

*(ad on page 14)*

16 Production Wy, Walpole 02032

**508-269-9227**

#### **Stannah Stairlift, Inc**

*(ad on Back Cover)*

20 Liberty Way, Ste A, Franklin 02038

**888-663-7538**

### MOVE MANAGEMENT & ORGANIZING SERVICES

#### **EXP Realty** – **Susanne McInerney**

*(ad on page 64)*

**617-413-4550**

#### **Home Again Transitions**

*(ad on page 59)*

Boston 02118

**617-431-6583**

## NUTRITION

### Charm Medical Supply

(ad on page 5)  
877-942-4276

## PHARMACIES

### Wegman's Pharmacy

(ad on page 61)  
-53 Third Ave, Burlington 01803  
781-418-0745

-200 Boylston St,  
Newton (Chestnut Hill) 02467  
617-762-2645  
-9102 Shops Wy, Northborough 01532  
508-936-1945  
-169 University Ave, Westwood 02090  
781-234-0345

## *New Rules and Concerns About MassHealth Estate Recovery* continued from page 33



in advance. You may have received such a notice if you are receiving or have received MassHealth benefits.

At the same time as this was going on, Elder Law attorneys and advocates put a bill together and filed it with the Massachusetts legislature to make changes to Estate Recovery laws to make it fairer and limit Estate Recovery to only those things the Federal government mandates. This bill is pending.

As a result of both advocacy and the filing of the Estate Recovery

bill, MassHealth made revisions to their own regulations this last fall. These revisions expand exemptions to avoid Estate Recovery (no estate under \$25,000 is subject to Estate Recovery, Caretakers), and deferments to collection of Estate Recovery (spouses, deaf and disabled children).

If you or a loved one need or are receiving MassHealth benefits, you may want to consult an Elder Law Attorney to see how these changes in Estate Recovery may affect you. ~

*Editor's Note: This article was submitted by Estate and Elderlaw Attorney Timothy R. Loff, Esq. of the Law Offices of Timothy R. Loff, Newton, 617-332-7021 or information@lofflaw.com. See ad on page 33.*



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169 University Avenue  
Westwood, MA 02090

## Save Hundreds Per Month By Auditing Your Home Service Subscriptions

*When was the last time you looked at how much you're paying for your home service subscriptions?*

Most people sign up for monthly subscription services like cable, internet, home phone, and cell phone, and rarely revisit them to see whether they could be paying less, or which of these services they're actually using.

Home service companies use several tactics to take advantage of customers.

First, they often offer inexpensive "introductory rates" for services and increase the price after the first year. This gets customers signed up before the price shoots up to the "normal" rate when they aren't monitoring the bill.

Second, they often require customers to "bundle" services. There might be an excellent deal on home phone service, but to get it, you must sign up for a service you're not using (like internet).

Third, service providers will sell high margin, "add-on" products that customers are unlikely to use, increasing the total price of the service.

This is especially true with cell phone providers, who will try to get customers who usually use very little data onto expensive "unlimited" data plans.

Here are two steps you can take to get your home services under control.

Start by auditing your subscriptions, looking at every service you're paying for, and asking yourself two questions:

- 1 *How much am I using this service?*
- 2 *Does the price I'm paying line up with how much I'm using it?*

If you don't feel you're getting enough value out of a particular service, consider alternative options. You might find better, cheaper options today that weren't available when you first signed up.

For instance, you could cut the cord with online cable alternatives, like YouTube TV or Hulu Live TV.

For home phone services, companies like Community Phone connect your home phone to cell towers rather than copper wire cable, which lets you get out of restrictive home phone contracts, or expensive "internet + home phone" packages that most traditional providers require.

The bottom line is, you could save hundreds of dollars per year just by taking some time to review the subscriptions you're paying for and looking for cheaper alternatives that more closely align with your needs.~

*Editor's Note: This article was submitted by James Graham, Founder and CEO of Community Phone, Cambridge Massachusetts. See ad on page 63.*



## PHONE SERVICES

### Community Phone

(ad on page 63)

31 Church St, Cambridge 02138

508-466-5659

## PRESCRIPTION ASSISTANCE & DISCOUNTS

### AARP Prescription Discount Prog

800-456-2277

### Benefits CheckUp

202-479-1200

### Lily Patient Assistance Program

877-795-4559

### MCPHS University Pharmacy Outreach Program

25 Foster St, Worcester

866-633-1617

### Medical Prescription Discount Card

800-377-1614

### Medicare Prescription Drug Card

800-633-4227

### Merck Patient Assistance Prog

800-727-5400

### Novartis Medicare Drug Plan Assistance Line

800-620-3292

### Pfizer Pfriends

866-706-2400

### Pharmaceutical Assistance for the Aged & Disabled (PAAD)

800-792-9745

### Prescriptions Benefits

800-334-8134

*Continued on next page >*

community phone

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or visit [seniors.communityphone.org](http://seniors.communityphone.org)

## PRESCRIPTION ASSISTANCE & DISCOUNTS *continued*

**Rx PhRMA**  
800-762-4636

**MassMedLine**  
866-633-1617

**Prescription Advantage**  
800-243-4636 option 1

**The Shine Program**  
800-243-4636 option 2

## PROBATE

### **Generations Law Group**

*(ad on page 54)*

– 179 Great Rd, Ste 109, Acton 01720

**978-263-0006**

– 1500 District Ave, Burlington 01803

**978-849-3051**

– 111 Boston Post Rd, Ste 101,  
Sudbury 01776

**978-263-0006**

### **Law Offices of Timothy R Loff**

*(ad on page 33)*

1087 Beacon St, Ste 201, Newton 02459

**617-332-7021**

## RAMPS

### **MobilityWorks**

*(ad on Inside Front Cover, page 92)*

**888-608-1659 (Vans)**

**877-275-4903**

**(Home Accessibility Solutions)**

– 57 George Leven Dr

North Attleborough 02760

– 560 Boston Providence Hwy

Norwood 02062

– 299 Washington St, Ste H, Woburn  
01801

### **Next Day Access**

*(ad on page 14)*

**617-969-7267**

### **Oakley Home Access**

*(ad on page 14)*

16 Production Wy, Walpole 02032

**508-269-9227**

## REAL ESTATE SERVICES

### **EXP Realty – Susanne McInerney** *(ad on page 64)*

**617-413-4550**

### **INSIGHT Realty Group – Michelle Quinn**

*(ad on pages 65, 139)*

**508-948-5642**

## Perhaps it's time to downsize?

### **Do you know about all your options?**

Active Adult, Independent Living and Assisted Living,  
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Contact **Susanne McInerney** and the Mass  
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## INSIGHT REALTY GROUP

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REALTOR, ABR, SRS, SRES  
508-948-5642  
michelle@insightrealtygroup.com

### Is this the right time to move?

Everyone's circumstances are different and the best way to make that decision is with the very best information. The decision to either age in place, or transition to a home that meets your needs, can be difficult.

If it is the right time, I can help guide the process and offer an array of services and connections to maximize your homes value.

If you need a consultation on your circumstances and needs, Call me!

## Health Effects of Untreated Hearing Loss

*continued from page 39*

**Increased risk of falling:** What you can hear (and don't hear) directly affects your balance. Even mild hearing loss can triple your chances of falling. Treating hearing loss with hearing aids can help serve as a "balance aid."<sup>6</sup>

Not everyone with hearing loss will develop the conditions outlined above, but being educated about the potential risks can help you make smart decisions about hearing loss treatment.

Today's hearing devices are equipped with many features that could greatly enhance your quality of life. Helping to protect your overall well-being is certainly one of the

better reasons to seek treatment for hearing loss. ~

*1*[www.hearinghealthfoundation.org](http://www.hearinghealthfoundation.org);

*2* Livingston, Jonathan Huntley, Andrew Sommlerlad, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*. July 30, 2020;

*3* Livingston, A Sommerlad, V Orgeta, et al. Dementia prevention, intervention, and care. *The Lancet*. July 20, 2017;

*4* Hull, R. H., & Kerschen, S. R. (2010). The influence of cardiovascular health on peripheral and central auditory function in adults: A research review. *American Journal of Audiology*, 19, 9-16;

*5* Bigelow, RT, Reed, NS, et al. Association of hearing loss with psychological distress and utilization of mental health services among adults in the United States. *JAMA Netw Open*. 2020 Jul 1;3(7):e2010986;

*6* [www.healthyhearing.com/report/53220-Hearing-loss-falls-balance-hearing-aids](http://www.healthyhearing.com/report/53220-Hearing-loss-falls-balance-hearing-aids)

## REHABILITATION FACILITIES

Most skilled nursing facilities (SNF) offer different levels of rehabilitation services. Please see our skilled nursing rehab grids on page 67 and skilled nursing facilities grids on pages 202-216.

## REHABILITATION SERVICES

Provide physical, occupational and speech therapy in your home. Please see grid on pages 67-68.

## RESPIRE CARE

Respite is a period of rest or relief for those who give constant care to an ill person. Many skilled nursing facilities and assisted living communities offer this service. Please see grid on pages 68-69.

## REVERSE MORTGAGE SERVICES – COUNSELING

**US Dept of Housing Resource Ctr**  
800-225-5342

**American Consumer Credit Counseling**

130 Rumford Av #202, Auburndale 02466  
800-769-3571

**Community Service Network, Inc**  
52 Broadway, Stoneham 02180  
781-438-1977

**Credit Card Mgmt Services, Inc**  
180 Massachusetts Ave, Ste 303,  
Arlington 02474  
781-646-2648

**HOME (Homeowner Options for Massachusetts Elders)**  
87 Hale St, 2nd Fl, Lowell 01851  
978-970-0012



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*A Benchmark Lifecare Community*

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## REHABILITATION FACILITIES







FACILITIES	AD PAGE	PHONE NUMBER
<b>BOSTON</b>		
 <b>Hebrew Rehabilitation Center</b> 1200 Centre St, 02131	140	617-363-8372
<b>CANTON</b>		
 <b>Orchard Cove</b> , 1 Del Pond Dr, 02021	140	781-859-3088
<b>DEDHAM</b>		
 <b>Hebrew Rehabilitation Center at NewBridge on the Charles</b> , 7000 Great Meadow Rd, 02026	140	617-363-8372
<b>LINCOLN</b>		
 <b>Benchmark Senior Living at The Commons</b> , Three Harvest Cir, 01773	66	781-230-6591
<b>LOWELL</b>		
 <b>D'Youville Life &amp; Wellness Community – Center for Advanced Therapy</b> 1071 Varnum Ave, 01854	201	978-569-1000
 <b>D'Youville Life &amp; Wellness Community – Senior Care</b> , 981 Varnum Ave, 01854	201	978-569-1000
<b>NATICK</b>		
 <b>Beaumont Rehabilitation &amp; Skilled Nursing Center at Natick</b> , 3 Vision Dr, 2nd Fl, 01760	161	508-651-9200
 <b>Mary Ann Morse Healthcare Center – Short-Term Rehabilitation &amp; Long-Term Care</b> 45 Union St, 01760	183	508-433-4400
<b>SUDBURY</b>		
 <b>Bear Mountain at Sudbury</b> 136 Boston Post Rd, 01776	199	978-443-2722
<b>WESTBOROUGH</b>		
 <b>Beaumont Rehabilitation &amp; Skilled Nursing at Westborough</b> , 3 Lyman St, 01581	161	508-898-3490
<b>Worcester</b>		
 <b>Knollwood</b> , 5 Briarwood Circle Worcester 01606	163	508-852-2670

## REHABILITATION SERVICES

FACILITIES	AD PAGE	PHONE NUMBER
 <b>24 Hours Care</b> , 73 Lexington St, Newton 02466	117	617-792-0500
 <b>Celtic Angels – Needham</b> 60 Dedham Ave, Ste 105, Needham 02492	117	781-662-8700
 <b>Celtic Angels – Weymouth</b> 231 Washington St, Weymouth 02188	117	781-331-0062

Continued on next page &gt;

## REHABILITATION SERVICES (cont'd)

 <b>Curtin Home Care</b> , 20 Park Plaza, Boston 02116	121	617-948-2551
 <b>Hebrew Senior Life Home Health</b> 29 Newbridge Wy, Dedham 02026	140	781-234-9900
 <b>Mary Ann Morse Home Care – Medical</b> 747 Water St, Framingham 01701	183	508-433-4479
 <b>My Personal Home Care</b> 99 Derby St, Ste 200, Hingham 02043	224	508-386-3065
 <b>SeniorBridge</b> , 75 2nd Ave, Ste 540, Needham 02494	117	781-444-1199
 <b>Steady Steps Home Health &amp; Rehab</b> 34 Hayden Rowe St, Hopkinton 01748	118	855-578-3239

## RESPIRE CARE FACILITIES

FACILITIES	AD PAGE	PHONE NUMBER
<b>Alzheimer's Association Helpline</b>	78	800-272-3900
<b>BOSTON</b>		
 <b>Hebrew Rehabilitation Center</b> , 1200 Centre St, 02131	140	617-363-8372
 <b>Rogerson House</b> , 434 Jamaica Way Boston 02130	163	617-983-2300
 <b>Springhouse Senior Living</b> , 44 Allandale St Boston 02130	163	617-522-0043
 <b>Susan Bailis</b> , 352 Massachusetts Ave, 02115	182	617-247-1010
<b>CANTON</b>		
 <b>Orchard Cove</b> , 1 Del Pond Dr, 02021	140	781-859-3088
<b>DEDHAM</b>		
 <b>Hebrew Rehabilitation Center at NewBridge on the Charles</b> , 7000 Great Meadow Rd, 02026	140	617-363-8372
 <b>NewBridge on the Charles</b> 6000 Great Meadow Rd, 02026	140	781-234-9421
<b>DRACUT</b>		
 <b>The Arbors at Dracut</b> , 21 Broadway Rd, 01826	158 159	978-455-9182
<b>FRAMINGHAM</b>		
 <b>Mary Ann Morse at Heritage – Memory Care Assisted Living</b> , 747 Water St, 01701	183	508-665-5300
<b>GROTON</b>		
 <b>Rivercourt Residences</b> , 8 W Main St, Rte 225, 01450	182	978-448-4122
<b>HOPKINTON</b>		
 <b>Golden Pond</b> , 50 W Main St, 01748	156 157	508-435-1250
<b>LINCOLN</b>		
 <b>Benchmark Senior Living at The Commons</b> 1 Harvest Cir, 01773	66	781-230-6591

## RESPIRE CARE FACILITIES (cont'd)

R-R

COMMUNITY RESOURCES AND SERVICES

FACILITIES	AD PAGE	PHONE NUMBER
<b>LOWELL</b>		
 <b>D'Youville Life &amp; Wellness Community</b> 981 Varnum Ave, 01854	201	978-569-1000
<b>MARLBOROUGH</b>		
 <b>Christopher Heights of Marlborough</b> 99 Pleasant St, 01752	181	508-281-8001
<b>MEDWAY</b>		
 <b>Whitney Place Assisted Living at Medway</b> 261 Village St, 02053	161	508-533-3300
<b>NATICK</b>		
 <b>Beaumont Rehabilitation &amp; Skilled Nursing Center at Natick</b> , 3 Vision Dr, 2nd Fl, 01760	161	508-651-9200
 <b>Mary Ann Morse Healthcare Center – Short-Term Rehabilitation &amp; Long-Term Care</b> 45 Union St, 01760	183	508-433-4400
 <b>Whitney Place Assisted Living Residences at Natick</b> , 3 Vision Dr, Rte 9 W, 01760	161	508-655-5000
<b>NORTH CHELMSFORD</b>		
 <b>Residence at Freeman Lake</b> , 4 Technology Dr, 01863	184	978-458-0099
<b>STONEHAM</b>		
 <b>The Arbors at Stoneham</b> , 140 Franklin St, 02180	158 159	781-288-8779
<b>STOUGHTON</b>		
 <b>The Arbors at Stoughton</b> 2121 Central St, 02072	158 159	781-805-4704
<b>SUDBURY</b>		
 <b>Bear Mountain at Sudbury</b> , 136 Boston Post Rd, 01776	199	978-443-2722
 <b>Orchard Hill</b> , 761 Boston Post Rd, 01776	182	978-443-0080
<b>WALPOLE</b>		
 <b>New Pond Village</b> , 180 Main St, 02081	3 140	508-669-0034
<b>WESTBOROUGH</b>		
 <b>Beaumont Rehabilitation &amp; Skilled Nursing at Westborough</b> , 3 Lyman St, 01581	161	508-898-3490
 <b>Whitney Place Assisted Living</b> , 5 Lyman St, 01581	161	508-836-4354
<b>WEYMOUTH</b>		
 <b>Allerton House at Central Park</b> , 43 School St, 02188	183	781-335-8666
<b>WORCESTER</b>		
 <b>The Briarwood Community</b> 65 Briarwood Circle, Worcester 01606	163	508-852-2670
<b>WRENTHAM</b>		
 <b>Pond Home</b> , 289 East St, 02093	182	508-384-3531

## SENIOR CENTERS / COUNCIL ON AGING (CoA)

See grids on pages 72-74.

## SENIOR ENTERTAINMENT & ACTIVITIES

Check with local CoA.

### e-VOLV Senior Connection

*(ad on page 13)*

1660 Soldiers Field Rd, #1051,  
Brighton 02135  
**617-221-6049**

### The Medicare Advisor

WCRN Wednesdays 1pm -2pm

### WCRN News & Talk Radio

*(ad on page 71)*

**508-871-7000**

276 Turnpike Rd, Westborough 01581

## SENIOR HEALTH CLINICS

Health clinics usually provide more comprehensive health and related services than a traditional medical practice. Services may include physicians who specialize in geriatrics, a nurse practitioner, a Medical Social Worker and, in many cases, financial discounts may be available.

### COMMUNITY HEALTH CLINICS – PRIMARY

#### CAMBRIDGE

### CHA Cambridge Family Health

237 Hampshire St, Cambridge 02139  
617-575-5570

### CHA Cambridge Family Health North

2067 Mass Ave, Cambridge 02140  
617-575-5570

### CHA East Cambridge Health Center

163 Gore St, Cambridge 02141  
617-665-3000

### CHA Windsor Street Health Center

119 Windsor St, Cambridge 02139  
617-665-3600

#### EVERETT

### MGH Everett Family Care

19 Norwood St, Everett 02149  
617-394-7500

#### FRAMINGHAM

### Edward M Kennedy Community Health Center Waverly St

354 Waverly St, Framingham 01702  
508-270-5700

### MetroWest Free Medical First Parish Church

110 Edgell Rd, Framingham 01702  
508-656-0885

#### LAWRENCE

### Greater Lawrence Family Health Center, Inc

34 Haverhill St, Lawrence 01841  
978-686-0090

#### – North Site

150 Park St, Lawrence 01841  
978-685-1770

#### – South Site

73D Winthrop Av, Plz 114, Lawrence 01843  
978-686-3017

#### – West site

700 Essex St, Lawrence 01840  
978-689-2400

#### LOWELL

### Lowell Community Health Center

161 Jackson St, Lowell 01852  
978-937-9700

*Continued on page 74 >*

# WCRN NEWS-TALK-RADIO 830



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HOWIE  
CARR  
SHOW**

**WORCESTER – BOSTON**

## SENIOR CENTERS / COUNCIL ON AGING

FACILITIES	PHONE NUMBER
<b>ACTON</b> Acton Council on Aging, 30 Sudbury Rd, Rear, 01720	978-929-6652
<b>ANDOVER</b> Andover Council on Aging, 30 Whittier Ct, 01810	978-623-8321
<b>ARLINGTON</b> Arlington Council on Aging, 27 Maple St, 02476	781-316-3400
<b>ASHBY</b> Ashby Council on Aging, 895 Main St, 01431	978-386-2424
<b>ASHLAND</b> Ashland Council on Aging, 162 W Union St, 01721	508-881-0140
<b>AVON</b> Avon Council on Aging, 65 E Main St, 02322	508-559-0060
<b>AYER</b> Ayer Council on Aging, 18 Pond St, 01432	978-772-8260
<b>BEDFORD</b> Bedford Council on Aging, 12 Mudge Way, 01730	781-275-6825
<b>BELLINGHAM</b> Bellingham Council on Aging, 40 Blackstone St, 02019	508-966-0398
<b>BELMONT</b> Belmont Council on Aging, 266 Beech St, 02478	617-993-2970
<b>BERLIN</b> Berlin Council on Aging, 23 Linden St, 01503	978-838-2750
<b>BILLERICA</b> Billerica Council on Aging, 25 Concord Rd, 01821	978-671-0916
<b>BOLTON</b> Bolton Council on Aging, 600 Main St, 01740	978-779-3313
<b>BOSTON</b> Age Strong Commission, 1 City Hall Plaza, Rm 271, 02201	617-635-4366
<b>BOXBOROUGH</b> Boxborough Council on Aging, 29 Middle Rd, 01719	978-264-1717
<b>BRAINTREE</b> Braintree Council on Aging, 71 Cleveland Ave, 02184	781-848-1963
<b>BROOKLINE</b> Brookline Council on Aging, 93 Winchester St, 02446	617-730-2777
<b>BURLINGTON</b> Burlington Council on Aging, 61 Center St, 01803	781-270-1950
<b>CAMBRIDGE</b> Cambridge Council on Aging, 806 Massachusetts Av, 02139	617-349-6060
<b>CANTON</b> Canton Council on Aging, 500 Pleasant St, 02021	781-828-1323
<b>CARLISLE</b> Carlisle Council on Aging, 66 Westford St, 01741	978-371-2895
<b>COHASSET</b> Cohasset Council on Aging, Willcutt Commons, 91 Sohier St, 02025	781-383-9112
<b>CONCORD</b> Concord Council on Aging, 1276 Main St, 01742	978-318-3020
<b>DEDHAM</b> Dedham Council on Aging, 735 Washington St, 02026	781-326-1650
<b>DOVER</b> Dover Council on Aging, 4 Springdale Ave, 02030	508-315-5734
<b>DRACUT</b> Dracut Council on Aging, 951 Mammoth Rd, 01826	978-957-2611
<b>DUNSTABLE</b> Dunstable Council on Aging, 511 Main St, 01827	978-649-4514
<b>EVERETT</b> Everett Council on Aging, 90 Chelsea St, 02149	617-394-2323
<b>FOXBOROUGH</b> Foxborough Council on Aging, 75 Central St, 02035	508-543-1234
<b>FRAMINGHAM</b> Framingham Council on Aging, 535 Union Ave, 01702	508-532-5980
<b>FRANKLIN</b> Franklin Council on Aging, 10 Daniel McCahill St, 02038	508-520-4945
<b>GROTON</b> Groton Council on Aging, 163 W Main St, 01450	978-448-1170
<b>HARVARD</b> Harvard Council on Aging, 13 Ayer Rd, 01451	978-456-4120
<b>HOLBROOK</b> Holbrook Council on Aging, 9 Jewel Rd, 02343	781-767-4617
<b>HOLLISTON</b> Holliston Council on Aging, 150 Goulding St, 01746	508-429-0622
<b>HOPKINTON</b> Hopkinton Council on Aging, 28 Mayhew St, 01748	508-497-9730
<b>HUDSON</b> Hudson Council on Aging, 29 Church St, 01749	978-568-9638
<b>LAWRENCE</b> Lawrence Council on Aging, 155 Haverhill St, 01840	978-620-3550



