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Just One! A Hope for the Future

Boston University Alzheimer's Disease Center

A common goal for anyone reading this article is the eventual eradication of Alzheimer's disease (AD). The numbers are staggering! There are over 5 million Americans with AD dementia and this number is expected to be over 16 million by 2050. One in eight persons age 65 and older.

and 1 in 3 persons age 85 or more, currently has AD dementia. In short, we are in the midst of an AD crisis that is growing in size and scope. The good news is that exciting

scientific advances in the past few years gives us tremendous hope that new treatments to slow down and even prevent the symptoms of AD will be available in the not-too-distant future. However, the single most important thing that anyone can do to make this happen and to have an impact on the AD crisis is to volunteer to participate in research.

The Boston University Alzheimer's Disease Center (BU ADC) aims to reduce the human and economic

costs of AD through the advancement of knowledge. The BU ADC was established in 1996 as one of 29 centers in the US funded by the National Institutes of Health to advance research on AD and related conditions. At the BU ADC, there is likely a research study for anyone interested in volunteering. There are studies for individuals who already have symptoms and have



been diagnosed with AD dementia or mild cognitive impairment (MCI), and there are studies for people who do not have any symptoms. Some studies are clinical trials involving taking an investigational new medicine or placebo to slow down the disease progression (e.g., the DAYBREAK Study) or even prevent the symptoms (e.g., the A4 Study). Some studies do not involve medications, but include new methods of diagnosing and detecting AD, such

as PET scans and MRI scans (e.g., the ADNI study).

Participation in research is not merely a means of moving the science forward: it can also provide important positive benefits to the participant, including a decreased sense of solitude by interacting with a research team who truly understands the disease and its toll on the patient, the caregiver, and family members. And, research participation fulfills that most important need for everyone touched by the disease: a sense of hope. It is shocking how difficult it is for researchers around the country to recruit an adequate number of people willing to participate in AD-related research. Yes. even in Boston! If this little article results in just one person to become

enrolled in AD-related research, it would make a tremendous difference. Please help by participating and spreading the word!

If you are interested in learning more about participating in one of these studies, call (617) 414-1077 or email ioinadc@bu.edu. To learn more about the BU ADC and the research studies currently available. go to the Center's website: www. hu edu/alzresearch

Editor's Note: This article was written by Dr. Robert Stern. Professor of Neurology. Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, where he is also Director of the Clinical Core of the BIT Alzheimer's Disease Center (one of only 29 centers funded by the National Institutes of Health. NIH).



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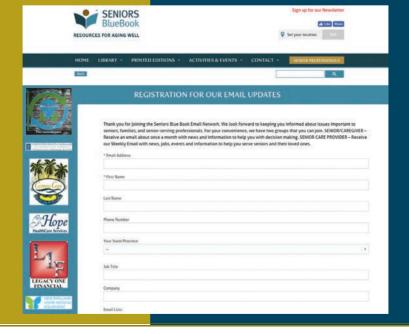
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Diagnosed with Dementia: **Next Steps**

Dementia is a serious diagnosis. It is a chronic, progressive illness that affects every aspect of a person's life.

It is important to get a second opinion. A thorough evaluation is essential to eliminate other possible causes of confusion, word-finding difficulties, personality changes, getting lost, inability to complete every day responsibilities, or other signs of dementia.

The **neurologist** is the medical expert in brain diseases. They will identify any reversible causes of the changes: or if they confirm the diagnosis, they can identify the type of dementia. The common forms of dementia (Alzheimer's Disease, Vascular Dementia, Frontal Temporal Dementia and Lewy Body Disease) each have a unique set of symptoms and different trajectories. Only with an evaluation by a specialist - including history-taking, a physical exam, lab tests, brain scans and neuropsychological tests - can an accurate diagnosis be made. The truth of a diagnosis is your friend, and this truth will guide you in making the best decisions for your future. Expect this process to take a few weeks

The person with dementia should be told their diagnosis so they can participate in legal and financial planning. An elder care lawver helps them plan for their own future and

make decisions for their future self while they still have capacity. There will come a time that the person with dementia will no longer be able to make health care decisions

> for themselves 75% of people with dementia will need the type of care and supervision that is mostly found in nursing homes. Planning for long term care is essential.

A dementia diagnosis is life changing for the

family as well as the person with the disease. As the disease progresses. families typically provide care 3-6 hours a day or more. A geriatric care manager is an expert in helping people with dementia and their families discuss difficult topics and face complex issues. They help make short and long term plans, coordinate medical services, evaluate in-home needs and alternative living arrangements. They can provide emotional support and reduce caregiver stress.

With this team in place, the person with dementia and their family will know what to expect and understand their options. And, with ongoing, expert support, they do not have to face the future alone.

Editor's Note: This article was submitted by Malka Young, LICSW, C-ASWCM, Director of Allies in Aging, 800-655-9553 or help4elders@jfsmw.org. Allies in Aging is a program of JFS of Metrowest in Framingham. See ad page 29.



Getting Started Is Easy

Our guide is divided into 3 distinct sections and divided by color tabs.





This section is alphabetical. You will find hundreds of different services and organizations that work with seniors and their families. This includes professional services, such as Adult Day, Care Management, Elder Law, Social Security, Senior Centers, etc...



This section offers three different comparison grids; the first features Non-Medical and Personal Assistance at home; the second contains Skilled Home Healthcare, and the third grid showcases Hospice Services for end of life care. First Familiarize yourself with the different services that are offered by each agency. You will find definitions about each service at the beginning of this section. Many options exist; we hope this will help you find a provider to meet your specific needs.





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HEALTH AT HOME

HOUSING OPTIONS



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First you should familiarize vourself with the many options available and determine which one is best for your needs. You will find definitions of each type of housing at the beginning of the housing section. Then turn to our easy to read comparison grids. The grids are divided into 4 categories, depending on the type of community: Independent Living and Retirement, Assisted Living, Memory Care Assisted Living and Skilled Nursing. The buildings are listed by city or county so you can zero in on the specific areas you are looking for.

You will also find many feature articles throughout the publication. These articles are written by local experts on a variety of topics that can aid you in making the right choices





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RESOURCES FOR AGING WELL

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DEAR VALUED READERS:

Welcome to the Fourth Edition of the **Boston Metro West Seniors Blue**

Book. 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.

Our goal is to provide everyone who uses this Book with the most complete and accurate information available on professional services, homecare options and senior housing. Be sure to review our resource lists and comparison grids to find the best options for your care. In addition, SeniorsBlueBook.com provides you access to this book on-line as well as other books across the country. You may also search for services, read additional articles and find educational and social events.

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 notice several articles in this edition on dementia. Learn about the research, housing, services and support available

to you. You may also find the articles on other subjects, including aging in place, exercise and technology, informative and educational.

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. Special thanks to our Art Director that supported us through hurricanes and relocation

Please share this book with family members and neighbors. Additional copies are available at over 1200 locations including Senior Centers, Libraries, Areas on Aging and our advertisers. Or give us a call and we will provide you with additional copies.

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Susan Duggan Arayas, Publisher



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Caregiving Syndrome

According to Wikipedia "Caregiving Syndrome is a condition of exhaustion, anger, rage or guilt that results from unrelieved caring for a chronically ill dependent".

As noble and sincere our concern is for our loved one's well-being, very rare is the caretaker that doesn't experience one or more of the aforementioned emotion at one time or another Also referred to as "Care-

giver burnout", the range and increased frequency of these emotions - often kept bottled up-may be understandable but no less dangerous to your. the caretaker's, own physical and emotional health

Chronic stress depletes essential immune regulating hormones that help keep colds at bay. Lack of sleep. poor eating habits, and negatively affected job/social obligations are the main ingredients of what's also known as "Caregiver Fatigue". According to an AARP study. 1 in 3 caregivers reports suffering from depression and isolation, as well as lack of understanding social interactions... Just as we, the caretakers. would relentlessly advocate for and pursue avenues that would alleviate the negative stressors in our loved ones day, we should heed our own example and elevate our own quality of life to the same level.

Take advantage of your nearby adult day care center. They don't exist to only provide structured, often medically supervised activities for their participants, but provide caretakers with 6 hours of "MF TIMF" for whatever you decide-leisurely shopping, uncomplicated doctor visits, spa day, long overdue visits, even more overdue sleep-it's self structured time for YOU to recharge.

Join a support group. Area senior centers and elder service agencies have the contact information for a wide variety of support groups.

> Commiserating with kindred souls that provide support, similar experiences, or possible advice can help with feelings of emotional isolation, especially

for those dealing with a spouse with progressive memory loss.

Take up a hobby. A Zumba class. Redecorating the attic. Recording your family history. -Find something that is an extension of YOUR desire. or passion. Something that is all vour own that brings you a sense of accomplishment. Refer back to that mentally when the stress begins to creep back in.

Whatever the avenue that's successful for you, make sure to take care of yourself. Not only do you have loved ones depending on it, but you DESERVE it.

Editor's Note: This article was submitted by Denise Thorud, Marketing and Outreach Coordinator for Windsor House Adult Day Health Care Centers. See page 22.

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	ž	NORWOOD												
Norwood Adult Day Health Center, 595 Pleasant St, Norwood 02062		781-769-4495	80	M S	•	•		•	НР	•	PO	•	Ъ	PP LT VA MA AS SC

Robert Dutton MD Adult Day Health Ctr, 1117 Main St, Wakefield 01880		781-246-2820 48 MS • • P • SPO	48	M S	•	•		•	Ь	•	SPO		PP LT MA AS SC
	MA	WATERTOWN											
Arevik Adult Day Health, 51 Water St, Unit B, Watertown 02472		617-924-5900 100 M • • • H •	100	\boxtimes	•	•	•	•	工	•		•	PP MA AS
Second Home, 51 Water St, Watertown 02472		617-924-1212 119 M • • • • H •	119	≥	•	•	•	•	工	•		•	PP MA AS
	3	WAYLAND											
The Constance Rose House, 8 Wampum Path, Wayland 01778		508-545-8001 12 S • •	12	S		•		•		•		•	PP LT VA
		, , , , , , , , ,						:		:			

*PAYMENT METHODS. PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / V4=Veteran Administration / M4=Medicaid / MC=Medicare /

HM=Managed Care Insurance / AS=ASAP / SC=SCO / O=Other **THERAPIES: S=Speech / P=Physical / 0=0ccupational / R=Respiratory

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continued from page 14

MA Senior Medicare Patrol (SMP) Program

800-892-0890

Medicare Advocacy Project

197 Friend St, Boston 02114 800-323-3205

Mental Health Legal Advisors Committee

24 School St, 8th FI, Boston 02108 617-338-2345 x4

Metro West Legal Services

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

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(ad on page 29)

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YMCA - Central MA

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

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Longfellow Sports Club

203 Oak St, Natick 01760 508-653-4633

NEEDHAM

YMCA - Needham

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

READING

YMCA – Reading

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

WAITHAM

YMCA - Waltham

725 Lexington St, Waltham 02452 781-894-5295

WAYLAND

The Longfellow Club

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

WESTROROUGH

Westboro Tennis & Swim Club

35 Chauncy St, Westborough 01581 508-366-1222

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YMCA - North Suburban

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₩ BayPath Elder Services, Inc

(ad on page 25) 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

Continued on next page >



AREA AGENCIES ON AGING

continued

Elder Services of the Merrimack Valley, Inc

(ad on page 26) 280 Merrimack St, Ste 400, Lawrence 01843 978-946-1200

HESSCO

(ad on page 25)
One Merchant St, Sharon 02067
781-784-4944

Minuteman Senior Services

(ad on page 26)
26 Crosby Dr, Bedford 01730
888-222-6171

Mystic Valley Elder Services, Inc 300 Commercial St, Ste 19, Malden 02148 781-324-7705

Somerville / Cambridge Elder Services

(ad on page 27) 61 Medford St, Somerville 02144 **617-628-2601**

Springwell (ad on page 27) 307 Waverley Oaks Rd #205, Waltham 02452 617-926-4100

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GWArc. Inc.

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Massachusetts Mentor

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

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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 PI, 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 PI, 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.

A Senior Citizens Guide for College www.aseniorcitizenguideforcollege.com

Continued on page 32 >

Healthy Living Workshops: Empowerment The transition home after a health

care stay can be exciting but also overwhelming and intimidating.

Do you want to feel better, meet new people, and be empowered to change old health habits? Are you living with a persistent health condition that prevents you from doing activities you enjoy? Have you learned helpful techniques as a family caregiver, which you would like to share with others? Then consider ioining a Healthy Living workshop!

Healthy Living workshops are designed to help you manage a chronic health issue like diabetes. heart disease or arthritis, or learn self-care strategies while caring for a loved one. Each workshop is led by two experienced and trained volunteer leaders, who facilitate brain storming sessions and group discussion to encourage participation. peer-learning and personal goal-setting. Participants receive their own book of workshop materials to use as a resource. The workshops use evidence-based curricula, the first of which were developed by researchers at Stanford University, including My Life, My Health: Chronic Disease Self-Management and Diabetes Self-Management. Most classes are about two hours long and meet once a week for six to eight weeks. My Life, My Health focuses on setting and meeting personal goals, how to improve communication with your doctor, simple techniques for enhancing quality of life, and better stress-management. Other topics are also covered, such as eating a bal-

through Education

anced diet, strategies for preventing falls and staying physically active.

Some workshops are more specific. such as A Matter of Balance: Evidence-Based Falls Management Program for Older Adults, which focuses on reducing the fear of falling, how to protect yourself in the event of a fall. and includes exercises to increase physical strength. Additional Healthy Living workshops include Powerful Tools for Caregivers. Chronic Pain Self-Management, and Healthy Eating for Successful Living and Tai Chi for Arthritis Program, among others.

Many of the Healthy Living programs in Massachusetts are offered by Area Agencies on Aging for free, or for a small fee. Springwell, Inc., the Area Agency on Aging for Belmont, Brookline. Needham. Newton. Waltham. Watertown, Wellesley and Weston, offers several different Healthy Living programs throughout the year at Councils on Aging, physician offices, community education centers and senior housing sites. A typical Healthy Living workshop schedule can be found at http://www.springwell. com/service/healthy-living-program. For information about workshops offered throughout the state, visit the Healthy Living Center of Excellence at http://www.healthyliving4me.org/workshop-schedule/.

Editor's Note: This article was submitted by Laura Vanderhill, LSW, MHA. Laura is an Associate Director with Springwell, Inc. and may be reached at 617-926-4100. See ad page 27.



CONTINUING EDUCATION OPPORTUNITIES

continued from page 30

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)

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 Ed978-934-2474
- Learning in Retirement Assoc 978-934-3135

UMass Roston

100 Morrisey Blvd, Boston 02125 617-287-6200

Wellesley – Weston Lifetime Learning

PO Box 812248, Wellesley 02482 781-205-4204

DENTAL SERVICES

Sudbury Family Dental Care Substitution Substi

(ad on page 33) 370 Boston Post Rd, Sudbury 01776 978-443-5193

DOWNSIZING

MARK-ONE (ad on page 35) 888-627-5663

DRIVING AND LICENSE INFORMATION

RMV online

www.massrmv.com

BOSTON

RMV Boston

136 Blackstone St, Boston 02109 617-351-4500

LAWRENCE

RMV Lawrence

73 Winthrop Ave, Lawrence 01843 617-351-4500

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Continued on page 34 >

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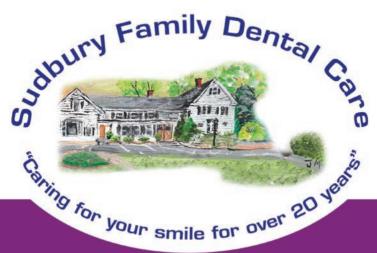
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Burlington - AAA

34 Cambridge St, Burlington 01803 781-272-3272

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National Domestic Violence Hotline 800-799-7233

Ombudsman for the Institutionalized Elderly 877-582-6995

Elder Abuse Hotline Massachusetts

Methuen 01844 800-922-2275

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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

ENERGY RESOURCES

Citizens Energy Heat Assistance (Joe4Oil)

617-338-6300

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800-334-3047

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12 Concord Rd, Acton 01720 978-263-5077

Continued on page 38 >



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loves cardio and dancing. Thomas encourages others to get active and says. "Don't meet me at the gvm: beat me getting to the gym."

In 2016. Thomas was

selected as one of 10 finalists for the SilverSneakers Richard L. Swanson Inspiration Award due to her inspiring story of improving her health and happiness, and being a dedicated fitness champion.

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continued from page 36

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Burlington Community Pantry

335 Cambridge St, Burlington 01803 781-270-6625

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11 Inman St, Cambridge 02139 617-868-2900

Fast Fnd House

105 Spring St, Cambridge 02141 617-876-4444

Food for Free Committee

11 Inman St, Cambridge 02139 617-868-2900

Massachusetts Ave Baptist Church

146 Hampshire St, Cambridge 02139 617-868-4853

Salvation Army of Massachusetts

402 Mass Ave, Cambridge 02139 617-547-3400

CHELMSFORD

Chelmsford Community Exchange

50 Rear Billerica Rd, Chelmsford 01824 978-250-3818

CONCORD

Open Table

20 Lexington Rd, Concord 01742 978-369-2275

DEVENS

Loaves & Fishes Food Pantry

234 Barnum Rd, Devens 01434 978-772-4627

DRACUT

Dracut Food Pantry

1934 Lakeview Ave, Dracut 01826 978-957-8600

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Framingham Civic League, Inc

214 Concord St, Framingham 01702 508-875-5218

Salvation Army Food Pantry

35 Concord St, Framingham 01704 508-875-3341

Pearl Street Cupboard & Cafe

46 Park St, Framingham 01702 508-879-2063

St Bridget's Food Pantry

15 Wheeler Ave, Framingham 01702 508-875-5959

HOPKINTON

Hopkinton Food Pantry

45 South St. Hopkinton 01748 508-435-6511

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Lazarus House, Inc

412 Hampshire St. Lawrence 01842 978-689-8575

Ministerio Los Milagros de Jesus, Inc

447 Fssex St. Lawrence 01843 978-683-9949

LINCOLN

St. Vincent de Paul Society (St Joseph's Church)

142 Lincoln Rd. Lincoln 01773 781-899-2611

LOWFII

Catholic Charities

70 Lawrence St. Lowell 01852 978-454-9946

Central Food Ministry, Inc

370 W Sixth St. Lowell 01850 978-454-7445

Merrimack Valley Food Bank

735 Broadway, Lowell 01854 978-454-7272

Open Pantry of Greater Lowell, Inc

13 Hurd St. Lowell 01852 978-453-6693

Salvation Army of Massachusetts

150 Appleton St. Lowell 01852 978-458-3396

MAIDEN

Bread of Life

54 Fastern Ave. Malden 02148 781-397-0404

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Community Cupboard

255 Main St. Marlborough 01752 508-481-4080

ΜΔΥΝΔΡΟ

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12 Bancroft St, Maynard 01754 978-897-8340

MEDEORD

Community Cupboard Pantry

147 High St. Medford 02155 781-396-4549

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Daily Bread Food Pantry

21 Exchange St. Milford 01757 508-478-4225

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29 Congress St. Milford 01757 508-473-0786

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99 Hartford St. Natick 01760 508-655-8868

Natick Service Council

2 Webster St. Natick 01760 508-655-1791



FOOD PANTRIES continued

NEWTON

Centre St Food Pantry

11 Homer St, Newton 02459 617-340-9554

PFPPFRFII

PACH

17 Jersey St, Pepperell 01463 978-925-8052

SOMERVILLE

Catholic Charities

270 Washington St, Somerville 02143 617-625-1920

Somerville Homeless Coalition

15 Franklin St, Somerville 02145 617-776-7687

Somerville – Cambridge Elder Services

(ad on page 27) 61 Medford St, Somerville 02143 **617-628-2601**

SUDBURY

Our Lady of Fatima Parish

160 Concord Rd, Sudbury 01776 978-443-7725

TEWKSBURY

Town of Tewksbury

999 Whipple Rd, Tewksbury 01876 978-858-2273

WAKEFIELD

Wakefield Interfaith Food Pantry

467 Main St, Wakefield 01880 781-245-2510

WAITHAM

Jewish Family & Children's Svc (JFCS)

1430 Main St, Waltham 02451 781-647-5327

Salvation Army of Massachusetts

33 Myrtle St, Waltham 02453 781-894-0413

WESTFORD

Cameron Senior Center

20 Pleasant St, Westford 01886 978-399-2323

WOBURN

Council of Social Concern

2 Merrimac St, Woburn 01801 781-935-6495 x208

FOOD RESOURCES

Check with local AOA, COA.

Meals on Wheels & Dining Programs

800-882-2003

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MassGuardianshipAssociation.org www.massguardianshipassociation.org

₩ IFS of Metrowest

(ad on page 29) 475 Franklin St. Ste 101. Framingham 01702 508-875-3100

HEALTH & WELLNESS

AWAKEN Health Centers

(ad on page 41) 73 Lexington St. Newton 02466 617-559-9900

HEARING RESOURCES

OUR PREFERRED PROVIDER

Hamilton CapTel

(ad on page 43) HamiltonCapTel.com 888-514-7933

American Speech Language Hearing Association

800-638-8255

₩ Hamilton CapTel

(ad on page 4.3) HamiltonCapTel.com 222-514-7933

Hearing Aid Helpline 800-521-5247

Hearing Helpline Better Hearing Institute 800-327-9355

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



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www.AwakenHealthCenters.Org Info@AwakenHealthCenters.Org Phone 617-559-9900 Fax 617-213-5457 Dr Partha Nandi-MD 73 Lexington St, Suite LL2, Newton MA 02466 a 501c3 non-profit organization



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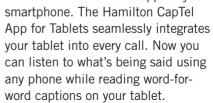
sense of isolation. The telephone is likely viewed as the quickest and easiest way to keep in touch. If you have difficulty hearing on the phone, it can become so frustrating that you stop using

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(ad on page 65) 214 Union Ave Framingham 01702 508-405-0609

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(ad on page 14) 617-969-7267

HOME MEDICAL FOUIPMENT - LOAN CLOSETS

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

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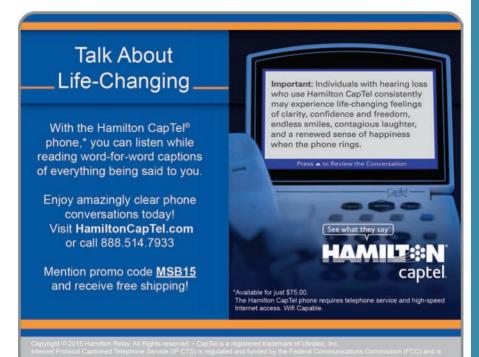
Ashland Council on Aging

162 W Union St. Ashland 01721 508-881-0140

ROSTON

Faster Seals of MA

89 South St. Boston 02111 800-244-2756





HOME MEDICAL EQUIPMENT — LOAN CLOSETS continued

CANTON

REquipment DME Reuse Program – Canton

866-244-6156

LINCOLN

Lincoln Council on Aging

15 Bedford Rd, Lincoln 01773 781-259-8811

MARI BOROLIGH

The Wheelchair Recycler, Inc.

