

The Lincoln Community Resource Directory 2019

Bridging the Gap across Generations



A new comprehensive Directory for the Lincoln Community.

The Lincoln Council on Aging, the Lincoln Parks and Recreation Department, and the Friends of the Lincoln Council on Aging are pleased to provide you with this Lincoln Community Directory.

It combines information from both the COA's previous Elder Services Resource Directory and the "Pink Pages" from the Friends of the Lincoln Library's Lincoln Directory. The "Pink Pages" were originally sponsored by Healthy Communities Lincoln, under its grant from the Mass. Dept. of Public Health (DPH), through Community Health Network Area 15.

The resources listed benefit all ages and the Directory is intended to truly be a community-wide resource serving everyone.

The Lincoln Community Directory has been funded by the Ogden Codman Trust. We are deeply grateful for their support.

Additions, corrections and other changes for future editions should be sent to: Lincoln Community Resource Directory, Lincoln Council on Aging, c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773.

The Lincoln Council on Aging, Lincoln Parks and Recreation, the Friends of the Lincoln Library, and the Ogden Codman Trust do not specifically endorse any service or product listed herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

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Adult Day Programs

Cooperative Elder Services

7 Chamberlin Drive, Concord, MA 01742

(978) 318-0046; elderdayservices.org

Provides a safe and caring environment to frail and disabled adults. Offers social & recreational activities, hot lunches, transportation. Specializes in services for Alzheimer's clients.

Advocacy & Consumer Protection

AARP Massachusetts

One Beacon St., Ste. 2301, Boston, MA 02108

(866) 448-3621

States.aarp.org/region/massachusetts

Non-profit, nonpartisan organization that helps people 50 and older improve their quality of life.

Better Business Bureau

290 Donald Lynch Blvd. #102, Marlborough, MA 01752

(508) 652-4800; bbb.org/boston

Provides consumer information, latest alerts and mediates problems between consumers and businesses.

Consumer Products Safety Commission

(800) 638-2772; cpsc.gov

MA Association of Older Americans

18 Temple Pl., 4th Floor, Boston, MA 02111

(617) 426-0804; maoamass.org

Education, advocacy, and action for seniors.

MA "Do Not Call" Registry

(866) 231-2255; mass.gov/donotcall

Prohibits unsolicited sales calls. Cell phone numbers can be registered. Doesn't cover political organizations, charities, and telephone surveys. Consumers are given the effective date on which they can expect unsolicited sales calls to stop. If there is a change in a consumer's phone number or they move, a delete request form must be filled out.

MA Executive Office of Elder Affairs

1 Ashburton Pl. #517, Boston, MA 02108

(617) 727-7750; **(800) 243-4636**; mass.gov/elders

MA Senior Action Council

108 Myrtle St. #112, Quincy, MA 02171

(617) 284-1234; masssenioraction.org

Statewide grassroots senior-led organization that addresses key policy and community issues that affect the well-being of seniors.

National "Do Not Call" Registry

(888) 382-1222; TTY: **(866) 290-4326**

donotcall.gov

Prohibits sales calls. Doesn't cover political organizations, charities, and telephone surveys. Cell phone numbers can also be registered.

Office of the Attorney General

1 Ashburton Pl., Boston, MA 02108

(617) 727-2200; TTY: **(617) 727-4765**

AG Elder Hotline: (888) 243-5337

Public Inquiry & Assistance Center Hotline:

(617) 727-8400

mass.gov/ago

See the website for other consumer-related information.

Aging Life Care Experts

(Formerly Geriatric Care Managers)

Minuteman by Your Side

Minuteman Senior Services

26 Crosby Dr., Bedford, MA 01730

(781) 272-7177; TTY: **(781) 275-1285**

minutemansenior.org

Private pay program providing consultation, assessment, and care management. Can choose a care management option that fits your needs.

Metro West Elder Care Management

148 Commonwealth Road, Wayland, MA 01778

(508) 545-2089; mwelderccare.com

Offers a personalized approach to helping families navigate the complexities of aging, disabilities and the complex health care system.

Senior Support Solutions

405 Waltham St. #332, Lexington, MA 02421

(781) 862-2829; seniorsupportsolutions.com

Care planning and management to assist older adults and their caregivers. Private pay basis.

Your Elder Experts

Jewish Family and Children Services

1430 Main St., Waltham, MA 02451

(866) 924-9543; (781) 647-5327

yourelderexperts.com

Private pay program providing consultation, assessment, and care management.