**SENIOR CENTERS / COUNCIL ON AGING (cont'd)**

<b>FACILITIES</b>	<b>PHONE NUMBER</b>
<b>LEXINGTON</b> Lexington Council on Aging, 39 Marrett Road, 02421	781-698-4840
<b>LINCOLN</b> Lincoln Council on Aging, 15 Bedford Rd, 01773	781-259-8811
<b>LITTLETON</b> Littleton Council on Aging, 33 Shattuck St, 01460	978-540-2470
<b>LOWELL</b> Lowell Council on Aging, 276 Broadway St, 01854	978-674-1172
<b>MALDEN</b> Malden Council on Aging, 7 Washington St, 02148	781-397-7144
<b>MARLBOROUGH</b> Marlborough Council on Aging, 40 New St, 01752	508-485-6492
<b>MAYNARD</b> Maynard Council on Aging, 50 Brown St, 01754	978-897-1009
<b>MEDFIELD</b> Medfield Council on Aging, One Icehouse Rd, 02052	508-359-3665
<b>MEDFORD</b> Medford Council on Aging, 101 Riverside Ave, 02155	781-396-6010
<b>MEDWAY</b> Medway Council on Aging, 76 Oakland St, 02053	508-533-3210
<b>MELROSE</b> Melrose Council on Aging, 201 W Foster St, 02176	781-665-4304
<b>METHUEN</b> Methuen Council on Aging, 77 Lowell St, 01844	978-983-8825
<b>MILFORD</b> Milford Council on Aging, 60 N Bow St, 01757	508-473-8334
<b>MILLIS</b> Millis Council on Aging, 900 Main St, 02054	508-376-7051
<b>MILTON</b> Milton Council on Aging, 10 Walnut St, 02186	617-898-4893
<b>NATICK</b> Natick Council on Aging, 117 E Central St, 01760	508-647-6540
<b>NEEDHAM</b> Needham Council on Aging, 300 Hillside Ave, 02494	781-455-7555
<b>NEWTONVILLE</b> Newton Council on Aging, 345 Walnut St, 02460	617-796-1660
<b>NORFOLK</b> Norfolk Council on Aging, 28 Medway Branch Rd, 02056	508-528-4430
<b>NORTH ANDOVER</b> North Andover Council on Aging, 120R Main St, 01845	978-688-9560
<b>NORTH CHELMSFORD</b> Chelmsford Council on Aging, 75 Groton Rd, 01863	978-251-0533
<b>NORTH READING</b> North Reading Council on Aging, 157 Park St, 01864	978-664-5600
<b>NORTHBOROUGH</b> Northborough Council on Aging, 119 Bearfoot Rd, 01532	508-393-5035
<b>NORWOOD</b> Norwood Council on Aging, 275 Prospect St, 02062	781-762-1201
<b>PEPPERELL</b> Pepperell Council on Aging, 37 Nashua Rd, 01463	978-433-0326
<b>PLAINVILLE</b> Plainville Council on Aging, 9 School St, 02762	508-699-7384
<b>QUINCY</b> Quincy Council on Aging, 440 East Squantum St, 02171	617-376-1245
<b>RANDOLPH</b> Randolph Council on Aging, 128 Pleasant St, 02368	781-961-0930
<b>READING</b> Reading Council on Aging, 49 Pleasant St, 01867	781-942-6794
<b>SHARON</b> Sharon Council on Aging, 219 Massapoag Ave, 02467	781-784-8000
<b>SHERBORN</b> Sherborn Council on Aging, 19 Washington St, 01770	508-651-7858
<b>SHIRLEY</b> Shirley Council on Aging, 9 Parker Rd, 01464	978-425-1390
<b>SOMERVILLE</b> Somerville Council on Aging, 167 Holland St, 02144	617-625-6600
<b>SOUTHBOROUGH</b> Southborough Council on Aging, 9 Cordaville Rd, 01772	508-229-4453
<b>STONEHAM</b> Stoneham Council on Aging, 136 Elm St, 02180	781-438-1157
<b>STOUGHTON</b> Stoughton Council on Aging, 110 Rockland St, 02072	781-344-8882
<b>STOW</b> Stow Council on Aging, 509 Great Rd, 01775	978-897-1880
<b>SUDBURY</b> Sudbury Council on Aging, 40 Fairbank Rd, 01766	978-443-3055

## SENIOR CENTERS / COUNCIL ON AGING (cont'd)

FACILITIES	PHONE NUMBER
<b>TEWKSBURY</b> Tewksbury Council on Aging, 175 Chandler St, 01876	978-640-4480
<b>TOWNSEND</b> Townsend Council on Aging, 16 Dudley Rd, 01469	978-597-1710
<b>TYNGSBOROUGH</b> Tyngsborough Council on Aging, 169 Westford Rd, 01879	978-649-9211
<b>UPTON</b> Upton Council on Aging, 2 Farm St, 01568	508-529-4558
<b>WAKEFIELD</b> Wakefield Council on Aging, 30 Converse St, 01880	781-245-3312
<b>WALTHAM</b> Waltham Council on Aging, 488 Main St, 02452	781-314-3499
<b>WALPOLE</b> Walpole Council on Aging, 60 South St, 02081	508-660-7346
<b>WATERTOWN</b> Watertown Council on Aging, 31 Marshall St, 02472	617-972-6490
<b>WAYLAND</b> Wayland Council on Aging, 41 Cochituate Rd, 01778	508-358-2990
<b>WELLESLEY HILLS</b> Wellesley Council on Aging, 500 Washington St, 02482	781-235-3961
<b>WESTBOROUGH</b> Westborough Council on Aging, 4 Rogers Rd, 01581	508-366-3000
<b>WESTFORD</b> Westford Council on Aging, 20 Pleasant St, 01886	978-692-5523
<b>WESTON</b> Weston Council on Aging, 20 Alphabet Ln, 02493	781-786-6280
<b>WESTWOOD</b> Westwood Council on Aging, 60 Nahatan St, 02090	781-329-8799
<b>WEYMOUTH</b> Weymouth Council on Aging, 182 Green St, 02191	781-682-6140
<b>WILMINGTON</b> Wilmington Council on Aging, 15 School St, 01887	978-657-7595
<b>WINCHESTER</b> Winchester Council on Aging, 109 Skillings Rd, 01890	781-721-7136
<b>WOBURN</b> Woburn Council on Aging, 144 School St, 01801	781-897-5960
<b>WORCESTER</b> Worcester Senior Center, 128 Providence St, 01604	508-929-1300
<b>WRENTHAM</b> Wrentham Council on Aging, 400 Taunton St, 02093	508-384-5425

**SENIOR HEALTH CLINICS***continued***Metta Health Center**

135 Jackson St, Lowell 01852  
978-441-1700

**MALDEN****CHA Malden Family Medicine Ctr**

195 Canal St, Malden 02148  
781-338-0500

**METHUEN****Methuen Family Health Center**

70 East St, Methuen 01844  
978-683-3491

**MILFORD****Edward M Kennedy Community Health Center Milford**

42 Cape Rd, Milford 01757  
800-853-2288

**SOMERVILLE****CHA Broadway Health Center**

300 Broadway, 1st Fl, Somerville 02145  
617-284-7000

**CHA Union Square Family Health**

337 Somerville Ave, Somerville 02143  
617-665-3370



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**SUDBURY**

**MetroWest Free Medical Congregation Beth El**  
105 Hudson Rd, Sudbury 01776  
508-656-0740

**WALTHAM**

**Joseph M Smith Community Health Center Waltham**  
564 Main St, Waltham 02452  
781-693-3800

**COMMUNITY HEALTH CLINICS – DENTAL SCHOOLS**

**BOSTON**

**Boston University Dental School**  
635 Albany St, Boston 02118  
617-358-8300

**Forsyth Institute for Dental Hygiene**  
140 The Fenway, Boston 02115  
617-732-2800 x5

**Harvard Dental School**  
188 Longwood Ave, Boston 02115  
617-432-1434

**Tufts Dental School**  
1 Kneeland St, Boston 02111  
617-636-6828

**CAMBRIDGE**

**CHA Windsor Street Health Center**  
119 Windsor St, Cambridge 02139  
617-665-3600

**FRAMINGHAM**

**Edward M Kennedy Community Health Center Dental Services**  
32 Concord St, Framingham 01702  
508-270-2635

**LOWELL**

**Middlesex Community College Talbot Building**  
44 Middle St, Lowell 01852  
978-656-3250

**NEWTON**

**Mount Ida College**  
77 Dedham St, Newton 02459  
617-928-7360

**WALTHAM**

**Joseph M Smith Community Health Center Waltham**  
564 Main St, Waltham 02452  
781-693-3800

## SENIOR ORGANIZATIONS & SERVICES

### NATIONAL

#### Alzheimer's Association

(ad on page 78)

225 N Michigan Ave, Fl 17, Chicago 60601  
800-272-3900

#### American Cancer Society

250 Williams St NW, Atlanta 30303  
800-227-2345

#### American Council of the Blind

2200 Wilson Blvd, Ste 650, Arlington 22201  
800-424-8666

#### American Diabetes Association

1701 N Beauregard St, Arlington 22311  
800-342-2383

#### American Heart Association

7272 Greenville Ave, Dallas 75231  
800-242-8721

#### American Kidney Fund

11921 Rockville Pike #300, Rockville 20852  
800-638-8299

#### American Liver Foundation

39 Broadway, Ste 2700, New York 10006  
800-465-4837

#### American Lung Association

55 W Wacker Dr, Ste 1150, Chicago 60601  
800-586-4872

#### American Parkinson Disease Association

(ad on page 76)

135 Parkinson Ave, Staten Island 10305  
800-651-8466

#### American Stroke Association

800-553-6321

#### Arthritis Foundation

1330 Peachtree St, Atlanta 30309  
800-283-7800

#### Arthritis Information Hotline

800-444-4993

#### Easter Seals Society

223 S Wacker Dr, Ste 2400, Chicago 60606  
800-221-6827

#### Huntington's Disease Society of America

505 Eighth Ave, Ste 902, New York 10018  
800-345-4372

#### Leukemia and Lymphoma Society

1311 Maramoneck Ave, Ste 310,  
White Plains 10605  
800-286-8159

*Continued on page 78* >



AMERICAN  
PARKINSON DISEASE  
ASSOCIATION

MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.

To learn more, visit [apdama.org](http://apdama.org) or call us at  
(800)-651-8466

## Parkinson's Disease – Support for You

*A diagnosis of Parkinson's is a life-changing moment. However, with advances in treatment and the right support there is much an individual with Parkinson's disease can do to live every day to the fullest.*

The American Parkinson Disease Association (APDA) is the country's largest grassroots organization serving those touched by Parkinson's disease. What makes APDA unique is that we are in cities, towns, and communities across the U.S. Throughout our nationwide network of Chapters and Information & Referral Centers, Centers for Advanced Research, Specialized programs in Young Onset, Veterans and Rehabilitation Resources, and countless support groups, we are able to quickly reach people and connect them to resources that will provide the best outcomes as they navigate Parkinson's disease.

Parkinson's disease is a progressive neurological movement disorder. Over one million people live with Parkinson's and there are 60,000 new cases each year in the U.S. alone. It can begin with a tremor, difficulty writing, stooped posture, stiff muscles, or slightly slurred speech; symptoms are different for every person.

APDA's mission is to provide information, education, and support to all impacted by the disease and to fund scientific research into

the causes, prevention, treatments and ultimately the cure. We take pride in the fact that we are in your community and many others across the country serving people with Parkinson's disease to provide support from the day of diagnosis throughout the Parkinson journey. We have also been a funding partner in most major Parkinson's disease discoveries and we will continue to fund research initiatives that can stop the devastation of living with this disabling disease.

2020/21 has been especially challenging for the PD community and APDA has worked hard to develop programs and services that the community can access from the safety and comfort of their home. APDA has developed a library of virtual education topics, virtual support groups, caregiver programs and continues to operate the incredibly valuable APDA information and referral line that provides expert guidance without charge.

APDA is here to help with:

- Health and wellness initiatives delivering programs to help people maintain independence and optimism starting at diagnosis
- Education and support programs connecting people with Parkinson's in local communities

*Continued on page 81 >*



## SENIOR ORGANIZATIONS & SERVICES *continued from page 76*

### Lupus Foundation of America

2000 L St NW, Ste 410, Washington 20036  
202-349-1155

### Muscular Dystrophy Association

222 S Riverside Plaza #1500  
Chicago 60606  
800-572-1717

### National Council on Aging

1901 L St NW, 4th Fl, Washington 20036  
800-424-9046

### National Family Caregivers Assoc

800-896-3650

### National Kidney Foundation, Inc

30 E 33rd St, New York 10016  
800-622-9010

### National Multiple Sclerosis Society

800-344-4867

### National Osteoporosis Foundation

1150 17th St NW #850, Washington 20036  
800-223-9994

### National Parkinson Foundation

200 SE First St, Ste 800, Miami 33131  
800-473-4636

### United Ostomy Associations of America, Inc

2489 Rice St, Ste 275, Roseville 55113  
800-826-0826

## LOCAL

### AARP – Local Chapter Information

One Beacon St, Ste 2301, Boston 02108  
866-448-3621

### Alzheimer's Association MA/NH *(ad on page 76)*

480 Pleasant St, Watertown 02472  
800-272-3900

### American Cancer Society – Central New England Region

42 Nagog Park, Ste 110, Acton 01720  
781-894-6633

### American Liver Foundation – New England

88 Winchester St, Newton 02461  
617-527-5600

### American Lung Association of the Northeast

460 Totten Pond Rd, Ste 400,  
Waltham 02451  
800-499-LUNG

*Continued on page 82 >*



alzheimer's  association®

The **first survivor** of Alzheimer's  
is out there, but we won't get  
there without **you**.

[alz.org/MANH](http://alz.org/MANH) | 24/7 Helpline 800.272.3900



## Alzheimer's Association, MA/NH Leads Charge in Dementia Care and Research

*The Alzheimer's Association, MA/NH Chapter is the leading voluntary health organization in Alzheimer's care, support and research.*

Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. The Association provides education to families, communities, and professionals, information on various topics surrounding dementia, and various support groups around the two-state Chapter.

The Alzheimer's Association also provides opportunities for people to get involved in research, and actively help find a cure for the disease. TrialMatch is a free, easy-to-use clinical studies matching service that generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for through the online source. The continually updated database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country



and online. Visit [trialmatch.alz.org](http://trialmatch.alz.org) to learn more about the TrialMatch service.

The Alzheimer's Association Helpline is available 24/7 to provide reliable information and support to all those who need assistance. Call us toll-free anytime day or night at 1.800.272.3900. Our 24/7 Helpline serves people with memory loss, caregivers, health care professionals,

and the general public. To meet the increasing demands for service and support, we have expanded programs, and have five offices around Massachusetts and New Hampshire: Waltham, Raynham, Springfield and Worcester, MA and Bedford, NH. The Alzheimer's Association is here to help. Contact them today to learn more. ~

*Editor's Note: This article was submitted by Kate-Lyn Eadie, Alzheimer's Association, Massachusetts/New Hampshire Chapter. See ad page 78.*

## SENIOR ORGANIZATIONS AND SERVICES *continued from page 80*

### **APDA Info & Referral Center – Boston**

*(ad on page 76)*

72 E Concord St C3, Boston 02118

**617-638-8466**

### **Arthritis Foundation**

– Massachusetts

29 Crafts St, Ste 450, Newton 02458

617-244-1800

### **Bay State Council of the Blind**

57 Grandview Ave, Watertown 02472

617-923-4519

### **Brain Injury Association of MA**

30 Lyman St, Ste 10, Westborough 01581

508-475-0032

### **BU Alzheimer’s Disease Center**

617-414-1077

### **Easter Seals – Massachusetts**

484 Main St, Worcester 01618

800-244-2756

### **JFS of Metrowest**

*(ad on page 27)*

475 Franklin St, Ste 101, Framingham 01702

**800-655-9553**

### **Leukemia & Lymphoma Society**

– Massachusetts Chapter

9 Erie Dr, Natick 01760

508-810-1300

### **Multiple Sclerosis of Greater New England**

101A First Ave, Waltham 02451

800-344-4867

### **Muscular Dystrophy Association – Massachusetts**

33 Lyman St, Westborough 01581

508-898-3375

### **National Kidney Foundation – New England**

85 Astor Ave, Ste 2, Norwood 02062

781-278-5040

### **New England Diabetes Association**

10 Speen St, 2nd Fl, Framingham 01701

617-482-4580

### **NOF Metrowest Osteoporosis Support Group**

Framingham 01701

508-954-7729

### **NPF Center of Excellence Massachusetts**

830 15 Parkman St, Boston 02114

617-724-9234

### **Ostomy Association of Boston**

508-270-4656

### **United Cerebral Palsy of MetroBoston**

71 Arsenal St, Watertown 02472

617-926-5480

## SOCIAL SECURITY

### **Social Security Administration Medicare Claims**

800-633-4227

### **Social Security Offices**

#### – Cambridge

10 Fawcett St, 1st Fl, Cambridge 02138

800-772-1213

#### – Framingham

100 Concord St, Framingham 01702

800-772-1213

- **Lawrence**  
439 S Union St, Ste 208, Lawrence 01843  
800-772-1213
- **Lowell**  
151 Warren St, Lowell 01852  
800-772-1213
- **Malden**  
192 Commercial St, Malden 02148  
800-772-1213
- **Norwood**  
1 Edgewater Dr, Norwood 02062  
800-772-1213
- **Quincy**  
1250 Hancock St, Quincy 02169  
800-772-1213
- **Waltham**  
135 Beaver St, Ste 120, Waltham 02452  
800-772-1213

## STAIRLIFTS

### **MobilityWorks**

(ad on Inside Front Cover, page 92)

**888-608-1659 (Vans)**

**877-275-4903**

**(Home Accessibility Solutions)**

- 57 George Leven Dr  
North Attleborough 02760
- 560 Boston Providence Hwy  
Norwood 02062
- 299 Washington St, Ste H, Woburn  
01801

### **Next Day Access**

(ad on page 14)

**617-969-7267**

*Continued on page 84 >*

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## Parkinson's Disease – Support for You

*continued from page 77*

- Expedited and innovative research to develop promising clinical approaches and better outcomes and funding the next generation of scientists dedicated to finding new treatments and a cure.

For information about Massachusetts programs contact:

**APDA Information & Referral Center** at Boston University School of Medicine, Boston, MA 02118 and at **617-638-8466** or **800-651-8466**



**apdama@apdaparkinson.org**  
**www.apdama.org**

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*Editor's Note: This article was submitted by Bill Patjane- Executive Director of the APDA of MA bpatjane@apdaparkinson.org, 617-352-9330. See ad page 80.*

## Staying Home Safely

*The COVID-19 crisis has brought about radical changes for our society. In just a few weeks, the way we live, work and socialize have all changed dramatically.*

For some, these changes were manageable. But, for others, it means balancing mobility and safety concerns with new social distancing regulations. In recent days, we've learned that concerns related to the spread of coronavirus have led to a growing number of people being discharged from hospitals, assisted living and rehab facilities, earlier than expected.

For many, these unexpected discharges mean returning to a home that cannot accommodate their accessibility needs. As one of the world's leading stairlift suppliers, Stannah has seen first-hand the difference a stairlift can make. With this in mind, we've stepped up our efforts to meet the needs of the moment and help those who could benefit from a stairlift. In immediate response to the coronavirus outbreak, we've taken steps to make our process safer, including hosting remote appointments and performing contact-free installations.

Remote appointments allow potential customers to "meet" with a Stannah representative over the phone or through a virtual call, using their favorite video chat app. This allows you to see our stairlift range, get pricing and even view a live demon-

stration in our showroom, all from the comfort and safety of your home.

If you decide to move ahead with a stairlift purchase (or rental), we'll schedule a time to conduct a contact-free installation. A contact-free installation is just that: an installation where you and our installers do not make direct physical contact. Our team is equipped with the proper safety equipment - masks, gloves and disinfectant wipes - but we take it one step further. At the time of installation, your installer will call to let you that they've arrived. They'll ask you to leave the door unlocked and wait in a nearby room. If you have questions during the installation, you can speak to them from a safe distance. Once installation is completed, your stairlift can be demonstrated to you from across the room (must be more than six feet away) or you can schedule a remote demonstration to be conducted by video.

These new procedures allow someone in need to get a stairlift, without ever having to meet with us face-to-face. This is a difficult time, but we can get through it together by staying home safely.

As always, Stannah is here when you need us. To get in touch, call 1-888-663-7538 or send us an email at [info@stannah.com](mailto:info@stannah.com). ~

*Editor's Note: This article was submitted by Stannah Stairlifts, Inc., a leader in restoring independence at home by providing the safest and most reliable stairlifts in the US. See ad on back cover.*

**STAIRLIFTS***continued from page 81* **Oakley Home Access***(ad on page 14)*

16 Production Wy, Walpole 02032

**508-269-9227** **Stannah Stairlift, Inc***(ad on Back Cover)*

20 Liberty Way, Ste A, Franklin 02038

**888-663-7538****SUBSIDIZED HOUSING  
RESOURCES****HUD**

800-225-5342

**Boston Regional Office**

10 Causeway St, 3rd Fl, Boston 02222

617-994-8200

**SUPPORT GROUPS** **Alzheimer's Association  
Helpline** *(ad on page 78)***800-272-3900****American Cancer Society**

800-227-2345

**American Council of the Blind**

800-424-8666

**American Diabetes Association**

800-342-2383

**American Heart Association**

800-242-8721

**American Lung Association**

800-586-4872

 **American Parkinson  
Disease Association***(ad on page 76)***800-651-8466****American Stroke Association**

800-553-6321

**Arthritis Foundation**

800-283-7800

**Leukemia and Lymphoma Society**

800-286-8159

**National Family Caregivers Assoc**

800-896-3650

**National Parkinson Foundation**

800-327-4545

**New England Carcinoid Connection**[www.carcinoid.org](http://www.carcinoid.org)

PO Box 366282, Boston 02136

**United Cerebral Palsy of  
MetroBoston**71 Arsenal St, Watertown 02472  
617-926-5480**TAX INFORMATION***Check with local COA***TRANSPORTATION****Greater Attleboro Area  
Transit Authority**

10 Oak St, Attleboro 02780

800-483-2500

**Greater Boston Metrowest**

34 Deloss St, Fl 1, Framingham 01702

508-309-7375

**Lowell Regional Transit Authority**

145 Thorndike St, Lowell 01852

978-452-6161

**MBTA**

10 Park Plz, Ste 3910, Boston 02116

617-222-3200

**MetroWest Regl Transit Authority**

37 Waverly St, Framingham 01702

508-935-2222

*Continued on next page >*

## TRANSPORTATION

*continued*

### Montachusett Regional Transit Authority

1427R Water St, Fitchburg 01420  
978-345-7711

### National Ctr on Sr Transportation

1425 K St NW, Ste 200, WDC 20005  
866-528-6278

### South Shore Hospital

#### Courtesy Coach

781-624-4350

## VETERAN BENEFITS AND SERVICES – FEDERAL

### – VA HEALTHCARE ENROLLMENT

#### VA Boston *(ad on pages 75, 87)*

– Healthcare Enrollment & Eligibility  
Center (VABostonVets@VA.gov)  
**800-865-3384**

#### VA Caregiver Support for Those Caring for Veterans

855-260-3274

#### VA New England Healthcare Enrollment Eligibility Center

*(ad on pages 75, 87)*

**844-822-2737**

### – VETERAN SERVICES MEDICAL CENTERS

#### VA Boston West Roxbury Campus

*(ad on pages 75, 87)*

– 24/7

1400 VFW Pkwy, West Roxbury 02132

**800-865-3384**

– Emergency Room

**857-203-5425**

#### VA Boston Jamaica Plain Campus

*(ad on pages 75, 87)*

– M-F 8am-4pm

150 S Huntington Ave,  
Jamaica Plain 02130

**800-865-3384**

– Urgent Care

**857-364-5250**

#### VA Boston Brockton Campus

*(ad on pages 75, 87)*

– 24/7

940 Belmont St, Brockton 02301

**800-865-3384**

– Urgent Care

**774-826-2318**

#### VA Bedford Edith Nourse Rogers Memorial Veterans Hospital

*(ad on pages 75, 87)*

200 Springs Rd, Bedford 01730

**781-687-2000**

### – VETERAN SERVICES COMMUNITY BASED OUTPATIENT CLINICS

#### VA Boston Boston Outpatient Clinic

*(ad on pages 75, 87)*

– M-F 8am-4:30pm

251 Causeway St, Boston 02114

**617-248-1000**

#### VA Boston Framingham Community Based Outpatient Clinic

*(ad on pages 75, 87)*

– M-F 8am-4:30pm

61 Lincoln St, Ste 112

Framingham 01702

**508-628-0205**



 **VA Boston  
Lowell Community Based  
Outpatient Clinic**

*(ad on pages 75, 87)*

– M-F 8am-4:30pm

130 Marshall Rd, Lowell 01852

**978-671-9000**

 **VA Boston  
Lynn Community Based  
Outpatient Clinic**

*(ad on pages 75, 87)*

225 Boston St, Ste 107, Lynn 01904

**800-838-5331**

 **VA Boston  
Quincy Community Based  
Outpatient Clinic**

*(ad on pages 75, 87)*

– M W F 7:30am-4pm, T Th 8am-4:30pm

Quincy Medical Center

110 W Squantum St, Quincy 02169

**774-826-3070**

 **VA Bedford  
Haverhill VA Clinic**

*(ad on pages 75, 87)*

– M-F 8am-4:30pm

209 Summer St, Haverhill 01830

**800-838-6331**

– **VETERAN SERVICES OTHER  
AREA MEDICAL FACILITIES**

 **Worcester Community  
Based Outpatient Clinic**

*(ad on pages 75, 87)*

605 Lincoln St, Worcester 01605

**508-856-0104**

– **VETERAN SERVICES  
COUNSELING SERVICES**

For veterans and immediate  
family members

 **Boston VA Veterans Center**

*(ad on pages 75, 87)*

7 Drydock Ave, Ste 2070, Boston 02210

**857-203-3001**

 **VA Central Western MA  
Community Based Out-  
patient Clinic** *(ad on pages 75, 87)*

691 Grafton St, Worcester 01604

**508-753-7902**

**Veterans Crisis Line**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

800-273-8255 x1

– **VETERAN BENEFITS  
ADMINISTRATION**

**Boston Regional Benefit Office**

JFK Federal Bldg, 15 New Sudbury St,  
Boston 02203

800-827-1000

**VA Compensation & Pensions**

– **Service Connected Disabilities  
& Income Support**

JFK Federal Bldg, 15 New Sudbury St  
Boston 02203

800-827-1000

**VA Education Benefits**

888-442-4551

**VA Home Loan Benefits**

888-827-3702

**Life Insurance Center**

800-669-8477

– **VA NATIONAL CEMETERY**

**Massachusetts National Cemetery**

Connery Ave, Bourne 02532

508-563-7113

**VA Cemetery Administration**

– **Burial Benefits**

Bourne 02532

800-535-1117

# Rehabilitation After Illness: Where Do I Go As A Veteran

## *Inpatient Rehabilitation Facility vs. Short-term Rehabilitation Facility*

You have just gone through an illness (stroke, brain injury, amputation, prolonged hospital stay, etc.) – now what? You are not ready to go home, where should you go? The hospital service is recommending rehabilitation, but which type and where?