60 Carver Hill Rd, Marlborough 01752 508-460-6328

MEDFIELD

Medfield Council on Aging

1 Ice House Rd, Medfield 02052 508-359-3665

NFFDHAM

Needham Community Council

570 Hillside Ave, Needham 02492 781-444-2415

NEWTONVILLE

Newton Senior Center

345 Walnut St, Newtonville 02460 617-796-1660

SHERBORN

Sherborn Council on Aging

19 Washington St, Sherborn 01770 508-651-7858

SUDBURY

Sudbury Senior Center

40 Fairbank Rd, Sudbury 01776 978-443-3055

WAITHAM

Waltham Council on Aging

488 Main St, Waltham 02452 781-899-7228

WAYLAND

Wayland Council on Aging

41 Cochituate Rd, Wayland 01778 508-358-2990

WELLESLEY

Welleslev 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

Roston Medical Center Newton Pavilion

88 F Newton St. Boston 02118 617-414-5000

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 Cancer Institute

450 Brookline Ave. Boston 02215 617-632-3000

Kindred Hospital Boston

1515 Commonwealth Ave. Boston 02135 617-254-1100

Mass Eve & Ear Infirmary

243 Charles St. Boston 02114 617-523-7900

Mass General Hospital

55 Fruit St. Boston 02114 617-726-2000

New England Baptist Hospital

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

St Flizabeth's Medical Center

736 Cambridge St, Boston 02135 617-789-3000

Tufts Medical Center

800 Washington St. Boston 02111 617-636-5000

BURLINGTON

Lahev 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

FVFRFTT

Cambridge Health Alliance

- Whidden Hospital

103 Garland St. 3rd Fl. Level C Everett 02149 617-498-1000

FRAMINGHAM

Metrowest Medical Center

- Framingham Union Campus

115 Lincoln St, Framingham 01701 508-383-1000

LAWRENCE

Lawrence General Hospital

One General St. Lawrence 01842 978-683-4000



HOSPITALS — ACUTE HOSPITALS continued

IOWFII

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 508-485-1121

MEDEORD

Hallmark Health System – Lawrence

170 Governors Ave, Medford 02155 781-306-6000

MELROSE

Hallmark Health System - Melrose

585 Lebanon St, Melrose 02176 781-979-3000

METHUEN

Holy Family Hospital

70 East St, Methuen 01844 978-687-0151

MILFORD

Milford Regional Medical Center

14 Prospect St, Milford 01757 508-473-1190

ΝΔΤΙCΚ

Metrowest Medical Center

- Leonard Morse Campus

67 Union St, Natick 01760 508-383-1000

NFFDHAM

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

SOMERVILLE

Cambridge Health Alliance

Somerville

230 Highland Ave, Somerville 02143 617-591-4500

WINCHESTER

Winchester Hospital

- Member of Lahey Health

41 Highland Ave, Winchester 01890 781-729-9000

HOSPITALS - INPATIENT **SATFILITE**

ROSTON

Dana Farher Cancer Institute

- Inpatient

75 Francis St, 6th FI, 6 & 7, Boston 02115 617-632-3000

New England Sinai Hospital

- Inpatient Sat Carney Hospital

2100 Dorchester Av. 3rd Fl. Boston 02124 781-344-0600

NATICK

Braintree Unit at Metrowest Medical Center

67 Union St. Natick 01760 508-848-5353

HOSPITALS - SATELLITE

ANDOVER

Andover Surgery Center

138 Haverhill St. Units B&C. Andover 01810 978-687-0151

ARLINGTON

Mt Auburn Hospital Radiation @ Arlington

22 Mill St, Ste 106, Arlington 02476 781-492-3500

ASHI AND

Metrowest Mental Health

250 Eliot St. Ashland 01721 508-383-1000

REDEORD

Brighton Marine Health Center

Hanscom Air Force Base 1609 Fgl. Bedford 01731 617-789-3000

RILLERICA

HEALTHSOUTH New England Rehah @ Rillerica

267 Boston Rd. Billerica 01862 781-935-5050

BROOKLINE

Brigham & Women

- Ambulatory Care Center

850 Boylston St, Brookline 02467 617-732-5500

Hebrew Seniorlife Medical Group @ Center Communities

100 Centre St. Brookline 02446 617-325-8000

New England Baptist Radiology

830 Boylston St. Ste 208. Bsmt L Brookline 02467 617-754-5001

New England Baptist Surgicare

1 Brookline Pl. Ste 201. Brookline 02445 617-754-5002

Newton-Wellesley Hospital Hand Surgery

830 Boylston St, Brookline 02467 617-243-6173

Partners Multiple Sclerosis Center

One Brookline PI, Ste 227, Brookline 02445 617-732-5500



HOSPITALS - SATELLITE

continued

William Arnold - Carol A Warfield

1 Brookline PI, Ste 105, Brookline 02445 617-667-8000

RURI INGTON

Lahey Hospital & Medical Center

- Dept of Dermatology20 Wall St, 2nd Fl, Burlington 01803781-744-5100
- Dept Of Allergy
 31 Mall Rd, 1st Fl, Burlington 01805
 781-744-8796
- Weight Loss Center50 Mall Rd, Ste G-03, Burlington 01805781-744-5100

CAMBRIDGE

Cambridge Family Health

237 Hampshire St, 1st Fl, Cambridge 02139 617-498-1000

Cambridge Family Health North

2067 Massachusetts Ave, Cambridge 02139 617-498-1000

East Cambridge Health Center

163 Gore St, Cambridge 02141 617-498-1000

Laboratory For Molecular Medicine

65 Landsdowne St, 3rd Fl, Cambridge 02139 617-726-2000

Mt Auburn Mobile Pet Unit

799 Concord Av, 1st FI, Cambridge 02138 617-492-3500

Mt Auburn Hospital Rehab Svcs

625 Mt Auburn St, 1st Fl, Cambridge 02138 617-499-5700

Mt Auburn Hospital MRI Center

725 Concord Av, Grd FI, Cambridge 02138 617-499-5700

Spaulding Outpatient Ctr Cambridge

1575 Cambridge St, 1st FI, Cambridge 02138 617-573-7000

Windsor Street Health Center

119 Windsor St, Cambridge 02139 617-498-1000

CANTON

Hebrew SeniorLife Medical Group @ Orchard Cove

1 Del Pond Dr, Canton 02021 617-325-8000

CHELMSFORD

978-937-6012

Lowell General Hospital

Patient Service Ctr @ Drum Hill
 10 Research PI, Ste 100, Chelmsford 01863

Woman's Imaging Center

4 Meeting House Rd, Unit 13, Chelmsford 01824 978-244-1051

CONCORD

Emerson Hospital

- Radiation OncologyRte 2 John Cumings Bldg, Concord 01742 978-726-2000
- Breast Care Center 747 Main St, Ground FI, Concord 01742 978-287-3100
- MRI Center
 131 Old Rd, 9 Acre Corner, Concord 01742
 978-369-1400
- Mass Eye & Ear Infirmary
 54 Baker St, Ste 303, Concord 01742
 617-573-3006

DEDHAM

New England Baptist Hospital **Outpatient Care Center**

40 Allied Dr. Dedham 02026 617-754-5001

FVFRFTT

Anna May Powers Health Center

Hamilton School 20 Nichols St. Everett 02149 617-498-1000

Everett Family Health Center

391 Broadway #201 & 204, Everett 02149 617-665-1001

Mass General Hospital

- Everett Family Care

19-23 Norwood St. Everett 02149 617-726-2000

Women's Health Center

96 Garland St. Everett 02149 617-498-1000

FRAMINGHAM

HEALTHSOUTH New England Rehab @ Framingham

1094 Worcester Rd. Framingham 01702 508-935-5050

Metrowest Health & Wellness Ctr

761 Worcester Rd. Fls 1 & 2. Framingham 01701 508-383-1000

Metrowest Medical Center **Outpatient Primary**

61 Lincoln St, Ste 101, Framingham 01702 508-383-1000

Spaulding Outpatient Center

- Framingham

570 Worcester Rd. Framingham 01702 617-720-6400

GROTON

Emerson Hospital Health Center

100 Boston Rd. 1st Fl. Ste B. Groton 01450 978-287-3100

LAWRENCE

Holy Family Women's Health Ctr

101 Amesbury St. Ste 103. Lawrence 01840 978-687-0156

HRI at Lawrence

101 Amesbury St. Ste 201. Lawrence 01841 978-732-3200

Lawrence General Hospital Xray

25 Marston St. Ste 305, Lawrence 01842 978-946-8094

I FXINGTON

Beth Israel Deaconess Healthcare

- Lexington

482 Bedford St. 1st/2nd Fls. Lexington 02421 781-667-3675

Lahey Outpatient Ctr - Lexington

16 Hayden Ave, Lexington 02421 781-744-8330

LOWFII

Lowell General

- Medical Oncology

2 Hospital Dr. 2nd Fl. Lowell 01852 978-458-1411

- Walk-In Center

1230 Bridge St, 1st FI, Ste 1 Lowell 01850 978-934-8339



HOSPITALS - SATELLITE continued

MAI DEN

Cambridge Health Alliance – Malden

195 Canal St, Malden 02148 781-665-1001

Community Counseling Svcs

- Malden

178 Savin St, 2nd Fl, Malden 02148 781-322-7560

Malden Walk-In Clinic

100 Hospital Rd, Grd Fl, Malden 02148 781-338-7200

MARI BOROLIGH

Marlborough Hospital

- Physical Rehab

340 Maple St, Ste 302, Marlborough 01752 508-485-1121

Metrowest Mental Health

200 E Main St, Marlborough 01752 508-383-1000

UMASS MMC Cancer @ Marlborough Hospital

157 Union St, Marlborough 01752 508-344-1000

MFDFIFI D

Norwood Outpatient Center

45 Walpole St, Medfield 02052 508-668-0385

MEDFORD

Family Medical Associates

Southside PI, 101 Main St, Ste 21, Medford 02155 781-979-3000

Lawrence Memorial Hospital

- Medical Services
 - 101 Main St, Ste 116, Medford 02155 978-396-9250
- Program

200 Governors Av, Grd Lvl, Medford 02155 781-396-9250

- Spaulding Outpatient Ctr Medford 101 Main St #101/11, Medford 02155 781-720-6400
- Urgent Care Center
 100 Hospital Rd, Fls 1-3, Medford 02155
 781-322-7560

Winchester Hospital

Community Health Institute75 Riverside Ave, 1st FI, Medford 02155781-729-9000

MELROSE

Health Image Women's Imaging Ctr 830 Main St, 3rd Fl, Melrose 02176 781-979-3000

Melrose Wakefield Hosp Rehab Svcs

22 Corey St, Melrose 02176 781-979-3000

MFTHUFN

Holy Family Hospital

Ambulatory Services380 Merrimack St, 3rd Fl, Methuen 01844978-687-0151

MII FORD

Dana Farber Cancer Ctr @ Milford

20 Prospect St, 2nd FI, Milford 01757 617-632-3000

Metrowest Professional & Med Ctr

321 Fortune Blvd, 1st Fl, Milford 01757 508-383-1000

Milford Regional Medical Center

- Cancer Center

20 Prospect St. 1st & 2nd Fl. Milford 01757 508-422-2201

- Occupational

Hill Office Park 115 Water St. Milford 01757 508-473-1190

- Rehab & Sports Medicine

42 Cape Rd Plaza, Milford 01757 508-488-3890

UMass Memorial Medical Center Milford Radiology

91 Water St. 1st Fl. Milford 01757 508-334-0100

ΝΔΤΙCΚ

Newton Wellesley Ambulatory Care Center Natick

307 W Central St. Natick 01760 617-243-6000

NFFDHAM

Beth Israel Deaconess Hospital **Needham Physical Therapy**

73 Chestnut St. Needham 02492 781-453-3000

Wound Healing Ctr & Diabetes Ctr

145 Rosemary St. 1st Fl. Needham 02494 781-453-3000

NFWTON

Mass General Radiation Oncology @ Newton-Wellesley

2014 Washington St, Newton 02462 617-726-2000

Newton-Wellesley Hospital

2000 Washington St, Newton 02466 617-243-6173

Newton-Wellesley Sleep Center

2345 Commonwealth Ave. Newton 02466 617-243-6255

NORTH ANDOVER

Lowell General Women's Center

203 Turnpike St. 2nd Fl. N Andover 01845 978-458-1411

NORWOOD

Guild Imaging Ctr of Norwood Hosp 825 Washington St. Ste 17, Norwood 02062

781-278-6001

RFADING

Hallmark Health **Outpatient Diabetes**

30 Newcrossing Rd. Reading 01867 781-979-3000

Winchester Imaging Reading

20 Pond Meadow Dr. 1st Fl. Reading 01867 781-729-9000

SOMERVILLE

Broadway Health Center

300 Broadway, Somerville 02143 617-498-1000

Cambridge Health Alliance Highland Building

236 Highland Av. 1st/2nd Fls. Somerville 02143 617-665-1000

Central St Health Center

26 Central St, 1st, 3rd & 4th Fls Somerville 02143 617-498-1000



HOSPITALS - SATELLITE

continued

Cambridge Health Alliance Specialty Center @ Assembly Square

5 Middlesex Ave, 1st FI, Somerville 02145 617-665-1001

Union Square Family Health

337 Somerville Ave, 1st FI, Somerville 02143 617-498-1000

SOUTHBOROUGH

Marlborough Hospital Specialty

28 Newton St, 1st FI, Southborough 01772 508-486-5801

STONFHAM

Chem Center Radiation Oncology

48 Montvale Ave, Stoneham 02180 781-979-3000

Hallmark Health Hematology Oncology

41 Montvale Ave, 4th FI, Stoneham 02180 781-979-3000

North Suburban Center

One Montvale Ave, 5th FI, Stoneham 02180 781-279-2788

Winchester Imaging Woodland Rd

3 Woodland Rd #300, 3rd Fl, Stoneham 02180 781-756-2129

SUDBURY

Emerson Medical at Sudbury

490 Boston Post Rd, 1st Fl, Sudbury 01776 978-287-3100

TFWKSBURY

Lowell General Diagnostic Center Tewksbury

600 Clark Rd, Tewksbury 01876 978-458-1411

WAITHAM

Mass General Hospital West

40 Second Ave, Waltham 02451 781-487-4350

Mass General Hospital West Vascular Center

52 Second Ave, 2nd FI, Waltham 02451 617-726-2000

Mt Auburn Hospital Imaging

355 Waverly Oaks Rd, Ste 15 Waltham 02452 617-499-5700

Newton–Wellesley Urgent Care Ctr

9 Hope Ave, 1st FI, Ste 150 Devincent, Waltham 02453 781-243-3155

WELLESLEY

Newton-Wellesley Outpatient Surgery Center

25 Washington St, Wellesley 02481 617-243-6255

Spaulding Outpatient Center

Wellesley

65 Walnut St, Wellesley 02181 781-720-6400

WESTBOROUGH

Westborough Radiology

154 E Main St, Ste 5, Westborough 01581 508-870-0646

WII MINGTON

Winchester Hospital Family

500 Salem St. Wilmington 01887 978_729_9000

WINCHESTER

Winchester Hospital

620 Washington St. Winchester 01890 781-729-9000

- Ultrasound
 - 1021 Main St. Winchester 01890 781-756-2126
- Mammogram / Ultrasound 955 Main St. 1st Fl. Winchester 01890 781-729-9000

WORLIRN

Winchester Hospital

- Pain Management
 - 444 Washington St. 1st Fl. Wohurn 01801 781-729-9000
- Sleep Disorder

12 Alfred St. 1st Fl. Woburn 01801 781-759-2215

- Outpatient

200 Unicorn Park Dr. Woburn 01801 781-729-9000

Winchester Imaging Center

7 Alfred St. 1st Fl. Woburn 01801 781-729-9000

NON-ACUTE HOSPITAL

McLean Hospital Corporation

115 Mill St. Belmont 02478 617-855-2000

HOUSING PLACEMENT & RESOURCE SPECIALISTS

Check with local COA AOA

Assisted Living Locators

(ad on page 129)

www.nemass.assistedlivinglocators.com Amesbury 01913

255-562-7747 / 508-878-8878

JFS of Metrowest

(ad on page 29) 475 Franklin St. Ste 101. Framingham 01702 508-875-3100

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

ACADEMIC LIBRARIES

BROOKLINE

New England Institute of Art Library

10 Brookline PI West, Brookline 02445 888-624-0300

CAMBRIDGE

Le Cordon Bleu College of Culinary Arts Library

215 First St, Cambridge 02142 800-736-6126

Longy School of Music of Bard College Bakalar Music Library

27 Garden St, Cambridge 02138 617-876-0956

FRAMINGHAM

Framingham State University Center for Global Education Resource Library

100 State St, Framingham 01701 508-626-4654

MFDFORD

Fletcher School Tufts University Edwin Ginn Library

160 Packard Ave, Medford 02155 617-627-5021

PUBLIC LIBRARIES

ACTON

Acton Memorial Library

486 Main St, Acton 01720 978-929-6655

West Acton Citizen's Library Assoc

21 Windsor Ave, Acton 01720 978-264-9652

ANDOVER

Memorial Hall Library

2 N Main St, Andover 01810 978-623-8401

ARI INGTON

Edith M Fox Library

175 Massachusetts Ave, Arlington 02474 781-316-3198

Robbins Library

700 Massachusetts Ave, Arlington 02476 781-316-3200

ΔSHRY

Ashby Free Public Library

812 Main St, Ashby 01431 978-386-5377

ASHLAND

Ashland Public Library

66 Front St, Ashland 01721 508-881-0134

AYFR

Ayer Library

26 E Main St, Ayer 01432 978-772-8250

BEDFORD

Bedford Free Public Library

7 Mudge Way, Bedford 01730 781-275-9440

RELMONT

Belmont Public Library

336 Concord Ave. Belmont 02478 617-489-2000

RFRI IN

Berlin Public Library

23 Carter St. Berlin 01503 978-838-2812

RILL FRICA

Billerica Public Library

15 Concord Rd. Billerica 01821 978-671-0948

ROITON

Bolton Public Library

738 Main St. Bolton 01740 978-779-2839

BOXBOROUGH

Sargent Memorial Library

427 Massachusetts Ave. Boxborough 01719 978-263-4680

BROOKLINE

Brookline Public Library

361 Washington St, Brookline 02445 617-730-2370

BURLINGTON

Burlington Public Library

22 Sears St, Burlington 01803 781-270-1690

CAMBRIDGE

Cambridge Public Library

449 Broadway, Cambridge 02138 617-349-4040

CANTON

Canton Public Library

786 Washington St. Canton 02021 781-821-5027

CARLISTE

Carlisle Gleason Public Library

22 Bedford Rd. Carlisle 01741 978_369_4898

CHELMSFORD

Chelmsford Public Library

25 Boston Rd. Chelmsford 01824 978-256-5521

CONCORD

Concord Free Public Library

129 Main St. Concord 01742 978-318-3300

DEDHAM

Dedham Public Library

43 Church St. Dedham 02026 781-751-9280

DOVER

Dover Town Library

56 Dedham St. Dover 02030 508-785-8113

DRACUT

Dracut Moses Greeley Parker Memorial Library

28 Arlington St. Dracut 01826 978-454-5474



LIBRARIES continued

DUNSTARIF

Dunstable Free Public Library

588 Main St, Dunstable 01827 978-649-7830

FVFRFTT

Everett Parlin Memorial Library

410 Broadway, Everett 02149 617-394-2300

FRAMINGHAM

Framingham Public Library

49 Lexington St, Framingham 01702 508-532-5570

GROTON

Groton Public Library

99 Main St, Groton 01450 978-448-1167

HARVARD

Harvard Public Library

4 Pond Rd, Harvard 01451 978-456-4114

HOLLISTON

Holliston Public Library

752 Washington St, Holliston 01746 508-429-0617

HOPKINTON

Hopkinton Public Library

13 Main St, Hopkinton 01748 508-497-9777

HUDSON

Hudson Public Library

3 Washington St at Wood Sq, Hudson 01749 978-568-9644

I AWRENCE

Lawrence Public Library

51 Lawrence St, Lawrence 01841 978-620-3600

I FXINGTON

Lexington Cary Memorial Library

1874 Massachusetts Ave, Lexington 02420 781-862-6288

LINCOLN

Lincoln Public Library

3 Bedford Rd, Lincoln 01773 781-259-8465

LITTI FTON

Littleton Reuben Hoar Library

41 Shattuck St, Littleton 01460 978-540-2600

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Lowell Samuel S Pollard Memorial Library

401 Merrimack St, Lowell 01852 978-970-4120

MAIDEN

Malden Public Library

36 Salem St, Malden 02148 781-324-0218

MARLBOROUGH

Marlborough Public Library

35 West Main St, Marlborough 01752 508-624-6900

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Maynard Public Library

77 Nason St, Maynard 01754 978-897-1010

MFDFIFID

Medfield Memorial Public Library

468 Main St, Medfield 02052 508-359-4544

MEDEORD

Medford Public Library

111 High St, Medford 02155 781-395-7950

MFDWAY

Medway Public Library

26 High St, Medway 02053 508-533-3217

MFLROSE

Melrose Public Library

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Methuen Nevins Memorial Library

305 Broadway, Methuen 01844 978-686-4080

MILFORD

Milford Town Library

80 Spruce St, Milford 01757 508-473-2145

MILLIS

Millis Public Library

961 Main St, Millis 02054 508-376-8282

NATICK

Natick Morse Institute Library

14 E Central St, Natick 01760 508-647-6520

NFFDHAM

Needham Free Public Library

1139 Highland Ave, Needham 02494 781-455-7559

NEWTON CENTRE

Newton Free Library

330 Homer St, Newton Centre 02459 617-796-1360

NORTH ANDOVER

North Andover Stevens Mem Libr

345 Main St, North Andover 01845 978-688-9505

NORTH READING

North Reading Flint Mem Library

147 Park St, North Reading 01864 978-664-4942

NORTHBOROUGH

Northborough Free Library

34 Main St, Northborough 01532 508-393-5025

NORWOOD

Norwood Morrill Memorial Library

33 Walpole St, Norwood 02062 781-769-0200

PEPPERELL

Pepperell Lawrence Library

15 Main St, Pepperell 01463 978-433-0332

READING

Reading Public Library

64 Middlesex Ave, Reading 01867 781-944-0840



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Sherborn Library

4 Sanger St, Sherborn 01770 508-653-0770

SHIRI FY

Shirley Hazen Memorial Library

3 Keady Way, Shirley 01464 978-425-2620

SOMERVILLE

Somerville Public Library

79 Highland Ave, Somerville 02143 617-623-5000

SOUTHROROUGH

Southborough Public Library

25 Main St, Southborough 01772 508-485-5031

STONFHAM

Stoneham Public Library

431 Main St, Stoneham 02180 781-438-1324

STOW

Stow Randall Library

19 Crescent St, Stow 01775 978-897-8572

SUDBURY

Sudbury Goodnow Library

21 Concord Rd, Sudbury 01776 978-443-1035

TEWKSBURY

Tewksbury Public Library

300 Chandler St, Tewksbury 01876 978-640-4490

TOWNSEND

Townsend Public Library

12 Dudley Rd, Townsend 01469 978-597-1714

TYNGSBOROUGH

Tyngsborough Public Library

25 Bryants Ln, Tyngsborough 01879 978-649-7361

UPTON

Upton Town Library

2 Main St, Upton 01568 508-529-6272

WAKFFIFI D

Wakefield Lucius Beebe Memorial Library

345 Main St, Wakefield 01880 781-246-6334

WAITHAM

Waltham Public Library

735 Main St, Waltham 02451 781-314-3425

WATERTOWN

Watertown Free Public Library

123 Main St, Watertown 02472 617-972-6431

WAYLAND

Wayland Free Public Library

5 Concord Rd, Wayland 01778 508-358-2311

WELLESLEY

Welleslev Free Library

530 Washington St. Wellesley 02482 781-235-1610

WESTROROLIGH

Westborough Public Library

55 W Main St. Westborough 01581 508-366-3050

WESTEORD

Westford J V Fletcher Library

50 Main St. Westford 01886 978-692-5555

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Weston Public Library

87 School St. Weston 02493 781-786-6150

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Westwood Public Library

660 High St. Westwood 02090 781-326-7562

WII MINGTON

Wilmington Memorial Library

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WINCHESTER

Winchester Public Library

80 Washington St. Winchester 01890 781-721-7171

WOBURN

Woburn Public Library

45 Pleasant St. Woburn 01801 781-933-0148

SPECIALTY LIBRARIES

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Andover Historical Society Caroline Underhill Research Library

97 Main St. Andover 01810 978-475-2236

RROOKLINE

Frederick Law Olmsted National **Historic Site Library**

99 Warren St. Brookline 02445 617-566-1689

CAMBRIDGE

Volpe National Transportation Systems Center Volpe Technical **Library and Information Center** 55 Broadway, Cambridge 02142

617-494-2000

CONCORD

Adjutant Generals Office Military Archives Branch

91 Everett St. Concord 01742 978-369-4807

DFDHAM

Dedham Historical Society Library

612 High St, Dedham 02026 781-326-1385

LAWRENCE

Lawrence History Center Immigrant City Archives Library

6 Essex St. Lawrence 01840 978-686-9230

Continued on page 61 >



Why Long Term Care Should Be Part of For the last three years, DebYour Financial Plan

For the last three years, Deborah Mills has been caring for her mother, who has Alzheimer's and needs constant supervision. While Mills is happy to be in a situation in which she's able to help, the experience has been stressful—especially given the high financial cost of caregiving.