Alcohol & Substance Abuse

Al-Anon Family Groups of MA

(508) 366-0556; ma-al-anon-alateen.org

Alcoholics Anonymous

12 Channel St., Boston, MA 02127

(617) 426-9444; aaboston.org

Emerson Hospital Addiction Services

133 ORNAC, Concord, MA 01742

(978) 287-3520; emersonhospital.org

Inpatient and outpatient detoxification, rehabilitation and consultations.

MA Substance Abuse Helpline

Health Resource in Action

(800) 327-5050; (617) 292-5065

helpline-online.com

Provides information about treatment and preventive services throughout MA.

McLean Hospital

115 Mill St., Belmont, MA 02478

(800) 333-0338; mcleanhospital.org

Alcohol and drug abuse treatment center.

Mount Auburn Hospital

Prevention and Recovery Center

330 Mount Auburn St., Cambridge, MA 02138

(617) 499-5051; mountauburnhospital.org

Addiction services for alcoholism, substance abuse and compulsive gambling.

Caregiving Resources

Lincoln Council on Aging

15 Bedford Road, Lincoln, MA 01773

(781) 259-8811; lincolntown.org

One-on-one counseling and referrals.

Family Caregiver Support Program

Minuteman Senior Services

26 Crosby Dr., Bedford, MA 01730

(781) 272-7177; (888) 222-6171; TTY: (781) 275-1285

minutemansenior.org

In-home consultation, education and support for the caregiver. Free.

Options Counseling, Minuteman Senior Services

26 Crosby Dr., Bedford, MA 01730

(781) 272-7177; TTY: (781) 275-1285

minutemansenior.org

Information about long term care services and resources.

Adult Family Care (AFC)

(617) 628-2601; adultfamilycare.org

A program for adults with disabilities or elderly individuals who are currently living at home with the care of a family member or friend who is not a spouse and who is legally responsible for the individual and who provide daily care for the individual. The caregiver is responsible for 24-hour care, including personal care, companionship and meal preparation. Call for further information.

Information about Charities

Charitynavigator

charitynavigator.org

Charitywatch

charitywatch.org

Rates organizations on distribution of money.

Clubs & Organizations

American Legion Post No. 84

PO Box 484, Lincoln, MA 01773

Friends of the Council on Aging

P.O. Box 143, Lincoln, MA

lincolntown.org

Supports Council on Aging programs.

Friends of the Lincoln Library

3 Bedford Rd., Lincoln, MA 01773

(781) 259-8465; lincolnpl.org

Supports Library programs: Events, museum passes, staff development, equipment.

Friends of Modern Architecture

PO Box 348, Lincoln, MA 01773

fomalincn.org

Education and preservation.

Green Energy Technology Committee

greeninglincoln.org

Promotes energy conservation in Lincoln.

Lincoln Cultural Council

lincolntown.org

Supports community events and artists' endeavors.

Lincoln Democratic Committee

massdems.org

Lincoln Garden Club

lincolngardenclub.org

Lectures, tours, and trips; library flowers. Planter and garden maintenance.

Lincoln Historical Society

lincolnhistoricalsociety.org

Stimulates interest in the history of Lincoln.

Lincoln Land Conservation Trust /Rural Land Foundation

145 Lincoln Road, Lincoln, MA 01773

(781) 259-9251; lincolnconservation.org

Protects rural character of Lincoln.

Lincoln Minute Men

PO Box 1775, Lincoln, MA

lincolnminutemen.org

press@lincolnminutemen.org

Keeps alive the history and principles of the Minute Men through reenactment. Fife and Drum Corps.

Lincoln Republican Committee

(781) 259-8859

Lincoln Review

PO Box 6245, Lincoln, MA

(781) 259-9142; lincolnreview@yahoo.com

Bimonthly magazine of stories and articles.

Lincoln School Foundation

lincolnschoolfoundation.org

Enriches curriculum and funds professional development.

Masonic Hall: Joseph Warren-Soley Lodge

181 Lincoln Rd., Lincoln, MA

(781) 259-9228; jwsoley.org

Old Town Hall Exchange

25 Lincoln Rd., Lincoln, MA 01773

(781) 259-9876

Volunteers sell local hand crafts and antiques on consignment.

Concierge Services

Carleton-Willard at Home

100 Old Billerica Rd., Bedford, MA 01730

(781) 275-8700; cwathome.org

Access to screened providers for discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc. Membership fee.