There are two different types of facilities that you reside/stay while you get your rehab: inpatient rehabilitation facility (IRF) and short-term rehabilitation facility. What is the difference?

### INPATIENT REHABILITATION FACILITY

- Hospital level of rehabilitation
- 24/7 in-house physician care
- 24/7 nursing care
- Intensive therapies: regulated by CMS
  - Individualized therapy session
  - At least 3 hours/day x 6-7 days a week
- Shorter stay: average stay is 14 days

### SHORT TERM REHABILITATION

- Nursing care level of rehabilitation
- Physicians available but not always in-house
- 24/7 nursing care
- Less intensive therapies:
  - 30 min-a few hours, a few times a week (this varies among facilities)
- Longer stay: average stay is 20-30 days

Your medical team has determined you qualify for IRF level of rehabilitation

### – *Where should you go?*

VA Boston Healthcare System (BHS) has an accredited IRF just for Veterans, regardless of service connection located at the West Roxbury Campus. Our physicians trained at some of the best rehabilitation medicine facilities in the country. They are board certified in rehabilitation medicine and brain injury medicine.

Our therapy staff also trained at some of the best facilities in Boston and have advance certifications. Our nursing staff are caring, loving, and Veteran centered too.

### What separates BHS IRF from community IRF?

- We are Veteran centered
- We can provide equipment that other community facilities may not be able to
- A sense of comradery with other Veterans can help with improvement in mood and function

- We understand PTSD and other mood changes and can offer on-site services
- We provided outpatient follow-up after discharge from IRF to assess, manage and treat issues that may interfere with your function and/or quality of life

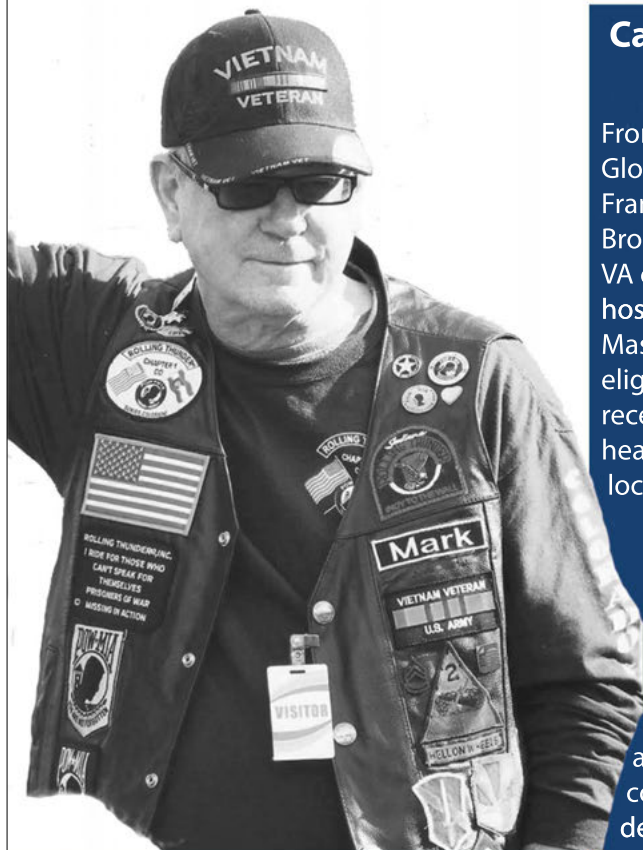
### How do I contact BHS IRF?

- Please have your case manager in the hospital call Boston Healthcare System Flow center and request referral to BHS

*Continued on page 93 >*



# Choose VA



## Care where YOU live!

From Lowell to Gloucester to Framingham to Brockton--we have **12** VA clinics and hospitals in eastern Massachusetts where eligible Veterans can receive affordable health care at their local VA.

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Many Veterans may be eligible for VA health care at very little or no cost, with no deductibles and no premiums. Call or go online to check your eligibility and enroll today to take advantage of the benefits you earned with your military service.

Apply online at  
<https://www.choose.va.gov/health/>

Apply by phone at  
**1-844-VA-CARES**  
 (1-844-822-2737)

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 Healthcare Systems:  
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## VETERAN BENEFITS – COMMONWEALTH

### Massachusetts Dept of Veterans Services (DVS)

600 Washington St, 7th Fl, Boston 02111  
617-210-5480

### Commonwealth of Massachusetts S.A.V.E.Team

617-210-5743 / 888-844-2838  
Links MA Vets to State & Federal Resources

### Massachusetts Veterans Advisor

www.massvetsadvisor.org  
Lists Town Vet Service Officers (VSO)  
Check with local Town Hall

## VETERAN SERVICES – OTHER

### Next Day Access - Ramps

*(ad on page 14)*

**617-969-7267**

### RSVP Norfolk County

614 High St, Dedham 02026  
781-329-5728  
(rides for medical appointments)

### Tri-Care Health Services

800-417-5086  
(Military retiree healthcare,  
prescription services)

### Veterans' Voice 95.9 FM WATD

www.959watd.com/veteransvoice  
(Veteran radio show Thur 7pm - 8pm)

## VISION RESOURCES

### NATIONAL

### American Council of the Blind

800-424-8666

### American Foundation of the Blind

800-232-5463

### Foundation Fighting Blindness

800-683-5555

### Library for the Handicapped

800-685-2136

### Lighthouse International

800-829-0500

### National Eye Care Project Helpline

800-222-3937

### North American Resource Line for Braille

800-272-4553

### Prevent Blindness America

800-221-3004

### Recorded magazines

888-724-6423

### Sight & Hearing Association

800-992-0424

### Vision Council of America

800-424-8422

### Lions International

### (Clubs & Organizations)

300 W 22nd St, Oak Brook 60523  
630-571-5466

### LOCAL

### Carroll Center for the Blind

### – Senior Vision Services

770 Centre St, Newton 02458  
617-969-6200

### Lions Club Belmont

1 Common St, Belmont 02478  
617-484-9816

### Lions Club Natick

9 Lincoln St, Natick 01760  
508-653-9446

**MAB Community Services**

200 Ivy St, Brookline 02446  
617-738-5110

**Mass Lions Eye Research Fund, Inc**

PO Box 6050, New Bedford 02742

**MA Commission for the Blind**

600 Washington St, Boston 02111  
617-727-5550

**Perkins Library**

175 N Beacon St, Watertown 02472  
617-972-7240

**Perkins Solutions**

175 N Beacon St, Watertown 02472  
617-972-7308

*Continued on next page >*

## The Perkins Library Outreach Program

*Developed as a way to supplement the audiobooks we were not able to send to patrons due to the Covid 19 pandemic, the Perkins Library has created a program called “Tele-Fun Calls”.*

These calls are weekly over-the-phone activities where patrons join different programs and pastimes by calling a toll-free telephone number during regularly scheduled time blocks.

We’ve built an entire program around activities that do not require sight and can be played over the phone with some slight modifications.

These are recurring programs that happen every week. Patrons can call a special toll-free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state for a host of activities that can be enjoyed from home. There are activities scheduled for almost every day!

Games like trivia, name-that-tune, and family feud, are hosted every Monday, Wednesday, and Friday at 1pm. We also have audio described

### “Tele-Fun Calls“

films during our Monday Movie Matinees every Monday at 10am, as well as a Listening Library hour with radio dramas Thursdays at 2:30pm. We are also planning on adding new content soon to include a poetry group and a virtual classroom where patrons can listen to audio-described educational videos and documentaries over the phone from the comfort of their own home. To join the fun you will first need to contact Beth at 617-972-7241 or email [Elizabeth.White@perkins.org](mailto:Elizabeth.White@perkins.org) to sign up.

Support for the Perkins Library Tele-Fun Activity Program is provided by the Dana Home Foundation, the Commonwealth of Massachusetts, and other donors.

To become a member or to get more information about all of our free services please contact our Communications and Outreach Coordinator Erin Fragola by emailing [erin.fragola@perkins.org](mailto:erin.fragola@perkins.org) or calling toll-free 1-800-852-3133.

## VISION RESOURCES

*continued*

### Worcester Talking Book Library

*(ad on page 91)*

3 Salem Sq, Worcester 01608

**800-762-0085**

## VOLUNTEER OPPORTUNITIES

### NATIONAL

#### AARP Give Back

[www.aarp.org/giving-back](http://www.aarp.org/giving-back)

#### Senior Corp

1201 New York Ave NW, Washington 20525

800-942-2677

#### United Way National Phone Line

211

### LOCAL

#### Boston SCORE

10 Causeway St, Boston 02222

617-565-5591

### CareDimensions

*(ad on page 131)*

75 Sylvan St, Ste B-102, Danvers 01923

**888-283-1722**

#### Catholic Charities

51 Sleeper St, Boston 02110

617-482-5440

#### Community Teamwork, Inc

155 Merrimack St, Lowell 01852

978-459-0551

### Faith & Family Hospice

*(ad on page 131)*

420 Lakeside Ave, Ste 203,

Marlborough 01752

**508-485-4555**

### JFS of Metrowest

*(ad on page 27)*

475 Franklin St, Ste 101,

Framingham 01702

**800-655-9553**

#### MA SMP Program Volunteer

280 Merrimack St, Ste 400,

Lawrence 01843

978-946-1326

#### Senior Corps

800-942-2677

#### RSVP Middlesex County

300 Commercial St, Ste 19, Malden 02148

781-324-7705

#### RSVP MVCSC

264 Essex St, Lawrence 01840

978-686-9407

#### RSVP Norfolk County

614 High St, Dedham 02026

781-329-5728

#### RSVP Retired Senior Volunteer Program – City of Boston

617-635-1794

#### SCORE Northeast Massachusetts

Lynn Area Chamber of Commerce

Lynn 01904

978-922-9441

#### SOAR 55

492 Waltham St, West Newton 02465

617-969-5906 x120

#### SOAR 55 Satellite Framingham Public Library

49 Lexington St, Framingham 01702

508-532-5570 x4353

*Continued on page 92 >*



WORCESTER

TALKING BOOK  
LIBRARY

Providing FREE services by mail  
to MA residents of any age who are  
unable to read traditional print materials  
due to a visual or physical disability.

**1-800-762-0085****[www.talkingbook.mywpl.org](http://www.talkingbook.mywpl.org)**

## DIAL A STORY

WORCESTER PUBLIC LIBRARY  
& TALKING BOOK LIBRARY

The Worcester Talking Book Library  
has a great new service!

Call 508-552-3456 to hear stories, poems,  
the WTBL newsletter, and more. New  
content for all ages is updated every month.

**VOLUNTEER OPPORTUNITIES***continued from page 90***United Way of Acton – Boxborough**537 Massachusetts Ave, Acton 01720  
978-263-1777**United Way of Massachusetts Bay  
and Merrimack Valley**51 Sleeper St, Boston 02210  
617-624-8000**United Way of North Central MA**649 John Fitch Hwy, Fitchburg 01420  
978-345-1572**United Way of Tri-County, Inc**46 Park St, Framingham 01702  
508-872-3291**Volunteer Match –  
National Office**

415-241-6868

**WHEELCHAIR ACCESSIBLE VANS****MobilityWorks***(ad on Inside Front cover, page 92)***888-608-1659 (Vans)****877-275-4903****(Home Accessibility Solutions)**

- 57 George Leven Dr, North Attleborough 02760
- 560 Boston Providence Hwy, Norwood 02062
- 299 Washington St, Ste H, Woburn 01801

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or visit [www.mobilityworks.com](http://www.mobilityworks.com)

**MW**  
mobilityworks®  
*be there*

## Rehabilitation After Illness: Where Do I Go As A Veteran *continued from page 86*

inpatient rehabilitation program:  
857-203-3835

- The rehabilitation physician will review your medical record and provide a decision to your medical team

### For more information contact:

David Hencke, US Dept of Veterans Affairs, Director's Office, VA Bos-

ton Healthcare System Veterans Outreach Coordinator O: 857-364-5934; C: 617-275-6101 David.hencke@va.gov ~

*Editor's Note: This article was submitted by Dr. Xin Li, Medical Director of Inpatient Rehabilitation Facility at West Roxbury VA, Boston Healthcare System. See ad on page 87.*

## Non Medical Home Care Definitions

**24 HOUR CONTACT** – Refers to someone being available 24 hours a day to speak with you.

**BONDED** – Being bonded means that a bonding company has secured money that is available to the consumer in the event they file a claim against the company.

**HOMEMAKER / COMPANION** – Non-medical assistance with meal preparation, laundry, light house-keeping, errands, activities, outings, companionship and other household duties.

**INSURED** – This refers to what happens if someone gets hurt on the job. If the company isn't insured, then the claim gets filed against the homeowner's insurance. If the company is insured, then the claim

gets filed against the company's insurance.

**MED-ALERT AVAILABLE** – Personal medical alert products activated by pushing a button.

**MEDICATION REMINDER** – Assistance with reminding an individual about medications but not dispensing medications.

**MINIMUM HOURS PER VISIT** – This refers to the minimum number of hours that an agency provides service.

**TRANSPORTATION** – Rides to shopping, appointments and other outings.

**WORKER'S COMP** – Insurance that covers medical and rehabilitation costs and lost wages for employees injured at work.

# How to Help Your Aging Loved One Accept Help

*Asking for help is hard. When seniors begin to show signs of needing assistance, they are usually not the first to point it out.*

If you are concerned about your aging loved one's safety in their home, it may be time to look into home care assistance from a trusted agency like Visiting Angels. If your loved one needs to be persuaded to accept the idea of an in-home caregiver. Here are elements that can help you navigate this important conversation.

## **Common Worries Among Seniors**

Is your loved one uncomfortable with the idea of a stranger coming into their home. They might see this as an invasion of privacy, especially if they have lived alone or independently for a long time.

They may also feel a loss of dignity from the inability to help themselves. This is an understandable feeling, but hopefully, it is something you can work through for the betterment of their safety and your peace of mind. For those with Alzheimer's or dementia, these feelings can be exacerbated.

## **Focus On the Positives**

If you're met with resistance, focus on the improvements an in-home caregiver will make in their quality of life. Emphasize that the caregiver will help them with household tasks and personal care needs.



Remind your loved one that the caregiver will support their needs, but not take over their life.

## **Emphasize Your Needs**

You are likely looking for an in-home caregiver because you cannot be there for your loved one around the clock, and you're concerned about their safety. Communicate that having professional in-home support does not mean you will not be there to help at all. It means that having a caregiver, will bring you peace of mind and allow for more quality time when you are with them. Stress the mutual benefit you both will gain. ~

*Editor's Note: This article was submitted by Karen Woodrow, Director/Owner, Visiting Angels of Chelmsford/Burlington and Visiting Angels of Newton/Canton. She can be reached at [KWoodrow@VisitingAngels.com](mailto:KWoodrow@VisitingAngels.com). Visiting Angels has been providing experienced senior home care since 1998. Contact your local office to schedule a complimentary care assessment with one of our senior experts. See ad on page 95.*



**Providing experienced senior home care  
and peace of mind since 1998**



HEALTH AT HOME - NON MEDICAL HOME CARE

### **Chelmsford/Burlington**

**978-244-0200**

[VisitingAngels.com/Chelmsford](http://VisitingAngels.com/Chelmsford)

### **Medford**

**781-395-0023**

[VisitingAngels.com/MedfordMA](http://VisitingAngels.com/MedfordMA)

### **Milford**

**508-473-4300**

[VisitingAngels.com/Milford](http://VisitingAngels.com/Milford)

### **Newton/Canton**

**617-795-2727**

[VisitingAngels.com/Newton](http://VisitingAngels.com/Newton)

### **Sudbury**

**978-287-2002**

[VisitingAngels.com/Sudbury](http://VisitingAngels.com/Sudbury)

Contact your local  
office today to  
schedule  
a free in-home  
consultation.

Each **Visiting Angels** office is independently owned and operated.

# Is Live-In Care Right For Your Loved One?

*It's a fact that older adults want to age in place in their own homes. Unfortunately, the independence of some seniors is threatened unless someone can help them with their activities of daily living.*

---

Many older adults are finding a solution to this problem by hiring a trained, experienced caregiver through an insured and bonded agency to live with them. Is this the right option for your loved one?

It's important to ask the live-in care agency if the same caregiver will be in the home for an extended period, is there a written plan of care, are there field supervisory visits, home safety evaluations, and if the caregiver is an employee.

## **Why Is Continuity of Care Important?**

Over time, older adults establish trust in the one person caring for them continually. Likewise, live-in caregivers become familiar with their clients' daily rhythm; and, therefore, can provide a consistent routine and identify and report warning signs, such as changes in behavior, that would otherwise go undetected.

## **Live-in Care Agency Considerations**

Care coordination and a plan of care are vital for successfully caring for your loved one. Daily communication with the live-in caregiver and regular field visits by experienced supervisors are a must. Live-in caregivers that are employees, are covered by liability, workers' compensation insurance and have payroll and taxes

that the agency processes.

Live-In care is beneficial for people with Alzheimer's disease and many other conditions. According to John Hopkins Medicine, of the 5.2 million people in the United States who have Alzheimer's disease and different types of dementia, 70 percent remain at home, an option shown to keep people healthier and happier and help them live longer.

Live-in caregivers help with toileting, preparing meals, light household tasks, among other daily living activities. Older adults with chronic health conditions or disabilities will get personal care from someone they trust to bathe, dress, and groom them.

## **Live-In Care Benefits the Entire Family**

Live-in care offers family members the option to visit their loved ones without restrictions. Also, family members can focus on their careers and families and truly enjoy time with their loved ones while not being a full-time caregiver.

Even before the COVID-19 pandemic, older adults, when medically possible, have always preferred to stay home surrounded by things familiar to them. Home is where they raised their family, it's where their memories are, and it's where they feel safe and the most comfortable.