Kamilah Williams-Kemp, vice president of long-term care at Northwestern Mutual, has seen firsthand the struggles of family caregivers, having watched her mother-in-law care for a family member. Northwestern Mutual's C.A.R.E. (Costs, Accountabilities, Realities, Expectations) study found that expenses relating to caregiving made up around one-third of a caregiver's monthly budget.

"What we saw in the study was that many of the people needing care had used up their assets to cover the costs of care," said Williams-Kemp.

The Costs of Caregiving

When it comes to the impacts of caring for a loved one, the financial burdens of caregiving were cited in the study as the second biggest impact after reduced personal time. That's not surprising given the rising costs of caregiving.

Many people don't expect these expenses, according to Williams-Kemp. "In the study, only one in four potential future caregivers said that financial support was a key attribute of caregiving, but nearly

two-thirds of caregivers actually end up providing financial support."

How to Plan Ahead

Four in ten Americans are current or past caregivers, and one in five non-caregivers expect to provide care in the future. Still, a financial plan that includes long-term care can be a sensitive topic.

Ensuring that you have a plan can give you more options to make choices about care and protect your family.

How to Cope Financially if You Didn't Plan

While the financial demands of caregiving can feel overwhelming, there are strategies that can help caregivers manage. "The first thing you'll want to do is work with the financial advisor and attorney of the person who needs care," Williams-Kemp said. "Look at his or her assets to figure out how to best leverage them in caregiving situations."

Planning Ahead Provides Certainty in Uncertain Situations

Those who do have a plan in place feel comforted, according to Williams-Kemp. "I've been told by people whom we've helped plan ahead that there's an incredible peace of mind to not having to worry about the financial aspects of their care or feel like they're a burden to the family members who otherwise

Continued on page 67 >

I IRRARIFS

continued from page 59

IFXINGTON

National Heritage Museum Van Gorden-Williams Library & **Archives**

33 Marrett Rd, Lexington 02421 781-457-4109

LINCOLN

Walden Woods Project - The Thoreau Institute at Walden Woods 44 Baker Farm Rd. Lincoln 01773

781-259-4700

IOWFII

American Textile History Museum Osborne Library

491 Dutton St. Lowell 01854 978-441-0400

Lowell National Historical Park Library

67 Kirk St. Lowell 01852 978-970-5241

NEEDHAM

Needham Historical Society Library

1147 Central Ave. Needham 02492 781-455-8860

NFWTON

Newton History Museum Library

527 Washington St, Newton 02458 617-796-1450

NORTH ANDOVER

North Andover Historical **Society Archives**

153 Academy Rd. North Andover 01845 978-686-4035

WAITHAM

Suicide Prevention Resource Center SPRC Library

43 Foundry Ave. Waltham 02453 877-438-7772

WATERTOWN

Perkins Library

175 N Beacon St. Watertown 02472 617-972-7251

WFITESTEY

Massachusetts Horticultural **Society Library**

900 Washington St. Welleslev 02482 617-933-4912

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LONG TERM CARE INSURANCE

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508-251-7223

Medicare 2017 "In A Nutshell"

(Parts A, B & Medigap Plans)

Original Medicare is a government health insurance program primarily for people age 65 and older. It has four main parts: A, B, C & D. The chart below is an example of how Parts A & B work together with a traditional Medicare supplement also known as a "Medigap Plan."

Medicare Part A Hospital Insurance	Medicare Part B <i>Medical Insurance</i>	Supplemental Policy Plans A - N Medigap
Generally no cost (If you paid Medicare taxes while working) \$1,288 deductible (per hospital stay) It is possible to pay \$1,260 several times a year. Plan covers: Inpatient hospital care, home health care services, hospice, inpatient skilled nursing & more. Providers are paid by Medicare assignment. No coverage outside USA. No out-of-pocket maximum.	Medical Insurance Most people pay monthly \$104.90 - \$121.86 (Premium could be higher based on income) \$166 annual deductible. 80/20 after deductible. Plan covers: health care providers, ambulance, emergency care, outpatient surgical, preventive services and other Medicare approved benefits. Most doctors accept Medicare patients. No coverage outside the USA. No out-of-pocket maximum. Many people add a Medigap	Premium varies by company, age, location & other factors. These plans generally pay the Part A & B deductibles, the 20% not covered by Part B & other Medicare eligible benefits. When this coordinates with Medicare, many benefits are 100% covered Plans coordinate with any doctor or hospital that accepts Medicare Can provide benefits outside USA Plans are only available through insurance companies.
Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.	plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.	Need to add a Part D plan to cover prescription drugs & avoid penalties. Must have Part A & B to enroll.

For more information visit www.medicare.gov or call 1-800-MEDICARE.

There is no additional cost to use the services of a full time insurance professional.

Please call us or a broker in your local area for additional assistance.



This article was written by Craig N. Anderson, President of Anderson Benefits, Inc. located in Salt Lake City, Utah. To contact call: 877-363-9575 or craig@andersonbenefits.com

Medicare 2017 "In A Nutshell"

(Part C Advantage Plans & Part D)

Medicare Advantage plans are governed by Medicare. They are only offered through insurance companies that have an annual contract with Medicare. They are NOT the same as Medigap policies. They must cover all Medicare approved services. Most Advantage plans include Part D prescription drug coverage.

Advantage Plans Part C INSTEAD of a Medigap Plan (A-N)

Premium varies by company and coverage. (Same premium for all ages).

Part B premium (\$104.90 - \$121.80) is still paid (Premium can be higher depending on income)

There are many plan types available: PPO. HMO. PFFS. etc.

Plans have co-pays and /or coinsurance for covered benefits & services

Preventive care is covered 100%.

Plans have an annual out-of pocket maximum.

Plans may have additional services and discounts, including dental, vision, gym membership & more.

There is an Annual Flection Period (AFP) which runs from October 15 - December 7 of each year. This is time to make changes in company or coverage.

Must have Part A & B to enroll

Medicare Part D **Drug Program**

Premium varies by company and coverage. (Same premium for all ages).

Plans are generally a variation of the following:

Deductible (Phase I) \$0 - \$400 deductible

Initial Coverage (Phase II)

co-pay coverage until the total cost of the drugs = \$3.750

Coverage Gap (Phase III)

The member now pays almost all costs: 51% coinsurance or co-pay for covered generic drugs, 40% coinsurance for covered brand name drugs. You stay here until member has paid \$4,950

Catastrophic Coverage (Phase IV)

For the remaining calendar year, covered drugs are: \$3.30 / \$8.25 or 5% depending on drug tier.

Part D can be separate with medigap & PFFS plans. There is a penalty for late enrollment into Part D.

Annual Election Period is Oct 15 - Dec 7 each year

Must have Part A or B to enroll

For more information visit www.medicare.gov or call 1-800-MEDICARE.

This information is the opinion of the author and intended as an easy to read summary. This is not a contract. Additional limitations and exclusions may apply to services. In the event of any inconsistencies with Medicare or with a published medical insurers certificate, the certificate / Medicare will control. Prepared 11/2016



MEDICARE & MEDICAID INFORMATION

OUR PREFERRED PROVIDER

Senior Planning Services

(ad on page 64) 855-775-2664

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

♥ Senior Planning Services

(ad on page 64) 855-775-2664

SHINE (Serving Health Information Needs of Elders)

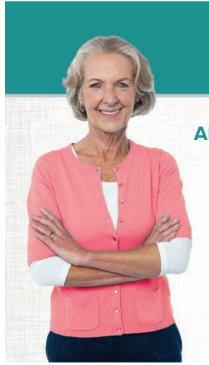
800-243-4636

Check with your local COA

MEMORY CAFES

National Directory

http://www.alzheimerscafe.com/public. html.alzheimerscafe.com/national_ registry.html



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US Dept of Health & Human Services SAMHSA

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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 FI, Boston 02111 617-536-2460

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(ad on Inside Front Cover) 20 Liberty Way, Ste A. Franklin 02038 888-663-7538

MOVE MANAGEMENT & ORGANIZING SERVICES

MARK-ONF (ad on page 35) 888-627-5663

NUTRITION

AWAKEN Health Centers

(ad on page 41) 73 Lexington St. Newton 02466 617-559-9900

PHARMACIES

MetroWest Pharmacy

(ad on page 65) 214 Union Ave Framingham 01702 508-405-0609



www.metrowestpharmacy.com p 508-405-0609 | f 508-405-4800

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Hidden Gem: Your Local Independent Each year, between 3 to 10% of Pharmacy

Each year, between 3 to 10% of the total US health care costs have been attributed to medication nonadherence—this totals up to approximately \$100 to \$300 billion in health care spending!

In fact, nearly half of all adults in the US have at least one chronic disease, with the number of adults taking three or more medications doubling between 2007 and 2010. In managing chronic disease, medication adherence becomes key.

Taking your medications as prescribed, not missing doses, and close communication with your provider reduces the risks of hospitalizations and poor outcomes from medication nonadherence. This is a fact that we have all heard, but what makes it so hard? Maybe the medication is too expensive. Maybe you just can't get to the pharmacy. Or maybe you aren't sure how the medication is going to help.

This is where the hidden gem that is your local independent pharmacy may offer valuable assistance—they offer all the services of the larger chains plus more. Most of these independent pharmacies offer blister packing services that organize your medications, making it easier to take them correctly and on time. They provide delivery services bringing your medications conveniently to your doorstep and useful educational materials through Specialty Disease State programs. Many of these pharmacies are even moving



towards Collaborative Drug Therapy Management agreements between the pharmacist and provider. Such practice agreements allow the pharmacist to be directly involved in managing patient medication therapies, serving as an accessible resource to the community.

Frequenters will often speak of a personalized experience that keeps them coming back. The additional services, Specialty Disease State education, and co-pay assistant services are more than recognized to promote health and wellbeing within the community. So, the next time you're out in the neighborhood--look for these local gems that can provide a multitude of services reducing barriers to taking your medication and ultimately, help you better manage your health.

Editor's Note: This article was submitted by Yung-En Fung, PharmD, RPh Program Manager, V-Care Pharmacy and Surgical Supplies, 508-202-9993 ext. 3857. See ad page 65.

PRESCRIPTION ASSISTANCE & DISCOUNTS

AARP Prescription Discount Program

800-456-2277

Benefits CheckUp

202-479-1200

Lily Patient Assistance Program

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MCPHS University Pharmacy Outreach Program

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Medical Prescription Discount Card 800-377-1614

Medicare Prescription Drug Card 800-633-4227

Merck Patient Assistance Program 800-727-5400

Novartis Medicare Drug Plan Assistance Line

800-620-3292

Pfizer Pfriends

866-706-2400

Pharmaceutical Assistance for the Aged & Disabled (PAAD)

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Rx PhRMA

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MassMedLine

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The Shine Program

800-243-4636 option 2

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(ad on page 36)

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- 2 Oak St. Ste 202. Mashpee 02649 508-444-9445

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RAMPS

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Why Long Term Care Should Be Part of Your Financial Plan

continued from page 60

would have stepped in to help," she said. The full article can be found at www.northwesternmutual.com/lifeand-money/long-term-care-should-bea-part-of-your-financial-plan.

Editor's Note: This article was prepared by Northwestern Mutual with the cooperation of Bruce Mozinski. Bruce Mozinski

is a Wealth Management Advisor with Northwestern Mutual, the marketing name for The Northwestern Mutual Life. Insurance Company (NM), Milwaukee, Wisconsin, and its subsidiaries. Bruce Mozinski is based in Southborough, MA. To contact Bruce Mozinski, please call (508) 251-7223, e-mail at bruce.mozinski@nm.com, or visit brucemozinski.com. See ad on page 1.



REAL ESTATE SERVICES

Pathway Home Realty Group − Michelle Quinn

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Most skilled nursing facilities offer different levels of rehabilitation services. Please see our skilled nursing grid on pages 170-181 for details.

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Benchmark Senior Living at The Commons

(ad on pages 69 159) 1 Harvest Cir. Lincoln 01773 877-452-1649

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Services (ad on Inside Rack Cover) 978-655-4749

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- -130 Lincoln St. Ste 5-7. Worchester 01608

The MEDLAW Group

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RESPITE 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

Alzheimer's Association Helpline (ad on page 82) 800-272-3900

Continued on next page >



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Susan Bailis

(ad on page 155) 352 Massachusetts Ave, Boston 02115 617-247-1010

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Cambridge Homes

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¥Youville House

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CONCORD

Concord Park

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The Arbors at Dracut

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FRAMINGHAM

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Golden Pond

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Check out our local activity calendars on SeniorsBlueBook.com

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Vouville Place

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MARI BOROLIGH

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Mary Ann Morse Nursing & Rehabilitation

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Arbors Assisted Living at Stoneham, The

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895 Main St. Ashby 01431 978-386-2424

ΔSHI ΔΝΟ

Ashland Council on Aging

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Continued on next page >







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Belmont Council on Aging

266 Beech St, Belmont 02478 617-993-2970

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23 Linden St, Berlin 01503 978-838-2750

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25 Concord Rd, Billerica 01821 978-671-0916

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Boxborough Council on Aging

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Brookline Council on Aging

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Burlington Council on Aging

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Cambridge Council on Aging

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Carlisle Council on Aging

66 Westford St, Carlisle 01741 978-371-2895

N CHELMSFORD

Chelmsford Council on Aging

75 Groton Rd, N Chelmsford 01863 978-251-0533

CONCORD

Concord Council on Aging

1276 Main St, Concord 01742 978-318-3020

DEDHAM

Dedham Council on Aging

735 Washington St, Dedham 02026 781-326-1650

DOVER

Dover Council on Aging

4 Springdale Ave, Dover 02030 508-315-5734

DRACIIT

Dracut Council on Aging

951 Mammoth Rd Dracut 01826 978-957-2611

DUNSTARIE

Dunstable Council on Aging

511 Main St. Dunstable 01827 978-649-4514

FVFRFTT

Everett Council on Aging

90 Chelsea St. Everett 02149 617-394-2323

FRAMINGHAM

Framingham Council on Aging

535 Union Ave. Framingham 01702 508-532-5980

GROTON

Groton Council on Aging

163 W Main St. Groton 01450 978-448-1170

HARVARD

Harvard Council on Aging

13 Aver Rd. Harvard 01451 978-456-4120

HOLLISTON

Holliston Council on Aging

150 Goulding St, Holliston 01746 508-429-0622

HOPKINTON

Hopkinton Council on Aging

28 Mayhew St, Hopkinton 01748 508-497-9730

HUDSON

Hudson Council on Aging

29 Church St. Hudson 01749 978-568-9638

I AWRENCE

Lawrence Council on Aging

155 Haverhill St. Lawrence 01840 978-620-3550

I FXINGTON

Lexington Council on Aging

39 Marrett Road, Lexington 02421 781-698-4840

LINCOLN

Lincoln Council on Aging

15 Bedford Rd. Lincoln 01773 781-259-8811

LITTI FTON

Littleton Council on Aging

33 Shattuck St. Littleton 01460 978-540-2470

LOWELL

Lowell Council on Aging

276 Broadway St, Lowell 01854 978-674-1172

MAIDEN

Malden Council on Aging

7 Washington St. Malden 02148 781-397-7144

MARLBOROUGH

Marlborough Council on Aging

40 New St, Marlborough 01752 508-485-6492

Continued on next page >



SENIOR CENTERS / COUNCIL ON AGING (COA) continued

MAYNARD

Maynard Council on Aging

50 Brown St, Maynard 01754 978-897-1009

MFDFIFI D

Medfield Council on Aging

One Icehouse Rd, Medfield 02052 508-359-3665

MEDEORD

Medford Council on Aging

10l Riverside Ave, Medford 02155 781-396-6010

MFDWΔY

Medway Council on Aging

76 Oakland St, Medway 02053 508-533-3210

MELROSE

Melrose Council on Aging

235 W Foster St, Melrose 02176 781-665-4304

METHUEN

Methuen Council on Aging

77 Lowell St, Methuen 01844 978-983-8825

MILFORD

Milford Council on Aging

60 N Bow St, Milford 01757 508-473-8334

MILLIS

Millis Council on Aging

900 Main St, Millis 02054 508-376-7051

NATICK

Natick Council on Aging

117 E Central St, Natick 01760 508-647-6540

NFFDHAM

Needham Council on Aging

300 Hillside Ave, Needham 02492 781-455-7555

NEWTONVILLE

Newton Council on Aging

345 Walnut St, Newtonville 02460 617-796-1660

NORTH ANDOVER

North Andover Council on Aging

120R Main St, North Andover 01845 978-688-9560

NORTH READING

North Reading Council on Aging

157 Park St, North Reading 01864 978-664-5600

NORTHBOROUGH

Northborough Council on Aging

119 Bearfoot Rd, Northborough 01532 508-393-5035

NORWOOD

Norwood Council on Aging

275 Prospect St, Norwood 02062 781-762-1201

Continued on page 78>

Come 2 B Dementia Friendly

The Councils on Aging in Marlborough, Hudson and Northborough have received a grant to implement a project called building a Dementia Friendly Community.

The purpose is to educate the public on best practices for interacting with people, at various stages of dementia, who are living in the community. The program is called Come 2B Dementia Friendly.

Health Technology students and Practical Nursing students at the Assabet Valley Regional Technical High School are working together on this project to become the First Dementia Friendly School. This will be an impactful way of spreading the Dementia Friendly initiative for years to come by educating the future tradespeople of the community.

Many Assabet Valley departments already serve older adults in their shops and many students will graduate as tradespeople who will be entering homes in this community. Practical Nurse students and Health Technology students have participated in a training program from the Alzheimer's Association in addition to their clinical experience. They are using their expertise and understanding to help educate other students in the school about the problems of living with dementia and provide them with some strategies they can use to help persons with dementia they may

encounter in their work.

The Health Technology and Practical Nurse-Dementia Friendly teams have been going into the school's technical program shops to do interactive training sessions. There has been a lot of enthusiasm.

> for the project and many students have shared stories of family members who are living with dementia Discussions and questions have been excellent and post program surveys

have been extremely positive.

At the end of the sessions the shops are given written information about dementia and a decal to display identifying their shop as Dementia Friendly. Once the training is complete the school will be labeled Dementia Friendly and the team will move on to the next phase.

Assabet Valley is proud to be working on a community wide project and the education the students provide for each other is one more way that we show our commitment to be the best we can be.

For more information on the project visit the website: www.come2bdementiafriendlymarlborough.org/

For information on the Practical Nurse Program visit www.assabetvalleylpn.org

For information on Assabet Valley Regional Technical visit www.assabettech.com

Editor's Note: This article was submitted by Ellen Santos MSN, RN, CNE, Director of Practical Nursing, Assabet Valley RVSD



SENIOR CENTERS / COUNCIL ON AGING (COA)

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PFPPFRFI I

Pepperell Council on Aging

37 Nashua Rd, Pepperell 01463 978-433-0326

RFADING

Reading Council on Aging

49 Pleasant St, Reading 01867 781-942-6794

SHFRBORN

Sherborn Council on Aging

19 Washington St, Sherborn 01770 508-651-7858

SHIRLEY

Shirley Council on Aging

9 Parker Rd, Shirley 01464 978-425-1390

SOMERVILLE

Somerville Council on Aging

167 Holland St, Somerville 02144 617-625-6600

SOUTHBOROUGH

Southborough Council on Aging

9 Cordaville Rd, Southborough 01772 508-229-4453

STONEHAM

Stoneham Council on Aging

136 Elm St, Stoneham 02180 781-438-1157

STOW

Stow Council on Aging

380 Great Rd, Stow 01775 978-897-1880

SUDBURY

Sudbury Council on Aging

40 Fairbank Rd, Sudbury 01766 978-443-3055

TFWKSBURY

Tewksbury Council on Aging

175 Chandler St, Tewksbury 01876 978-640-4480

TOWNSEND

Townsend Council on Aging

16 Dudley Rd, Townsend 01469 978-597-1710

TYNGSBOROUGH

Tyngsborough Council on Aging

169 Westford Rd, Tyngsborough 01879 978-649-9211

UPTON

Upton Council on Aging

2 Farm St, Upton 01568 508-529-4558

WAKEFIELD

Wakefield Council on Aging

30 Converse St, Wakefield 01880 781-245-3312

WALTHAM

Waltham Council on Aging

488 Main St, Waltham 02452 781-314-3499

WATERTOWN

Watertown Council on Aging

31 Marshall St Watertown 02472 617-972-6490

WAYI ΔΝD

Wayland Council on Aging

41 Cochituate Rd. Wayland 01778 508-358-2990

WELLESLEY HILLS

Wellesley Council on Aging

219 Washington St. Wellesley Hills 02481 781_235_3961

WESTROROLIGH

Westborough Council on Aging

4 Rogers Rd. Westborough 01581 508-366-3000

WESTFORD

Westford Council on Aging

20 Pleasant St. Westford 01886 978-692-5523

WESTON

Weston Council on Aging

20 Alphabet Ln. Weston 02493 781-786-6280

WFSTWOOD

Westwood Council on Aging

60 Nahatan St. Westwood 02090 781-329-8799

WII MINGTON

Wilmington Council on Aging

15 School St, Wilmington 01887 978-657-7595

WINCHESTER

Winchester Council on Aging

109 Skillings Rd. Winchester 01890 781_721_7136

WORLIRN

Woburn Council on Aging

144 School St. Woburn 01801 781-897-5960

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 HEAITH CLINICS - PRIMARY

CAMPRIDGE

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

FVFRFTT

MGH Everett Family Care

19 Norwood St, Everett 02149 617-394-7500

Continued on next page >



SENIOR HEALTH CLINICS COMMUNITY HEALTH CLINICS – PRIMARY continued

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

I AWRENCE

Greater Lawrence Family Health Center

- North site150 Park St, Lawrence 01841978-685-1770
- **South Site**73D Winthrop Av, Plz 114, Lawrence 01843
 978-686-3017
- **West site** 700 Essex St, Lawrence 01840 978-689-2400

Greater Lawrence Family Health Center, Inc

34 Haverhill St, Lawrence 01841 978-686-0090

IOWFII

Lowell Community Health Center

161 Jackson St, Lowell 01852 978-937-9700

Metta Health Center

135 Jackson St, Lowell 01852 978-441-1700

MAIDEN

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 FI, Somerville 02145 617-284-7000

CHA Union Square Family Health 337 Somerville Ave. Somerville 02143

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

MAITHAM

Joseph M Smith Community Health Center Waltham

564 Main St. Waltham 02452 781-693-3800

COMMUNITY HFAITH CLINICS - DENTAL SCHOOLS

BOSTON

Boston University Dental School

100 E Newton St, Boston 02118 617-638-4701

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

LOWFII

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

WAITHAM

Joseph M Smith Community Health Center Waltham

564 Main St. Waltham 02452 781-693-3800

SENIOR ORGANIZATIONS & SERVICES

ΝΔΤΙΟΝΔΙ

Alzheimer's Association

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

Continued on next page >



SENIOR ORGANIZATIONS & SERVICES - NATIONAL

continued

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 84) 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

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 FI, 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

Continued on page 84 >



If you or someone you know has mild Alzheimer's visit

ALZTODAY.ORG

alzheimer's \bigcap association

Massachusetts/New Hampshire Chapter

The Alzheimer's Association

Did you know that only 50% of people with Alzheimer's disease are diagnosed and of those, only half are told of their diagnosis by their primary care provider?

Here at the Alzheimer's Association, we are aiming to change the way dementia care is practiced by

bridging the gap hetween services for families and care providers with our Direct Referral Initiative This initiative establishes a relationship with primary care providers

to ensure that people with dementia and their caregivers are provided with support and resources earlier in the disease process starting with a primary care physician sending a direct referral to the Alzheimer's Association after having received consent. The goal of this initiative is to have an impact on overall increased satisfaction with care, caregiver education; less perceived caregiver stress and burn out, amongst many other positive outcomes. Talk to your primary care physician about collaborating with us today!

The Alzheimer's Association works on a global, national, and local level to enhance care and support for all those affected by Alzheimer's and other dementias. We provide education to families, communities, and professionals, we provide information on various topics surrounding deIs Changing Dementia Care

mentia, and we have various support groups around our two-state Chapter, amongst many other services we are here to provide. Our 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. We are here

to help. Contact us today to learn more about our programs.

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 public. To meet the increasing demands for service and support, we have expanded programs, and have five offices around Massachusetts and New Hampshire: Watertown, Raynham, Springfield and Worcester, MA and Bedford, NH.

Editor's Note: This article was submitted by Russell Martin, Public Relations and Marketing Manager Alzheimer's Association, Massachusetts and New Hampshire Chapter. See ad page 82.



SENIOR ORGANIZATIONS & SERVICES continued from page 82

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 82)

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

❖APDA Info & Referral Center – Boston

(ad on page 84) 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

BU Alzheimer's DiseaseCenter (ad on page 3) 617-414-1077

Easter Seals – Massachusetts 484 Main St, Worcester 01618 800-244-2756

Continued on page 86 >

american Parkinson disease Association

MASSACHUSETTS CHAPTER

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Parkinson's Disease -

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 LLS 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

Support for You

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.

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
- 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.

To learn more call the American Parkinson Disease Association at 800-223-2732 or visit our website at www.apdaparkinson.org.

For information about Massachusetts programs, call 800-651-8466 or visit the APDA MA website at www.apdama.org

Editor's Note: This article was submitted by Stephanie Paul. Vice President. spaul@apdaparkinson.org. See ad page 84.



SENIOR ORGANIZATIONS & SERVICES continued from page 84

⇒ JFS of Metrowest (ad on page 29)

475 Franklin St, Ste 101, Framingham 01702

508-875-3100

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 FI, 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 FI, 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

- Waltham

135 Beaver St, Ste 120, Waltham 02452 800-772-1213

SPECIALIZED PHARMACIES

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(ad on page 65) 214 Union Ave Framingham 01702 **508-405-0609**

STAIRLIFTS

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(ad on Inside Front Cover)
20 Liberty Way, Ste A, Franklin 02038
888-663-7538

Stairs a Problem? Consider These Questions.

Are you, or someone you know. having difficulty getting up and down stairs? A stairlift could be the solution, but it's important to ask the right auestions!

For many seniors, continuing to enjoy life in the place they've come to call "home" is a high priority. However, if stairs are a problem, the prospect of aging in place can quickly become a daunting challenge. If you find that you're planning your day around the stairs, coming down in

the morning and avoiding going back up until it's time for bed, you're probably already thinking about making a change.

While some might suggest moving your bedroom to the first floor or installing a residential elevator,

it can be difficult to cram everything into a half-sized living space and the costs associated with installing an elevator are often prohibitive for the average family.

In many cases, a stairlift is the most practical solution for getting up and down stairs, allowing you to enjoy the full use of your home. While this is a great option, it is important to ask the right questions.

How long do you plan to stay in your home?

We'd all like to live in our homes forever, but it's important to think ahead. Deciding how long you plan to stay in your home is an important first step in the stairlift process.

Some companies offer short-term rental plans and buybacks that allow you to install a stairlift for just a short time. 18 months is a good number to keep in mind: if you plan to stay longer than that, you're probably better off buying the stairlift outright.

What mobility restrictions does the user have?

For some, the difficulty begins and ends with climbing the stairs. But.

> mobility can change over time. It's important to consider additional features that could become necessary down the road. Features, like a powered swivel or an easy-to-use seatbelt, could later become critical in ensuring

a safe trip upstairs.

What is the company's reputation?

When dealing with a stairlift company, it is important to make sure that they are honest and reputable. How long has the company been in business? Do they have any recalls on their products? What do their customers say about them? Knowing who you're working with is half the battle!

To learn more about stairlifts and the questions you should be asking, visit Stannah-Stairlifts.com or call 1 (888) 663-7538.

Fditor's Note: his article was submitted by Stannah Stairlift, Inc. See ad on Inside Front Cover.



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 82) 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 84) 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

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

GreaterBoston Metrowest

34 Deloss St FI 1, Framingham 01702 508-309-7375

Lowell Regional Transit Authority 145 Thorndike St. Lowell 01852

978-452-6161

MRTA

10 Park Plz, Ste 3910, Boston 02116 617-222-3200

MetroWest Regl Transit Authority

37 Waverly St, Framingham 01702 508-935-2222

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

VETERAN BENEFITS AND SERVICES - FEDERAL

- VA HEAITHCARE ENROLLMENT

- VA Boston (ad on pages 80, 90)
 - Healthcare Enrollment & **Eligibility Center** VABostonVets@VA.gov 800-865-3384

VA New England **Healthcare Enrollment**

(ad on pages 80, 90)

- outside of Boston area 844-822-2737
- VFTFRAN SFRVICES MEDICAL CENTERS

West Roxbury Campus

(ad on pages 80, 90)

- -24/7
- 1400 VFW Pkwy. West Roxbury 02132 617-323-7700
- Urgent Care 857-203-5425

Jamaica Plain Campus

(ad on pages 80, 90)

- M-F 8am-4nm 150 S Huntington Ave. Jamaica Plain 02130
 - 617-232-9500
- Urgent Care 857-364-5250

Brockton Campus

(ad on pages 80, 90)

- -24/7940 Belmont St. Brockton 02301
 - 508-583-4500

- Urgent Care 774-826-2318

- VFTFRAN SFRVICES COMMUNITY RASED **CUTPATIENT CLINICS**

Boston Outpatient Clinic

(ad on pages 80, 90)

- M-F 8am-4:30pm 251 Causeway St. Boston 02114 617-248-1000

Framingham Community **Based Outpatient Clinic**

(ad on pages 80, 90)

- M-F 8am-4:30nm 61 Lincoln St. Ste 112 Framingham 01702 508-628-0205

Lowell Community Based **Outpatient Clinic**

(ad on pages 80, 90)

- M-F 8am-4:30pm 130 Marshall Rd. Lowell 01852 978-671-9000

Quincy Community Based **Outpatient Clinic**

(ad on pages 80, 90)

- M W F 7:30am-4pm, T Th 8am-4:30pm Quincy Medical Center 110 W Squantum St. Quincy 02169 774-826-3070
- VETERAN SERVICES OTHER AREA MEDICAL FACILITIES

Edith Nourse Rogers Memorial Veterans Hospital

200 Springs Rd, Bedford 01730 781-687-2000

Worcester Community Based Outpatient Clinic

605 Lincoln St, Worcester 01605 508-856-0104

Continued on page 92>



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Managing Your Memory

Two VA doctors have written a new book. Seven Steps to Managing Your Memory: What's Normal. What's Not. and What to Do About It, as a resource for individuals who are concerned about their memory or would simply like to know what they can do to improve their memory and keep it strong.

Dr. Andrew Rudson is Associate Chief of Staff for Education and

Chief of Cognitive & Behavioral Neurologv at the VA Boston Healthcare System, and Dr. Maureen O'Connor is Chief of Neuropsychology at the Bedford VA Hospital: they also lead the education efforts of the Boston University Alzheimer's Disease Center. They began writing the book when they realized that most people don't know which memory

problems are part of normal aging and which are likely due to a brain disease, like Alzheimer's.

"Most people think that if their memory is as good as their neighbor's then it must be OK. The issue is that memory difficulties are so common, it may be that both you and your neighbor are having serious memory problems and don't realize it," Budson explains. "In the

last ten years there has been an explosion in our knowledge of what causes memory loss and how best to diagnose and treat it. We also know much more about how to keep one's memory strong."

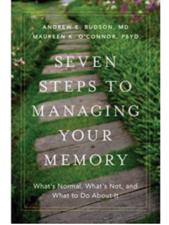
In the book, they explain what changes are expected in healthy aging (Step 1) and how to determine if your memory is normal (Step 2). They discuss when to see your doctor, what a memory evaluation

> should consist of, and the different disorders that can cause memory loss (Step 3). Medications to treat memory loss are then explained in detail (Step 4), followed by the diets and physical activities that can help (Step 5), Lastly, they discuss strategies and aids to keep your memory strong (Step 6) and how to plan your future (Step 7). The book is

available at your local library or for purchase on Amazon.

The VA has a full array of stateof-the art diagnostic and treatment facilities available for senior Veterans and the caregivers, including Memory Disorders clinics, Neuropsychology services, and comprehensive Geriatrics evaluations, as well as Day Programs and Long-Term Care.

Continued on page 154>





VETERANS BENEFITS AND SERVICES — FEDERAL

continued from page 88

- VETERAN SERVICES COUNSELING SERVICES

For veterans and immediate family members

₩ Boston VA Vet Center

(ad on pages 80, 90)
7 Drydock Ave, Ste 2070, Boston 02210
857-203-3001

Worcester VA Vet Center

(ad on pages 80, 90) 691 Grafton St, Worcester 01604 508-753-7902

Veterans Crisis Line

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 Caregiver Support for Those Caring for Veterans 855-260-3274

- VA NATIONAL CEMETERY

Massachusetts National Cemetery

Connery Ave, Bourne 02532 508-563-7113

VA Cemetery Administration

- Burial Benefits

Bourne 02532 800-535-1117

VETERAN BENEFITS – COMMONWEALTH

Massachusetts Dept of Veterans Services (DVS)

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

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

617-210-5743 / 888-844-2838 Links Mass Vets to State and Federal Resources

Massachusetts Veterans Advisor

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

VETERAN SERVICES – OTHER

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

ΝΔΤΙΟΝΔΙ

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

IOCAL

Carroll Center for the Blind - Senior Vision Services

770 Centre St. Newton 02458 617-969-6200

Lions Club Relmont

1 Common St. Relmont 02478 617-484-9816

Lions Club Natick

9 Lincoln St. Natick 01760 508-653-9446

MAB Community Services

200 lvv St. Brookline 02446 617-738-5110

Mass Lions Eve 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 617-972-7376

Perkins Solutions

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

VOLUNTEER OPPORTUNITIES

AARP Give Back

www.aarp.org/giving-back

Senior Corp

1201 New York Ave NW, Washington 20525 800-942-2677

United Way National Phone Line 211

Continued on page 95>



Reading Never Sounded prary is the free So Good...

The Perkins Library is the free public library for people who have difficulty reading regular sized print.

This includes people who are blind, visually impaired, physically unable to hold a book or reading disabled. A special part of the Library of Congress, the Perkins Library is part of the National Library Service for the Blind and Physically Handicapped (NLS) and serves the entire Commonwealth of Massachusetts with accessible and completely free materials shipped right to your door. While many people only associate Perkins

with vision loss, many more people may qualify for this service. Perhaps someone has 20/20 vision but the book is inaccessible. If a person has arthritis, paralysis, or any other condition which makes it difficult to hold a book or turn pages, they are also eligible.

Eligible people apply to become a member of the Perkins Library by submitting a simple application. The application needs to be signed by a certifying authority (a doctor, social worker, activities director, or a medical or human service professional). Patrons can choose to have books sent based on their reading interests automatically or simply request titles over the phone or online. One book a month or ten books a week. The choice is theirs.

Best of all: Everything is free!

 Perkins audio books and magazines are delivered by mail via a door to door service – no postage needed.

 Easy-to-use playback equipment is loaned free

- The Library has access to over 18,000 books in Large Print.
- Newspapers and magazines read over the phone.
- Accessible voting materials.
- The television schedule is even available
- Thousands of books can be downloaded any time of the day or night.

Like many public libraries, Perkins

loans movies on DVD and Blu-Ray, but Perkins movies are special. All movies from Perkins have a separate sound track where a narrator describes key visual elements of the film so that a person with vision loss is not left guessing. The narrator

speaks between the dialog not over it.

A loyal patron reflecting on almost fifty years of using these services offered the following, "Talking Books have probably been the single most important influence on my entire life. Some people say we are what we eat; I think we are what we read."

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

VOI UNTEER OPPORTUNITIES

continued from page 93

Roston SCORF

10 Causeway St. Boston 02222 617-565-5591

Catholic Charities

51 Sleeper St. Boston 02110 617-482-5440

Community Teamwork, Inc.

155 Merrimack St. Lowell 01852 978-459-0551

₩ IFS of Metrowest

(ad on page 29) 475 Franklin St. Ste 101. Framingham 01702 508-875-3100

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 Lvnn 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

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

WELLNESS AND EXERCISE PROGRAMS

₩AWAKEN Health Centers

(ad on page 41) 73 Lexington St, Newton 02466 617-559-9900



Whenever you see the Seniors Blue Book internet icon in front of a listing, log onto www.SeniorsBlueBook.com to find out more information about them.



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 housekeeping, 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.



Our readers could be reading about your Home Health Services here!

Call 978.443.8318 today to reserve your space in the next issue of the Seniors Blue Book, or email Susan@SeniorsBlueBook.com

Celebrating 7 Years of Providing Service to the Local Community

Visiting Angels of Chelmsford is proud to be celebrating 7 years of providing dedicated and compassionate care to seniors in our community. We look forward to providing many more years of service to our treasured seniors. If you haven't heard about Visiting Angels here is some information on what makes our agency so special.

Our homecare agency is structured so both owner operators. Wendy Bean and

myself, oversee our clients' care and customer satisfaction. We hand select a client's caregiver team based on skill set and personality of the caregiver to provide the best of care to our client. The goal being to create a meaningful bond between the client, family members and the caregiver team. We believe that having the same caregivers. for our clients is very beneficial, especially those clients that have some cognitive challenges. Our agency always introduces the caregiver to insure a good fit and a great start to the case.

We meet with case management, clients and their families for discharge planning meetings at hospitals or rehabilitation facilities, as many times as needed, to insure a smooth transition home for the client. We also provide one to one care for clients that are in assisted living, rehabilitation center and hospital settings.

We are a 24 / 7 agency with a guaranteed 15-minute call back. Our agency is structured to provide care to our clients and assistance to their families, around the clock. We develop a customized care plan for every client, which the caregiver is trained to. and our Client Case Managers monitor our care quality with frequent in home visits.

Both Wendy and I have provided home care for our parents for many years. Our Visiting Angels mission is to provide the best of home care to our treasured seniors, it is not just a job for us, it is our passion and a labor of love.

We want to take this opportunity to thank our wonderful clients and their families. And a huge thank you to our Visiting Angels caregivers that have made and continue to make our mission and vision a reality. - Wendy Bean, Carol Kilduff

978-244-0200 www.vistingangels.com/chelmsford

Leaders in Dementia Care



	Middlesex Healthcare Services – Lawrence	IBC	978-655-4749	•	•	•	•				BIW		PP PI LT MA HM	7	
	Middlesex Healthcare Services – Worcester	IBC	978-655-4749	•	•	•	•				BIW		PP PI LT MA HM	7	
	New Outlook Homecare	108	781-686-1053 • • • • • • BIW •	•	•	•	•	•	•	•	BIW	•	PP PI LT	7	
	Right at Home – North Central Mass	109	978-391-1700	•	•	•	•	•	•	•	• • • • • • • • • • • • • • • • • • •	•	PP PI LT VA HM O AS	-	
*	SYNERGY HomeCare	109	109 781-762-1114 • • • • • • • BIW • PP PI LT VA	•	•	•	•	•	•	•	N N	•	PP PI LT VA		

Visiting Angels of Chelmsford

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978-244-0200

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PP LT VA

BIW

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PP LT

• BIW

978-287-2002 109 *PAYMENT METHODS. PP=Private Pay/PI=Private Insurance/LT=Long Term Insurance/V4=Veteran Administration/MA=Medicaid/MC=Medicare/

BC = Back Cover

IBC = Inside Back Cover

HM=Managed Care Insurance / AS=ASAP / 0=Other

Indicates website link on seniorsbluebook.com

Continued on next page >

Visiting Angels of Sudbury

MINIMUM HRS PER VISIT		2	4		4	2	2	2		4	3		cc	3	
PAYMENT METHODS*		PP LT VA AS	PP PI LT VA MA HM O AS	PP LT VA AS	PP PI LT	PP LT VA AS	PP LT AS	PP PI LT HM	PP LT VA	PP LT	PP LT	PP LT VA AS	PP PI LT VA MA HM 0 AS	PP LT AS	
FREE ASSESSMENT		•	•	•		•		•	•	•	•	•	•	•	
LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)		BIW	BIW	BIW	BIW	BIW	BIW		BIW	M	M	BIW	BIW	BIW	
24 HOUR CONTACT		•	•	•	•	•	•	•	•	•	•	•	•	•	
24 HOUR CARE		•	•	•	•	•	•		•	•	•	•	•	•	
LIVE-IN CARE		•	•	•	•		•		•	•	•	•	•	•	
MED-ALERT			•	•						•	•	•	•	•	
MEDICATION REMINDERS		•	•	•	•	•	•	•	•	•	•	•	•	•	
TRANSPORTATION		•	•	•	•	•	•	•	•	•	•	•	•	•	
INCONTINENCE CARE	ES	•	•	•	•	•	•	•	•	•	•	•	•	•	
ALZHEIMER'S / DEMENTIA CARE	o	•	•	•	•	•	•	•	•	•	•	•	•	•	
HOMEMAKER / COMPANION		•	•	•	•	•	•	•	•	•	•	•	•	•	
PHONE #	NON-MEDICAL HOME CARE AGENCI	781-828-0221	617-792-0500	781-245-1880	617-795-2171	781-396-2633	781-598-2454	978-258-0917	617-489-9000	877-616-3404	877-616-3404	617-229-6567	781-281-7485	508-281-6070	
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SENIORS BlueBook NON-MEDICAL HOME CARE AGENCIES continued	M-NON	21st Century Home Care, Inc	◆ 24 Hours Care	ABC Home Healthcare	Abundant Home Health Care	Additional Care	All Care Resources	All in One Home Healthcare	Always Best Care of Greater Boston	Always Best Care Senior Services — Sudbury	Always Best Care Senior Services – Westborough	AMADA Senior Care	Angel Care VNA	Around the Clock Home Healthcare	

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	At Home Senior Care, Inc	617-663-4881	•	•		•		•	•	BIW	•	PP MA		
	Avenue Homecare Services, Inc	978-323-9729	•	•	•	•	•	•	•	BIW	•	PP MA HM 0	0	
	Bayada Home Health Care — Newton	617-332-7600	•	•	•		•	•	•	BIW		PP LT VA AS	S	
	Best Home Care	781-224-3600	•	•	•	•	•	•	•	BIW	•	PP LT VA AS	S 1	
	BrightStar Care Norwood	781-269-7997	•	•	•	•	•	•	•	BIW	•	PP PI LT VA	-	
	BrightStar Care of Milford & Worcester	508-282-5020	•	•	•		•	•	•	BIW	•	PP LT VA		
	Care & Beyond Home Care, LLC	978-319-91185	•	•	•	•	•	•	•	BIW	•	PP PI LT HM 0 AS) AS 2	
	Care For Life Home Health Agency	781-349-8178	•	•		•			•	BIW	•	MA	1	
	Care Resolutions, Inc	508-359-4675	•	•	•		•	•	•	BIW	•	PP LT AS	3	
	Care with Care HomeHealth Care, LLC	508-842-3960	•	•	•	•	•	•	•	BIW	•	PP PI LT 0	m	
	Centrus Premier Home Care, Inc	978-658-3092	•	•	•		•	•	•	BIW	•	PP LT MA		
	Clark Care Private Senior Care	781-729-1601	•	•	•			•	•	BIW	•	PP LT VA	3	
	CMK Home Care	781-266-8985	•	•	•		•	•	•	_	•	PP LT	2	
*	ComForCare Home Care Westford	978-256-2468	•	•	•	•	•	•	•	BIW	•	PP LT		
	ComForcare Senior Services — Canton/Norwood	781-821-2800	•	•	•	•	•	•	•	BIW	_	PP LT VA	-	
	ComForcare Senior Services – Woburn	781-223-6630	•	•	•	•	•	•	•	BIW	•	PP LT VA AS	S 4	
	Comfort Keepers — North Reading	978-664-6700	•	•	•	•		•	•	BIW	•	PP LT VA	2	
	Comfort Keepers – Woburn	781-721-5522	•	•	•	•		•	•	BIW	•	PP LT VA	2	
	Comfort Keepers — North Chelmsford	978-251-3938	•	•	•	•	•	•	•	B	•	PP LT 0	2	
	Comfort Zone Home Care	508-433-1300	•	•	•		•	•	•	BIW	•	PP LT VA	c	
	Commonwealth Caregivers, Inc	781-483-4460	•	•	•	•	•	•	•	BIW	•	PP LT VA AS	S 4	
nluebook.com	*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 / 0=Other	nsurance / VA=Veteran Admii er Back Cover	inistra r	tion /	_MA	:Med	icaio	M / H	V=7	<i>ledica</i> i	re /	/ Continued on next page >	page >	