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*Editor's Note: This article was written by FCP Live-In who offers line-in care throughout Massachusetts, Connecticut, and other states. See ad on page 97.*




# Affordable Live-In Care At Home.



- We are a leading, live-in caregiver provider
- We are an alternative to an assisted living facility
- 1-to-1 care and compassion from a supportive caregiver
- Our caregivers are trained in care for Alzheimer's and other dementia-related illnesses
- We support hospice care at home with dignity and respect
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Live-In Home Care

Call Now For More Information At  
**844-243-FCP7**  
Or Visit [www.liveinhomecare.com](http://www.liveinhomecare.com)

 <b>NON-MEDICAL HOME CARE AGENCIES</b>		<b>PREFERRED NON-MEDICAL HOME CARE AGENCIES</b>														
		AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	WORKERS COMP (W)	LIABILITY COVERAGE BONDED (B) / INSURED (I)	FREE ASSESSMENT	PAYMENT METHODS*
24 Hours Home Care		117	617-792-0500	•	•	•	•	•		•	•	•	BIW	•	AS HM LT O PI PP VA	
Care Resolutions, Inc		99	508-359-4675	•	•	•	•		•	•	•	•	BIW	•	LT PI PP VA	3
Care with Care HomeHealth Care, LLC – Shrewsbury		114	508-842-3960	•	•	•	•	•		•	•	•	BIW	•	LT O PI PP VA	3
Care with Care HomeHealth Care, LLC – Waltham		114	508-842-3960	•	•	•	•	•		•	•	•	BIW	•	LT O PI PP VA	3
Celtic Angels Home Health Care – Needham		117	781-662-8700	•	•	•	•	•		•	•	•	BIW	•	HM LT MC PI PP VA	8
Celtic Angels Home Health Care – Weymouth		117	781-331-0062	•	•	•	•	•		•	•	•	BIW	•	HM LT MC PI PP VA	8
CS&R Quality Home Care, LLC		116	508-630-8585	•	•	•	•	•		•	•	•	BIW	•	LT PI PP VA	3

 <b>Curtin Home Care</b>	121	617-948-2551	• • • • • • • • • •	• • • • •	• BIW •	LT PP VA	4
 <b>Family Tree Home Care</b>	117	508-842-5576	• • • • • • • • • •	• • • • •	• BIW •	LT O PI PP	2

\*PAYMENT METHODS: PP=Private Pay / PL=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other  
 Indicates website link on seniorsbluebook.com

Continued on next page >



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Senior Advisors  
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- Parkinson's support
- Respite service for caregivers
- Offering hourly, live-in, overnights and more
- Emergency fill-in service for caregivers
- Auxiliary service in assisted living and nursing home environments
- Veterans contract
- Transportation

Family owned and operated for over 22 years!  
 Serving all of Eastern Massachusetts



**NON-MEDICAL  
HOME CARE AGENCIES** *continued*

**PREFERRED NON-MEDICAL HOME CARE AGENCIES (cont'd)**

	AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
<b>FCP Live-In</b>	97	844-243-3277	•	•	•	•	•	•	•	•	•	•	•	LT PI PP VA	
<b>Griswold Home Care – Metrowest / Boston</b>	115	781-449-0402	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	6
<b>Griswold Home Care – Worcester County</b>	115	508-797-0400	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	6
<b>Hebrew SeniorLife Private Care</b>	140	617-928-0701	•	•	•	•	•	•	•	•	•	•	•	LT PI PP	3
<b>Home Helpers – Metro South</b>	116	781-828-9600	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	4
<b>Home Helpers – Wayland</b>	116	508-545-0164	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	1





**NON-MEDICAL  
HOME CARE AGENCIES** *continued*

**PREFERRED NON-MEDICAL HOME CARE AGENCIES (cont'd)**

	AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	WORKERS COMP (W)	BONDED (B) / INSURED (I)	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
<b>HomeWell of North Shore</b>	101	978-969-1351	•	•	•	•	•	•	•	•	•	•	B, I	•	LT Pi PP	4
<b>HouseWorks Home Care</b>	115	617-928-1010	•	•	•	•	•	•	•	•	•	•	BIW	•	LT PP	3
<b>JFS of Metrowest</b>	27	508-875-3100		•		•		•					IW		PP	
<b>Mary Ann Morse Home Care</b>	183	508-433-4479	•	•	•	•	•	•	•	•			BIW	•	PP VA	1
<b>My Personal Home Health Care</b>	224	508-386-3065	•	•	•	•	•	•	•	•	•		BIW	•	LT PP VA	3
<b>Right at Home – North Central Mass</b>	116	978-391-1700	•	•	•	•	•	•	•	•	•		BIW	•	HM LT O PI PP VA	2
<b>SeniorBridge</b>	117	781-444-1199	•	•	•	•	•	•	•	•	•		BIW	•	LT PP VA	4







**NON-MEDICAL  
HOME CARE AGENCIES** *continued*

AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
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### NON-MEDICAL HOME CARE AGENCIES

	781-828-0221										BIW		AS LT PP VA	2
<b>24 Hours Home Care</b>	<b>617-792-0500</b>										<b>BIW</b>		<b>AS HM LT O PI PP VA</b>	
A Place at Home	978-710-4830										BIW		AS LT PI PP VA	4
Abbott Senior Care	781-344-0344										BIW		AS HM LT O PP VA	1
ABC Home Healthcare	781-245-1880										BIW		AS LT PP VA	1
Abundant Home Health Care	617-795-2171										BIW		LT PI PP	
Abundare Home Care	781-330-9232										BIW		PP	0
Access Home Care Services	781-805-8106												HM MA PI PP	
All Care Resources	781-598-2454										BIW		AS LT PP	2
All in One Home Healthcare	978-258-0917										BIW		HM LT PI PP VA	3
Always Best Care of Greater Boston	617-489-9000										BIW		LT PP VA	0
Always Best Care Senior Services – Framingham	508-626-8300										BIW		LT PP	0
Always Best Care Senior Services – Westborough	508-626-8300										IW		LT PP	0
AMADA Senior Care	617-229-6567										BIW		AS LT PP VA	0





**NON-MEDICAL  
HOME CARE AGENCIES** *continued*

**NON-MEDICAL HOME CARE AGENCIES (cont'd)**

	AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
<b>Care with Care HomeHealth Care, LLC – Shrewsbury</b>	114	508-842-3960	•	•	•	•	•	•	•	•	•	•	•	LT O PI PP VA	3
<b>Care with Care HomeHealth Care, LLC – Waltham</b>	114	508-842-3960	•	•	•	•	•	•	•	•	•	•	•	LT O PI PP VA	3
<b>Celtic Angels Home Health Care – Needham</b>	117	781-662-8700	•	•	•	•	•	•	•	•	•	•	•	HM LT MC PI PP VA	8
<b>Celtic Angels Home Health Care – Weymouth</b>	117	781-331-0062	•	•	•	•	•	•	•	•	•	•	•	HM LT MC PI PP VA	8
Charismark Home Care		781-891-8800	•	•	•	•	•	•	•	•	•	•	•	LT PP	3
Clark Care Private Senior Care		781-729-1601	•	•	•	•	•	•	•	•	•	•	•	LT PP	4
CMK Home Care		781-266-8985	•	•	•	•	•	•	•	•	•	•	•	LT PP	3
ComForcare Senior Services – Canton / Norwood		781-821-2800	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	3
ComForcare Senior Services – Woburn		781-223-6630	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	2
Comfort Keepers – North Shore		978-664-6700	•	•	•	•	•	•	•	•	•	•	•	LT PP	3
Comfort Keepers – Woburn		781-721-5522	•	•	•	•	•	•	•	•	•	•	•	LT O PP VA	3





**NON-MEDICAL  
HOME CARE AGENCIES** *continued*

**NON-MEDICAL HOME CARE AGENCIES (cont'd)**

	AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
<b>FCP Live-In</b>	<b>97</b>	<b>844-243-3277</b>	●	●	●	●	●	●	●	●	●	●	●	<b>LT PI PP VA</b>	
FirstLight Home Care of Boston Northwest		781-874-9901	●	●	●	●	●	●	●	●	●	BIW	●	LT PP VA	2
FirstLight HomeCare of West Suburban Boston		781-559-0220	●	●	●	●	●	●	●	●	●	BIW	●	LT PP	2
Granite Willow		978-256-2468	●	●	●	●	●	●	●	●	●	BIW	●	LT PP	
Griswold Home Care – Andover		978-475-0820	●	●	●	●	●	●	●	●	●	BIW	●	LT PP VA	3
Griswold Home Care – Everett		978-475-0820	●	●	●	●	●	●	●	●	●	BIW	●	LT PP VA	3
<b>Griswold Home Care – Metrowest / Boston</b>	<b>115</b>	<b>781-449-0402</b>	●	●	●	●	●	●	●	●	●	BIW	●	<b>LT PP VA</b>	<b>6</b>
<b>Griswold Home Care – Worcester County</b>	<b>115</b>	<b>508-797-0400</b>	●	●	●	●	●	●	●	●	●	BIW	●	<b>LT PP VA</b>	<b>6</b>
Guardian Angel Senior Services, Inc		508-277-0715	●	●	●	●	●	●	●	●	●	BIW	●	LT 0 PP VA	1
Hallmark Health Visiting Nurse Association		781-338-7800	●	●	●	●	●	●	●	●	●	BIW	●	AS LT MA PP VA	0
Happy at Home		781-492-4762	●	●	●	●	●	●	●	●	●	BIW	●	HM LT PI PP	2
Health Care Staffing, Inc / Care Solutions, Inc		508-366-5689	●	●	●	●	●	●	●	●	●	BIW	●	AS LT MA PI PP	1






**NON-MEDICAL  
HOME CARE AGENCIES** *continued*
**NON-MEDICAL HOME CARE AGENCIES (cont'd)**

	AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	WORKERS COMP (W)	LIABILITY COVERAGE BONDED (B) / INSURED (I)	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
<b>HomeWell of Metrowest</b>	101	781-755-8282	•	•	•	•	•	•	•	•	•	•	BIW	•	LT PP VA	4
<b>HomeWell of North Shore</b>	101	978-969-1351	•	•	•	•	•		•	•	•		B,I	•	LT PI PP	4
Hopkinton Home Care		508-544-4650	•	•	•	•	•	•		•	•		IW	•	LT O PP VA	0
<b>HouseWorks Home Care</b>	115	617-928-1010	•	•	•	•	•	•	•	•	•		BIW	•	LT PP	3
Immaculate Homecare Services		781-281-8078	•	•	•	•	•	•	•	•	•		BIW	•	LT PI PP	3
Interim HealthCare		781-667-3220	•	•	•	•	•	•	•	•	•		BIW	•	AS HM LT PI PP VA	3
<b>JFS of Metrowest</b>	27	508-875-3100	•	•	•	•	•	•					IW		PP	
Kind Connections – A Program of HomeCare, Inc		978-552-4000	•	•	•	•	•	•	•	•	•		BIW	•	LT PI PP	1
Kind Senior Care			•	•	•	•	•			•	•		BIW	•	LT PI PP	3
Maestro-Connections Health Systems		978-794-1158	•	•	•	•	•	•		•	•		BIW	•	LT MA PP VA	





**NON-MEDICAL  
HOME CARE AGENCIES** *continued*

**NON-MEDICAL HOME CARE AGENCIES (cont'd)**

	AD ON PAGE #	PHONE #	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	LIVE-IN CARE	24 HOUR CARE	24 HOUR CONTACT	WORKERS COMP (W)	BONDED (B) / INSURED (I)	LIABILITY COVERAGE	FREE ASSESSMENT	PAYMENT METHODS*	MINIMUM HRS PER VISIT
<b>Right at Home – North Central Mass</b>	<b>116</b>	<b>978-391-1700</b>	•	•	•	•	•	•	•	•	•	•	•	•	•	HM LT O PI PP VA	<b>2</b>
Right at Home of Eastern Worcester County (Westborough)		508-599-1122	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PI PP	4
Senior Helpers – Westford		978-467-4300	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	3
<b>SeniorBridge</b>	<b>117</b>	<b>781-444-1199</b>	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	<b>4</b>
Seniors Helping Seniors of MetroNorth		781-205-4930	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	2
Seniors Helping Seniors – Serving Greater Boston & Metrowest		617-877-3163	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PP	2
Specialty Home Care Services		508-366-1330	•	•	•	•	•	•	•	•	•	•	•	•	•	AS LT PP	2
Steward Home Care		781-551-5600	•	•	•	•	•	•	•	•	•	•	•	•	•	HM LT MA PI PP VA	
<b>SYNERGY HomeCare – Tewksbury</b>	<b>114</b>	<b>978-482-7798</b>	•	•	•	•	•	•	•	•	•	•	•	•	•	LT, PP, VA	<b>2</b>
<b>SYNERGY HomeCare – Westwood</b>	<b>114</b>	<b>781-762-1114</b>	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PP VA	<b>2</b>
Tandem Care Associates		978-655-9800	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PP	



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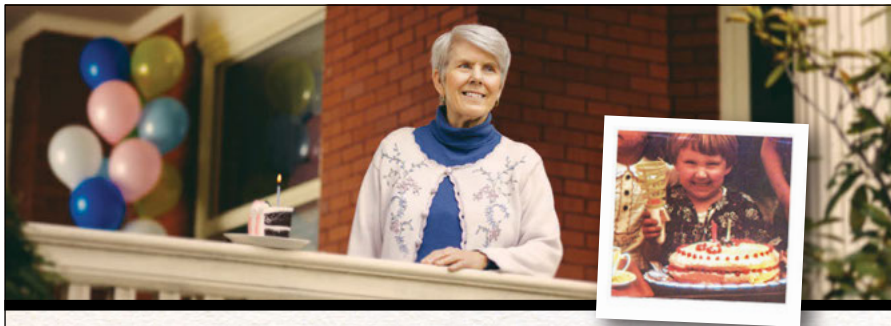
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### ADDITIONAL NON-MEDICAL HOME CARE AGENCIES

Advantage Home Health Care Services	781-436-5071	BrightStar Care Wakefield	978-278-3320
Alliance HomeCare Visiting Nurses	781-281-1626	City Home Care, LLC	617-964-2489
Allied Home Health Care	617-934-4473	Foster Health Systems	617-273-0111
Anodyne	617-471-7200	Lumen Christi Health Care	617-844-2004
Benevolence Home Healthcare	617-514-2424	Metropolitan Home Health Care	781-643-9115
Beyond Healthcare Agency	781-932-1166	Quality Home Care Services	978-989-9930



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## Home Health Care Definitions

**24 HOUR CARE** – Refers to “round the clock treatment” in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

**CARDIAC CARE** – Refers to services including patient assessment, specific diet information, and management of the disease process, medication management and education. Cardiac care is a program designed to help a person with heart disease return to health. Cardiac care may consist of exercise, modifying risk factors to prevent further heart damage, or psychological rehabilitation.

**DIABETIC CARE** – Refers to services including patient assessment specific diet information, management of the disease process, medication management and education on all the above. Services are provided by Registered Nurse under the supervision of a M.D. Some agencies may have certified diabetic nurse instructors or cardiac care specialty RN's in their employ.

**ENTERAL FEEDING** – Enteral feeding, or tube feeding, is a way to deliver nutrients through a tube if you cannot take food or drink through your mouth.

**HOUR MINIMUM** – The least number of hours a Non-Medical Home Care Agency will be available for hire. Medicare certified Home Health Agencies are not on a specified time frame.

**HOSPICE** – Refers to a comprehensive program of care to patients and families facing a life threatening illness. Hospice emphasizes palliative rather than curative treatment. The dying are comforted. Professional medical care is given, and sophisticated symptom relief provided.

**INTRAVENOUS THERAPY (IV)** – Refers to any medical treatments/medications that need to be introduced into the body via a patient's veins. Numerous IV Therapies can be provided in a patient's home under supervision of a MD. Some of these include: inter-infective/antibiotic therapies, hydration therapy, pain management, chemotherapy and central line care and maintenance.

**PRIVATE DUTY PERSONAL CARE** – Assistance with Activities of Daily Living (ADL's), homemaking, companionship and other non-medical in home care. These services are available for hire after, or in conjunction with, Medicare certified services. Private payment, Medicaid and Veterans Benefits are a few of the ways personal care can be paid for.

**PSYCHIATRIC CARE** – Refers to the agencies' ability to offer services related to psychiatric support with the prevention, diagnosis, and treatment of mental illness. Services may include counseling or administering of medications.

**SOCIAL WORKER** – A clinical social worker whose purpose in health care is to enhance, promote, maintain, and restore the best possible social abilities of the patient or family. Services provided may be preventive, developmental, or remedial in nature.

### **THERAPY SERVICES (ST, PT, OT, RT)** –

**Speech Therapy** – Refers to services to assess and treat speech and swallowing disorders. Speech therapy can treat speech, language, cognitive skills or swallowing.

**Physical Therapy** – Refers to services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.

**Occupational Therapy** – Refers to services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists

*Continued on page 224* >





HOME HEALTH CARE AGENCIES

PREFERRED HOME HEALTH CARE AGENCIES

	AD ON PAGE #	PHONE #	THERAPY (SPOR)**	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PALLIATIVE CARE	PSYCHIATRIC CARE	MED-ALERT	NON-MEDICAL HOME CARE	HOSPICE	PAYMENT METHODS*
<b>24 Hours Home Care</b>	117	617-792-0500	POSR	•	•	•	•	•	•	•	•	•	•	•	•	•	LT PI PP VA
<b>Care Dimensions – Danvers</b>	131	888-283-1722									•	•				•	HM LT MA MC O PI PP VA
<b>Care Dimensions – Waltham</b>	131	888-283-1722										•				•	HM LT MA MC O PI PP VA
<b>Celtic Angels Home Health Care – Needham</b>	117	781-662-8700	R	•	•	•	•	•	•	•	•	•	•	•	•	•	HM LT MA MC PI PP VA
<b>Celtic Angels Home Health Care– Weymouth</b>	117	781-331-0062	R	•	•	•	•	•	•	•	•	•	•	•	•	•	HM LT MC PI PP VA
<b>Curtin Home Care</b>	121	617-948-2551	POR	•	•	•	•	•	•	•	•	•					LT PP
<b>Family Tree Home Care</b>	117	508-842-5576		•													LT PI PP


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140	781-234-9900	POS	• • • • • • • • • •	• • • • • • • • • •	AS HM LT MA MC O PI PP VA
183	508-433-4479	POSR	• • • • • • • • • •	• • • • • • • • • •	MC PP

\*PAYMENT METHODS: PP=Private Pay / Pl=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

\*\*THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory

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Continued on next page >



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- Live-In
- Travel

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- Medication Administration

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HOME HEALTH CARE AGENCIES *continued*

AD ON PAGE #	PHONE #	THERAPY (SPOR)**	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PALLIATIVE CARE	PSYCHIATRIC CARE	MED-ALERT	NON-MEDICAL HOME CARE	HOSPICE	PAYMENT METHODS*
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## HOME HEALTH CARE AGENCIES (cont'd)

<b>My Personal Home Care</b>	224	508-386-3065		•	•	•	•	•	•	•				•	•	LT PP VA
<b>Nursing on Demand</b>	118	617-249-5305		•	•	•	•	•	•	•	•			•	•	LT PP
<b>SeniorBridge</b>	117	781-444-1199		•		•	•	•		•	•			•	•	LT PP VA
<b>Steady Steps Home Health &amp; Rehab</b>	118	855-578-3239	POS	•	•	•	•	•	•	•		•				MC PP

## HOME HEALTH CARE AGENCIES

<b>24 Hours Home Care</b>	117	617-792-0500	POSR	•	•	•	•	•	•	•		•	•	•	•	LT PI PP VA
Abbott Home Health Care		781-344-0344	POS	•		•	•	•						•		AS HM LT MA MC O PI PP VA
Accentcare Home Health		781-551-5600	POS	•	•	•	•	•	•	•		•		•	•	AS HM MA MC PI PP VA
Access Home Care Services		781-805-8106	P0			•	•									HM MA MC PI PP





HOME HEALTH CARE AGENCIES *continued*

	AD ON PAGE #	PHONE #	THERAPY (SPOR)**	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PALLIATIVE CARE	PSYCHIATRIC CARE	MED-ALERT	NON-MEDICAL HOME CARE	HOSPICE	PAYMENT METHODS*
<b>HOME HEALTH CARE AGENCIES (cont'd)</b>																	
<b>Care Dimensions – Danvers</b>	131	888-283-1722														●	HM LT MA MC O PI PP VA
<b>Care Dimensions – Waltham</b>	131	888-283-1722														●	HM LT MA MC O PI PP VA
Care For Life Home Health Agency		781-349-8178	POS														MA MC PI VA
Beth Israel Lahey Health at Home – Watertown		617-673-1700	POS														HM MA MC O PI
Beth Israel Lahey Health at Home – Wayland		617-673-1700	POS														HM MA MC O PI
Caretenders – North Andover		978-686-0004	POS														
<b>Celtic Angels Home Health Care – Needham</b>	117	781-662-8700	R														HM LT MA MC PI PP VA
<b>Celtic Angels Home Health Care – Weymouth</b>	117	781-331-0062	R														HM LT MC PI PP VA
Central Home Health Care		617-559-0200	POS														AS MA MC PI PP VA
Circle Home, Inc		978-459-9343	POS														HM LT MA MC PI PP VA



HOME HEALTH CARE AGENCIES *continued*

		HOME HEALTH CARE AGENCIES (cont'd)																
		AD ON PAGE #	PHONE #	THERAPY (SPOR)**	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PALLIATIVE CARE	PSYCHIATRIC CARE	MED-ALERT	NON-MEDICAL HOME CARE	HOSPICE	PAYMENT METHODS*
Health Care Solutions			617-500-3270															LT PP
<b>Hebrew SeniorLife Home Health</b>		<b>140</b>	<b>781-234-9900</b>	<b>POS</b>														<b>AS HM LT MA MC O PI PP VA</b>
HHR Nursing Care Solutions			617-542-9991	POS														LT PP
Home Care Solutions, Inc			508-366-1766	POSR														AS HM MA MC PI PP
Home Health VNA			978-552-4000	POSR														AS HM MA MC O PI PP VA
Horizon Home Care, LLC			978-851-7775	POS														HM MA MC PP
Innovive Health			800-915-3211	POS														AS HM MA MC O PI PP VA
Interim HealthCare			781-667-3220	POSR														AS HM LT MC PI PP VA
Kindred at Home			508-481-4930	POSR														MA MC PI PP VA
Lahey Health at Home			781-224-3399	POS														MA MC PI
Lumen Christi Health Care			617-844-2004	POR														HM LT MA MC PI PP VA
Maestro-Connections Health Systems			978-794-1158	POSR														MA MC PI PP VA



HOME HEALTH CARE AGENCIES *continued*

## HOME HEALTH CARE AGENCIES (cont'd)

	AD ON PAGE #	PHONE #	THERAPY (SPOR)**	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PALLIATIVE CARE	PSYCHIATRIC CARE	MED-ALERT	NON-MEDICAL HOME CARE	HOSPICE	PAYMENT METHODS*
Pathways Healthcare		800-939-1855	POS		•	•	•	•	•	•	•						HM MC O PI
Pavilion Medical Home Care & Staffing, LLC		978-685-9898	POS	•	•	•	•	•	•	•	•			•			HM LT MC O PI PP VA
Peace & Harmony Homecare		774-215-5468	POS				•	•	•		•	•	•		•		HM LT MA MC PI PP VA
Peoplefit Health & Fitness Center		781-932-9332	P														PP
Personal Touch Home Aides, Inc		978-251-0170	POS	•	•	•	•	•	•	•	•				•		AS HM MA MC PI PP VA
Private Home Health Care		781-639-8696		•			•	•	•	•	•			•			LT PI PP
Right at Home – Foxborough		508-668-8001		•	•	•	•	•	•	•	•				•		LT PP
Right at Home of Eastern Worcester County (Westborough)		508-599-1122		•			•	•	•		•				•		LT PI PP
SALMON VNA & Hospice		508-473-0862	POS		•		•	•	•				•				AS MA MC PI
SeniorBridge	117	781-444-1199	POSR	•			•	•	•			•	•		•		LT PP VA
Steady Steps Home Health & Rehab	118	855-578-3239	POS		•		•	•	•	•	•						MC PP
Traditions Home Health Services		617-229-6444		•	•	•	•	•	•	•	•				•		LT PP VA





# Hospice Care Definitions

**HOSPICE** (*See definition in home health grid definitions*)

## Services Provided:

**N-Nurse** – Assesses patient’s physical needs, develops and coordinates the plan of care, ensures symptom control and management, provides patient/family teaching as needed.

**SSW-Social Worker** – Assesses patient and family emotional and social needs, develops a plan of care, provides counseling, referrals and support to meet identified needs.

**Chaplain** – Assesses patient and family spiritual needs, develops a plan of care, provides counseling, assists with memorial preparations.

**Home Health Aide** – Provides direct personal care to patient, emotional support to patient and family, reports identified needs to RN.

**Volunteer** – Provides respite and needed non-medical services for patients and their families, offers support at time of death and during bereavement.

## Levels of Care:

**RO-Routine Care** – Occurs when regularly scheduled visits are adequate in maintaining the individual’s symptom management. Care is provided at the individual’s residence, this can be their private home, a retirement community, an assisted living, or a skilled nursing facility.

**RE-Respite Care** – Provided when the family needs time to rest or go out of town for a short time.

Ideally, this service is provided for five consecutive days. Care may be provided in a long-term care facility depending on the condition of the individual. Hospice is responsible for financial arrangements with the Long-term care facility, at no cost to the patient or the family.

## GIP – General In-Patient Care –

Provided in a skilled nursing facility when the symptoms cannot be managed elsewhere. The skilled nursing facility must have 24-hour R.N. coverage as deemed by Medicare guidelines. General in-patient care is usually short in duration. This level of care is usually due to symptoms which are out of control and more intensive nursing services are required. If an individual is at a care facility, room and board are covered by hospice during this period.

**CC-Continuous Care** – Provided to prevent the individual from going to the hospital when a crisis occurs. Continuous care also is given when more help is needed to assist the individual and family in coping with the crisis. This level of care is usually provided at the individual’s residence no matter where that may be. The criteria for continuous care may include: Severe pain or symptoms which are out of control, psychotic episodes, breakdown of caregiver, imminent death and family unable to cope. Continuous care is typically reserved for end of life or other crises that requires a constant presence by a nurse or care team.

Hospice care that enables you to do what you love, with the people you love, safely



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## Faith & Family HOSPICE

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Call us at **508-485-4555** | [hospicefamily.com](http://hospicefamily.com)

**24/7 ADMISSIONS** – Can a patient be admitted to the particular hospice agency 24/7? If a patient qualifies for hospice care, they should be admitted as early as the family requests. Many agencies admit patients to hospice, 24/7, evenings weekends, and holidays.