MINIMUM HRS PER VISIT		2		2	4	3	cc	4	2	3	\vdash	\vdash	co	3	3	
PAYMENT METHODS*		PP VA AS	PP PI LT VA MA HM	PP LT AS	PP LT MA	PP LT VA	PP LT MA AS	PP MA HM AS	PP PI LT MA	PP PI LT	PP LT	PP LT	PP PI LT VA MA HM AS	PP LT	PP LT	
FREE ASSESSMENT			•	•	•	•	•	•		•	•	•	•	•	•	
LIABILITY COVERAGE Bonded (B) / Insured (I) Workers comp (W)		BIW	BIW	BIW	BIW	BIW	BIW	BIW	8	BIW	BIW	BIW	BIW	BIW	BIW	
24 HOUR CONTACT		•	•	•	•	•	•	•	•	•	•	•	•	•	•	
24 HOUR CARE		•	•	•	•		•	•	•	•	•	•	•	•	•	
LIVE-IN CARE			•	•	•		•	•	•	•	•	•	•	•	•	
MED-ALERT			•	•	•	•						•				
MEDICATION REMINDERS		•	•	•	•	•	•	•	•	•	•	•	•	•	•	
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INCONTINENCE CARE	00	•	•	•	•	•	•		•	•	•	•	•	•	•	
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HOMEMAKER / COMPANION	Ë	•	•	•	•		•	•	•	•	•	•	•	•	•	
PHONE #	NON-MEDICAL HOME CARE AGENCIES (cont'd)	978-459-7771	508-244-1530	978-289-9215	617-623-1732	508-653-8512	508-485-8080	508-318-2874	781-373-1113	508-318-4885	617-527-9000	781-559-0220	508-853-3797	978-475-0820	978-475-0820	
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SENIORS BlueBook NON-MEDICAL HOME CARE AGENCIES continued	NON-MEDIC	Commonwealth Nursing Services	Complete VNA	Connected Home Care, LLC	Deriviere Medical Corporation	Distinguished Care Options	Divine Health, LLC	Ensure Healthcare Services, Inc	Epic Health Services Company	Extended Family of Wayland	Ezra Home Care, LLC	FirstLight HomeCare of West Suburban Boston	Golden Age Home Health	Griswold Home Care — Andover	Griswold Home Care – Everett	

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	Griswold Home Care – Needham		781-449-0402	•	•	•	•		•	•		BIW	•	PP LT	4
	Guardian Angel Senior Services, Inc		978-667-2600	•	•	•	•		•	•		BIW	•	PP LT VA 0	
	Hallmark Health VNA and Hospice		781-338-7800	•	•		•			•		BIW	•	PP LT VA MA AS	
	Happy at Home		781-205-2105	•	•	•	•		•	•		BIW	•	PP PI LT HM	2
	Health Care Staffing, Inc – Care Solutions, Inc		508-366-5689	•	•	•	•		•	•		BIW	•	PP PI LT MA AS	—
	Home Again Private Care, LLC		781-281-2235	•	•	•	•	•	•	•		BIW	•	PP LT	2
	Home Care Assistance		781-239-0060	•	•	•	•					BIW	•	PP LT	4
>	Home Helpers Norwood	108	781-828-9600	•	•	•	•	•	•	•		BIW	•	PP LT VA	_
•	Home Helpers – Wayland	108	508-545-0164	•	•	•	•	•	•	•		BIW	•	PP LT VA	-
	Home Instead Senior Care – Chelmsford		978-256-5950	•	•	•	•	•		•		BIW	•	PP LT VA	3
	Home Instead Senior Care — Essex County		978-725-5995	•	•	•	•	•		•		BIW	•	PP LT	3
	Home Instead Senior Care — Greater Worcester County		508-393-8338	•	•	•	•			•		BIW	•	PP LT VA	3
	Home Instead Senior Care — Lexington		781-402-0060	•	•	•	•	•	•	•		BIW	•	PP LT VA AS	3
	Home Instead Senior Care — Melrose		781-662-2273	•	•	•	•		•	•		BIW	•	PP LT VA	3
	Home Instead Senior Care — MetroWest		508-647-3773	•	•	•	•			•		BIW	•	PP LT VA	3
l:l.	Home Instead Senior Care — Norwood		781-352-4660	•	•	•	•		•	•		BIW	•	PP LT	3
	Home Instead Senior Care — Waltham		781-314-0153	•	•	•	•	•		•		BIW	•	PP LT VA	3
	Homewatch CareGivers Serving Metrowest		508-626-1944	•	•	•	•	•	•	•	•	BIW	•	PP PI LT VA 0 AS	
₩ *	*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare /	. Term Insu	ırance / VA=Veteran Adı	ninist	ratio	n/M	M=M	edic	/ pie	= JMC=	=Меа	icare,	_		

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

✓ Indicates website link on seniorsbluebook.com

IBC = Inside Back Cover

BC = Back Cover

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MINIMUM HRS PER VISIT		4	3	2	2		2	_			m		
PAYMENT METHODS*		PP LT	PP LT	PP PI LT	PP PI LT VA HM AS	ЬР	PP PI LT VA 0	PP PI LT	PP LT VA MA	PP PI LT VA	PP PI LT VA	PP PI LT VA MA HM AS	
FREE ASSESSMENT		•	•	•	•		•	•	•	•	•	•	
LIABILITY COVERAGE Bonded (B) / Insured (I) Workers Comp (W)		BIW	BIW	BIW	BIW		BIW	BIW	BIW	BIW	區	BIW	
24 HOUR CONTACT		•	•	•	•		•	•	•	•	•	•	
24 HOUR CARE		•	•	•	•		•	•		•	•	•	
LIVE-IN CARE			•	•	•		•		•	•	•		
MED-ALERT				•	•	•		•	•	•	•	•	
MEDICATION REMINDERS		•	•	•	•		•	•	•	•	•	•	
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INCONTINENCE CARE	Ö	•	•	•	•		•	•	•	•	•	•	
ALZHEIMER'S / DEMENTIA CARE	S	•	•	•	•	•	•	•	•	•	•	•	
HOMEMAKER / COMPANION	H	•	•	•	•		•	•	•	•	•	•	
PHONE #	NON-MEDICAL HOME CARE AGENCIES (cont'd)	617-542-9991	617-928-1010	781-281-8078	781-667-3220	508-875-3100	978-897-9000	978-552-4000	978-794-1158	888-320-6700	978-984-7733	617-969-7517	
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SENIORS BlueBook NON-MEDICAL HOME CARE AGENCIES continued	NON-MEDIC	Hotel & Home Recovery	HouseWorks	Immaculate Homecare Services	Interim HealthCare	JFS of Metrowest	Keystone Homecare and Private Duty Nurses	Kind Connections, A program of HomeCare, Inc	Maestro-Connections Health Systems	Mature Caregivers	May's Home Care	Medical Resources Home Health	

Medicol Community Service, Inc		508-733-5951	•	•	•					•	BIW	•	PP LT VA MA AS	П
Metrocare		617-506-3876	•	•	•					•	BIW	•	PP LT MA	
Middlesex Healthcare Services – Lawrence	IBC	978-655-4749	•	•	•						BIW		PP PI LT MA HM	7
Middlesex Healthcare Services – Worcester	IBC	978-655-4749	•	•	•	•	_				BIW		PP PI LT MA HM	2
Mindful Healthcare Agency		781-472-2760	•	•	•	•		•	•	•	BIW	•	PP PI LT VA AS	П
Minute Women Home Care		781-862-3300	•	•	•	•		•	•	•	BIW	•	PP LT	8
New England Homecare Solutions		978-455-4035	•	•	•	•		•	•	•	BIW	•	PP LT MA	2
New England Nurses, Inc		781-862-5600	•	•							BIW		Ь	2
New Outlook Homecare	108	781-686-1053	•	•	•	•	•	•	•	•	BIW	•	PP PI LT	2
Nizhoni Health		800-915-3211		•	•	•	•			•	BIW	•	PP PI LT VA MA HM 0 AS	2
Partners HealthCare at Home – Private care		844-744-4200	•	•	•	•	•	•	•	•	BIW	•	PP PI LT VA MA HM AS	\vdash
Personal Touch Home Aides, Inc		978-251-0170	•	•	•	•			•	•	BIW	•	PP PI LT VA MA HM AS	2

*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 / 0=0ther

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MINIMUM HRS PER VISIT		4	3			3	-	4	\leftarrow	3	2	2	2	2		
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SENIORS BlueBook NON-MEDICAL HOME CARE AGENCIES continued	NON-MEDIC	Private Home Health Care	Right at Home – Bedford	Right at Home – Newton	Right at Home – Somerville	Right at Home — Westborough	Right at Home – North Central Mass	Senior Helpers – Boston	Senior Helpers – Westford	Senior Homecare Solutions, LLC	Seniors Helping Seniors – Metrowest	Seniors Helping Seniors of Greater Boston	Seniors Helping Seniors of MetroNorth	Specialty Home Care Services	Steward Home Care	

HEALTH AT HOME - NON MEDICAL HOME CARE

	SYNERGY HomeCare	109	781-762-1114 • • • • • • • • BIW • PP PI LT VA	•	•		•	•	•	•	•	BIW	•	PP PI LT VA	
	The Right Choice Home Care, LLC		617-435-7035357035	•			•					BIW	•	PP MA	2
	United Cerebral Palsy of MetroBoston		617-926-5480	•	•				•				•	MA	
	Visiting Angels of Acton		978-263-1212	•	•	•	•			•	•	BIW	•	PP LT	4
	Visiting Angels of Canton		781-828-9200	•	•	•	•	•	•	•	•	BIW	•	PP LT VA	2
	Visiting Angels of Chelmsford	97 BC	978-244-0200	•	•		•	•	•	•	•	BIW	•	PP LT VA	2
	Visiting Angels of Medford		781-395-0023	•	•		•		•	•	•	BIW	•	PP LT VA	3
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•	Visiting Angels of Sudbury	109	978-287-2002	•	•		•		•	•		BIW	•	PP LT	7
Ind	VNA Care – Wohirn Office		800-728-1869	•		•	•	•	•	•	•	RIW	•	PP PI LT VA MA	-

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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

Continued on page 118>



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Addiction And Older Adults

Addiction rates are increasing in older adults. 17% of this age group struggles with substances and by 2020 the number is expected to double. Prescription overdose deaths in older adults outrank heroin overdoses in young people.

The term "accidental addict" is often associated with adults 50 years

and older who develop problems with alcohol or other drugs. They may have prescriptions for prescription pain pills, sleeping pills or anti-anxiety medications. Mix that. with more free time isolation, their usual one or two drinks along with a slowing metab-

olism and the potential for addiction becomes greater.

Stigma, shame and denial prevent people from getting help. Sometimes, it's difficult to distinguish between the signs of aging and those of alcohol or other drug misuse, delaying necessary treatment.

While a personal decision is the first step in facilitating and maintaining sobriety, additional support from members of a healthcare team like prescribers, therapists, social workers and family members, go a long way in improving the odds of successful rehabilitation. Home health agencies are playing an integral role in providing these essential supports to a recovering member.

At some home health companies like Middlesex Healthcare Services. one of the main objectives is to receive you in whatever state of recovery you're in and become part of your journey to rehabilitation. They can assist with medication management, extensive education on proper medication use, desired effects and adverse effects. They can monitor

response to medication and offer much needed liaison with other healthcare professionals to ensure successful treatment

As part of the recovery process, they recognize the challenges of planning and adhering to the regular appoint-

ments with therapists, caseworkers. psychologists and prescribers. Some agencies offer two free rides every month for your appointments.

If you are concerned about a loved one, or your own potential for addiction, please reach out to an experienced professional for guidance on a program designed specifically for the older adult. The good news is that people respond quickly when they get the right help.

Please feel free to call us at (978) 655-4749 to discuss your rehabilitation needs and options available.

Editor's Note: This article was submitted by Mercy Irura, RN, Middlesex HealthCare Services. See ad on Inside Back Cover.



SENIORS BlueBook HOME HEALTH CARE AGENCIES	AD ON PAGE #	PHONE #	THERAPY (SPOR)**	SOCIAL WORKER 24 Hour care	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PALLIATIVE CARE	PSYCHIATRIC CARE	NON-MEDICAL HOME CARE MED-ALERT	HOSPICE	PAYMENT METHODS*	
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Middlesex Healthcare Services – Lawrence	IBC	978-655-4749	SPO	•	•	•	•					•	•		PP PI MA MC HM	
Middlesex Healthcare Services – Worcester	IBC	978-655-4749	SPO	•		•	•						•		PP PI MA MC HM	
The Medlaw Group	29	860-428-0217	SPOR	•	•	•	•	•	•	•	•	•		•	ЬР	
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◆ 24 Hours Care	108	617-792-0500	SPOR	•	•	•	•	•	•	•	•	•	•	•	PP PI LT VA MA MC HM O AS	
Acton Public Health Nursing Service		978-929-6650	SPO		•	•	•	•	•	•					PI VA MA MC HM	

	Alliance Homecare Visiting Nurses		781-281-1626	SPO	•	•	•	•	•	•	•		•	•	•		PP PI VA MA MC AS
	Alternative Home Health Care, LLC		978-657-7444	SPO		•	•	•	•	•	•		•		•		PP PI LT VA MA MC HM 0 AS
	Amedisys Home Health Care		978-685-2818	SPO	•	•	•	•	•	•	•		•	•	•	•	PP VA MA MC
	Amigos Homecare, LLC		978-984-5720		•		•	•									VA MA MC 0
	Angel Care VNA		781-281-7485	SPOR	•	•	•	•	•	•	•		•	•	•		PP PI LT VA MA MC HM 0 AS
	At Home Senior Care, Inc		617-663-4881	SPO	•	•	•	•	•	•	•		•	•	•		PP PI MA MC AS
	Avenue Homecare Services, Inc		978-323-9729	SPOR	•	•	•	•	•	•	•		•	•	•		PP MA MC HM
	Bayada Home Health Care — Newton		617-969-2600	SPO	•	•	•	•	•		•				•		PP PI VA MA MC AS
	BrightStar Care Norwood		781-269-7997	SPO	•		•	•	•	•	•	•			•	•	PP PI LT VA
	BrightStar Care of Milford & Worcester		508-282-5020		•		•	•	•	•	•	•		•	•		PP PI LT VA 0
, ,, ,	Care & Beyond Home Care, LLC		978-319-9118	SPOR	•	•	•	•	•	•	•				•		PP PI LT MC HM 0 AS
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* * *	*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LI=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / 0=Other **THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory	/LT=Long 1P / 0=Otf Respirator IBC	ong Term Insurance / VA- Other atory IBC = Inside Back Cover	=Veteran	Admi	nistr	ation	/W/	I=Me	edica	ı / pi	MC=	-Меа	licar	e/ Con	tinu	e/ Continued on next page >

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	Interim HealthCare	781-667-3220		•	•	•	•						•	•		PP PI LT VA HM AS	
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Right at Home — Westborough	SALMON VNA & Hospice	Steward Home Care	The Medlaw Group	United Cerebral Palsy of MetroBoston	VNA Care — Needham Office	VNA Care — Southborough Office	VNA Care — Woburn Office	VNA of Eastern Mass, Inc

*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 / 0=0ther

IBC = Inside Back Cover

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

🕶 Indicates website link on seniorsbluebook.com

ADDIT	ONAL HOME HI	ADDITIONAL HOME HEALTH CARE AGENCIES	
Altranais Home Care, LLC	978-640-0066	Caretenders	617-332-5015
Associated Home Care	978-682-0745	City Home Care, LLC	617-964-2489
Beyond Healthcare Agency, LLC	781-932-1166	Health Care Solutions	617-500-3270
BrightStar Care Wakefield	978-278-3320	Hebrew Senior Life — Home Health	781-234-9900



Home Health Care Definitions

continued from page 110

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 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.

Home Health Care Definitions continued

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.

WOLIND 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.

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 Continued on page 124>

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HM=Managed Care Insurance / AS=ASAP / 0=Other

****Therapies: A=Aroma / Ma=Massage / Mu=Music / P=Pet *** Levels of Care: $\check{R}0=$ Routine / RE=Respite / GIP=General In-patient / CC=Continuous Care **Services: RN= Registered Nurse / SW= Social Worker / C=Chaplain / V=Volunteers

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SALMON VNA & Hospice		508-473-0862	RN C SW V	RO RE GIP		•	•			•	•			PI VA MA MC
Seasons Hospice & Palliative Care — Burlington		617-454-0200	RN C SW V	RO RE GIP CC	•	•	•	Mu		•		•	•	PP PI VA MA MC
Seasons Hospice & Palliative Care — Norwood		617-454-0200	RN C SW V	RO RE GIP CC	•	•	•	Mu		•	•	•	•	PP PI VA MA MC
Steward Home Care		781-551-5600	RN C SW V	RO RE GIP CC	•					•		•	•	PI MA MC
Sudbury Pines Hospice		978-443-9000	RN C SW V	RO RE GIP CC	•	•	•	Mu P			•	•	•	PP PI LT MA MC HM
VNA Hospice & Palliative Care — Needham Office		781-569-2888	RN C SW V	RO RE GIP CC	•	•		۵	•	•	•	•	•	PP PI LT VA MA MC HM 0 AS
VNA Hospice & Palliative Care — Southborough Office		781-569-2888	RN C SW V	RO RE GIP CC	•	•		۵	•	•	•	•	•	PP PI LT VA MA MC HM 0 AS
VNA Hospice & Palliative Care — Woburn Office		781-569-2888	RN C SW V	RO RE GIP CC	•	•	•	۵	•	•	•	•	•	PP PI LT VA MA MC HM 0 AS
West River Hospice		781-707-9578												
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*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 / 0=Other

****Therapies: A=Aroma / Ma=Massage / Mu=Music / P=Pet *** Levels of Care: RO=Routine / RE=Respite / GIP=General In-patient / CC=Continuous Care **Services: RN= Registered Nurse / SW= Social Worker / C=Chaplain / V=Volunteers Indicates website link on seniorsbluebook.com



Hospice Care Definitions continued from page 119

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.

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 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

Hospice Care Definitions continued

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 agency.

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.

(Sec 236) Property owners in this program make mortgage payments that are based on a 1% mortgage interest rate. HUD then provides a subsidy to their lender to cover the difference between 1% and the market interest rate on the property's loan. Participating households are required to pay rent equal to the greater of 30% of their adjusted income (not to exceed the market rent) or the basic rent amount set by HUD for that particular property. Any amount paid by the household that is more than basic rent is considered excess rent, which the owner pays back to HUD in repayment of the subsidy.

INDEPENDENT HOUSING – Apartments and communities for adults.

Continued on next page >

Senior Housing Definitions continued

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 ADI'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 periodic 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 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

RETIREMENT COMMUNITY -

Housing designed specifically for mature adults. Typically Studio. 1 BR or 2 BR rental apartments with full kitchens, and private baths are available. Services include meal plans, transportation. housekeeping, laundry and maintenance. Amenities are usually abundant: formal libraries, computer stations, swimming pools, gardens,

Continued on page 157>

PETS			•	•		Sm	•		
FITNESS CENTER			•		•				
SCHEDULED TRANSPORTATION			•	•		•	•		
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PHONE#	NT / RETIREM	617-876-0369	781-430-6000 168	978-369-4728	781-333-8903	508-435-1250	508-788-6050	617-499-7147	
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SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES	PREFERRED INDEPENDENT / RETIREMENT LIVING COMMUNITIES	Cambridge Homes 360 Mount Auburn St, Cambridge 02138	Commons in Lincoln, The One Harvest Cir, Lincoln 01773	Concord Park68 Commonwealth Ave, Concord 01742	Forestdale Park Senior Living Community, 341 Forest St, Malden 02148	Golden Pond 50 W Main St, Hopkinton 01748	Heritage at Framingham Senior Living, 747 Water St, Framingham 01701	JFK Apartments 55 Essex St, Cambridge 02139	

Orchard Hill at Sudbury761 Boston Post Rd, Sudbury 01776	154	154 978-443-0080 45 \$3,650 • S1 •	45	\$3,650 TC	•	S 1	•	•	•	•	•	Sm	Sm
0	157	157 978-448-4122 19 \$4,100 • 51	19	\$4,100	•	2.1	•	•	•	•	•	•	•

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MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit S 1 2 46 Lincoln St, Winthrop 02152 The Arbors at Winthrop

Continued on next page >

Sm = Small / C = Cats OnlyIndicates website link on seniorsbluebook.com



- Assisted Living Communities
- Alzheimer's & Dementia Care
- Independent Living Communities

 Personalized Touring of Communities

508-878-8878

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toll free 855-562-7747

nemass.assistedlivinglocators.com jyounger@assistedlivinglocators.com



Don't know where to start? CALL US! **Too many Assisted Living options?**





PETS		Sm, C		•		•				•	•		•			
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PHONE #	ANDOVER	978-475-4225	ASHLAND	508-532-3197	BEDFORD	781-275-8700	BROOKLINE	617-363-8100	BURLINGTON	781-270-9008	781-272-0080	CAMBRIDGE	617-868-0575	617-876-0369	617-499-7147	
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SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued		Atria Marland Place, 15 Stevens St, Andover 01810		The Residence at Valley Farm, 369 Pond St, Ashland 01721		Carleton-Willard Village, 100 Old Billerica Rd, Bedford 01730		Center Communities of Brookline, 100 Centre St, Brookline 02446		Atria Longmeadow Place, 42 Mall Rd, Burlington 01803	Stonebridge at Burlington, 50 Greenleaf Way, Burlington 01803		Cadbury Commons, 66 Sherman St, Cambridge 02140	Cambridge Homes 360 Mount Auburn St, Cambridge 02138	JFK Apartments 55 Essex St, Cambridge 02139	

INDEPENDENT / RETIREMENT COMMUNITIES

		CANTON													
Brightview Canton, 125 Turnpike St, Canton 02021		781-298-3407	92	\$4,000	•	\$12			•	•	•		•	•	Sm
Orchard Cove, 1 Del Pond Dr, Canton 02021		781-821-0820		Q											
		CHESTNUT HILL	₫												
Wingate Residences at Boylston Place 615 Heath St, Chestnut Hill 02467		617-244-6400	48	\$5,300		\$ 12	•	•		•	•	•	•		•
		CONCORD													
Concord Park 68 Commonwealth Ave, Concord 01742	137 161	978-369-4728	29	\$5,500		S 1	•		•	•	•		•		•
Newbury Court, 100 Newbury Ct, Concord 01742		978-369-5155	230	\$3,000	•	12		•	•	•	•	•	•	•	Sm
		DEDHAM													
NewBridge on the Charles 5000 Great Meadow Rd, Dedham 02026		781-234-9500	256	\$3,468	•	12	•	•	•	•	•	•	•	•	
Traditions of Dedham, 735 Washington St, Dedham 02026		781-251-9330	81	5460 TC	•	\$12	•		•	•	•		•		•
		FRAMINGHAM	Σ												
Brookdale Cushing Park 300 W Farm Pond Rd, Framingham 01702		508-409-4673	125	\$3,170	•	\$12	•			•	•		•	•	•
Heritage at Framingham Senior Living, 747 Water St, Framingham 01701	156	508-788-6050	28	\$4,300		512	•	•	•	•	•		•		•
Shillman House on the Weinberg Campus, 49 Edmands Rd, Framingham 01701		508-405-8601	150	© Sub Sec 8 IB TC		12			•	•	•		•	•	Sm
MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit $ M Medicates website link on seniorsbluebook.com$	' IR = Ir. 3all	come Restrictions / Sm	Sub = S = Sma	s / Sub = Subsidized / TC = Small / C = Cats Only	TC = s Only	Tax Cred	it.				Cont	іпиес	i on i	ext p	Continued on next page >

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FITNESS CENTER		•							•		•			
SCHEDULED TRANSPORTATION		•		•		•	•		•		•		•	
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PHONE #	GROTON	978-448-4122	HOPKINTON	508-435-1250	LAWRENCE	978-682-7575	978-682-1614	LEXINGTON	781-863-9660	LINCOLN	781-430-6000 168	LOWELL	978-569-1023	
AD ON PAGE #		157		155							69 159			
SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued		Rivercourt Residences 8 W Main St, Rte 225, Groton 01450		Golden Pond 50 W Main St, Hopkinton 01748		Mary Immaculate HealthCare, 191 Maple St, Lawrence 01841	The Berkeley Retirement Home, 150 Berkeley St, Lawrence 01841		Brookhaven at Lexington, 1010 Waltham St, Lexington 02421		Commons in Lincoln, The One Harvest Cir, Lincoln 01773		D'Youville Life & Wellness Community – Bruyere Gardens 975 Varnum Ave, Lowell 01854	