**GRIEF SUPPORT GROUPS** – Grief is the normal and universal reaction humans have to the loss of those they love. When your loved one passes, you may go through a period of bereavement and experience grief. Each hospice agency will have a grief and bereavement support program. Many provide grief groups that meet and address issues of grief in a supportive group setting.

**INDIGENT PATIENTS** – Does the hospice accept non funded or indigent patients? This is usually on a case by case basis and at the determination of the hospice company. Many have a non-profit organization that can help support the care of non-covered patients. Many Hospice agencies utilize social workers to help find resources for indigent families.

**LICENSED MASSAGE THERAPY** – Massage has become one of the fastest growing trends in therapy for hospice patients. Used as a method for relaxation to alleviate stress, anxiety and pain with a light hands-on approach, as well as providing an alternative to those who

*Continued on next page 137 >*



HOSPICE PROVIDERS

PREFERRED HOSPICE CARE PROVIDERS

	AD ON PAGE #	PHONE #	SERVICES PROVIDED RN/SW =Registered Nurse / Social Worker / CH=Chaplain / V=Volunteer	LEVELS OF CARE RO=Routine / RE=Respite / G=General In-Patient Care / C=Continuous Care	PALLIATIVE CARE	24/7 ADMISSIONS	PAIN PUMPS AVAILABLE	GRIEF SUPPORT GROUPS	THERAPIES - HOSPICE A=Aroma / MA=Massage / MU=Music / P=Pet	HOSPICE HOUSE	PCP OVERSIGHT	HOME HEALTH AGENCY	INDIGENT PATIENTS	MULTI-LINGUAL	PAYMENT METHODS*
24 Hours Home Care	117	617-792-0500	RN SW V	CC GIP RE RO	•	•	•		Ma Mu	•	•	•	•	•	AS HM LT O PI PP VA
Care Dimensions – Danvers	131	888-283-1722	C RN SW V	CC GIP RE RO	•	•	•		Ma Mu P	•	•	•	•	•	HM LT MA MCO PI PP VA
Care Dimensions – Waltham	131	888-283-1722	C RN SW V	CC GIP RE RO	•	•	•		Ma Mu P	•	•	•	•	•	AS HM LT MA MCO PI PP VA
Care Dimensions Hospice House	131	888-287-1255	C RN SW V	CC GIP RE RO	•	•	•		Ma Mu P	•	•	•	•	•	HM LT MA MCO PI PP VA
Care Dimensions Kaplan Family Hospice House	131	888-283-1722	C RN SW V	CC GIP RE RO	•	•	•		Ma Mu P	•	•	•	•	•	HM LT MA MCO PI PP VA
Faith & Family Hospice	131	508-485-4555	C RN SW V	CC GIP RE RO	•	•	•	•	A Ma Mu P	•	•	•	•	•	LT MA MC PI PP VA





## Family Tree Home Care

117

508-842-5576

CC RE RO

RN

LT O PI PP

Good Shepherd Community Hospice

617-969-6130

CC GIP RE RO

C RN SW V

HM MA MC O PI PP VA

Hallmark Health VNA & Hospice

781-338-7866

CC GIP RE RO

Ma Mu P

## Hebrew SeniorLife Hospice Care

140

781-234-9950

CC GIP RE RO

C RN SW V

MA MC PI PP

Hospice Services of Massachusetts – Everett

508-291-0049

CC GIP RE RO

C RN SW V

HM LT MA MC O PI PP VA

Kindred Hospice

617-332-0813

CC GIP RE RO

C RN SW V

MA MC PI PP VA

Kindred Hospice

508-229-0912

CC GIP RE RO

C RN SW V

MA MC PI PP VA

Maestro-Connections Health Systems

978-794-1158

CC GIP RE RO

C RN SW V

MA MC VA

Merrimack Valley Hospice

978-552-4000

CC GIP RE RO

C RN SW V

HM LT MA MC PI PP VA

MetroWest Hospice – an Amedisys company

508-266-8290

CC GIP RE RO

C RN SW V

MA MC PI PP VA

Middlesex Healthcare Services

978-655-4749

CC RO

RN SW

HM MA MC PP

Middlesex-East Visiting Nurse Hospice / Sawtelle Family Hospice

781-756-2488

CC RO

C RN SW V

HM LT MA MC PI PP

Nashoba Nursing Service & Hospice

978-425-6675

GIP RE RO

C RN SW V

HM MA MC PI PP VA

SALMON VNA & Hospice

508-473-0862

GIP RE RO


C RN SW V

MA MC PI VA

**\*PAYMENT METHODS:** PP=Private Pay / Pl=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

\*\*Services: RN= Registered Nurse / SW= Social Worker / C=Chaplain / V=Volunteers

\*\*\*#Levels of Care: RO=Routine / RE=Respite / GIP=General In-patient / CC=Continuous Care

 Indicates website link on seniorsbluebook.com

Continued on next page >





## Hospice Care Definitions *continued from page 131*

can't take medication or prefer not to, massage therapy has become essential in hospice care. This is not reimbursed by Medicare; it is an added benefit that select hospice companies have decided to provide for their patients.

---

**MUSIC THERAPY** – Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals. A music therapist is not just a music performer, but actually trained in counseling and music. A music therapist creates goals and objectives for their patients and uses music activities and music experiences (listening, composition, improvisation, or playing/singing a familiar song) in order to achieve those goals. This is not reimbursed by Medicare; it is an added benefit that select hospice companies have decided to provide to their patients.

---

**PAIN PUMPS AVAILABLE** – Many patients have their symptoms controlled through oral medications. Some situations require a pain pump where medications are administered through an IV pump. If this is the situation, inquire with the hospice RN case manager to see if pain pumps are available through their insurance.

---

**PCP-OVERSIGHT** – Can the hospice patient retain their own primary care

physician in addition to the hospice medical director? All hospice organizations require a medical director, a physician to oversee their care. Many times the hospice medical director will work in conjunction with the patient's own physician. The patient, family and hospice team can determine which physicians will oversee the care and certify the hospice eligibility criteria.

---

**PET THERAPY** – There's nothing like a visit from a four-legged creature to brighten the day of a terminally ill patient. Pet therapy teams visit with patients wherever they reside – at home or in professional care settings. For some patients, contact with these gentle animals evokes memories of pets in their lives, past or present. Studies have shown many benefits of pet companionship, ranging from reduced blood pressure and anxiety to relief from boredom, pain and loneliness. This service is not reimbursed by Medicare, it is an added benefit that select hospice companies have decided to provide for their patients.

---

**VA CONTRACT** – If the patient is not a Medicare recipient and is covered by the VA, the VA will make payments directly to their contracted agencies. If a patient is a Veteran, but is a Medicare Recipient, they may choose any Medicare approved hospice agency for their care. ~

# Senior Housing Definitions

**AGE RESTRICTIONS** – Some communities have a restriction on the youngest age they are allowed to accept. These restrictions vary by community.

**ALZHEIMER'S / DEMENTIA ASSISTED LIVING COMMUNITY** – Licensed assisted living facility or skilled nursing facility that specialize in delivering care to victims of Alzheimer's and dementia. Communities are typically bedroom-style rental units with common areas for dining and activities. Many are locked for residents' safety. Specifically trained staff usually serves the special needs of this population. Amenities vary for each community.

**ASSISTED LIVING COMMUNITY** – Typically apartment-style with kitchenettes and private baths. Some offer companion accommodations. Personal assistance with Activities of Daily Living (ADLs) bathing, grooming, dressing, toileting, eating and ambulation. Rates vary from an all-inclusive to base rates with levels of care. Amenities vary for each community.

**DAY CARE** – Any provider can elect to provide day/night services on a short or long term basis. Rates typically include a place to rest, one or two meals and snacks and activities for the day. Licensed communities are prohibited by law to promote

these services without a specific license.

## DEPARTMENT OF HOUSING & URBAN DEVELOPMENT (HUD)

– helps apartment owners offer reduced rents to low-income tenants.

## HOUSING CHOICE VOUCHER PROGRAM –

**(Sec 8)** - find your own place and use the voucher to pay for all or part of the rent. Participating households are required to pay the greater of 10% of their gross annual income or 30% of their adjusted income towards rent. To qualify, a household's annual income must not exceed the applicable income limit for the area as adjusted by family size.

**INDEPENDENT HOUSING** – Apartments and communities for adults 55+ with little or no senior support services (e.g. no meals, etc...)

**INTERMEDIATE CARE** – 24 hour inpatient care residents who need licensed nursing supervision and supportive care, but do not require continuous nursing care. Residents may receive full assistance with ADL's and transfers. Residents receive meds from a nurse following a doctor's orders and may receive outpatient rehab services. Facilities may use a nurse as a their consultant and the residents receive pe-

riodic assessments from a licensed practitioner.

**MEDICAID WAIVER** – An assisted living waiver may be used to transition individuals out of nursing facilities or to provide persons at risk of institutionalization with options for remaining in their communities. Assisted living waivers are designed to provide an alternative to more costly nursing home care.

**PRICE DEPENDENT ON LEVELS OF CARE** – Flexible levels of service geared to accommodate different needs over time. Rates may vary depending on the changing levels of

care while one maintains the same physical residence.

**PUBLIC HOUSING (PH)** – affordable apartments for low-income families, the elderly and persons with disabilities.

**RESIDENTIAL HOME** – Assisted living homes are private residential homes that typically have a small number of residents who live together and receive care from live-in caretakers. Adult family homes offer room and board for seniors who want a more private, home-like community. Assistance with activities of daily living such as

*Continued on page 181 >*

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**Bill Cleary**  
Certified Senior Advisor CSA\*  
508-538-8100

[BCleary@YourOasisAdvisor.com](mailto:BCleary@YourOasisAdvisor.com)  
[OasisSeniorAdvisors.com/Greater-Boston](http://OasisSeniorAdvisors.com/Greater-Boston)



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Home Care  
Nutrition and Fitness  
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Mobility Research  
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*Celeste H., enjoying the verdant resident gardens*

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INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES

PREFERRED INDEPENDENT / RETIREMENT LIVING COMMUNITIES

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	STUDIO (S) 1-BEDROOM (1) 2-BEDROOM (2)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS
<b>Allerton House at Central Park</b> 43 School House Rd, Weymouth 02188	183	781-335-8666	10	\$5,600	•	1,2	•		•	•	•	•	•	•	•	Sm
<b>Artisan at Hudson</b> 253 Washington St, Hudson 01749	184	978-763-7111	61	☉	•	S,1,2				•	•	•	•	•	•	•
<b>Beacon House</b> 19 Myrtle St, Boston 02114	163	617-523-8295	135	☉ Sub		S,1				•	•	•			•	•
<b>Camellia Gardens</b> 16 Digital Way, Maynard 01754	141	978-897-1528	143	\$2,795	•	S,1,2				•	•	•	•	•	•	•
<b>Center Communities of Brookline</b> 100 Centre St, 112 Centre St, 1550 Beacon St, Brookline 02446	140	617 363-8048	511	☉ HUD IB IR Sec 8 Sub TC	•	S,1,2				•	•	•	•	•	•	•
<b>Commons in Lincoln, The</b> 1 Harvest Cir, Lincoln 01773	66	781-230-6591	168	☉	•	1,2	•	•	•	•	•	•	•	•	•	•







INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES *continued*

PREFERRED INDEPENDENT / RETIREMENT LIVING COMMUNITIES (cont'd)

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	2-BEDROOM (2)	1-BEDROOM (1)	STUDIO (S)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS		
<p><b>Mary Ann Morse at Heritage – Independent &amp; Assisted Living</b> 747 Water St, Framingham 01701</p>	183	508-665-5300	58	\$3,925	•	S,1,2	•	•	•	•	•	•	•	•	•	•	•	•	•	
<p><b>New Pond Village</b> 180 Main St, Walpole 02081</p>	3 140	508-669-0034	148	Ⓞ	•	1,2	•	•	•	•	•	•	•	•	•	•	•	•	•	Sim
<p><b>NewBridge on The Charles</b> 5000 Great Meadow Rd, Dedham 02026</p>	140	781-859-3090	256	\$4,324	•	1,2	•	•	•	•	•	•	•	•	•	•	•	•	•	•
<p><b>Orchard Cove</b> 1 Del Pond Dr, Canton 02021</p>	140	781-859-3088	227	\$4,145	•	1,2	•	•	•	•	•	•	•	•	•	•	•	•	•	•
<p><b>Rivercourt Residences</b> 8 W Main St, Rte 225, Groton 01450</p>	182	978-448-4122	19	\$5,095	•	S,1	•	•	•	•	•	•	•	•	•	•	•	•	•	•
<p><b>Roslindale House</b> 120 Poplar St, Boston – Roslindale 02131</p>	163	617-327-1503	83	Ⓞ Sub	•	S,1	•	•	•	•	•	•	•	•	•	•	•	•	•	•





INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	2-BEDROOM (2)	1-BEDROOM (1)	STUDIO (S)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS	
<b>ACTON</b>																			
Benchmark at Robbins Brook, 10 Devon Dr, Acton 01720		978-264-4666	64	\$4,400	•		S,1,2	•	•	•	•	•	•	•	•	•			Sm
<b>ANDOVER</b>																			
Atria Marland Place, 15 Stevens St, Andover 01810		978-475-4225	90	\$2,575 TC	•		S,1,2	•	•	•	•	•	•	•	•	•	•	•	C,Sm
<b>ASHLAND</b>																			
The Residence at Valley Farm, 369 Pond St, Ashland 01721		508-532-3197	80	\$3,295	•		S,1,2	•	•	•	•	•	•	•	•	•	•	•	
<b>BEDFORD</b>																			
Carleton-Willard Village, 100 Old Billerica Rd., Bedford 01730		781-275-8700	148	\$3,867	•		S,1,2	•	•	•	•	•	•	•	•	•	•	•	
<b>BOSTON</b>																			
<b>Beacon House</b> 19 Myrtle St, Boston 02114	163	617-523-8295	135	Ⓞ Sub			S,1					•	•	•			•	•	
<b>Council Tower</b> 2875 Washington St, Boston – Roxbury 02119	163	617-427-8194	144	Ⓞ Sub			S,1						•	•			•	•	
<b>Farnsworth House</b> 90 South St, Boston – Jamaica Plain 02130	163	617-524-6971	75	Ⓞ Sub			S,1							•			•	•	





**INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	STUDIO (S) 1-BEDROOM (1) 2-BEDROOM (2)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS
<b>CAMBRIDGE</b>																
Cadbury Commons, 66 Sherman St, Cambridge 02140		617-868-0575	50	\$5,500		S,1,2	•		•	•	•	•	•	•	•	•
JFK Apartments, 55 Essex St, Cambridge 02139		617-499-7147	44	Ⓒ		S,1	•		•	•	•	•				
The Cambridge Homes, 360 Mt Auburn St, Cambridge 02138		617-876-0369	44	\$6,050		S,1	•		•	•	•	•	•	•		
<b>CANTON</b>																
Brightview Canton, 125 Turnpike St, Canton 02021		781-298-3407	95	\$4,000		S,1,2	•		•	•	•	•	•	•	•	Sm
<b>Orchard Cove</b> 1 Del Pond Dr, Canton 02021	140	781-859-3088	227	\$4,145		1,2	•	•		•	•	•	•	•	•	•
<b>CONCORD</b>																
Newbury Court, 100 Newbury Ct, Concord 01742		978-369-5155	230	\$3,000		1,2	•	•	•	•	•	•	•	•	•	Sm
<b>DEDHAM</b>																
<b>NewBridge on The Charles</b> 5000 Great Meadow Rd, Dedham 02026	140	781-859-3090	256	\$4,324		1,2	•	•	•	•	•	•	•	•	•	•
Traditions of Dedham, 735 Washington St, Dedham 02026		781-251-9330	81	\$5,460 TC		S,1,2	•		•	•	•	•	•	•		•
<b>DRACUT</b>																
Giving Tree, 1827 Bridge St, Dracut			108	\$4,400		S,1	•		•	•	•	•	•	•	•	•

## FOXBOROUGH

Doolittle Home, 16 Bird St, Foxborough 02035

508-543-2131

21

\$5,000

• • • • •

## FRAMINGHAM

Brookdale Cushing Pk, 300 W Farm Pond Rd, Framingham 01702

508-409-4673

125

\$3,245

• • • • •

Carmel Terrace II & AL, 933 Central St, Framingham 01701

508-788-8000

69

\$4,999

• • • • •

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747 Water St, Framingham 01701

183

508-665-5300

58

\$3,925

• S,1,2 • • • • •

Shillman House on the Weinberg Campus  
49 Edmonds Rd, Framingham 01701

508-405-8602

150

HUD TC

• • • • •

## FRANKLIN

Benchmark AL at Forge Hill, 4 Forge Hill Rd, Franklin 02038

508-570-2192

97

\$4,100

• • • • •

The Enclave of Franklin, 656 King St, Franklin 02038

508-520-1150

61

\$3,295

• S,1 • • • • •

## GROTON

 **Rivercourt Residences**  
8 W Main St, Rte 225, Groton 01450

182

978-448-4122

19

\$5,095

• S,1 • • • • •

 **Golden Pond**  
50 W Main St, Hopkinton 01748

156

508-435-1250

33

\$5,800

• S,1,2 • • • • •

**MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit**  
**Sm = Small / C = Cats Only**

*Continued on next page >*



INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	2-BEDROOM (2)	1-BEDROOM (1)	STUDIO (S)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS		
<b>HUDSON</b>																				
<b>Artisan at Hudson</b> 253 Washington St, Hudson 01749	184	978-763-7111	61	☉	•	S,1,2						•	•	•	•	•	•	•	•	
<b>LAWRENCE</b>																				
Mary Immaculate Health / Care Services 191 Maple St, Lawrence 01841		978-682-7575	194	☉ HUD IB IR Sec 8 Sub	•	1,2	•		•			•	•	•	•	•	•	•	•	Sm
The Berkeley Retirement Home, 150 Berkeley St, Lawrence 01841		978-682-1614	22	\$5,550	•	S			•			•	•	•	•	•	•	•	•	
<b>LEXINGTON</b>																				
Brookhaven at Lexington 1010 Waltham St, Ste 600, Lexington 02421		781-863-9660	238	\$3,250	•	S,1,2			•			•	•	•	•	•	•	•	•	•
Waterstone at Lexington, 55 Watertown St, Lexington 02421		781-728-3037		☉																
<b>LINCOLN</b>																				
<b>Commons in Lincoln, The</b> 1 Harvest Cir, Lincoln 01773	66	781-230-6591	168	☉	•	1,2			•	•	•	•	•	•	•	•	•	•	•	•



## LOWELL

 **D'Youville Life & Wellness  
Community – Bruyere Gardens**  
975 Varnum Ave, Lowell 01854

201 978-569-1000 63 HUD  
IB Sub

1

• Sm

## MALDEN

Atria Maplewood Place, 295 Broadway, Malden 02148  
Forestdale Park Senior Living, 341 Forest St, Malden 02148

781-218-3308 98 TC  
781-333-8903 3 \$2,875

S,1,2  
1,2

• • • • •  
• • • • •  
Sm

## MARLBOROUGH

The Meadows at New Horizons, 400 Hemenway St,  
Marlborough 01752

508-460-5200 175 \$1,335

1,2

• • • • •

## MAYNARD

 **Camellia Gardens**  
16 Digital Way, Maynard 01754

141 978-897-1528 143 \$2,795

• S,1,2

• • • • •

## MEDWAY

 **The Willows at Medway**  
261 Village St, Medway 02053

161 508-533-3300 71 \$6,250

• 1,2

• • • • •  
• • • • •  
Sm

## MELROSE

The Residence at Melrose Station, 158 Essex St, Melrose 02176

781-620-8990 92 \$5,660

• S,1,2

• • • • •

## NATICK

Sherwood Village, 145 Mill St, Natick 01760

508-651-1811 236 IR

1

• • • • •

MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit  
Sm = Small / C = Cats Only

Continued on next page >



**INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES** *continued*

AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	2-BEDROOM (2)	1-BEDROOM (1)	STUDIO (S)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS
<b>NEEDHAM</b>																	
		285	☎	●	S,1,2	●	●	●	●	●	●	●	●	●	●	●	Sm
		52	\$7,175	●	1,2	●	●	●	●	●	●	●	●	●	●	●	Sm
		100	☎	●	S,1,2	●	●	●	●	●	●	●	●	●	●	●	Sm
		182	\$4,500	●	S,1,2	●	●	●	●	●	●	●	●	●	●	●	●
<b>NORTH ANDOVER</b>																	
		58	☎	●	S,1,2	●	●	●	●	●	●	●	●	●	●	●	●
		240	\$4,039	●	1,2	●	●	●	●	●	●	●	●	●	●	●	Sm
<b>QUINCY</b>																	
		112	☎	●	S,1	●	●	●	●	●	●	●	●	●	●	●	Sm
		140	☎	●	S,1	●	●	●	●	●	●	●	●	●	●	●	Sm
<b>RANDOLPH</b>																	
		160	☎	●	S,1	●	●	●	●	●	●	●	●	●	●	●	●

**Simon C. Fireman Community**  
640 N Main St, Randolph 02368

HUD  
IB IR  
Sec 8  
Sub

REVERE										
	<b>Jack Satter House</b> 420 Revere Beach Blvd, Revere 02151	140	781-289-4505	266	☎ Sub HUD IR IB Sec 8	•	S, 1, 2	•	•	• Sm
SOMERVILLE										
	Jeanne Jugan Residence, 186 Highland Ave, Somerville 02143		617-776-4420	26	☎		1	•	•	•
	Somerville Home, 117 Summer St, Somerville 02143		617-776-0260	6	☎	•	S, 1	•	•	•
SOUTH WEYMOUTH										
	<b>Fairing Way at Union Point</b> 25 Stonehaven Dr, South Weymouth 02190	163	781-660-5000	211	\$1,560	•	1, 2	•	•	•
STONEHAM										
	<b>The Arbors of Stoneham</b> 140 Franklin St, Stoneham 02180	158 159	781-288-8779	66	\$5,775	•	1, 2	•	•	•
TEWKSBURY										
	Bayberry at Emerald Court, 2000 Emerald Ct, Tewksbury 01876		978-640-0194	73	\$3,495		S, 1, 2	•	•	•
WAKEFIELD										
	Brightview Wakefield, 21 Crescent St, Wakefield 01880		781-486-4422	65	\$4,900	•	S, 1, 2	•	•	•
WALPOLE										
	<b>New Pond Village</b> 180 Main St, Walpole 02081	3 140	508-669-0034	148	☎	•	1, 2	•	•	• Sm

MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit

☎ = Call

Sm = Small / C = Cats Only

Indicates website link on seniorsbluebook.com



**INDEPENDENT LIVING /  
RETIREMENT COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	RETIREMENT COMMUNITY	1-BEDROOM (1) 2-BEDROOM (2)	ASSISTED LIVING CMNTY	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	MEALS / MEAL OPTIONS	HOUSEKEEPING	ACTIVITIES	COVERED PARKING	SCHEDULED TRANSPORTATION	FITNESS CENTER	PETS
<b>WALTHAM</b>																
Leland Home, The, 21 Newton St, Waltham 02453		781-893-2557	40	\$3,690	•	S				•	•	•				
Waltham Crossings, 126 Smith St, Waltham 02451		781-466-9912	67	\$3,200		S,1	•		•	•	•	•		•		\$m
<b>WATERTOWN</b>																
The Residence at Watertown Square 20 Summer St, Watertown 02472		617-924-8100	65	\$5,590		S,1	•			•	•	•		•		•
<b>WAYLAND</b>																
Carriage House at Lee's Farm, 134 Boston Post Rd, Wayland 01778		508-358-2800	33	\$5,550		S,1,2	•		•	•	•	•		•		•
Traditions of Wayland, 10 Green Way, Wayland 01778		508-358-0700	66	\$3,900		S,1,2	•		•	•	•	•		•		•
<b>WELLESLEY</b>																
Waterstone at Wellesley, 23 Washington St, Wellesley 02481		781-235-1614	82	\$6,305	•	1,2	•			•	•	•		•		•
<b>WESTBOROUGH</b>																
<b>The Willows at Westborough</b> 1 Lyman St, Westborough 01581	161	508-836-4354	164	\$2,595	•	1,2	•	•	•	•	•	•		•		•
<b>WESTON</b>																
Maplewood at Weston, 99 Norumbega Rd, Weston 02493		781-899-5505	80	\$9,000		1,2	•		•	•	•	•		•		•

**WESTWOOD**

Fox Hill Village, 10 Longwood Dr, Westwood 02090

781-493-6805 • \$2,343 • 1,2

• • • • • • • • • •

**WEYMOUTH** **Allerton House at Central Park**  
43 School House Rd, Weymouth 02188

183 781-335-8666 • 10 \$5,600 • 1,2

• • • • • • • • • • Sm

**WILMINGTON**

Windsor Place of Wilmington, 92 West St, Wilmington 01887

978-988-2300 • 57 \$4,975 • S,1,2

• • • • • • • • • • Sm

**WINCHESTER**

Gables at Winchester, The, 299 Cambridge St, Winchester 01890

781-756-1026 • 123 \$5,100 • S,1,2

• • • • • • • • • •

**WOBBURN**

Country Club Heights Brightview, 3 Rehab Way, Woburn 01801

781-935-4094 • 64 \$4,605 • 1,2

• • • • • • • • • •

New Horizons at Choate, 21 Warren Ave, Woburn 01801

781-932-8000 • 113 \$2,425 • S,1,2

• • • • • • • • • •

**WORCESTER****The Briarwood Community**  
65 Briarwood Circle, Worcester 01606

163 508-852-2670 • 193 \$2,600 • 1,2

• • • • • • • • • •

**WRENTHAM** **The Community at Pond Meadow**  
279 East St, Wrentham 02093

182 508-384-3000 • 66 • 1,2

• • • • • • • • • •

 **MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit**  
**Indicates website link on seniorsbluebook.com** •  = Call •  = Cats Only



## The Best of the Best

Golden Pond is a premier assisted living community designed for older adults who are very active and enjoy the finer things in life. Our concierge approach and personally tailored care services provide just the right amount of lifestyle supports to promote independence and convenience! Golden Pond offers signature services and amenities including upscale dining experiences in multiple dining rooms, complimentary transportation to local shopping and medical appointments, dog walking, wellness center and gym, and on campus medical practitioners.