INDEPENDENT / RETIREMENT COMMUNITIES

		MALDEN														
Atria Maplewood Place, 295 Broadway, Malden 02148	Г	781-218-3308	86	DI @	•	\$12	•		•	•				•	•	
Forestdale Park Senior Living Community, 341 Forest St, Malden 02148	137	781-333-8903	m	\$2,000	•	12				•	•			•		
	_	MARLBOROUGH	픙													
Meadows at New Horizons 400 Hemenway St, Marlborough 01752		508-460-5200	187	\$66\$	•	S 1 2	•		•	•	•	•		•	•	
		MELROSE														
The Residence at Melrose Station, 158 Essex St, Melrose 02176		781-620-8990		<u>Q</u>												
		NATICK														
Sherwood Village, 145 Mill St, Natick 01760		508-651-1811	236	® IR		П				•		•	•	•	•	
		NEEDHAM														
Kindred Assisted Living Avery Crossings 110 West St, Needham 02494		781-444-6655	09	\$5,500	•	S 1 2	•	•		•				•	•	
North Hill, 865 Central Ave, Needham 02492		781-444-9910	285	©	•	\$12		•	•	•	•	•		•	Sm	_
Wingate Residences at Needham, 235 Gould St, Needham 02494		781-455-9080	12	©		\$12	•	•	•	•	•	•		•	•	
		NEWTON														
Cabot Park Village at Newton 280 Newtonville Ave, Newton 02460		617-965-7707	100	©		\$12				•	•	•		•	Sm	_
Lasell Village, 120 Seminary Ave, Newton 02466		617-663-7000	182	\$300,000	•	12		•		•	•	•		•	•	
	2	NORTH ANDOVER	VER													
Brightview North Andover 1275 Turnpike St, North Andover 01845		978-686-2582	28	©	•	S 1 2	•		•	•	•	•		•	•	
Edgewood, 575 Osgood St, North Andover 01845		978-725-3300 242 \$3,279 • 12	242	\$3,279	•	12		•		•	•	•		•	Sm	_
$MR = Medicaid$ Rates / $IB = Income$ Based / $PH = Public$ Housing / $IR = Income$ Restrictions / $Sub = Subsidized$ / $TC = Tax$ Credit \checkmark Indicates website link on seniorsbluebook.com $\bigcirc C = Call$	א = <i>וחכס</i> ו	me Restrictions / Su Sm =	rb = Su = Small	s / Sub = Subsidized / TC =	C = T Only	ax Credit	.				Cont	tinue	ио р	next	Continued on next page >	^

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PHONE #	SOMERVILLE	617-776-4420	617-776-0260	SUDBURY	978-443-0080	TEWKSBURY	978-640-0194	WAKEFIELD	781-486-4422	WALTHAM	781-893-2557	781-466-9912	WATERTOWN	617-924-8100	
AD ON PAGE #					154										
SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued		Jeanne Jugan Residence, 186 Highland Ave, Somerville 02143	Somerville Home, 117 Summer St, Somerville 02143		Orchard Hill at Sudbury 761 Boston Post Rd, Sudbury 01776		Bayberry at Emerald Court 2000 Emerald Ct, Tewksbury 01876		Brightview Wakefield, 21 Crescent St, Wakefield 01880		Leland Home, The, 21 Newton St, Waltham 02453	Waltham Crossings, 126 Smith St, Waltham 02451		Residence at Watertown Square, The 20 Summer St, Watertown 02472	

INDEPENDENT / RETIREMENT COMMUNITIES

		WAYLAND													
Carriage House at Lee's Farm 134 Boston Post Rd, Wayland 01778		508-358-2800	33	\$5,620		S 1 2	•			•	•		•	•	•
Traditions of Wayland, 10 Green Way, Wayland 01778		508-358-0700	99	\$3,900		\$12	•		•	•	•		•		•
		WELLESLEY	>												
Waterstone at Wellesley, 23 Washington St, Wellesley 02481	1	781-235-1614	82	\$6,305	•	1.2	•		•	•	•		•	•	•
		WESTBOROUGH	픙												
The Willows at Westborough, 1 Lyman St, Westborough 01581		508-898-3490	196	\$2,336	•	\$12	•	•	•	•	•		•	•	•
		WESTON													
Maplewood at Weston , 99 Norumbega Rd, Weston 02493		781-899-5505	40	\$6,000		\$12	•	_	•	•	•	•	•	•	•
		WESTWOOD	۵												
Fox Hill Village, 10 Longwood Dr, Westwood 02090		781-493-6805	340	\$2,086	•	1.2		•	•	•	•	•	•	•	•
		WILMINGTON	Z												
Windsor Place of Wilmington, 92 West St, Wilmington 01887	1.	978-988-2300	22	\$4,675	•	\$12	•	_	•	•	•		•	•	Sm
•		WINCHESTER	~												
Gables at Winchester, The, 299 Cambridge St, Winchester 01890	06	781-756-1026	123	\$5,350	•	\$12	•		•	•	•		•	•	•
inate		WINTHROP	_												
The Arbors at Winthrop 46 Lincoln St, Winthrop 02152	155	155 617-207-3009 89	89	\$2,825	•	S 1 2	•	•		•	•		•		
iink a		WOBURN													
Country Club Heights Brightview 3 Rehabilitation Way, Woburn 01801		781-935-4094	64	\$3,600		12	•			•	•		•	•	•
New Horizons at Choate, 21 Warren Ave, Woburn 01801		781-932-8000	86	\$2,425	•	\$12	•		•	•	•	•	•		
MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit	g/IR = II	ncome Restrictions/	S = qnS	/ pəzipisqn	= 21	Tax Credi	t								

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Not All Memory Loss The a woman in Is the Same

Remember that time a woman in the post office ran over to you, gave you a big hug and asked about your children? You had no idea who she was, yet it was pretty clear that she knew you.

OK, maybe you don't remember, but don't jump to conclusions. Not all memory loss is a symptom of Alzheimer's disease. Memory problems and other symptoms of cognitive decline can range from the natural forgetfulness of normal aging to full blown dementia and be caused by a number of afflictions, not limited to Alzheimer's disease, some treatable and some not.

Normal Aging As healthy people age they may miss an appointment here or there or forget someone's name or face, but the memory lapse will not be significant enough to affect safety or normal activities. They may have some word-finding difficulty or the occasional misplaced item, but given enough time they will eventually be able to figure it out.

Mild Cognitive Impairment Someone with Mild Cognitive Impairment (MCI) may have trouble with familiar tasks, but not significant enough to affect their ability to eat, get dressed, or maintain proper hygiene. They can find it difficult to follow conversations, books or movies and be challenged by making decisions and solving problems. Loved ones may also notice mood swings, poor judgment, or withdrawal from social activities. Approximately 20% of

people with MCI will return to normal cognitive function within a few years, though some will remain at this stage and others will develop Alzheimer's disease or other dementia

Is it Dementia? Vitamin and hormone deficiencies, depression, medication side-effects, infections and brain tumors can cause symptoms similar to dementia. If you are experiencing symptoms that you find troubling or that impact your daily life, see a doctor right away so that a treatable condition is handled correctly. If symptoms indicate MCI, Alzheimer's or other dementia-causing disease, early diagnosis will mean early access to support, treatments and medication.

What Can We Do? Scientists are actively studying MCI, especially since we know that those with Alzheimer's disease or similar diseases may not show symptoms for many years. Greater Boston has two Alzheimer's Research Centers, Boston University Alzheimer's Disease Center, with which Concord Park is affiliated, and one at Harvard Medical School. Learn more about research participation and their current studies on their websites.

Editor's Note: This article was submitted by Mary Baum, Director of Compass Memory Support Programs at Concord Park Assisted Living in Concord and may be reached at mbaum@concordpark.net or 978-369-4728. See ad on page 137.



GREATER BOSTON

COMPASS ON THE BAY. South Boston* CORNERSTONE AT CANTON, Canton* THE CAMBRIDGE HOMES, Cambridge FORESTDALE PARK, Malden* GODDARD HOUSE. Brookline* JOHN F. KENNEDY APARTMENTS, Cambridge **NEVILLE PLACE**, Cambridge* STANDISH VILLAGE, Dorchester/Lower Mills

SOUTHEASTERN MA / CAPE COD **CAPE COD SENIOR RESIDENCES.** Bourne

CENTRAL MASS

CONCORD PARK. Concord* **CORNERSTONE AT MILFORD.** Milford* **NASHOBA PARK, Ayer**

NORTHEAST / NH

CORNERSTONE AT HAMPTON, Hampton, NH* METHUEN VILLAGE, Methuen*

> **WESTERN MA** ARMBROOK VILLAGE. Westfield*

*These communities feature a Compass Memory Support Neighborhood

Independent Living | Assisted Living | Compass Memory Support®

www.SeniorLivingResidences.com





Assisted Living is Compatible with the "Aging in Place" Movement

Aging in Place is a strategy that supports people remaining in their residence of choice for as long as they are able and as their physical abilities change. Our traditional homes and communities in America don't necessarily provide the flexibility required to age in place. A house presents increasingly difficult physical obstacles for seniors (stairs, basement & attics, and standard bathrooms).

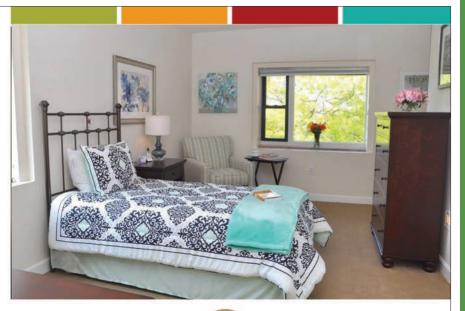
One viable proactive option is an assisted living community. By moving to a more appropriate residential setting seniors can organize and down-size so they can continue to live in comfort without the burden and demands of owning property. Families can proactively support their loved ones instead of needing to react to challenging situations with limited options. Residents of assisted living communities easily transition in and out of daily routines and chores with an "a la carte" menu of services customized to meet each resident's evolving needs. Adjustments to chores such as; laundry, meal preparation, distribution of medications, transportation and other services can be adapted to match the changing lifestyle needs of a person "aging in place". Knowing these personal services can be changed as needed is reassuring to seniors and to their families.

The most beneficial component of an assisted living community is safety and oversight. Aging in place in an assisted living environment comes with the security of knowing that trained and qualified professionals are always nearby to help residents with medical emergencies or logistical challenges.

An assisted living environment can enhance independence, relieving the resident of the worries associated with owning a home while offering a variety of activities. discussion groups, and entertainment options. New friendships are made: old friends visit and enjoy the amenities as guests of assisted living residents. Special events and holiday celebrations weave a sense of community that's a healthy counterweight to the threat of loneliness and isolation that may come with aging. Spiritual support is often offered across all religious traditions.

Embracing the Aging in Place mentality is a positive way to approach our senior years. It requires careful thinking, advanced planning, and exploring options that allow seniors to live in a flexible. independent environment. Assisted living communities should be part of the discussion. Seniors who can access adaptable services to meet their changing needs have minimal disruption to their lives and focus on being positive and productive members of a community that respects and values them - the very definition of successful aging in place!

Editor's Note: This article was submitted by Scott Brigante, Director of Communications & Community Outreach for Youville House / Youville Place Assisted Living. See ad on page 138.



Youville House Youville Place Assisted Living Residences

Youville Assisted Living communities are wonderful options for seniors who wish to stay as active and independent as possible, while having access to needed services and support. Residents experience a warm, caring community with socialization opportunities built into the every-day experience.

Youville is committed to helping residents stay active and engaged. Yoga classes, lectures, and concerts are just some of the opportunities residents have to stay active. Youville also offers regularly scheduled outings and trips to local cultural events, restaurants and shopping.

Ask about The Courtyard at Youville Place, our community for those in need of memory support.

Youville House

1573 Cambridge Street

Cambridge, MA 02138

617.491.1234

Youville Place

10 Pelham Road

Lexington, MA 02421

781.861.3535

www.youvilleassistedliving.org

PETS		•		Sm		•	•	
SCHEDULED TRANSPORTATION		•				•	•	
DAY CARE						•		
RESPITE / SHORT TERM STAY		•	•	•	•	•	•	
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SECURED MEMORY CARE UNIT		•			•	•	•	
SKILLED NURSING FACILITY		•						
PRIVATE ROOMS		•	•	•	•	•	•	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES	PREFERRED ASSISTED LIVING COMMUNITIES	Benchmark Senior Living at The Commons, Two Harvest Cir, Lincoln 01773	Cambridge Homes 360 Mount Auburn St, Cambridge 02138	Christopher Heights of Marlborough 99 Pleasant St, Marlborough 01752	Compass on the Bay 1380 Columbia Rd, Boston 02127	Concord Park68 Commonwealth Ave, Concord 01742	Cornerstone at Canton 175 Revere St, Canton 02021	

Cornerstone at Milford 11 Birch St, Milford 01757	137	508-473-0035 65 \$5,150	65	\$5,150		•		•		•	•				•	•		•
Forestdale Park Senior Living Community, 341 Forest St, Malden 02148	137	781-333-8903	59	29 \$5,000				•							•	•		
Goddard House 165 Chestnut St, Brookline 02445	137	617-731-8500 115	115	•	•	•		•		•			•		•	•		
Golden Pond 50 W Main St, Hopkinton 01748	155	508-435-1250 87	87	0	•		•	•		•		•	•		•	•		
Heritage at Framingham Senior Living, 747 Water St, Framingham 01701	156	508-788-6050 58 \$3,800	28	\$3,800				•	•	•			•		•	•		
JFK Apartments 55 Essex St, Cambridge 02139	137	617-499-7147 69 \$2,000	69	\$2,000														
★ Methuen Village 4 Gleason St, Methuen 01844	137	978-685-2220 91 \$4,800 TC	91	\$4,800 TC				•										
Nashoba Park15 Winthrop Ave, Ayer 01432	137	978-772-0707 73 \$3,985	73	\$3,985 MR TC	•			•										
Neville Place 650 Concord Ave, Cambridge 02138	137	617-497-8700 73 \$3,620 TC	73	\$3,620 TC		•		•	•	•	•			•		•		
Orchard Hill at Sudbury 761 Boston Post Rd, Sudbury 01776	154	978-443-0080 45 \$3,650 TC	45	\$3,650 TC				•			•		•	•	•	•	Sm	Ε
Rivercourt Residences 8 W Main St, Rte 225, Groton 01450	157	978-448-4122 46 \$4,500	46	\$4,500		•	•	•		•	•				•	•		
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued	PREFERRED ASSISTED LIVING COMMUNITIES (cont'd)	Susan Bailis 352 Massachusetts Ave, Boston 02115	The Arbors at Dracut 21 Broadway Rd, Dracut 01826	The Arbors at Stoneham 140 Franklin St, Stoneham 02180	The Arbors at Winthrop 46 Lincoln St, Winthrop 02152	❖ Youville House 1573 Cambridge St, Cambridge 02138	Youville Place 10 Pelham Rd, Ste 2000, Lexington 02421	

ASSISTED LIVING COMMUNITIES

			ACTON														
	Benchmark at Robbins Brook, 18 Devon Dr, Acton 01720		978-264-4666	64	\$4,770		•		•	•		•	•	•	•	•	
			ANDOVER														
	Atria Marland Place, 15 Stevens St, Andover 01810		978-475-4225	90	\$2,478	•	•		•	•		•	•	•	•	Sm, C	()
			ARLINGTON														
	Brightview Arlington , 1 Symmes Rd, Arlington 02474		781-646-0837	09	9		•	•	•	•			•	•	•	Sm	
	Sunrise of Arlington, 1395 Massachusetts Ave, Arlington 02476		781-643-2100	89	\$3,600			•	•			•		•		•	
			ASHLAND														
	Mill Pond, 84 Myrtle St, Ashland 01721		508-881-1360		<u>©</u>												
	The Residence at Valley Farm, 369 Pond St, Ashland 01721		508-532-3197	09	\$5,870			•	•	•		•		•	•	Sm	
			AYER														
	Nashoba Park 15 Winthrop Ave, Ayer 01432	137	978-772-0707 73 \$3,985	73	\$3,985 MR TC	•			•								
i			BEDFORD														
ndica	Carleton-Willard Village, 100 Old Billerica Rd, Bedford 01730		781-275-8700	09	\$6,900	•	•		•	•	•		•	•	•		
tes we			BILLERICA														
ebsite	Billerica Crossings, 20 Charnstaffe Ln, Billerica 01821		978-667-0898	52	<u>©</u>	•	•	•	•	•		•	•	•	•	Sm, C	()
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n sen			BOSTON														
iorsbluebo	Compass on the Bay 1380 Columbia Rd, Boston 02127	137	617-268-5450 39 \$4,500	39	\$4,500			•	•	•				•			
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LOWEST STARTING PRICE		©		<u>_</u>	©		\$5,800	\$5,050	\$3,300		\$5,200	\$4,700	
# OF UNITS		82			115		97	110	20		20	44	
PHONE #	BOSTON (cont'd)	617-247-1010 82	BROOKLINE	617-363-8100	617-731-8500 115	BURLINGTON	781-270-9008	781-272-0080	781-229-8100	CAMBRIDGE	617-868-0575	617-876-0369 44 \$4,700	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		Susan Bailis 352 Massachusetts Ave, Boston 02115		Center Communities of Brookline, 100 Centre St, Brookline 02446	Goddard House 165 Chestnut St, Brookline 02445		Atria Longmeadow Place, 42 Mall Rd, Burlington 01803	Stonebridge at Burlington, 50 Greenleaf Way, Burlington 01803	Sunrise of Burlington, 24 Mall Rd, Burlington 01803		Cadbury Commons, 66 Sherman St, Cambridge 02140	Cambridge Homes360 Mount Auburn St, Cambridge 02138	

JFK Apartments 55 Essex St, Cambridge 02139	137	617-499-7147 69 \$2,000	69	\$2,000									
★ Neville Place 650 Concord Ave, Cambridge 02138	137	617-497-8700 73 \$3,620 TC	73	\$3,620 TC	•		•	•		•		•	
Youville House 1573 Cambridge St, Cambridge 02138	139	617-491-1234 95 \$4,800	95	\$4,800			•				•	•	Sm
		CANTON											
Brightview Canton, 125 Turnpike St, Canton 02021		781-298-3407	40	\$4,800		•	•	•					
Cornerstone at Canton 175 Revere St, Canton 02021	137	781-821-3616 73 \$4,475	73	\$4,475	•	•	•	•			•	•	•
Orchard Cove, 1 Del Pond Dr, Canton 02021		781-821-0820		<u>Q</u>									
	O	CHELMSFORD											
Chelmsford Crossings, 199 Chelmsford St, Chelmsford 01824		978-250-8855		<u>©</u>									
	さ	CHESTNUT HILL											
Wingate Residences at Boylston Place 615 Heath St, Chestnut Hill 02467		617-244-6400	48	\$5,300	•		•				•	•	•
		CONCORD											
Concord Park68 Commonwealth Ave, Concord 01742	137	978-369-4728 67 \$5,500 •	67	• 005'5\$	•	•	•	•		•	•	•	•
Gardens at Newbury Court, 100 Newbury Ct, Concord 01742		978-369-5155	29	29 \$5,000			•	•			•		
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		DEDHAM								-						
Brookdale Dedham, 391 Common St, Dedham 02026		781-407-7711	88	\$4,410			•		•	Н		i		•	Sm	
NewBridge on the Charles, 6000 Great Meadow Rd, Dedham 02026		781-234-9400	51	\$8,300		•		•	•	•				•		
Traditions of Dedham, 735 Washington St, Dedham 02026		781-251-9330	81	\$5,460 TC			•		•		•	•		•	Sm, C	
		DRACUT														
The Arbors at Dracut 21 Broadway Rd, Dracut 01826	155	978-455-9182		79 \$3,750		•			•			•				
	-	FRAMINGHAM														
Brookdale Cushing Park, 300 W Farm Pond Rd, Framingham 01702		508-409-4673		Q												
Carmel Terrace Independent & Assisted Living 933 Central St, Framingham 01701		508-788-8000	69	\$5,124										•		
Heritage at Framingham Senior Living, 747 Water St, Framingham 01701	156	508-788-6050		58 \$3,800				•	•		•	•		•	•	

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			GROTON													
	Rivercourt Residences 8 W Main St, Rte 225, Groton 01450	157	978-448-4122 46 \$4,500	46	\$4,500	•	•	•	•	•			•		•	
			HOPKINTON													
	Golden Pond 50 W Main St, Hopkinton 01748	155	508-435-1250 87	87	Q	•		•	•	•	•	•	•		_	
			LAWRENCE													
	Marguerite's House, 189 Maple St, Lawrence 01841		978-682-7575	106	9	•						•		•	Sm	_
			LEXINGTON													
	Youville Place 10 Pelham Rd, Ste 2000, Lexington 02421	139	781-861-3535 71 \$4,800	71	\$4,800				•	•			•		Sm	_
			LINCOLN													
	Benchmark Senior Living at The Commons, Two Harvest Cir, Lincoln 01773	69 159	781-262-3456 40 \$5,400	40	\$5,400			•	•	•		•	•			
ates u			MALDEN													
vehsiti	Atria Maplewood Place Sr Living , 295 Broadway, Malden 02148		781-218-3308	98	©,TC				•	•		•	•	•	Sm	ш
o link	Davenport Memorial Home, 70 Salem St, Malden 02148		781-324-0150	18	\$2,400	•	•		•							
on seniorsb	Forestdale Park Senior Living Community, 341 Forest St, Malden 02148	137	781-333-8903 59 \$5,000	59	\$5,000				•				•			
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# OF UNITS		83	422	22		20				26	91	
PHONE #	MARLBOROUGH	508-281-8001	508-460-5200	508-573-1200	MELROSE	781-665-0521	781-665-3188	781-620-8990	METHUEN	978-682-4324	978-685-2220	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		Christopher Heights of Marlborough 99 Pleasant St, Marlborough 01752	New Horizons at Marlborough 400 Hemenway St, Marlborough 01752	Robbie's Place, 400 Hemenway St, Marlborough 01752		Fitch Home, Inc, The, 75 Lake Ave, Melrose 02176	Oosterman's Melrose Rest Home, 93 Laurel St, Melrose 02176	The Residence at Melrose Station, 158 Essex St, Melrose 02176		Grace Morgan House , 489 Prospect St, Methuen 01844	★ Methuen Village 4 Gleason St, Methuen 01844	