What sets us apart from other senior living communities is our unique special care residences. Golden Pond has a very diverse and talented team in place to serve residents with atypical dementias, progressive neurological disorders such as Parkinson's Disease, ALS, and Frontal temporal Degeneration and behavioral health disorders.



Our unique approach has been to develop a therapeutic community that offers three types of engagement; meaningful engagement focused on person-centered engagement, i.e. evaluating what kind of activity is meaningful to the individual person, purposeful engagement where a team including a Speech & Language therapists design individual plans focused on such things as executive function or communication strategies and passive engagement which can be as simple as sitting in our beautiful dining area experiencing aromas and finding successful connection with others.

Thank you to each and every one of our wonderful staff members, residents and the community who made this possible. Congratulations to all nominees and winners!

**For more information about our unique offerings please call  
508-435-1250 ext. 116 or [info@goldenpondal.com](mailto:info@goldenpondal.com)**



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# GoldenPond

## Independent Living • Traditional Assisted Living Special Care Residences for Dementia and Behavioral Health

**The Communities at Golden Pond offer luxurious and distinctive living options for seniors seeking a unique lifestyle reflective of their current and future needs.**

**The Lodge** offers independent and assisted living options with larger studio, one bedroom and two bedroom apartments with 3 dining room options, concierge services and wellness support available to meet the resident's active lifestyle

**The Lofts** offers brand new assisted living options with studio and one bedroom apartments with more resident aides to assist with care needs

Each of these communities offers unique services and amenities so each person can enjoy a lifestyle that is engaging and supportive. Both offer a beautiful promenade with a Great room, theater, internet lounge, an arts center, fitness center, full service salon, village market and outdoor space including a walking path along the pond, a courtyard with a fire pit and water feature and a large outdoor patio.

**We also offer assisted living options in our two special care units:**

**Legacy Village** – a Special Care Residence for those seniors who have dementia, neurological and/or movement disorders including early onset dementia, Lewy body dementia, FTD, CTE, Parkinson's Disease, MS or ALS.

**Harmony Village** – a Special Care Residence that offers a boutique like setting for those residents who have behavioral health diagnoses including depression, anxiety, OCD and Substance Abuse and who could benefit from a smaller, more structured secured assisted living residence.

***Refresh • Engage • Live***

**508-435-1250 ext. 116**

**info@goldenpondal.com**

50 West Main Street, Hopkinton, MA 01748

**www.goldenpondal.com**



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This Veteran discount program is effective March 1, 2020, may not be used in conjunction with any other programs offered by The Arbors Assisted Living Communities ("The Arbors") or The Ivy Assisted Living Communities ("The Ivy"), and supersedes all prior programs and offers. Participation in this Veteran discount program is limited to Veterans who are new residents of The Arbors and The Ivy communities and does not apply; to respite or short-stays; or to resident transfers within an Arbors or Ivy community (except for a transfer from a respite apartment to another apartment); or to surviving spouses of veterans; or to any former or current Arbors or Ivy residents. Offer is valid only when a Veteran presents their Military Discharge/DD214 form. The Veteran must meet current eligibility criteria for residency. The discount will only be given on a per apartment (not per person occupying the apartment) basis. The Arbors or The Ivy reserves the right to terminate, suspend or modify this Veteran discount program at any time without notice. This offer is valid for market-rate apartments only.

# Transitioning to Assisted Living

*Any initial transitions, whether it be a new home, a job, or school, can be difficult. The transition, and even the decision, to move to an assisted living community can be another challenging life transition for both seniors and their children.*



Acknowledging it can be difficult is both necessary and refreshing – professionals in an assisted living community realize this, showing seniors and their children alike that this new experience is a shared experience. It is completely normal for many emotions to follow the decision to move to an assisted living community, including relief, guilt, sadness, and happiness.

It is important to reinforce the initial reasons why the decision to move to an assisted living community was made. An assisted living community offers many benefits: increased social engagement through a variety of enrichment and wellness activities, nutritious meals, assistance with activities of daily living, a safer, more accessible living space, and more.

A great deal of thought, research, and planning is typically involved when looking for the best community. Take the time to ask questions, take a tour, if available, and become familiar with a community before the move – it can help ease fear and apprehension. You can make the move easier and exciting – bringing key items from the senior's previ-

ous living space including artwork, family photographs, a favorite quilt, or a tote filled with crafts or hobbies they enjoy will make the new residence feel more familiar. A few new items like decorative pillows or books help personalize the new space.

It can take some time for a new resident to adjust, especially in a memory care setting. With an abundance of patience and kindness, even the most challenging transitions will work out.

New residents' necessary level of care will change and fluctuate over time. Assisted living communities have the resources and knowledgeable staff members to meet those changing needs. Staff observe residents and discuss changes in care needs with the resident or designated family member or friend.

Every transition comes with unexpected challenges. Make sure to use resources available to you and seek support from professionals within the new community. Keep in mind that assisted living communities can be the ideal solution to maintaining a senior's quality of life while fulfilling their healthcare needs. ~

*Editor's Note: This article was submitted by Jenna Anderson, Director of Sales and Marketing for SALMON Health and Retirement, 774-270-7613 or [janderson@SalmonHealth.com](mailto:janderson@SalmonHealth.com). See ad on page 161.*



# SALMON

HEALTH & RETIREMENT

Whitney Place is SALMON's assisted living community, offering **private apartments** in a warm and gracious setting for seniors who need a little help with their **daily routines**, along with **individualized, Resident-centered care** and **local transportation**.

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Natick, MA 01760

**WESTBOROUGH 508-836-4354**

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Westborough, MA 01581

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THE WILLOWS | WHITNEY PLACE



The Willows is SALMON's premier retirement community for active, independent adults. The vibrant, full-service, **resort-style community** provides spacious **cottages** with attached garages and **apartment homes** for those seeking independent living with a maintenance-free lifestyle.

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The Seniors Blue Book is Here to Help:



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Welcome to Seniors Blue Book's home page for the Boston area. Here you will find the latest news and information on our community. Please check back often and let us know what you think.

This site complements our local Seniors Blue Book and Professional Discharge Planner Resource Notebook. If you would like a book please click on a button below. If you are a professional interested in being showcased in our next issue or receiving our Discharge Planner Resource Notebook please [contact us](#).

We are here to help our seniors, their family members and the professionals that serve them. [Email](#) or call us at **978-443-8318**, and let us know how we can help you. Enjoy the site and we look forward to hearing from you.

Susan Arayas - Publisher

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**Because where seniors live  
impacts how they live.**

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

**Rogerson Communities** is a non-profit that focuses on “Senior Living,” creating communities where elders thrive. The Rogerson Model incorporates **supportive housing** and **healthcare** to help seniors and their families find solutions to aging strong in their community by providing a sense of dignity across all income levels.



**Beatrice, 106 year old resident**

With 30 properties and programs under management, Rogerson offers every aspect of Senior Living: affordable housing; independent and retirement living; assisted living; memory care; continuing care communities; as well as adult day health programs. Properties are located throughout Greater Boston and stretch west to Worcester and south to Weymouth.

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**ASSISTED LIVING COMMUNITIES**

**PREFERRED ASSISTED LIVING COMMUNITIES**

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS
<b>Allerton House at Central Park</b> 43 School House Rd, Weymouth 02188	183	781-335-8666	\$5,350 TC	70							•			•	•			Sm
<b>Artisan at Hudson</b> 253 Washington St, Hudson 01749	184	978-763-7111	☹	65				•	•	•								•
<b>Benchmark Senior Living at The Commons, 2 Harvest Cir, Lincoln 01773</b>	66	781-230-6591	☹	40				•	•	•								•
<b>Christopher Heights of Marlborough</b> 99 Pleasant St, Marlborough 01752	181	508-281-8001	\$3,800 HUD IR Sub TC	83	•		•		•					•	•			Sm
<b>Daggett Crandall Newcomb Home</b> 55 Newland St, Norton, 02766	163	508-285-7944	☹	21		•												
<b>D'Youville Life &amp; Wellness Community – Saab Assisted Living Residence</b> 1085 Varnum Ave, Lowell 01854	201	978-569-1000	Sub	60			•		•					•	•			Sm







ASSISTED LIVING COMMUNITIES *continued*

PREFERRED ASSISTED LIVING COMMUNITIES (cont'd)

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS
<b>New Pond Village</b> 170 Main St, Walpole 02081	3 140	508-669-0034	📞	37				•	•					•	•			
<b>NewBridge on the Charles</b> 6000 Great Meadow Rd, Dedham 02026	140	781-859-3091	\$9,703	51			•	•	•	•	•			•	•			
<b>Orchard Hill at Sudbury Assisted Living</b> 761 Boston Post Rd, Sudbury 01776	182	978-443-0080	\$3,800 TC	45				•	•			•		•	•			Sm
<b>Pond Home</b> 289 East St, Wrentham 02093	182	508-384-3531	\$4,000	43					•			•		•	•			
<b>Residence at Freeman Lake</b> 4 Technology Dr, North Chelmsford 01863	184	978-458-0099	\$4,995	79				•	•		•			•	•			Sm
<b>Rivercourt Residences</b> 8 West Main St, Rte 225, Groton 01450	182	978-448-4122	\$5,095	44				•	•			•			•			•





**ASSISTED LIVING COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS	
<b>ACTON</b>																			
Benchmark at Robbins Brook, 10 Devon Dr, Acton 01720		978-264-4666	\$4,400	64															•
<b>ANDOVER</b>																			
Atria Marland Place, 15 Stevens St, Andover 01810		978-475-4225	\$2,575 TC	101															C,Sm
Stone Hill at Andover, 141 Elm St, Andover 01810		978-664-2600	\$5,600	72															
<b>ARLINGTON</b>																			
Brightview Arlington, 1 Symmes Rd, Arlington 02474		781-646-0837	\$4,295	61															Sm
Sunrise of Arlington, 1395 Massachusetts Ave, Arlington 02476		781-643-2100	\$4,864	61															•
<b>ASHLAND</b>																			
Mill Pond Rest Home, 84 Myrtle St, Ashland 01721		508-881-1360	\$2,850	27		•													
The Residence at Valley Farm, 369 Pond St, Ashland 01721		508-532-3197	\$3,295	60															Sm
<b>AYER</b>																			
Nashoba Park Assisted Living, 15 Winthrop Ave, Ayer 01432		978-772-0707	\$5,975	73															Sm
<b>BEDFORD</b>																			
Carleton-Willard Village, 100 Old Billerica Rd, Bedford 01730		781-275-8700	\$6,900	60															•

<b>BILLERICA</b>									
BillERICA Crossings, 20 Charnstaff Ln, BillERICA 01821	978-667-0898	\$3,000	52	•	•	•	•	•	Sm
Brightview Concord River, 199 Concord Rd, BillERICA 01821	978-262-1410	\$4,750	66	•	•	•	•	•	Sm
<b>BOSTON</b>									
<b>Hale House</b> 273 Clarendon St, Boston, 02116	163 617-536-3726	☎	56	•	•			•	
<b>Sophia Snow Place</b> 1205-1215 Centre St, Boston – W. Roxbury 02132	163 617-325-7900	\$6,055	36	•	•	•	•	•	
<b>Springhouse Senior Living</b> 44 Allandale St, Boston, 02130	163 617-522-0043	\$6,545	62	•				•	Sm
<b>Susan Bailis</b> 352 Massachusetts Ave, Boston 02115	182 617-247-1010	☎	82	•				•	C
<b>BRAINTREE</b>									
Sunrise of Braintree, 618 Granite St, Braintree 02184	781-356-0190	\$4,200	79	•	•	•	•	•	•
The Grove at Grove Manor Estates, 160 Grove St, Braintree 02184	781-843-3700	\$5,925	56	•	•	•	•	•	C
<b>BROOKLINE</b>									
Goddard House Assisted Living, 165 Chestnut St, Brookline 02445	617-731-8500	\$6,275	75	•	•	•	•	•	
<b>BURLINGTON</b>									
Atria Longmeadow Place, 42 Mall Rd, Burlington 01803	781-270-9008	\$5,800	97	•	•	•	•	•	•
Sunrise of Burlington, 24 Mall Rd, Burlington 01803	781-229-8100	\$3,600	50	•	•	•	•	•	•
<b>CAMBRIDGE</b>									
Cadbury Commons, 66 Sherman St, Cambridge 02140	617-868-0575	\$5,500	50	•	•	•	•	•	•

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☎ = Call

☎ = Call

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Continued on next page >



ASSISTED LIVING COMMUNITIES *continued*

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS	
<b>CAMBRIDGE (cont'd)</b>																			
JFK Apartments, 55 Essex St, Cambridge 02139		617-499-7147	€	25					•										
Neville Place Assisted Living, 650 Concord Ave, Cambridge 02138		617-497-8700	\$6,675	58			•	•	•		•			•		•			
The Cambridge Homes, 360 Mount Auburn St, Cambridge 02138		617-876-0369	\$6,050	44			•	•	•					•		•			
Youville House, 1573 Cambridge St, Cambridge 02138		617-491-1234	\$5,500	95			•	•	•					•		•			Sm
<b>CANTON</b>																			
Brightview Canton, 125 Turnpike St, Canton 02021		781-298-3407	\$4,800	40				•	•		•								Sm
Cornerstone at Canton AL, 175 Revere St, Canton 02021		781-821-3616	\$6,150	65			•	•	•		•			•		•			
<b>CHELMSFORD</b>																			
Chelmsford Crossings, 199 Chelmsford St, Chelmsford 01824		978-250-8855	\$5,400	63					•					•		•			
<b>CHESTNUT HILL</b>																			
The Residence at Boylston Place, 615 Heath St, Chestnut Hill 02467		617-244-6400	\$6,800	48			•	•	•					•		•			Sm
<b>COHASSET</b>																			
Sunrise of Cohasset, 125 King St, Cohasset 02025		781-383-6300	\$4,000	42				•	•		•			•		•			Sm
<b>CONCORD</b>																			
Concord Park AL, 68 Commonwealth Ave, Concord 01742		978-369-4728	\$6,100	63			•	•	•		•			•		•			Sm










ASSISTED LIVING COMMUNITIES *continued*

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS	
	<b>GROTON</b>																		
<b>Rivercourt Residences</b> 8 W Main St, Rte 225, Groton 01450	182	978-448-4122	\$5,095	44								•				•			•
	<b>HOPKINTON</b>																		
<b>Golden Pond</b> 50 W Main St, Hopkinton 01748	156 157	508-435-1250	\$4,000	119								•				•			\$m
	<b>HUDSON</b>																		
<b>Artisan at Hudson</b> 253 Washington St, Hudson 01749	184	978-763-7111	Ⓞ	65															•
	<b>LAWRENCE</b>																		
Marguerite's House, 189 Maple St, Lawrence 01841		978-682-7575	\$2,025	106	•														\$m
	<b>LEXINGTON</b>																		
Waterstone at Lexington, 55 Watertown St, Lexington 02421		781-728-3037																	
Youville Place, 10 Pelham Rd, Ste 2000, Lexington 02421		781-861-3535	\$6,000	71															•
																			\$m

LINCOLN										
	<b>Benchmark Senior Living at The Commons, 2 Harvest Cir, Lincoln 01773</b>	66	781-230-6591	☎	40	•	•	•	•	•
LOWELL										
	<b>D'Youville Life &amp; Wellness Community – Saab Assisted Living Residence</b> 1085 Varnum Ave, Lowell 01854	201	978-569-1000	Sub	60	•	•	•	•	Sm
MALDEN										
	Atria Maplewood Place Sr Living, 295 Broadway, Malden 02148		781-218-3308	☎ TC	98	•	•	•	•	Sm
	Davenport Memorial Home, 70 Salem St, Malden 02148		781-324-0150	\$2,400	12	•	•	•	•	
	Forestdale Park Senior Living, 341 Forest St, Malden 02148		781-333-8903	\$6,050	59	•	•	•	•	Sm
MARLBOROUGH										
	<b>Christopher Heights of Marlborough</b> 99 Pleasant St, Marlborough 01752	181	508-281-8001	\$3,800 HUD IR Sub TC	83	•	•	•	•	Sm
	New Horizons at Marlborough, 400 Hemenway St, Marlborough 01752		508-460-5200	\$1,700	168	•	•	•	•	•
	Robbie's Place, 400 Hemenway St, Marlborough 01752		508-573-1200	\$6,900	22	•	•	•	•	C
	The Branches of Marlboro, 421 Bolton St, Marlboro 01752		508.841.3923	\$2,950	76	•	•	•	•	•
MEDWAY										
	<b>Whitney Place Assisted Living at Medway, 261 Village St, Medway 02053</b>	161	508-533-3300	\$7,450	60	•	•	•	•	Sm

Sm = Small / C = Cats Only

☎ = Call

 Indicates website link on seniorsbluebook.com

Continued on next page >



**ASSISTED LIVING COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS	
<b>MELROSE</b>																			
Fitch Home, Inc., The, 75 Lake Ave, Melrose 02176		781-665-0521	☺	20		•	•	•	•					•	•				
Oosterman's Melrose Rest Home, 93 Laurel St, Melrose 02176		781-665-3188	\$5,500	17				•	•			•		•	•				
The Residence at Melrose Station, 158 Essex St, Melrose 02176		781-620-8990	\$5,650	92				•	•		•			•	•				•
<b>METHUEN</b>																			
Grace Morgan House, 489 Prospect St, Methuen 01844		978-682-4324	\$3,500	26	•			•	•					•	•				
Methuen Village Assisted Living, 4 Gleason St, Methuen 01844		978-685-2220	\$5,575	77			•	•	•		•			•	•				
<b>MILFORD</b>																			
Cornerstone at Milford Assisted Living, 11 Birch St, Milford 01757		508-473-0035	\$5,975	65				•	•		•			•	•				
The Residence at Whitcomb House, 245 West St, Milford 01757		877-401-4890	\$2,500	79				•	•					•	•				Sm
Blair House of Milford, 1 Railroad St, Milford 01757		508-473-4666	\$3,657	42				•	•		•			•	•				•
<b>NATICK</b>																			
<b>Whitney Place Assisted Living Residences at Natick</b> 3 Vision Dr, Rte 9 W, Natick 01760	<b>161</b>	<b>508-655-5000</b>	<b>\$5,510</b>	<b>88</b>				•	•		•			•	•				Sm
<b>NEEDHAM</b>																			
Avita of Needham, 880 Greendale Ave, Needham 02492		781-444-2266	\$6,775	62				•	•		•			•	•				•





ASSISTED LIVING COMMUNITIES *continued*

	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS	
<b>NORWOOD</b>																			
Benchmark Senior Living on Clapboardtree 40 Clapboardtree St, Norwood 02062		781-352-0467	\$5,610	69															Sm
Sunrise of Norwood, 86 Saunders Rd, Norwood 02062		781-762-1333	\$3,700	45															
<b>QUINCY</b>																			
Assisted Living Residences at Hancock Park 164 Parkingway, Quincy 02169		617-773-4222	\$3,800 Sub	42															
Brookdale Quincy Bay, 99 Brackett St, Quincy 02169		617-221-8268	☎																
Fenno House, 540 Hancock St, Quincy 02170		617-773-1590	\$3,332 Sub	39															
<b>RANDOLPH</b>																			
Seth Mann Home for the Aged, 349 N Main St, Randolph 02368		781-963-9116	☎																
<b>READING</b>																			
Residence at Pearl Street The, 75 Pearl St, Reading 01867		781-944-9200	\$6075 TC	83															C,Sm
<b>SHARON</b>																			
Whitney Place at Sharon, 675 S. Main St, Sharon 02067		781-784-0111	\$7,300	44															
<b>SOMERVILLE</b>																			
Somerville Home, 117 Summer St, Somerville 02143		617-776-0260	☎	50															





**ASSISTED LIVING COMMUNITIES** *continued*


	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	REST HOME	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	SECURED MEMORY CARE UNIT	WANDERGUARD	GERIPSYCH	PRICE DEPENDENT LEVELS OF CARE	AGE RESTRICTIONS	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	PETS	
<b>WALTHAM</b>																			
Leland Home, The, 21 Newton St, Waltham 02453		781-893-2557	\$3,690	40															
Waltham Crossings, 126 Smith St, Waltham 02451		781-466-9912	\$3,200	67				•	•					•					Sm
<b>WATERTOWN</b>																			
Brigham House, 341 Mount Auburn St, Watertown 02472		617-923-7779	€								•								•
The Residence at Watertown Square, 20 Summer St, Watertown 02472		617-924-8100	\$6,415	65					•					•					•
<b>WAYLAND</b>																			
Carriage House at Lee's Farm, 134 Boston Post Rd, Wayland 01778		508-358-2800	\$6,050	33				•	•		•			•					•
Sunrise Sr Living of Wayland, 285 Commonwealth Rd, Wayland 01778		508-652-6300	\$4,050	59			•	•	•		•			•					•
Traditions of Wayland, 10 Green Way, Wayland 01778		508-358-0700	\$4,700	66					•		•								•
<b>WELLESLEY</b>																			
Waterstone at Wellesley, 23 Washington St, Wellesley 02481		781-235-1614	\$7,675	52		•	•	•	•					•					•
<b>WESTBOROUGH</b>																			
<b>Whitney Place Assisted Living at Westborough, 5 Lyman St, Westborough 01581</b>	<b>161</b>	<b>508-836-4354</b>	<b>\$4,540</b>	<b>45</b>				•	•	•	•			•					•



<b>WESTON</b>									
Maplewood at Weston, 99 Norumbega Rd., Weston 02493	781-899-5505	\$9,100	80	•	•	•	•	•	•
<b>WEYMOUTH</b>									
<b>Allerton House at Central Park</b> 43 School House Rd, Weymouth 02188	183 781-335-8666	\$5,350 TC	70	•	•	•	•	•	Sm
Elizabeth Catherine Rest Home, 27 Front St, Weymouth 02188	781-337-0772	IB MA Sub	26	•	•	•	•	•	•
<b>WILMINGTON</b>									
Windsor Place of Wilmington, 92 West St, Wilmington 01887	978-988-2300	\$4,975	57	•	•	•	•	•	Sm
<b>WINCHESTER</b>									
Gables at Winchester, The, 299 Cambridge St, Winchester 01890	781-756-1026	\$5,100	123	•	•	•	•	•	•
Winchester Mount Vernon House, 110 Mt Vernon St, Winchester 01890	781-729-0497	\$5,757 Sub	17	•	•	•	•	•	•
<b>WOBBURN</b>									
Benchmark Senior Living at Woburn, 1 Cedar St, Woburn 01801	781-460-6360	\$3,870	87	•	•	•	•	•	Sm
Country Club Heights – Brightview, 3 Rehab Way, Woburn 01801	781-935-4094	\$4,910	64	•	•	•	•	•	•
New Horizons at Choate, 21 Warren Ave, Woburn 01801	781-932-8000	\$4,214	35	•	•	•	•	•	•
<b>WORCESTER</b>									
<b>The Briarwood Community</b> 65 Briarwood Circle, Worcester, 01606	163 508-852-2670	\$5,995	24	•	•	•	•	•	•
<b>WRENTHAM</b>									
All American Assisted Living, 30 Ledgeview Way, Wrentham 02093	774-210-8108								
<b>Pond Home</b> 289 East St, Wrentham 02093	182 508-384-3531	\$4,000	43	•	•	•	•	•	•

Sm = Small / C = Cats Only

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## Cheat Sheet: Paying for Assisted Living

*Change is hard. Making a move in uncertain times can be scary; navigating all your options can be downright confusing.*

Assisted living communities are supportive environments meant to help prolong the independence of you or your loved one. This housing option is often overlooked because many don't realize it is a viable option until there is an emergency. There is often resistance because there are many misconceptions surrounding this senior living option, including affordability, access and services provided.