ASSISTED LIVING COMMUNITIES

			MIILFORD														
	Blaire House of Milford, 1 Railroad St, Milford 01757		508-473-4666	42	\$3,657		•	•	•	•	•			•	•	•	•
	Cornerstone at Milford 11 Birch St, Milford 01757	137	508-473-0035	65	65 \$5,150		•		•		•			•		•	•
	Whitcomb House, 245 West St, Milford 01757		877-401-4890	87	\$3,600			•	•		•			•		•	Sm
			NATICK														
	Whitney Place Assisted Living Residences at Natick 3 Vision Dr, Rte 9 W, Natick 01760		508-655-5000	39	\$4,300				•	•			•	•	•	•	Sm
			NEEDHAM														
	Kindred Assisted Living Avery Crossings 110 West St, Needham 02494		781-444-6655	09	\$5,500				•				•	•		•	•
	Wingate Residences at Needham, 235 Gould St, Needham 02494		781-455-9080	42	<u>©</u>				•	•			•	•		•	•
			NEWTON														
¥	Evans Park at Newton Corner, 430 Centre St, Newton 02458		617-965-9400	90	\$3,990			•	•		•	•	•	•	•	•	•
Ind	Falls at Cordingly Dam, The, 2300 Washington St, Newton 02462		617-928-0007	90	\$6,000		•	•	•		•	•	•	•		•	•
icatos	Mt Ida Rest Home, Inc, 32 Newtonville Ave, Newton 02460		617-527-5657	18	©	•	•	•	•			•		•		•	
weh		NEWT	NEWTON UPPER FALLS	LLS													
site link o	Pette House at Stone Institute 277 Elliot St, Newton Upper Falls 02164		617-527-0023 20	20	©	•			•	•							
n con		<u>N</u>	NORTH ANDOVER														
iorchluat	Ashland Farm at North Andover 700 Chickering Rd, North Andover 01845		978-683-1300		©												
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# OF UNITS	ont'd	54	AD D	09	_	11	75		69	72		83	
PHONE #	NORTH ANDOVER (cont'd)	978-686-2582	NORTH CHELMSFORD	978-458-0099	NORTHBOROUGH	508-351-9355	508-393-5655	NORWOOD	781-352-0467	781-762-1333	READING	781-944-9200	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		Brightview North Andover, 1275 Turnpike St, North Andover 01845		Brookdale North Chelmsford 4 Technology Dr, North Chelmsford 01863		Coleman House, 112 W Main St, Northborough 01532	Whitney Place Assisted Living Residences at Northborough 238 W Main St, Northborough 01532		Benchmark Senior Living on Clapboardtree 40 Clapboardtree St, Norwood 02062	Sunrise of Norwood, 86 Saunders Rd, Norwood 02062		Residence at Pearl Street, The, 75 Pearl St, Reading 01867	

		SOMERVILLE														
Somerville Home, 117 Summer St, Somerville 02143		617-776-0260	20	Q	•	•	•			•		•	•	•		
Visiting Nurse Assisted Living, 259 Lowell St, Somerville 02144		617-776-9800		Q												
Visiting Nurse Senior Living Community 405 Alewife Brook Pkwy, Somerville 02144		617-776-9800		©												
		STONEHAM														
Fuller House of Stoneham, 32 Franklin St, Stoneham 02180		781-438-0580	13	\$3,500	•	•	•						•			
Life Care Center of Stoneham, 25 Woodland Rd, Stoneham 02180		866-333-6002	18	\$4,500			•	•			•		•	•	Sm, C	()
★ The Arbors at Stoneham 140 Franklin St, Stoneham 02180	155	781-435-1958 84 \$5,625	84	\$5,625		•	•		•				•	•		
		SUDBURY														
Orchard Hill at Sudbury 761 Boston Post Rd, Sudbury 01776	154	154 978-443-0080 45 \$3,650 TC	45	\$3,650 TC			•			•	•	•	•	•	Sm	
		TEWKSBURY														
Bayberry at Emerald Court, 2000 Emerald Ct, Tewksbury 01876		978-640-0194	73	\$3,800			•		•		•	•	•	•	•	
Blaire House of Tewsbury, 10 Erlin Ter, Tewksbury 01876		978-851-3121	35	\$4,700		•	•	•	•	•	•		•	•		
		WAKEFIELD														
Brightview Wakefield, 21 Crescent St, Wakefield 01880		781-667-0064		<u>_</u>												
Oosterman's Rest Home, Inc., 706 Main St, Wakefield 01880		781-245-4778		<u>Q</u>												
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LOWEST STARTING PRICE		\$3,690	\$3,000		9	\$6,000		\$6,120	\$4,050	\$4,700		\$7,675	
# OF UNITS		40	107			9		33	29	99		52	
PHONE #	WALTHAM	781-893-2557	781-466-9912	WATERTOWN	617-923-7779	617-924-8100	WAYLAND	508-358-2800	508-652-6300	508-358-0700	WELLESLEY	781-235-1614	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		Leland Home, The, 21 Newton St, Waltham 02453	Waltham Crossings, 126 Smith St, Waltham 02451		Brigham House, 341 Mount Auburn St, Watertown 02472	The Residence at Watertown Square 20 Summer St, Watertown 02472		Carriage House at Lee's Farm , 134 Boston Post Rd, Wayland 01778	Sunrise Senior Living of Wayland 285 Commonwealth Rd, Wayland 01778	Traditions of Wayland, 10 Green Way, Wayland 01778		Waterstone at Wellesley, 23 Washington St, Wellesley 02481	

			WEST NEWTON											
	Scandinavian Living Center, 206 Waltham St, West Newton 02465		617-527-6566	40	\$5,645 IB			•				•	•	O
		3	WESTBOROUGH											
	Whitney Place Assisted Living, 5 Lyman St, Westborough 01581		508-898-3490	09	\$2,369		•	•	•	•		•	•	•
			WESTON											
	Maplewood at Weston , 99 Norumbega Rd, Weston 02493		781-899-5505	40	\$6,300		•	•	•	•		•	•	•
	Sunrise of Weston, 135 North Ave, Weston 02493		781-893-2936	32	\$3,000		•	•		•			•	•
		5	WILMINGTON											
	Windsor Place of Wilmington, 92 West St, Wilmington 01887		978-988-2300	27	\$4,675			•	•	•		•	•	Sm
		>	WINCHESTER											
	Gables at Winchester, The , 299 Cambridge St, Winchester 01890		781-756-1026	123	\$5,350	•		•		•			•	•
*	Winchester Mount Vernon House, 110 Mt Vernon St, Winchester 01890		781-729-0497	17	Q			•			•		•	
Indic			WINTHROP											
ates websi	The Arbors at Winthrop 46 Lincoln St, Winthrop 02152	155	155 617-207-3009 90 \$3,425	06	3,425			•	•	•	•		•	
ite lin			WOBURN											
k on s	Benchmark Senior Living at Woburn, 1 Cedar St, Woburn 01801		781-460-6360	87	\$3,870		•	•	•	•			•	Sm
eniors	Country Club Hts — Brightview, 3 Rehabilitation Wy, Woburn 01801		781-935-4094	20	\$4,100			•	•	•		•	•	•
blueh	New Horizons at Choate, 21 Warren Ave, Woburn 01801		781-932-8000	35	\$4,214			•	•		•	•	•	
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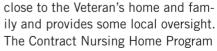
Managing Your Memory continued from page 91

The Contract Adult Day Health Care program is made up of 20 community-based facilities that pro-

vide health maintenance services to during daytime hours for elderly and disabled Veterans. The program helps keep these Veterans in their community and provides caregivers with respite from the daily stresses of caring

for them. Participating programs are located in many communities in Massachusetts.

For more than 40 years, the Contract Nursing Home (CNH) Program has maintained some level of Veteran choice in choosing a nursing home



is available to eligible Veterans for their long-term care needs at 20 selected/ contracted community nursing homes.

For more information contact your local Veterans Outreach Coordinator, David Hencke,

US Dept. of Veterans Affairs, VA Boston Healthcare System at 857-364-5934 or david.hencke@va.gov.

Editor's Note: See ad on pages 80 and 90.





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INDEPENDENT LIVING

Assisted Living

MEMORY CARE

Senior Housing Definitions

continued from page 127

and other social gathering spaces. Rates are monthly, and are typically based on size/location of apartment.

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

VENTIL ATOR - 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.



Evaluating a Memory Care Community:

The emotional roller coaster of guilt, concern, regret, and the plethora of other feelings that go along with being a caregiver for someone with dementia and realizing that their continued health, welfare, and yours is in jeopardy is one of the most difficult realizations

Once the decision has been reached to look for a memory care community the next questions is what criteria to look at. In Massachusetts, there are many residential options where an individual with dementia can receive regular medical care as well as

other personal services that will help them have a good quality of life.

There are several specific criteria to consider when exploring a community. Some of the most pertinent are the medical expertise of the staff and staffing levels, the programing or activities, and the less empirical, but as important first impression.

Every licensed community should be able to provide you with a document called the "Disclosure of Rights and Services". This document outlines in detail the nursing staff on each shift and the ratio of staff to resident. The ratio is a good start when evaluating a community, but also look at the individuals providing the care. What experience do the

Tips When **Exploring Options**

nurses and aides have with caring for individuals with dementia?

Next, ask for the program calendar. Are there any trips or outings?

> How often? How are these trips supervised? When considering a community be sure to try and meet and spend time with the program staff. Ask them about a typical day for residents

A memory care community should be visited several times. Things to look for:

How do the residents look? Clean cloths, hair combed, etc.

How does the area they are living in look? Carpets and floors clean. walls and paint in good repair?

How are you received when visiting? Cordial greeting, offered a beverage, made to feel welcome?

Talk to other resident's family members. Ask them how they like the community.

Finally, listen to your gut.

Editor's Note: This article was written by Mike Myers, Director of Sales and Marketing for The Commons in Lincoln. See ad pages 69, 159.

For better or worse...in sickness and in health...you promised to stay together.

Let us help you keep that yow.

Couples often worry that if they move to a senior living community, they may have to live apart someday. We care for residents with different needs—right in our own community. We offer Assisted Living, Harbor Memory Care, Skilled Nursing and Rehabilitation.

The Commons in Lincoln gives you the advantages of:

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• Partnership with Mt. Auburn Hospital • Staff that is highly-trained at

Benchmark University • On-site physical, occupational, and

speech therapy

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Call 781-730-0752 today to reserve the residence of your choice.



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SENIORS BlueBook # abed no de # alond Ilving communities	PREFERRED MEMORY CARE ASSISTED LIVING COMMUNITIES	* Benchmark Senior Living at The Commons 69 781-262-3456 32 \$5 Two Harvest Cir, Lincoln 01773	Compass on the Bay 137 617-268-5450 39 \$4	Concord Park 68 Commonwealth Ave, Concord 01742 161 978-369-4728 19 \$7	Cornerstone at Canton 137 781-821-3616 25 \$6 175 Revere St, Canton 02021	Cornerstone at Milford 137 508-473-0035 25 \$7 11 Birch St, Milford 01757	Forestdale Park Senior Living Community 137 781-333-8903 18 \$5 141 Forest St, Malden 02148	
MEDICAID LOWEST STARTING PRICE	MMUNIT	\$5,400	\$4,500	\$7,500	\$6,245	\$7,475	\$5,550	
RESIDENTIAL HOME Price all inclusive	ES			•	•	•		
PRIVATE ROOMS SEMI-PRIVATE ROOMS		•		•	•	•	•	
SKILLED NURSING FACILITY		•		•		•		
DAY CARE Respite / Short term Stay				•			•	
NURSE ON STAFF		•		•	•	•	•	
SECURED COURTYARD DR. VISITS		•		•	•	•	•	
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PETS		_						

Goddard House 137 617-731-8500 40 © •														
ramingham Senior Living 156 508-435-1250 54 © 156 508-788-6050 40 \$6,000	Goddard House 165 Chestnut St, Brookline 02445	137	617-731-8500	40	•	•	•			•	•	•	•	
156 508-788-6050 40 \$6,000	Golden Pond 50 W Main St, Hopkinton 01748	155	508-435-1250	54	•	•		•		•	•	•		
	Heritage at Framingham Senior Living 747 Water St, Framingham 01701	156	508-788-6050	40	\$6,000	•	•	•	•	•	•	•	•	•

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with MCI, Alzheimer's disease and related dementia. Affiliated Evidence-based treatment in a residential setting, for those with the Boston University Alzheimer's Disease Center.

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PETS									
SECURED COURTYARD			•	•		•	•	•	
DR. VISITS			•	•		•			
NURSE ON STAFF			•	•	•	•	•	•	
DAY CARE	-			•					
RESPITE / SHORT TERM STAY	-			•	•	•	•	•	
SKILLED NURSING FACILITY			•						
PRIVATE ROOMS		•	•	•	•	•	•	•	
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LOWEST STARTING PRICE	MUNIT	\$5,400 TC	\$5,512 TC	\$6,400	\$4,750	\$4,375	\$3,450	\$6,900	
# OF UNITS	₩ 0	28	15	23	26	84	06	28	
PHONE #	TED LIVING	978-685-2220	617-497-8700	978-448-4122	978-455-9182	781-435-1958	617-207-3009	781-861-3535	
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MEMORY CARE ASSISTED LIVING COMMUNITIES continued	PREFERRED MEMORY CARE ASSISTED LIVING COMMUNITIES (cont'd)	Methuen Village 4 Gleason St, Methuen 01844	★ Neville Place 650 Concord Ave, Cambridge 02138	Rivercourt Residences 8 W Main St, Rte 225, Groton 01450	The Arbors at Dracut 21 Broadway Rd, Dracut 01826	★ The Arbors at Stoneham 140 Franklin St, Stoneham 02180	The Arbors at Winthrop 46 Lincoln St, Winthrop 02152	✓ Youville Place – The Courtyard 10 Pelham Rd, Ste 2000, Lexington 02421	

MEMORY CARE ASSISTED LIVING COMMUNITIES

	AO	ACTON											
Benchmark at Robbins Brook, 18 Devon Dr, Acton 01720		978-264-4666	15	\$6,270		•	•	•	•	•	•	•	•
	AND	ANDOVER											
Academy Manor, 89 Morton St, Andover 01810		978-475-0944	2	\$12,377	•	•	•	•	•		•	•	
Atria Marland Place, 15 Stevens St, Andover 01810		978-475-4225	38	\$4,895			•	•	•		•	•	
	ARLI	ARLINGTON											
Brightview Arlington , 1 Symmes Rd, Arlington 02474		781-646-0837	18	<u>©</u>		•	_	•	•	•	•	•	
Sunrise of Arlington, 1395 Massachusetts Ave, Arlington 02476		781-643-2100	99	\$3,600		•	•	•	•		•	•	•
	ASH	ASHLAND											
The Residence at Valley Farm, 369 Pond St, Ashland 01721		508-532-3197	20	\$6,210		•	•	•	•	•	•	•	
	BILL	BILLERICA											
Billerica Crossings, 20 Charnstaffe Ln, Billerica 01821		978-667-0898	12	0		•	•	•	•		•	•	
Brightview Concord River, 199 Concord Rd, Billerica 01821		978-262-1410	27	\$6,865			•	•		•	•	•	
	BO	BOSTON											
Compass on the Bay 1380 Columbia Rd, Boston 02127	137	137 617-268-5450 39 \$4,500	39	\$4,500									
	BRO	BROOKLINE											
Goddard House 165 Chestnut St, Brookline 02445	137	617-731-8500 40	40	•		•	•		•	•	•	•	
	BURL	BURLINGTON											
Atria Longmeadow Place, 42 Mall Rd, Burlington 01803		781-270-9008	13	\$8,300				•			•	•	
Stonebridge at Burlington, 50 Greenleaf Way, Burlington 01803		781-272-0080	26	\$6,100			•	•	•	•	•	•	•
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Traditions of Dedham, 735 Washington St, Dedham 02026		781-251-9330	14	\$5,875	•		•	•	•		•	•	•	
	DR	DRACUT												
The Arbors at Dracut 21 Broadway Rd, Dracut 01826	155	155 978-455-9182 26 \$4,750	26	\$4,750	•		•	•	•		•			
	RAM	FRAMINGHAM												
Brookdale Cushing Park, 300 W Farm Pond Rd, Framingham 01702		508-409-4673	21	\$6,465				•	•		•			
Heritage at Framingham Senior Living 747 Water St, Framingham 01701	156	156 508-788-6050 40 \$6,000	40	\$6,000	•	•	•	•	•		•	•	•	
	GR	GROTON												
Rivercourt Residences 8 W Main St, Rte 225, Groton 01450	157	157 978-448-4122 23 \$6,400	23	\$6,400	•	•	•	•	•	•	•	•		
	HOP	HOPKINTON												
Golden Pond50 W Main St, Hopkinton 01748	155	155 508-435-1250 54	54	©	•		•	•	•		•	•		
	LEXII	LEXINGTON												
Youville Place – The Courtyard 10 Pelham Rd, Ste 2000, Lexington 02421	139	139 781-861-3535 28 \$6,900	28	\$6,900	•			•	•		•			
	Ž	LINCOLN												
Benchmark Senior Living at The Commons Two Harvest Cir, Lincoln 01773	69 159	781-262-3456 32 \$5,400	32	\$5,400			•	•	•		•	•		
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PETS SECURED COURTYARD DR. VISITS NURSE ON STAFF DAY CARE RESPITE / SHORT TERM STAY SKILLED NURSING FACILITY PRIVATE ROOMS SEMI-PRIVATE ROOMS RESIDENTIAL HOME PRICE ALL INCLUSIVE MEDICAID		•	•		000				•		• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	
LOWEST STARTING PRICE # OF UNITS		3 8	18 \$5,550		44 \$6,900		Q		28 \$5,400 TC		19 \$4,550	25 \$7,475	
PHONE #	MALDEN	781-218-3308	781-333-8903	MARLBOROUGH	508-481-9898 4	MELROSE	781-620-8990	METHUEN	978-685-2220 2	MILFORD	508-473-1272	508-473-0035 2	
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SENIORS BLUEBOOK MEMORY CARE ASSISTED LIVING COMMUNITIES continued		Atria Maplewood Place, 295 Broadway, Malden 02148	Forestdale Park Senior Living Community 341 Forest St, Malden 02148	Z	Hearthstone at New Horizons Marlborough 402 Hemenway St, Marlborough 01752		The Residence at Melrose Station, 158 Essex St, Melrose 02176		Methuen Village 4 Gleason St, Methuen 01844		Blaire House LTCF of Milford, 20 Claflin St, Milford 01757	Cornerstone at Milford 11 Birch St, Milford 01757	

MEMORY CARE ASSISTED LIVING COMMUNITIES

Whitcomb House, 245 West St, Milford 01757		877-401-4890	87	\$3,600			•	•	•		•	•	•	Sm	
	NATICK	ICK													
Whitney Place Assisted Living Residences at Natick 3 Vision Dr, Rte 9 W, Natick 01760		508-655-5000	49	\$3,950	•		•	•	•	•	•	•	•		
	NEED	NEEDHAM													
Avita of Needham, 880 Greendale Ave, Needham 02492		781-444-2266	62	\$6,775	•	•	•	•	•		•	•	•	•	
Wingate Residences at Needham, 235 Gould St, Needham 02494		781-455-9080	37	Q				•	•		•	•	•		
	NEWTON	TON													
Evans Park at Newton Corner, 430 Centre St, Newton 02458		617-965-9400	20	<u>Q</u>	•		•	•	•	•	•	•	•	•	
Falls at Cordingly Dam, The, 2300 Washington St, Newton 02462		617-928-0007	27	\$6,000		•	•	•			•	•	•		
NO	RTH A	NORTH ANDOVER													
Ashland Farm at North Andover, 700 Chickering Rd, North Andover 01845		978-683-1300		Q											
Brightview North Andover, 1275 Tumpike St, North Andover 01845		978-686-2582	27	©			•	•	•		•	•	•	•	
Edgewood, 575 Osgood St, North Andover 01845		978-725-3300	40	©		•	•	•	•	•	•	•	•		
NON	TH CH	NORTH CHELMFORD													
Brookdale North Chelmsford, 4 Technology Dr, North Chelmsford 01863		978-458-0099	19	©		•	•	•			•	•	•	ပ	
The Atrium at Drum Hill, 2 Technology Dr, North Chelmsford 01863		978-934-0000	20	Q		•	•	•	•	•	•	•	•	0	
NO.	RTHB(NORTHBOROUGH													
Whitney Place Assisted Living, 238 W Main St, Northborough 01532		508-393-5655	75	\$4,285	•		•	•	•		•		•	ပ	
	NORW	NORWOOD													
Benchmark Senior Living on Clapboardtree 40 Clapboardtree St, Norwood 02062		781-352-0467	21	\$5,250			•	•			•		•	Sm	
Sunrise of Norwood, 86 Saunders Rd, Norwood 02062		781-762-1333	20	\$3,700			•	•	•			•		S	
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MEMORY CARE ASSISTED LIVING COMMUNITIES continued	PAGE#	PHONE #	F UNITS	G PRICE	EDICAID	CLUSIVE					AY CARE		. VISITS	IRTYARD	PETS	
	REA	READING														
Artis Senior Living of Reading, 1100 Main St, Reading 01867		781-872-1907	64	9		•	•			•	_	•		•		
Residence at Pearl Street, The, 75 Pearl St, Reading 01867		781-944-9200	83	\$5,900				•		•					S	
	STO	STONEHAM														
The Arbors at Stoneham 140 Franklin St, Stoneham 02180	155	155 781-435-1958	84	\$4,375		•	•	•	•	•		•	•	•		
	TEW	TEWKSBURY														
Bayberry at Emerald Court, 2000 Emerald Ct, Tewksbury 01876		978-640-0194	21	\$4,800				•		•		•	•	•		
Blaire House of Tewsbury, 10 Erlin Ter, Tewksbury 01876		978-851-3121	12	Q		•	•		•	•	•	•	•	•		
Peregrine's Landing at Tewsbury, 2580 Main St, Tewksbury 01876		978-657-0800	20	\$6,250		•		•		•		•	•	•	Sm	
	WAK	WAKEFIELD														
Brightview Wakefield, 21 Crescent St, Wakefield 01880		781-667-0064		Q												
	MAI	WALTHAM														
Dorothy Frances Home, 704 Beaver St, Waltham 02452		781-891-0840	12	Q		•	•	•		•	•	•	•	•	•	
Waltham Crossings, 126 Smith St, Waltham 02451		781-466-9912	24	\$6,000					•	•	•	•	•	•	Sm	
	WATE	WATERTOWN														
The Residence at Watertown Square, 20 Summer St, Watertown 02472		617-924-8100	25	\$5,975		•		•	•	•		•	•	•		

MEMORY CARE ASSISTED LIVING COMMUNITIES

	WAY	WAYLAND											
Carriage House at Lee's Farm, 134 Boston Post Rd, Wayland 01778		508-358-2800	29	\$6,390	•		•	•	•		•	•	•
Sunrise Senior Living of Wayland, 285 Commonwealth Rd, Wayland 01778		508-652-6300	26	\$4,500	•	•	•	•			•	•	•
Traditions of Wayland, 10 Green Way, Wayland 01778		508-358-0700	15	\$5,525	•		•	•	•		•	•	
	NESTB (WESTBOROUGH											
Whitney Place Assisted Living, 5 Lyman St, Westborough 01581		508-836-4354	47	\$2,990	•		•	•	•	Ū	•	•	
	WEST	WESTFORD											
Bridges by EPOCH at Westford, 108 Littleton Rd, Westford 01886		978-692-9541	54	\$8,390	•	•	•	•	•		•	•	•
	WES	WESTON											
Maplewood at Weston , 99 Norumbega Rd, Weston 02493		781-899-5505	13	\$7,100			•	•	•		•	•	•
Wingate Residences at Weston, 75 Norumbega Rd, Weston 02493		781-891-6100	21	\$8,750	•			•	•		•	•	
	WEST	WESTWOOD											
Bridges by EPOCH at Westwood, 140 University Ave, Westwood 02090		781-251-6630	64	Q	•	•	•	•	•		•	•	ပ
White Oak Cottages at Fox Hill, 6 Longwood Dr, Westwood 02090		781-320-1999	24	\$8,950	•	•		•	•		•	•	•
	WIEM	WILMINGTON											
Windsor Place of Wilmington, 92 West St, Wilmington 01887		978-988-2300	30	\$6,375	•		•	•	•	Ū	•	•	Sm
	N	WINTHROP											
The Arbors at Winthrop 46 Lincoln St, Winthrop 02152	155	155 617-207-3009 90 \$3,450	06	\$3,450	•			•	•	· ·	•	•	
	WO	WOBURN											
Benchmark Senior Living at Woburn, 1 Cedar St, Woburn 01801		781-460-6360	87	\$5,670			•	•	•		•	•	
Country Club Heights Brightview, 3 Rehabilitation Way, Woburn 01801		781-935-4094	24	\$5,400	•		•	•	•		•	•	•
Hearthstone at Choate Woburn, 23 Warren Ave, Woburn 01801		781-932-0350	56	\$6,299	•	•	•	•	•	•	•	•	
Windrose at Woburn, 857 Main St, Woburn 01801		781-935-3333	35	\$6,500	•		•	•	•		•	•	
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PAYMENT METHODS*		PP PI LT VA MC HM	PP PI LT MA MC HM		PP PI LT MA MC HM		PP PI LT MA MC HM	PP PI LT VA MA MC HM 0		MA MC	
PRIVATE ROOMS		•			•		•	•		•	
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LONG-TERM CHRONIC CARE											
VENTILATOR											
TRACH CARE					•		•				
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WANDERGUARD							•	•		_	
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LONG-TERM CARE							•	•			
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SKILLED CARE INTERMEDIATE CARE	ш	•	•		•		•	•		•	
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LOWEST DAILY RATE	ACIL	\$545	\$380		\$369		\$390	\$393			
# OF BEDS	NG	32	124		155		162	135		89	
PHONE #	PREFERRED SKILLED NURSING FACILITIES	781-262-3433	508-433-4400 124 \$380	ACTON	978-263-9101	ANDOVER	978-475-0944	978-470-3434	ARLINGTON	781-648-9530	
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SKILLED NURSING FACILITIES	PREFERE	Benchmark Senior Living at The Commons Three Harvest Cir, Lincoln 01773	Mary Ann Morse Nursing & Rehabilitation, 45 Union St, Natick 01760		Life Care Center of Acton, 1 Great Rd, Acton 01720		Academy Manor, 89 Morton St, Andover 01810	Wingate at Andover, 80 Andover St, Andover 01810		Park Avenue Health Center, 146 Park Ave, Arlington 02476	