Once you start to look around, comparing the various communities is no simple task; from giant continuums of care to very small specialty units, and your job as the 'consumer' is to find which place suits your needs as close as possible for as long as possible.

One very important factor for most people when researching communities, besides the quality of care and location, is cost. Do I rent or join a community with a buy-in? Is an all-inclusive program better, or does the a la cart pricing structure work better for me? Looking at your finances is the first step to determine which option is right for you.

If you have a long-term care insurance policy, for instance, you want to go to a licensed assisted



living facility for your services so you can utilize those funds for your care.

If you are a wartime veteran or spouse, you would want to make sure that the community you choose supports the Aid & Attendance benefit.

One thing that can very easily get overlooked in the decision-making process, especially if it

is an emergency, is **what happens if/when the money runs out?**

In many cases, the options are very limited and it is your responsibility to find your next home. Some communities, however, have financial programs available that allow the resident to age in place through subsidy programs such as a SCO or PACE program, or in some cases GAFC. These programs are a great way to keep your loved one in their assisted living if the community offers it.

At the end of the day, knowing your options will help you find the best place for your needs and a wonderful new home for you or your loved one.~

*Editor's Note: This article was written by Stephanie Nordstrom, Director of Admissions & Marketing at Christopher Heights of Marlborough, an Assisted Living Community. She can be reached out 508-281-8001 or [snordstrom@christopherheights.com](mailto:snordstrom@christopherheights.com). See ad on page 181.*



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## Senior Housing Definitions *continued from page 139*

bathing and dressing are provided. Amenities and nursing services vary greatly between homes. Ask about their services when you tour. They are also referred to as personal board and care homes. Most accept private pay; Medicaid in some instances.

### RESPITE CARE / SHORT-TERM

**STAY** – Otherwise known as a short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommodations to a person for a short period of time. Rates usually quoted on a daily basis and are typically inclusive of all services and amenities.

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*Continued on page 201* ➤



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- > **Mary Ann Morse Healthcare Center, Natick | 508-433-4400**  
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5

Trouble understanding visual images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgement

9

Withdrawal from work or social activities

10

Changes in mood and personality





**MEMORY CARE ASSISTED LIVING COMMUNITIES**

**PREFERRED MEMORY CARE ASSISTED LIVING COMMUNITIES**

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>Allen House at Springhouse</b> 44 Allandale Rd, Boston 02130	163	617-522-0043	22	\$8,885	•	•		•	•				•	•	•	
<b>Allerton House at Central Park</b> 43 School House Rd, Weymouth 02188	183	781-335-8666	16	\$7,500		•		•	•		•		•	•	•	
<b>Artisan at Hudson</b> 253 Washington St, Hudson 01749	184	978-763-7111	23	Ⓢ				•	•				•			
<b>Atrium at Faxon Woods</b> 2003 Falls Blvd, Quincy 02169	185	617-925-6985	54	\$5,500		•		•	•		•	•	•	•	•	C
<b>Benchmark Senior Living at The Commons, 2 Harvest Cir, Lincoln 01773</b>	66	781-230-6591	32	Ⓢ				•	•				•	•	•	
<b>D'Youville Life &amp; Wellness Community – Saab Residence – Memory Care</b> 1085 Varnum Ave, Lowell 01854	201	978-569-1000	15	\$7,230			•	•	•				•	•	•	Sm

### Golden Pond

50 W Main St, Hopkinton 01748

### Mary Ann Morse at Heritage – Memory Care Assisted Living

747 Water St, Framingham 01701

156  
157

508-435-1250

44

\$7,000

183

508-665-5300

20

\$7,750

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**MEMORY CARE ASSISTED LIVING COMMUNITIES** *continued*

**PREFERRED MEMORY CARE ASSISTED LIVING COMMUNITIES (cont'd)**

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>New Pond Village</b> 180 Main St, Walpole 02081	3 140	508-669-0034	28	☺				•	•		•		•		•	
<b>NewBridge on The Charles</b> 6000 Great Meadow Rd, Dedham 02026	140	781-859-3091	36	\$10,605		•	•	•	•	•	•	•	•	•	•	•
<b>Residence at Freeman Lake</b> 4 Technology Dr, North Chelmsford 01863	184	978-458-0099	19	\$6,900		•	•	•	•		•		•	•	•	Sm
<b>Rivercourt Residences</b> 8 W Main St, Rte 225, Groton 01450	182	978-448-4122	16	\$7,495		•	•	•	•		•		•	•	•	
<b>Rogerson House</b> 434 Jamaicaaway, Boston 02130	163	617-983-2300	66	\$8,145		•	•	•	•		•		•	•	•	
<b>The Arbors Assisted Living at Stoughton</b> 2121 Central St, Stoughton 02072	158 159	781-805-4704	91	\$5,750		•			•		•		•		•	
<b>The Arbors at Dracut</b> 21 Broadway Rd, Dracut 01826	158 159	978-455-9182	26	\$5,450		•			•		•					





**MEMORY CARE ASSISTED LIVING COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>ASHLAND</b>																
The Residence at Valley Farm, 369 Pond St, Ashland 01721		508-532-3197	20	\$7,395		•		•	•		•		•	•	•	•
<b>BILLERICA</b>																
Billerica Crossings, 20 Charnstaff Ln, Billerica 01821		978-667-0898	12	\$5,400			•	•	•		•		•	•	•	•
Brightview Concord River, 199 Concord Rd, Billerica 01821		978-262-1410	27	\$7,775		•		•	•		•		•	•	•	•
<b>BOSTON</b>																
<b>Allen House at Springhouse</b> 44 Allandale Rd, Boston 02130	163	617-522-0043	22	\$8,885	•	•			•				•	•	•	•
<b>Rogerson House</b> 434 Jamaicaaway, Boston 02130	163	617-983-2300	66	\$8,145		•		•	•		•		•	•	•	•
<b>BRAINTREE</b>																
Sunrise of Braintree, 618 Granite St, Braintree 02184		781-356-0190	79	\$6,700				•	•		•		•	•	•	•
The Woodlands at Grove Manor, 160 Grove St, Braintree 02184		781-843-3700	17	\$7,025		•		•	•		•		•	•	•	•
<b>BROOKLINE</b>																
Olmsted at Goddard House, 165 Chestnut St, Brookline 02445		617-731-8500	40	\$4,675			•	•	•		•		•	•	•	•
<b>BURLINGTON</b>																
Atria Longmeadow Place, 42 Mall Rd, Burlington 01803		781-270-9008	13	\$8,300		•			•				•	•	•	•






**MEMORY CARE ASSISTED LIVING COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>FRAMINGHAM</b>																
Brookdale Cushing Park, 300 W Farm Pond Rd, Framingham 01702		508-628-7700	225	\$2,895				•	•	•	•		•		•	•
<b>Mary Ann Morse at Heritage – Memory Care Assisted Living</b> 747 Water St, Framingham 01701	183	508-665-5300	20	\$7,750		•	•	•	•	•	•		•	•	•	•
The Branches of Framingham, 518 Pleasant St, Framingham 01701		774-217-6990		Ⓢ												
<b>FRANKLIN</b>																
Benchmark AL at Forge Hill, 4 Forge Hill Rd, Franklin 02038		508-528-9200	27	\$5,999		•		•	•	•	•		•		•	•
The Enclave of Franklin, 656 King St, Franklin 02038		508-520-1150	20	\$6,695		•	•	•	•	•	•		•	•	•	Sm
<b>GROTON</b>																
<b>Rivercourt Residences</b> 8 W Main St, Rte 225, Groton 01450	182	978-448-4122	16	\$7,495		•	•	•	•	•	•		•	•	•	•
<b>HOPKINTON</b>																
<b>Golden Pond</b> 50 W Main St, Hopkinton 01748	156 157	508-435-1250	44	\$7,000		•		•	•	•	•		•	•	•	•



<b>HUDSON</b>						
	<b>Artisan at Hudson</b> 253 Washington St, Hudson 01749	184	978-763-7111	23	☎	• • • • •
<b>LEXINGTON</b>						
	Artis Senior Living of Lexington, 430 Concord Rd, Lexington 02421		781-538-4534	72	\$8,300	• • • • •
	Bridges by EPOCH at Lexington, 55 Watertown St, Lexington 02421		781-728-3037		☎	
	Youville Place – The Courtyard, 10 Pelham Rd, Ste 2000, Lexington 02421		781-861-3535	27	\$8,212	• • • • •
<b>LINCOLN</b>						
	<b>Benchmark Senior Living at The Commons, 2 Harvest Cir, Lincoln 01773</b>	66	781-230-6591	32	☎	• • • • •
<b>LOWELL</b>						
	<b>D'Youville Life &amp; Wellness Community – Saab Residence – Memory Care</b> 1085 Varnum Ave, Lowell 01854	201	978-569-1000	15	\$7,230	• • • • • Sm
<b>MALDEN</b>						
	Atria Maplewood Place, 295 Broadway, Malden 02148		781-218-3308	98	☎	• • • • •
	Compass at Forestdale Park, 341 Forest St, Malden 02148		781-333-8903	18	\$6,625	• • • • •
<b>MARLBOROUGH</b>						
	Memory Care at New Horizons Marlborough, 402 Hemenway St, Marlborough 01752		508-481-9898	35	\$7,150	• • • • •
	The Branches of Marlboro, 421 Bolton St, Marlboro 01752		508-841-3923	14	\$5,650	• • • • •

Sm = Small / C = Cats Only

☎ = Call

 Indicates website link on seniorsbluebook.com

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**MEMORY CARE ASSISTED LIVING COMMUNITIES** *continued*

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>MEDWAY</b>																
<b>Whitney Place Memory Care at Medway</b> 261 Village St, Medway 02053	161	508-533-3300	40	\$7,350				•	•		•		•	•	•	•
<b>MELROSE</b>																
The Residence at Melrose Station, 158 Essex St, Melrose 02176		781-620-8990	27	\$6,850		•		•	•		•		•	•	•	•
<b>METHUEN</b>																
Compass at Methuen Village, 4 Gleason St, Methuen 01844		978-685-2220	14	\$6,175				•	•		•		•	•	•	•
<b>MILFORD</b>																
Compass at Cornerstone at Milford, 11 Birch St, Milford 01757		508-473-0035	20	\$8,500		•		•	•		•		•	•	•	•
Blaire House LTCF of Milford, 20 Clafin St, Milford 01757		508-473-1272	19	\$4,550		•		•	•		•		•	•	•	•
<b>NATICK</b>																
<b>Whitney Place Assisted Living Residences at Natick, 3 Vision Dr, Rte 9 W, Natick 01760</b>	161	508-655-5000	49	\$5,500		•		•	•		•		•	•	•	•
<b>NEEDHAM</b>																
Avita of Needham, 880 Greendale Ave, Needham 02492		781-444-2266	62	\$7,900			•	•	•		•		•	•	•	•
Wingate Residences at Needham, 235 Gould St, Needham 02494		781-455-9080	28	\$7,920		•		•	•		•		•	•	•	•

NEWTON						
Adelaide of Newton Centre, 157 Herrick Rd, Newton 02459	617-544-3454	50	\$11,700	•	•	•
Evans Park at Newton Corner, 430 Centre St, Newton 02458	617-965-9400	17	\$5,370	•	•	•
Falls at Cordingly Dam, The, 2300 Washington St, Newton 02462	617-928-0007	27	\$6,000	•	•	•
NORTH ANDOVER						
Ashland Farm at North Andover, 700 Chickering Rd, North Andover 01845	978-683-1300	18	\$6,000	•	•	•
Brightview North Andover, 1275 Turnpike St, North Andover 01845	978-686-2582	27	€	•	•	•
Woodlands Inn at Edgewood, 575 Osgood St, North Andover 01845	978-738-6104	40	\$8,000	•	•	•
NORTH CHELMSFORD						
 <b>Residence at Freeman Lake 4 Technology Dr, North Chelmsford 01863</b>	184 978-458-0099	19	\$6,900	•	•	• Sm
The Atrium at Drum Hill, 2 Technology Dr, North Chelmsford 01863	978-934-0000	44	\$5,550	•	•	• C
NORTHBOROUGH						
Whitney Place Assisted Living & Memory Care of Northborough 238 W Main St, Northborough 01532	508-393-5655	52	\$4,285	•	•	• Sm
NORWOOD						
Benchmark Senior Living on Clapboardtree 40 Clapboardtree St, Norwood 02062	781-352-0467	90	\$5,700	•	•	• Sm
Sunrise of Norwood, 86 Saunders Rd, Norwood 02062	781-762-1333	72	\$3,700	•	•	•
QUINCY						
 <b>Atrium at Faxon Woods 2003 Falls Blvd, Quincy 02169</b>	185 617-925-6985	54	\$5,500	•	•	• C

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**MEMORY CARE ASSISTED LIVING COMMUNITIES** *continued*

AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>READING</b>															
	781-872-1907	64	€												
	781-944-9200	83	\$6,395												C
<b>SHARON</b>															
	781-784-0111	47	\$7,150												
<b>STONEHAM</b>															
158	781-288-8779	84	\$7,975												Sm
159															
<b>STOUGHTON</b>															
158	781-805-4704	91	\$5,750												
159															
<b>SUDBURY</b>															
	978-261-7007	54	\$8,225												
<b>TEWKSBURY</b>															
	978-640-0194	21	\$5,855												
	978-851-3121	12	\$5,062												





**MEMORY CARE ASSISTED LIVING COMMUNITIES** *continued*

AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID	PRICE ALL INCLUSIVE	RESIDENTIAL HOME	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING FACILITY	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	DR. VISITS	SECURED COURTYARD	PETS
<b>WESTWOOD</b>															
		72	\$8,125												C
		24	\$8,950												
<b>WEYMOUTH</b>															
183	781-335-8666	16	\$7,500												
		51	\$6,500												
<b>WILMINGTON</b>															
		30	\$6,750												
<b>WOBURN</b>															
		87	\$5,670												Sm
		24	\$5,400												
		35	\$6,900												
<b>WORCESTER</b>															
163	508-852-2670	12	\$9,147												
<b>WRENTHAM</b>															
			Ⓞ												

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## BEAR MOUNTAIN AT SUDBURY



Bear Mountain at Sudbury is a 142 bed, Joint Commission accredited skilled nursing facility which provides exceptional Short Term Rehabilitation and Long Term Care. Respite Stays are also available. We are located in the historic Town of Sudbury, bordered by the communities of Acton, Marlborough, Framingham, Concord, Maynard, Wayland, Hudson and Stow, and are easily accessible from Route 20, 95, 495 and the Mass Pike.

The majestic brick building is surrounded by beautiful landscaped grounds. On the inside, we are tailored toward elegance and comfort in a home-like setting. From our well-appointed private and semi-private rooms and dining room, to our beauty/barber shop, we offer an atmosphere that caters to the needs of our residents and their families.

We have a close connection to the community, an expert staff and a commitment to providing excellent care. Bear Mountain at Sudbury is where healthcare and hospitality meet.

136 Boston Post Road  
Sudbury MA 01776

**(978) 443-2722**

David Coughlin | [dcoughlin@bearmountainhc.com](mailto:dcoughlin@bearmountainhc.com) | Fax 978-440-7288  
[www.bearmountainhc.com](http://www.bearmountainhc.com)




# DISCHARGE PLANNERS RESOURCE NOTEBOOK

Our **Discharge Planners Resource Notebook** is a version of Seniors Blue Book formatted specifically for use by *Case Managers, Social Workers and Discharge Planners* at hospitals and skilled nursing facilities throughout the Greater Boston area. The DPRN is a valued } resource and provides professionals with efficient access to information about services needed in planning next steps for patients leaving a facility.

To obtain a copy, contact [Susan@seniorsbluebook.com](mailto:Susan@seniorsbluebook.com)

Fall 2020 – Spring 2021

## DISCHARGE PLANNERS *Resource Notebook* (DPRN) *Greater Boston and Surrounding Area*



This **valuable** referral guide is the **perfect tool** to aid you in finding the **perfect fit** for your Client, family member or friend.


**Full Addresses and Fax Numbers Included**

Housing Grids, Home Health, Non-Medical Home Care, and Hospice Care Grids Senior Services



**SENIORS BlueBook**  
RESOURCES FOR AGING WELL

INFORMATION: 978.443.8318





**SENIORS BlueBook**  
RESOURCES FOR AGING WELL



A Commitment to Care. A Legacy of Compassion. This is D'Youville.

# D'Youville

LIFE & WELLNESS COMMUNITY

981 Varnum Avenue  
Lowell, Massachusetts 01854  
(978) 569-1000  
[www.dyouville.org](http://www.dyouville.org)

- ♥ Short-stay Rehabilitation
- ♥ Long-term care, including Alzheimer's & Dementia Special Care Unit
- ♥ Assisted Living with Memory Care
- ♥ Independent, Affordable Senior Apartments
- ♥ Non profit

## Senior Housing Definitions

*continued from page 181*

**SECURED UNIT** – A secured unit dedicated to Alzheimer's/Dementia residents to prevent wandering outside the community without supervision.

**SKILLED CARE** – 24 hour licensed nursing services, eight hours of which are RN covered. Patient may receive rehab services either inpatient or outpatient and may be fully dependent for ADL's. Patients receive medications by an RN according to a licensed physicians orders.

**SKILLED NURSING FACILITY** – Facilities provide 24/7 care for residents and offer full assistance with ADL's. Daily rates typically include a furnished bedroom and a private or shared bath, meals, activities, transportation, phone service, cable television and all personal/nursing care. Payor sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

**TRACH CARE** - Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

**VENTILATOR** - Moves breatheable air into and out of the lungs, to provide the mechanism of breathing for a patient who is physically unable to breathe, or is breathing insufficiently.





**WANDERGUARD** - Offered at some facilities. A resident with memory loss or confusion wears a small discrete pendant. Each external door in the care home is fitted with a radio detector which detects when a pendant moves near an exit. The WanderGuard will sound an audible alarm, alerting the staff of a patient wandering. ~



SKILLED NURSING FACILITIES

PREFERRED SKILLED NURSING FACILITIES

	AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPIRE / SHORT -TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>Bear Mountain at Sudbury</b> 136 Boston Post Rd, Sudbury 01776	199	978-443-2722	41	\$409	•	•	•	•	•				•	•	•	HM LT MA MC PI PP
<b>Beaumont Rehab &amp; Skilled Nursing at Westborough</b> , 3 Lyman St, Westborough 01581	161	508-898-3490	152	\$385		•	•	•	•				•	•	•	MA MC PI PP
<b>Beaumont Rehab &amp; Skilled Nursing Center at Natick</b> , 3 Vision Dr, 2nd Fl, Natick 01760	161	508-651-9200	53	\$370	•	•	•	•					•	•	•	LT MA MC PP
<b>Benchmark Senior Living at The Commons</b> , 3 Harvest Cir, Lincoln 01773	66	781-230-6591	32	Ⓞ	•	•	•	•	•							HM LT MC PI PP VA
<b>D'Youville Life &amp; Wellness Community - Center for Advanced Therapy</b> 1071 Varnum Ave, Lowell 01854	201	978-569-1000	33	Ⓞ		•	•	•								HM MC PI PP
<b>D'Youville Life &amp; Wellness Community - Senior Care</b> , 981 Varnum Ave, Lowell 01854	201	978-569-1000	208	Ⓞ	•	•	•	•	•				•	•	•	HM LT MA MC PP

 <b>Hebrew Rehab Center</b> 1200 Centre St, Boston 02131	<b>140</b>	617-363-8372	505 \$515	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	HM LT MA MC PI PP VA																
									 <b>Hebrew Rehab Center at NewBridge on The Charles</b> 7000 Great Meadow Rd, Dedham 02026	<b>140</b>	617-363-8372	268 \$595	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	LT MA MC PI PP								
																	 <b>Knollwood Nursing Center</b> 65 Briarwood Circle, Worcester 01606	<b>163</b>	508-852-2670	82 \$575	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	LT MA MC PI PP HM
																									 <b>Mary Ann Morse Healthcare Center – Short-Term Rehab, Long-Term, &amp; Memory Care, 45 Union St, Natick 01760</b>
<b>140</b>	781-859-3088	45 \$580	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	HM LT MC PI PP																		

ACTON									
Life Care Center of Acton, 1 Great Rd, Acton 01720		978-263-9101	155 \$369	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	HM LT MA MC PI PP

ANDOVER									
Bear Mountain at Andover, 80 Andover St, Andover 01810		978-470-3434	135 \$408	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	HM LT MA MC O PI PP VA
Genesis Academy Manor, 89 Morton St, Andover 01810		978-475-0944	153 \$415	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	HM LT MA MC PA PI PP

ARLINGTON									
Park Avenue Health Center, 146 Park Ave, Arlington 02476		781-648-9530	89 €	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	• • • • • • • • • •	MA MC

\*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other  
€ = Call  
Continued on next page >



SKILLED NURSING FACILITIES *continued*

AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPIRE / SHORT -TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>ASHLAND</b>															
	508-848-4200	103	\$418	•	•	•	•	•	•	•	•	•	•	•	HM LT MA MC O PI PP
<b>AYER</b>															
	978-772-1704	123	\$260	•	•	•	•	•	•	•	•	•	•	•	HM LT MA MC O PI PP
<b>BEDFORD</b>															
	781-275-8700	70	€	•	•	•	•	•	•	•	•	•	•	•	MA MC
<b>BELMONT</b>															
	617-489-1200	135	\$380	•	•	•	•	•	•	•	•	•	•	•	MA MC
<b>BILLERICA</b>															
	978-667-2166	124	\$429	•	•	•	•	•	•	•	•	•	•	•	MA MC O PP
<b>BOSTON</b>															
140	617-363-8372	505	\$515	•	•	•	•	•	•	•	•	•	•	•	HM LT MA MC PI PP VA
<b>BRAINTREE</b>															
	781-848-2050	101	\$475	•	•	•	•	•	•	•	•	•	•	•	HM LT MA MC PI PP VA