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Con	NURSING FACILIT

		ASHLAND														
	Waterview Lodge Rehab & Healthcare 250 W Union St, Ashland 01701	508-848-4200	103	103 \$418 •	•	•	•	•					•	<u>م</u>	PP PI LT VA MA MC HM 0	MA
		AYER														
	Apple Valley Center, 400 Groton Rd, Ayer 01432	978-772-1704	123		•	•	•	•	•		•		•	•	MA MC	
		BEDFORD														
	Carleton-Willard Village, 100 Old Billerica Rd, Bedford 01730	781-275-8700	70		•	•	•		•				•		MA MC	
		BELMONT														
	Belmont Manor Nursing Home, Inc, 34 Agassiz Av, Belmont 02478	617-489-1200	135	\$380	•	•	•		•				•	•	MA MC	
		BILLERICA														
	Life Care Center of Merrimack Valley 80 Boston Rd, Rte 3, Billerica 01862	978-667-2166	124		•	•	•	•		•	•		•	•	MA MC	
		BROOKLINE														
	CareOne at Brookline, 99 Park St, Brookline 02416	617-731-1050	119	\$475	•	•	•	•	•		•		•	ЬР	 PP VA MA MC HM 	HM
		CAMBRIDGE	ш													
•	Cambridge Rehab & Nursing, 8 Dana St, Cambridge 02138	617-864-4267	83		•	•	•		•				•	•	MA MC	
Indicate	Neville Center at Fresh Pond 640 Concord Ave, Cambridge 02138	617-497-0600	112	\$455	•	•	•	•	•	•			•	_	PP PI LT VA MA MC HM 0	MA
oc wa	Sancta Maria Nursing Facility, 799 Concord Ave, Cambridge 02138	617-868-2200	141													
hcita		CANTON														
link	Commons Residence at Orchard Cove, 1 Del Pond Dr, Canton 02021	781-821-0820	0													
on s	Hellenic Nursing & Rehab Ctr, 601 Sherman St, Canton 02021	781-828-7450	154		•	•	•	•	•	•			•	•	MA MC	
eniorshli	Kindred Nursing & Rehab – Tower Hill 1 Meadowbrook Way, Canton 02021	781-961-5600	164 \$484	\$484	•	•		•	•				•	•	PP MA MC HM	Σ
	*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare	Term Insurance / VA=Ve	teran Adı	ninistratı	on/	MA=	Med	icai	1/ M	V=)	Nedica	/ au				

HM=Managed Care Insurance / AS=ASAP / 0=Other

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PAYMENT METHODS*		MA MC			PP PI LT MA MC HM	PP PI LT MA MC HM		PP PI LT MA MC HM	PP PI MC HM	PP PI LT MA MC	PP PI LT VA MA MC HM	
PRIVATE ROOMS		•			•	•		•	•	•	•	
SEMI-PRIVATE ROOMS		•			•	•		•	•	•	•	
LONG-TERM CHRONIC CARE												
VENTILATOR												
TRACH CARE		•			•			•	•		•	
DIALYSIS					•						•	
WANDERGUARD		•			•	•		•			•	
SECURED MEMORY CARE UNIT						•		•			•	
RESPITE / SHORT TERM STAY		•			•	•		•		•	•	
LONG-TERM CARE	-	•			•	•		•		•	•	
SHORT-TERM CARE SKILLED CARE	-										•	
INTERMEDIATE CARE	-	•			•	•		•			•	
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LOWEST DAILY RATE						\$411				\$450	\$175	
# OF BEDS		124	93	=	22	131		133	20	42	111	
PHONE #	CHELMSFORD	978-256-3151	978-256-0231	CHESTNUT HILL	617-332-4730	617-243-9990	CONCORD	978-371-3400	978-287-3620	978-369-5151	978-369-6889	
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SKILLED NURSING FACILITIES continued		Palm Sklilled Nursing & Center for Rehabilitation 40 Parkhurst Rd, Chelmsford 01824	Sunny Acres Nursing Home, Inc 254 Billerica Rd, Chelmsford 01824		Heathwood HealthCare, 188 Florence St, Chestnut Hill 02467	Wingate at Chestnut Hill, 615 Heath St, Chestnut Hill 02467		CareOne at Concord 57 Old Road to Nine Acre Corner, Concord 01742	Emerson Rehabilitation and Transitional Care Unit 133 Old Road to Nine Acre Corner, Concord 01742	Rivercrest Rehab & Wellness at Newbury Court 80 Deaconess Rd, Concord 01742	Walden Health & Rehab Center, 785 Main St, Concord 01742	

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		DEDHAM												
	Dedham HealthCare, 1007 East St, Dedham 02026	781-329-1520	123	\$335	•	•	•	•	•	•		•	•	VA MA MC
	Hebrew Rehab Center at NewBridge 5000 Great Meadow Rd, Dedham 02026	781-234-9500												
	Kindred Transitional Care & Rehab — Highgate 10 Carematrix Dr, Dedham 02026	781-461-9663												
		EVERETT												
	Rehab & Nursing Ctr at Everett, The, 289 Elm St, Everett 02149	617-387-6560	183											
		FRAMINGHAM	5											
	Bethany Health Care Ctr, 97 Bethany Rd, Framingham 01702	508-872-6750	101		•	•	•	•			•	•	•	MA MC
	Carlyle House, 342 Winter St, Framingham 01702	508-879-6100	55	\$285	•	•	•	•	•			•	•	PP PI LT MA MC HM
	Countryside Nursing Home, Inc, 153 Winter St, Framingham 01701	508-872-5250	30		•	•	•	•	•					VA MA
	Kathleen Daniel, 485 Franklin St, Framingham 01702	508-872-8801	124	\$340	•	•	•	•	•	•	•	•	•	PP PI LT MA MC HM
•	Oak Knoll Healthcare Center, 9 Arbetter Dr, Framingham 01701	508-877-3300	123											
■ Inc	St Patrick's Manor, 863 Central St, Framingham 01701	508-879-8000	303		•	•	•	•	•	•	•	•	•	MA MC
dicati		HAVERHILL												
es we	Wingate at Haverhill, 190 North Ave, Haverhill 01830	978-372-7700	127		•	•	•	•	•		•	•	•	VA MA MC
bsite		HOLLISTON												
e link	Timothy Daniels House, 84 Elm St, Holliston 01746	781-762-0703	40		•	•	•	•	•			•	•	MA MC
on s		LAWRENCE												
enior	MI Nursing/Restorative Ctr, 172 Lawrence St, Lawrence 01841	978-685-6321	231		•	•	•	•	•		•	•	•	MA MC
* sblue:	*PAYMENT METHODS: PP=Private Pay / Pl=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare /	erm Insurance / VA=Vete	ran Adm	inistrati	N/uc	1/4=N	<i>l</i> ledic	aid /	, MC:	=Med	icare,			

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PRIVATE ROOM SEMI-PRIVATE ROOM LONG-TERM CHRONIC CAR VENTILATO TRACH CAR DIALYSI WANDERGUAR SECURED MEMORY CARE UNI RESPITE / SHORT TERM STA LONG-TERM CAR SHORT-TERM CAR INTERMEDIATE CAR LOWEST DAILY RAT # OF BED PHONE	AWRENCE (cont'd)	978-686-2994 94 \$394 • • • •	978-682-1614 19	LEXINGTON	781-778-3624 168	781-861-8630 120	781-862-8151 81	LINCOLN	69 159 781-262-3433 32 \$545 • • •	LITTLETON	978-486-3512 120	LOWELL	978-454-5644 160	
SKILLED NURSING FACILITIES continued		Royal Wood Mill Center, 800 Essex St, Lawrence 01841	The Berkeley Retirement Home & Nursing Center 150 Berkeley St, Lawrence 01841		CareOne at Lexington, 178 Lowell St, Lexington 02420	Excel Center for Nursing & Rehab at Lexington 840 Emerson Gardens Rd, Lexington 02420	Pine Knoll Nursing Center, 30 Watertown St, Lexington 02173		Benchmark Senior Living at The Commons Three Harvest Cir, Lincoln 01773		Life Care Center of Nashoba Valley, 191 Foster St, Littleton 01460		CareOne at Lowell, 19 Varnum St, Lowell 01850	

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	D'Youville Life & Wellness Community – Short-Term Rehab & Long-Term Care, 981 Varnum Ave, Lowell 01854		978-569-1000	241				•	•	•					•	•	PP1	PP LT MA MC HM	HM	
	Fairhaven Healthcare Center, 476 Varnum Ave, Lowell 01854		978-458-3388	169		•		•	•	•	•		•	•	•	•		VA MA MC	()	
	Heritage Skilled Nursing & Rehab, 841 Merrimack St, Lowell 01854		978-459-0546	135		•		•	•	•	•		•		•	•		MA MC		
	Northwood Rehab & Health Care, 1010 Varnum Ave, Lowell 01854		978-458-8773	123	\$414			•	•	•	•		•		•	•	品	PP MA MC HM	MH	
	Town & Country Health Care Ctr, 259 Baldwin St, Lowell 01851		978-454-5438	80	\$302			•	•						•	•	PP	PP PI MA MC HM	HW :	
	Willow Manor, 30 Princeton Blvd, Lowell 01851		978-454-8086	88	\$260	•	•	•	•		•		•		•	•		PP MA MC HM	MH	
	Wingate at Belvidere Rehab & Skilled Nursing 500 Wentworth Ave, Lowell 01852		978-458-1271	111	\$317	•		•	•		•		•		•	•	PP	PP LT VA MA MC HM 0	MC	
			MALDEN																	
	Dexter House HealthCare, 120 Main St, Malden 02148		781-324-5600	118	\$378	•		•	•		•	•	•		•		PP V	PP VA MA MC HM	NH C	
		Z	MARLBOROUGH	丟																
	Mariborough Hills Rehab & Healthcare Center 121 Northboro Rd E, Marlborough 01752		508-485-4040	196	\$390	•		•	•	•	•	•	•		•	•	品	PP PI LT VA MA MC HM 0	MA)	
₩ Inc	The Reservoir Center for Health & Rehab 400 Bolton St, Marlborough 01752		508-481-6123	144		•		•	•		•	•	•		•	•		VA MA MC	()	
licate			MEDFIELD																	
es we	Thomas Upham House, 519 Main St, Medfield 02052		781-762-0703	42		•		•	•	•	•				•	•		MA MC		
bsite			MEDFORD																	
link	Courtyard Nursing Care Ctr, 200 Governors Ave, Medford 02155		781-391-5400	224		•		•	•	•	•	•	•		•	•		MA MC		
on se	Glen Ridge Nursing Care Center, 120 Murray St, Medford 02155		781-391-0800	160			•	•	•	•		•	•		•	•		MA MC		
eniors	Medford Rehab & Nursing Ctr, 300 Winthrop St, Medford 02155		781-396-4400	142		•	•	•	•	•	•	•	•		•	•		MA MC		
	*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare.	g Term Ins	surance / VA=Vete	ran Adm	ninistrat	on /	MA	=Me	dice) pie	MC	= Ne	dica	re/						

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PAYMENT METHODS*		MA MC		PP PI LT MA MC HM 0 AS	MC		MA MC	PP PI LT MA MC HM		VA MA MC	MA MC	PP PI MA MC HM		PP LT MA MC	
PRIVATE ROOMS		•		•	•		•	•		•	•	•		•	
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LONG-TERM CHRONIC CARE															
VENTILATOR															
TRACH CARE				•	•		•			•		•			
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WANDERGUARD		•		•			•	•		•	•				
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LONG-TERM CARE		•		•	•		•	•			•	•		•	
SHORT-TERM CARE		•		•	•		•	•		•	•	•		•	
SKILLED CARE		•		•	•		•	•		•	•	•		•	
INTERMEDIATE CARE				•	•		•	•		•					
LOWEST DAILY RATE				\$315				\$360				\$370		\$365	
# OF BEDS		123		106	43		98	154		73	85	135		53	
PHONE #	MEDWAY	508-533-6634	MELROSE	781-665-7050	781-662-7500	METHUEN	978-686-3906	978-682-7611	MILFORD	508-473-1272	508-473-0435	508-473-6414	NATICK	508- 651-9200	
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Eliot Center for Health & Rehab, 168 W Central St, Natick 01760		508-655-1000	114		•	•	•	•	•	•	•	•			P P	PP PI LT VA MA MC HM
Mary Ann Morse Nursing & Rehabilitation, 45 Union St, Natick 01760	156	156 508-433-4400 124 \$380 • •	124	\$380	•	•	•	•	•	•					P P	PP PI LT MA MC HM
Riverbend of South Natick, 34 S Lincoln St, Natick 01760		781-762-0703	53		•	•	•	•	•	•						MA MC
		NEEDHAM														
Briarwood Rehab & Healthcare, 150 Lincoln St, Needham 02492		781-449-4040	120		•	•	•	•	•	•	•	•			•	MA MC
Skilled Nursing Facility at North Hil 865 Central Ave, Needham 02492		781-443-6599	72		•	•	•	•		•						MA MC
Wingate at Needham, 589 Highland Ave, Needham 02494		781-455-9090	142	\$432	•	•	•	•		•					PP P	PP PI LT MA MC HM
Kindred Transitional Care & Rehab — Needham 100 West St, Needham 02494		781-234-6300														
		NEWTON														
CareOne at Newton, 2101 Washington St, Newton 02465		617-969-4660	202		•	•		•	•	•	•	•				MC
Chetwynde Healthcare, 1650 Washington St, Newton 02465		617-244-5407	79	\$415	•	•	•	•		•	•	•			P P	PP PI LT MA MC HM 0
Lasell House, 120 Seminary Ave, Newton 02466		617-663-7042	38	\$430		•	•	•							<u>B</u>	PP MC HM
Waban Health Center, 20 Kinmonth Rd, Newton 02468		617-332-8481	88		•	•	•	•	•			•			//	VA MA MC
West Newton HealthCare, 25 Armory St, Newton 02465		617-969-2300	118	\$405	•	•	•	•	•	•	•	•			PP F	PP PI LT VA MA MC HM 0
	NE S	NEWTON UPPER FALLS	ALLS													
Stone Institute, The, 277 Elliot St, Newton Upper Falls 02164		617-527-0023	82			•		•		•					•	MA MC
*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare /	nng Term	Insurance / VA=Vete	eran Adr	ninistra	tion ,	/MA	=//	dica	id /	MC	= W	glica	are /			

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PRIVATE ROOMS		•	•	•		•		•	•		•	•	•	•	
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LONG-TERM CHRONIC CARE															
VENTILATOR				•									•		
TRACH CARE			•	•		•					•		•		
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WANDERGUARD		•	•	•		•			•		•	•	•	•	
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RESPITE / SHORT TERM STAY		•	•	•		•		•			•	•	•	•	
LONG-TERM CARE		•	•	•		•		•	•		•	•	•	•	
SHORT-TERM CARE		•	•	•		•		•	•		•	•	•	•	
SKILLED CARE		•	•	•		•		•	•		•	•	•	•	
INTERMEDIATE CARE		•		•								•	•	•	
LOWEST DAILY RATE						\$388		\$385	\$310			\$352	\$372		
# OF BEDS	E E E	20	126	100	פַ	112	픊	96	45		124	191	140	31	
PHONE #	NORTH ANDOVER	978-725-3300	978-685-8086	978-688-1212	NORTH READING	978-276-2000	NORTHBOROUGH	508-393-2368	508-351-9355	NORWOOD	781-762-7700	781-762-6880	781-769-2200	781-762-0703	
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SKILLED NURSING FACILITIES continued		Edgewood, 575 Osgood St, North Andover 01845	Prescott House, 140 Prescott St, North Andover 01845	Sutton Hill Center, 1801 Turnpike St, North Andover 01845		Royal Meadow View Center, 134 North St, North Reading 01864		Beaumont Rehab & Skilled Nursing Center at Northborough 238 W Main St, Northborough 01532	Coleman House, 112 W Main St, Northborough 01532		Charlwell House, 305 Walpole St, Norwood 02062	Ellis Nursing Home, The, 135 Ellis Ave, Norwood 02062	Norwood HealthCare, 460 Washington St, Norwood 02062	Victoria Haven Nursing Facility , 137 Nichols St, Norwood 02062	

			READING															
	Daniels House Nursing Home, 59 Middlesex Ave, Reading 01867		781-944-4410	33														
	Wingate at Reading Rehab & Skilled Nursing Residence 1364 Main St, Reading 01867		781-942-1210	123	123 \$404 • • •	•	•	•	•		•				•	•	PP PI VA MA MC HM	MC
		S	SOMERVILLE															
	Jeanne Jugan Residence, 186 Highland Ave, Somerville 02143		617-776-4420	26		•	•		•							•	MA MC	
		.	STONEHAM															
	Arnold House Nursing Home, 490 William St, Stoneham 02180		781-438-1116	22														
	Bear Hill Rehab & Nursing Ctr, 11 North St, Stoneham 02180		781-438-8515	169	\$465		•	•	•	_	•				•	•	PP PI LT VA MA MC HM	MA
	Life Care Ctr of Stoneham, 25 Woodland Rd, Stoneham 02180		781-662-2545	94	\$458	•	•	•	•			•			•	<u>-</u>	 PP VA MA MC HM 	王
			SUDBURY															
	Sudbury Pines Extended Care, 642 Boston Post Rd, Sudbury 01776		978-443-9000	95	\$285	•	•	•	•	•	•				•	•	PP PI LT MA MC HM	M
	Wingate at Sudbury Rehab & Skilled Nursing 136 Boston Post Rd, Sudbury 01776		978-443-2722	41		•	•		•		•				•	•	VA MA MC	()
		_	TEWKSBURY															
	Blaire House LTCF of Tewksbury, 10 Erlin Ter, Tewksbury 01876		978-851-3121	131		•	•	•		•	•				•	•	VA MA MC	()
			WAKEFIELD															
	Greenwood Nursing & Rehab Ctr, 90 Greenwood St, Wakefield 01880		781-246-0211	36	\$275	•	•	•	•	_					•	•		
	Wakefield Center, 1 Bathol St, Wakefield 01880		781-245-7600	145		•	•	•	•		•				•	•	VA MA MC	()
sen	*PAYMENT MFTHODS: PP=Private Pav / PI=Private Insurance / IT=Long Term Insurance / VI=Veteran Administration / MI=Medicare	o Term In	curance / VA=Vet	eran Adn	ninictra	ion	/ 1///	W-	Jipa) pic	-///	-1/10	licoro	`				

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PRIVATE ROOMS		•	•		•		•		•	•		•	•	•	
SEMI-PRIVATE ROOMS		•	•		•		•		•			•	•	•	
LONG-TERM CHRONIC CARE															
VENTILATOR															
TRACH CARE							•		•				•	•	
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RESPITE / SHORT TERM STAY		•	•		•		•		•	•		•	•	•	
LONG-TERM CARE		•	•		•		•		•	•		•	•		
SHORT-TERM CARE		•	•		•		•		•	•		•	•	•	
SKILLED CARE		•	•		•		•		•	•		•	•	•	
INTERMEDIATE CARE		•	•		•		•		•				•	•	
LOWEST DAILY RATE		\$425								\$398					
# OF BEDS		104	123	_	158		40		84	110	픊	152	117	19	
PHONE #	WALTHAM	781-893-0240	781-899-8600	WATERTOWN	617-924-1130	WAYLAND	508-653-8500	WELLESLEY	781-237-2161	781-237-6400	WESTBOROUGH	508-898-3490	508-366-9131	508-871-2000	
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			WESTFORD														
	Westford House, 3 Park Dr, Westford 01886		978-392-1144 123 \$260 • • • •	123	\$260	•	•		•	•	•		•	•	•	PP PI LT MA MC HM	
			WESTON														
	Wingate at Weston, 75 Norumbega Rd, Weston 02493		781-891-6100 130 \$290 • •	130	\$290	•	•	•	•		•	•	•	•	•	PP PI LT VA MA MC HM	
			WESTWOOD														
	Clark House Nursing Center at Fox Hill Village 30 Longwood Dr, Westwood 02090		781-326-5652														
		>	WILMINGTON	_													
	CareOne at Wilmington, 750 Woburn St, Wilmington 01887		978-988-0888 132 \$504	132	\$504		•		•		•		•	•	•	PP PI LT VA MA MC HM	
	Woodbriar Health Center, 90 West St, Wilmington 01887		978-658-2700	142		•	•	•		•	•			•	•	MA MC	
			WINCHESTER														
٠,	Aberjona Nursing Ctr, Inc, 184 Swanton St, Winchester 01890		781-729-9370 123	123		•	•		•					•	•	MA MC	
•	Winchester Nursing Ctr, Inc, 223 Swanton St, Winchester 01890		781-729-9595 121	121		•	•	•	•					•	•	MA MC	
Indic			WOBURN														
ates	Woburn Nursing Center, Inc, 18 Frances St, Woburn 01801		781-933-8175	140		•	•		•					•	•	MA MC	

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to information about services needed
in planning next steps for patients
leaving a facility.

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Middlesex Healthcare Services was founded by a team of experienced and patient-focused clinicians with a strong commitment to quality home health care.

Our goal is to help patients live with respect and dignity in the community and prevent hospitalization and/or premature institutionalization.

Middlesex Healthcare Services was founded with the care values of: quality care, respect, diligence, accountability, and commitment.

TEAM

Our team is made of Registered & Licensed Nurses, PTs, OTs, SLPs, MSWs & Home Health Aides. We employ bilingual staff to meet the needs of the communities we serve.

/ICES

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- · Surgical aftercare
- Medication Instruction & management
- Wound and ostomy care
- Anti-coagulation therapy
- · Pain and symptom management
- Psychiatric and substance abuse nursing





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