**Hebrew Rehab Center**  
1200 Centre St, Boston 02131

Alliance Health at Braintree, 175 Grove St, Braintree 02184





**SKILLED NURSING FACILITIES** *continued*

	AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPITE / SHORT-TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>COHASSET</b>																
HarborView Center for Nursing & Rehab 1 Chief Justice Cushing Hwy, Cohasset 02025		781-383-9060	72	\$380		●	●	●	●		●		●	●	●	HM LT MA MC PI PP VA
<b>CONCORD</b>																
CareOne at Concord, 57 Old Rd To Nine Acre Corner, Concord 01742		978-371-3400	133	☎		●	●	●	●		●		●	●	●	HM LT MA MC PI PP
Emerson Rehab & Transitional Care Unit 133 Old Rd To Nine Acre Corner, Concord 01742		978-287-3620	20	☎		●					●			●	●	HM MC PI PP
Rivercrest Rehab & Wellness at Newbury Court 80 Deaconess Rd, Concord 01742		978-369-5151	42	\$450		●	●	●					●	●	●	LT MA MC PI PP
<b>DEDHAM</b>																
Dedham HealthCare, 1007 East St, Dedham 02026		781-329-1520	123	\$335		●	●	●	●	●			●	●	●	MA MC VA
<b>Hebrew Rehab Center at NewBridge on The Charles</b> 7000 Great Meadow Rd, Dedham 02026	140	617-363-8372	268	\$595		●	●	●	●		●			●	●	LT MA MC PI PP
<b>EVERETT</b>																
The Rehab & Nursing Center at Everett , 289 Elm St, Everett 02149		617-387-6560	183	\$415		●	●	●	●		●		●	●	●	HM LT MA MC O PP VA







SKILLED NURSING FACILITIES *continued*

**LEXINGTON (cont'd)**

Pine Knoll Nursing Center, 30 Watertown St, Lexington 02173				781-862-8151	81	☎	●	●	●	●	●	●	●	●	●	●	●	AS 0 PI PP VA	HM LT MA MC O
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**LINCOLN**

<b>Benchmark Senior Living at The Commons, 3 Harvest Cir, Lincoln 01773</b>	66			781-230-6591	32	☎	●	●	●	●	●	●	●	●	●	●	●	HM LT MA MC PP VA	HM LT MC PI PP VA
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Life Care Center of Nashoba Valley, 191 Foster St, Littleton 01460				978-486-3512	120	\$546	●	●	●	●	●	●	●	●	●	●	●	HM LT MA MC PI PP	HM LT MA MC O
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**LOWELL**

Bear Mountain at Belvidere, 500 Wentworth Ave, Lowell 01852				978-458-1271	111	\$315	●	●	●	●	●	●	●	●	●	●	●	HM LT MA MC O PP VA	MA MC VA
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<b>D'Youville Life &amp; Wellness Community – Center for Advanced Therapy</b> 1071 Varnum Ave, Lowell 01854	201			978-569-1000	33	☎	●	●	●	●	●	●	●	●	●	●	●	HM MC PI PP	HM MC PI PP
--	-----	--	--	--------------	----	---	---	---	---	---	---	---	---	---	---	---	---	----------------------	----------------------

<b>D'Youville Life &amp; Wellness Community – Senior Care, 981 Varnum Ave, Lowell 01854</b>	201			978-569-1000	208	☎	●	●	●	●	●	●	●	●	●	●	●	HM LT MA MC PP	HM LT MA MC PP
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**SKILLED NURSING FACILITIES** *continued*

	AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPITE / SHORT - TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>METHUEN</b>																
Cedar View, 480 Jackson St., Methuen 01844		978-686-3906	98	☎	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	MA MC
Nevins Nursing & Rehab Centre, Ten Ingalls Ct, Methuen 01844		978-682-7611	153	\$385	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	HM LT MA MC PI PP
<b>MILFORD</b>																
Genesis Milford Center, 10 Veterans Memorial Dr, Milford 01757		508-473-6414	135	\$260	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	HM LT MA MC PI PP
Blaire House LTCF of Milford, 20 Clafin St, Milford 01757		508-473-1272	73	☎	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	MA MC VA
Countryside Health Care of Milford, 1 Countryside Dr, Milford 01757		508-473-0435	85	☎	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	MA MC
<b>MILTON</b>																
Brush Hill care Center, 1200 Brush Hill Rd, Milton 02186		617-333-0600	160	☎	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
<b>NATICK</b>																
<b>Beaumont Rehab &amp; Skilled Nursing Center at Natick, 3 Vision Dr, 2nd Fl, Natick 01760</b>	<b>161</b>	<b>508-651-9200</b>	<b>53</b>	<b>\$370</b>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<b>LT MA MC PP</b>
Eliot Center For Health & Rehab, 168 W Central St, Natick 01760		508-655-1000	114	☎	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	HM LT MA MC PI PP VA

**Mary Ann Morse Healthcare Center – Short-Term Rehab, Long-Term, & Memory Care, 45 Union St, Natick 01760**

Riverbend of South Natick , 34 S Lincoln St, Natick 01760

183

508-433-4400

124 \$400

• • • • •

• • •

HM LT MA  
MC O PI PP  
VA

HM LT MA MC O  
PI PP

**NEEDHAM**

Briarwood Rehab & Healthcare, 150 Lincoln St, Needham 02492

Skilled Nursing Facility at North Hill , 865 Central Ave, Needham 02492

Wingate at Needham, 589 Highland Ave, Needham 02494

HM LT MA MC  
PI PP

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• • •

HM LT MA MC  
MA MC

HM LT MA MC  
PI PP

**NEWTON**

CareOne at Newton, 2101 Washington St, Newton 02465

Chetwynde Healthcare, 1650 Washington St, Newton 02465

Lasell House, 120 Seminary Ave, Newton 02466

Waban Health Center, 20 Kinmonth Rd, Newton 02468

West Newton Health Center, 25 Armory St, Newton 02465

Stone Institute, The, 277 Elliot St, Newton Upper Falls 02164

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MC

HM LT MA MC O  
PI PP

HM MC PP

MA MC VA

HM LT MA MC O  
PI PP VA

LT MA MC PI PP

**NORTH ANDOVER**

Prescott House, 140 Prescott St, North Andover 01845

Sutton Hill Center, 1801 Turnpike St, North Andover 01845

The Meadows at Edgewood, 575 Osgood St, North Andover 01845

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MA MC

MA MC

LT MC PI PP

\*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare /

HM=Managed Care Insurance / AS=ASAP / O=Other

☎ = Call

Continued on next page >



SKILLED NURSING FACILITIES *continued*

AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPIRE / SHORT -TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>NORTH READING</b>															
	978-276-2000	112	\$416		•	•	•	•	•	•	•	•	•	•	HM LT MA MC PI PP VA
<b>NORTHBOROUGH</b>															
	508-393-2368	96	\$420		•	•	•	•				•	•	•	HM LT MA MC PP
	508-351-9355	45	\$355		•			•				•	•	•	HM LT MA MC O PI PP
<b>NORWOOD</b>															
	781-762-6880	191	\$377		•	•	•	•				•	•	•	HM LT MA MC O PI PP
	781-762-7700	124	€		•	•	•	•		•		•	•	•	MA MC VA
	781-762-0858	31	\$117		•	•	•	•				•	•	•	HM LT MA MC O PI PP
	781-769-2200	140	\$372		•	•	•	•	•	•	•	•	•	•	HM LT MA MC O PI PP VA
<b>QUINCY</b>															
	617-769-5100	167	€		•	•	•	•	•			•	•	•	AS HM LT MA MC O PI PP
	617-773-4222	142	\$495		•	•	•	•				•	•	•	AS HM LT MA MC O PI PP







**SKILLED NURSING FACILITIES** *continued*

	AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPIRE / SHORT -TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>STOUGHTON (cont'd)</b>																
New England Sinai Hospital Transitional Care Unit 150 York St, Stoughton 02072		781-344-0600		☎												
<b>SUDBURY</b>																
<b>Bear Mountain at Sudbury</b> 136 Boston Post Rd, Sudbury 01776	199	978-443-2722	41	\$409	●	●	●	●	●		●	●	●	●	●	HM LT MA MC PI PP
Sudbury Pines Extended Care, 642 Boston Post Rd, Sudbury 01776		978-443-9000	92	\$375	●	●	●	●	●		●	●	●	●	●	HM LT MA MC PI PP
<b>TEWKSBURY</b>																
Blair House of Tewksbury, 10 Erlin Ter, Tewksbury 01876		978-851-3121	3	\$350	●	●	●	●	●		●	●	●	●	●	AS HM LT MA MC O PI PP VA
<b>WAKEFIELD</b>																
Greenwood Nursing & Rehab Ctr, 90 Greenwood St, Wakefield 01880		781-246-0211	36	\$275	●	●	●	●	●				●	●	●	LT MA MC PI PP
Wakefield Center, 1 Bathol St, Wakefield 01880		781-245-7600	142	\$430	●	●	●	●	●		●	●	●	●	●	HM LT MA MC PI PP
<b>WALPOLE</b>																
Walpole Healthcare, 160 Main St, Walpole 02081		508-660-3080	90	☎												
<b>WALTHAM</b>																
Maristhill Nursing & Rehab Center, 66 Newton St, Waltham 02154		781-893-0240	104	\$430	●	●	●	●	●				●	●	●	HM LT MA MC PI PP




**SKILLED NURSING FACILITIES** *continued*

	AD ON PAGE #	PHONE #	# OF BEDS	LOWEST DAILY RATE	INTERMEDIATE CARE	SKILLED CARE	RESPITE / SHORT - TERM STAY	SECURED MEMORY CARE UNIT	WANDERGUARD	DIALYSIS	TRACH CARE	VENTILATOR	LONG-TERM CHRONIC CARE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PAYMENT METHODS*
<b>WILMINGTON</b>																
Advinia Care Wilmington, 90 West St, Wilmington 01887		978-658-2700	142	☎	•	•	•	•	•				•	•	•	MA MC
CareOne at Wilmington, 750 Woburn St, Wilmington 01887		978-988-0888	132	\$350	•	•	•	•	•		•		•	•	•	HM LT MA MC PI PP
<b>WINCHESTER</b>																
Aberjona Nursing Center, Inc, 184 Swanton St, Winchester 01890		781-729-9370	123	\$468	•	•	•						•	•	•	MA MC
Winchester Nursing Center, Inc, 223 Swanton St, Winchester 01890		781-729-9595	121	☎	•	•	•	•					•	•	•	MA MC
<b>WOBURN</b>																
Woburn Nursing Center, Inc, 18 Frances St, Woburn 01801		781-933-8175	140	☎	•	•	•						•	•	•	MA MC
<b>WORCESTER</b>																
<b>Knollwood Nursing Center</b> 65 Briarwood Circle, Worcester 01606	163	508-852-2670	82	\$575	•	•	•	•	•				•	•	•	LT MA MC PI PP HM
<b>WRENTHAM</b>																
Maples Rehab & Nursing Center, 90 Taunton St, Wrentham 02093		508-384-7977	144	\$444	•	•	•	•					•	•	•	LT MA MC PI PP
Serenity Hill Nursing Center, 655 Dedham St, Wrentham 02093		508-384-3400	40	\$275	•	•	•	•	•				•	•	•	HM LT MA MC PI PP VA

\*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other ☎ = Call

# Alone Together: Easing Isolation While Practicing Social Distancing

## *A Checklist For Older Adults*

The CDC warns that older adults are at higher risk for dying if they catch COVID-19. To reduce risk of catching COVID-19, the CDC encourages older adults to limit their interactions with other people as much as possible, which means, we are mostly at home for the duration.

Instead of social distancing, think physical distancing + social connection. Isn't that a contradiction, you ask? During World War II the planting of victory gardens, and the rationing of gas, food, and clothing connected Americans of all ages, classes, and cultures in a shared effort to save these precious resources for soldiers. Now, mask wearing, sheltering in place, and washing our hands frequently limiting the spread of the virus connects us to neighbors, friends and family no matter where they are.

Do these 10 things everyday to keep your spirits up:

- Call someone\* (keep a list of family, friends, neighbors by your phone)
- Move your body (CDC recommends 150 minutes of moderate exercise weekly)
- Straighten up one area in your home



- Eat something healthy (Fresh fruit, vegetables, plain water)
- Get outside
- Get a good night's sleep
- Limit how much news you listen to (15 minutes 2x/day is more than enough!)
- Name one thing you are grateful for
- Learn something new
- Do something creative (Listen to music, bake, make something, etc)

\*At Call2Talk 508-532-2255 someone is available to listen 24 hours/day/7 days/week.

For more ideas about taking care of yourself during the pandemic, contact Malka Young, LICSW, CCM at Allies in Aging 800-655-9553. ~

*Editor's Note: This article was submitted by Malka Young, 800-655-9553.*

# Estate Planning In A Pandemic

*The Covid-19 Pandemic has changed the world in many ways. One thing that has not changed, and has become more important, is the need to have legal planning in place if you get sick or worse.*

So, Powers of Attorney to have a trusted person in place to pay your bills and handle your finances; Health Care Proxies to have a someone in place to make medical decisions if you can't make them for yourself; and estate planning documents like Wills and Trusts are even more important now than ever.

Covid-19 also has put limits on how you can put these documents in place. Seniors can't easily or safely meet in an attorney's office to discuss planning and to sign the documents, many of which need to be signed in the presence of witnesses and a notary public.

Fortunately, we humans are a resourceful species and some solutions have been put into place so that you can get these important documents in place; such as:

- a computer, tablet or smart-phone, using video conferencing software (ZOOM and similar), can allow meetings to take place between your lawyer and you remotely.
- if your lawyer and you are comfortable with you coming in to the office, many offices now have protective shields and air purifiers in place so that you can see

and hear your lawyer in person safely with masks.

- meetings to execute documents can take place in many ways. There are three options my office has been using:
  - 1 Meet in person with the protective safeguards (shields, masks and air purifiers) with witnesses and the notary keeping social distance but still being in your presence to meet legal requirements.
  - 2 When the documents are finalized, meet through a video conference with the lawyer to confirm the choices you have made in the documents. Then follow up with a "drive in" document signing in the office parking lot where the notary and witnesses provide the documents through the car window and watch as they are executed (and no, you can't get fries with that).
  - 3 Massachusetts passed a remote notarization law that allows documents to be witnessed and notarized remotely using a computer or smart-phone (not easy or simple, but it works).

If you haven't done legal planning before or need to make changes to your plan, the Pandemic should not be an excuse not to do it now. ~

*Editor's Note; This article was submitted by Estate and Elderlaw Attorney Timothy R. Loff, Esq. of the Law Offices of Timothy R. Loff, Newton, 617-332-7021 or [information@lofflaw.com](mailto:information@lofflaw.com).*

FOOD PANTRIES	
FACILITIES	PHONE NUMBER
<b>METHUEN</b> Methuen Council on Aging, 77 Lowell St, 01844	978-983-8825
<b>ACTON</b> Town of Acton, 30 Sudbury Rd, Rear, 01720	978-929-6652
<b>ASHLAND</b> Town of Ashland, 162 W Union St, Lower Level, 01721	508-881-0140
<b>BEDFORD</b>	
Bedford Community Table / Pantry, Inc, 12 Mudge Way, Ste 1, 01730	781-275-7355
<b>BRAINTREE</b> Braintree Community Food Pantry, 14 Stoops Ave #2, 02184	781-277-1609
<b>BROOKLINE</b> Brookline Emergency Food Pantry, 15 St Paul St, 02446	617-566-4953
<b>BURLINGTON</b> Burlington Community Pantry, 10 St Marks St, 01803	781-270-6625
<b>CAMBRIDGE</b>	
Cambridge Economic Opportunity Committee, Inc, 11 Inman St, 02139	617-868-2900
East End House, 105 Spring St, 02141	617-876-4444
Food for Free Committee, 11 Inman St, 02139	617-868-2900
Massachusetts Ave Baptist Church, 147 Hampshire St, 02139	617-868-4853
Salvation Army of Massachusetts, 402 Mass Ave, 02139	617-547-3400
<b>CHELMSFORD</b>	
Chelmsford Community Exchange, 50 Rear Billerica Rd, 01824	978-746-6914
<b>COHASSET</b> Cohasset Food Pantry, 129 S Main St, 02025	781-383-0219
<b>CONCORD</b> Open Table, 20 Lexington Rd, 01742	978-369-2275
<b>DEVENS</b> Loaves & Fishes Food Pantry, 234 Barnum Rd, 01434	978-772-4627
<b>DRACUT</b> Dracut Food Pantry, 1934 Lakeview Ave, 01826	978-957-8600
<b>FRAMINGHAM</b>	
Framingham Civic League, Inc, 214 Concord St, 01702	508-875-5218
Pearl Street Cupboard & Cafe, 46 Park St, 01702	888-811-3291
Salvation Army Food Pantry, 35 Concord St, 01704	508-875-3341
St. Bridget's Food Pantry, 15 Wheeler Ave, 01702	508-875-5959
<b>HOLBROOK</b> Holbrook Food Pantry, 322 S Franklin St, 02343	781-767-4656
<b>HOPKINTON</b> Hopkinton Food Pantry, 109 South St, 01748	508-435-6511
<b>LAWRENCE</b>	
Food For the World, 116 Essex, 01843	978-683-9949
Lazarus House, Inc, 412 Hampshire St, 01842	978-689-8575
<b>LINCOLN</b>	
St. Vincent de Paul Society (St. Joseph's Church), 142 Lincoln Rd, 01773	781-899-2611
<b>LOWELL</b>	
Catholic Charities, 70 Lawrence St, 01852	978-454-9946

Continued on next page >

## FOOD PANTRIES (cont'd)

FACILITIES	PHONE NUMBER
Central Food Ministry, Inc, 370 W Sixth St, 01850	978-454-7445
Merrimack Valley Food Bank, 735 Broadway, 01854	978-454-7272
Open Pantry of Greater Lowell, Inc, 13 Hurd St, 01852	978-453-6693
Salvation Army of Massachusetts, 150 Appleton St, 01852	978-458-3396
<b>MALDEN</b> Bread of Life, 54 Eastern Ave, 02148	781-397-0404
<b>MARLBOROUGH</b> Community Cupboard, 255 Main St, 01752	508-481-4080
<b>MAYNARD</b>	
Maynard Food Pantry, 82 Main St, 01754	978-897-8340
Open Table, 33 Main St, 01754	978-369-2275
<b>MEDFORD</b> Community Cupboard Pantry, 147 High St, 02155	781-396-4549
<b>MILFORD</b>	
Daily Bread Food Pantry, 21 Exchange St, 01757	508-478-4225
Salvation Army of Massachusetts, 29 Congress St, 01757	508-473-0786
<b>MILTON</b> Milton Community Food Pantry, 158 Blue Hills Pkwy, 02186	617-696-0221
<b>NATICK</b>	
EFSP A Place to Turn, 99 Hartford St, 01760	508-655-8868
Natick Service Council, 2 Webster St, 01760	508-655-1791
<b>NEWTON</b> Centre Street Food Pantry, 11 Homer St, 02459	617-340-9554
<b>PEPPERELL</b> PACH, 66 Hollis St, 01463	978-925-9770
<b>QUINCY</b> Salvation Army, 6 Baxter St, 02169	617-472-2345
<b>SOMERVILLE</b>	
Catholic Charities, 270 Washington St, 02143	617-625-1920
Somerville Homeless Coalition, 165 Broadway, 02145	617-776-7687
Somerville – Cambridge Elder Services, 61 Medford St, 02143	617-628-2601
<b>SUDBURY</b> Our Lady of Fatima Parish, 160 Concord Rd, 01776	978-443-7725
<b>TEWKSBURY</b> Town of Tewksbury, 999 Whipple Rd, 01876	978-858-2273
<b>WAKEFIELD</b> Wakefield Interfaith Food Pantry, 467 Main St, 01880	781-245-2510
<b>WALTHAM</b>	
Jewish Family & Children's Services (JFCS) , 1430 Main St, 02451	781-647-5327
Salvation Army of Massachusetts, 33 Myrtle St, 02453	781-894-0413
<b>WESTFORD</b> Cameron Senior Center, 20 Pleasant St, 01886	978-692-5523
<b>WEYMOUTH</b> Weymouth Food Pantry, 1189 Commercial St, 02189	781-331-7682
<b>WOBURN</b> Council of Social Concern, 2 Merrimac St, 01801	781-935-6495 x208



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## My Personal Home Health Care LLC

### When to have an in-home care consult!

- Poor Hygiene
- Messy home
- Loneliness
- Missed medication
- Unexplained falls or bruises



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### *Home Health Care Definitions* continued from page 119

also help them to develop, recover, or maintain daily living and work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

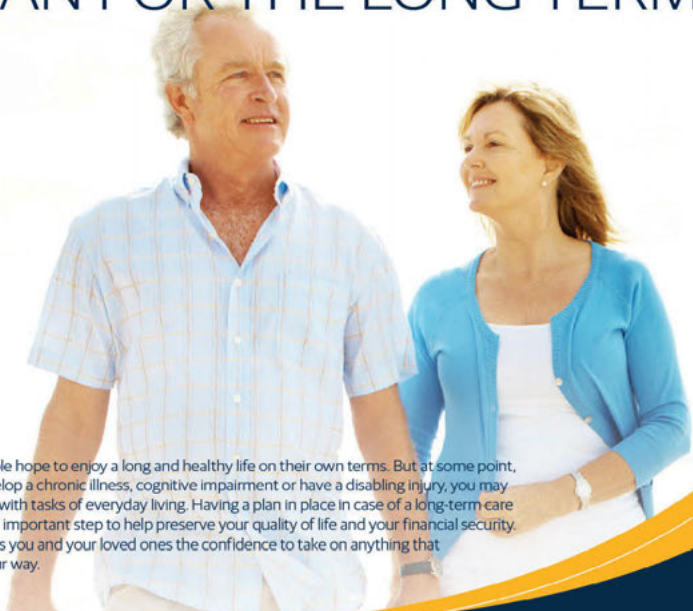
**Respiratory Therapy** – Refers to services for care of patients with deficiencies and abnormalities associated with the cardiopulmonary system. It may include the therapeutic use of medical gases and their equipment, environmental control systems, humidification, aerosols, ventilator support, bronchi pulmonary drainage and exercise, respiratory rehabilitation, assistance with cardiopulmonary resuscitation, and maintenance of natural,

artificial, and mechanical airways.

**TRACH CARE** – Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

**WOUND CARE** – Refers to services for providing diagnosis and treatment for ulcers, pressure sores and other wounds. Treatments may include but is not limited to irrigations, dressing, and wound vacs. Some agencies may employ specialty nurses to provide and instruct in care specifically for patients with more complicated wounds. ~

# PLAN FOR THE LONG TERM.



Most people hope to enjoy a long and healthy life on their own terms. But at some point, if you develop a chronic illness, cognitive impairment or have a disabling injury, you may need help with tasks of everyday living. Having a plan in place in case of a long-term care event is an important step to help preserve your quality of life and your financial security. And it gives you and your loved ones the confidence to take on anything that comes your way.



**Bruce Mozinski,**  
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# Stannah

**\*Offer Details:** Must be purchased directly from Stannah Stairlifts. Excludes rentals & previous purchases. May not be combined with any other offer. Only one discount per purchase.

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