Extended Family

185 Commonwealth Rd., Wayland, MA 01778

(508) 318-4885; extendedfamilyofwayland.net

A wide variety of services including personal care assistance, meals, light housekeeping, transportation and home repair and modification. Membership fee.

Declutter/Donate or Sell Goods

Books

Friends of the Lincoln Library

(781) 259-8465

Book donations can be left in the Bemis Hall entryway or basement; call library for pick ups.

Cell Phones

Minuteman Senior Services and Domestic Violence Services Network

Bemis Hall and Lincoln Library entryway.

Clothing to Donate

Red Cross

Bin located at Lincoln Transfer Station. Please bag.
Wed & Sat, 7:30 am-3:30 pm.

Clothing to Sell

Options Boutique

256 Great Rd. (RT119/2A), Littleton, MA 01460
(978) 486-3775; optionsconsignmentboutique.com

Wear Overs

119 Great Rd., Bedford, MA 01730
(781) 275-2705; wearovers.com

Eyeglasses

Lions Club of Lexington

Bemis Hall and Lincoln Library entryway.

Food

Food Pantry - St Vincent de Paul Society

St. Julia Parish of Weston & Lincoln

(781) 899-2611; stjulia.org

Drop-Off non-perishable food at Donelan's (only if purchased at Donelan's), St. Joseph's Church (lobby by side door), or Bemis Hall. No items that are expired or in damaged packaging.

Concord Food Pantry: Non-perishable foods

105 Everett St., Concord, MA

(978) 369-2275; opentable.org

Lexington Interfaith Food Pantry

Church of Our Redeemer

6 Meriam Street, Lexington, MA 02420

(781) 861-5060; lexingtonpantry.wordpress.com

Call for hours. Drop-off locations:

Church, 36 Bedford St, Lexington, between registers 1 & 2.

General to Donate

Transfer Station Swap Table

Wed & Sat, 7:30 am-3:30 pm.

Old Town Hall Exchange

25 Lincoln Road, Lincoln, MA 01773

(781) 259-9876

MA Coalition for the Homeless

(781) 595-7570; mahomeless.org

Morgan Memorial Goodwill Industries

(888) 828-4483; (617) 541-1225; goodwillmass.org

Drop off goods at Crosby's Market parking lot, 211

Sudbury Road, Concord MA 01773

8:00 am-4:30 pm; 7 days per week

NE Center for Homeless Veterans

17 Court St., Boston, MA 02108

(617) 371-1800; nechv.org

Rosie's Place

889 Harrison Ave. , Boston, MA 02118

(617) 442-9322; rosiesplace.org

Salvation Army

(800) 728-7825; satruck.org

Free pick-up.

General to Sell

Skinner's Inc.

274 Cedar Hill St, Marlborough, MA 01752

(508) 970-3000;

<https://www.skinnerinc.com/selling/>

Carl W. Stinson Inc.

Doug Stinson, Appraiser

(781) 259-3200; stinsonauctions.com

Table to Tea Pots

240 Arlington St., West Acton, MA 01720

(978) 266-1115; <http://www.tablestoteapots.com/>

Household**Big Brothers & Sisters**

(800) 483-5503; bbbsfoundation.org

Free pick-up of household items and vehicles.

Household Goods, Inc.

530 Main Street, Acton, MA 01720

(978) 635-1710; householdgoods.org

Donation Drop-off: Tuesday, Thursday & Saturday
9am-noon. Provides a full range of donated
furniture and household items to help people in
need make a home.

Options Home Consignment

256 Great Rd, Ste. 6, Littleton, MA

(978) 486-4003

The Tool Shed

471 Main St, Waltham, Ma 02454

(781) 647-7970

Used tools and related items.

Shoes/Old Sneakers**Nike Reuse-a-Shoe**

Takes all brands of sneakers and turns them into a
recycled product which is used to create tracks,
indoor basketball courts, fields and playgrounds.
Contact any Nike store.

Dental Health**Dental Hygiene Program**

Middlesex Community College

Health, Science, and Technology Center

Talbot Bldg., 44 Middle St., Lowell, MA 01852

(978) 656-3250; www.middlesex.mass.edu/dhclinic

Provides preventive dental hygiene services.

Harvard School of Dental Medicine

188 Longwood Ave, Boston, MA 02115

(617) 432-1434

www.harvarddentalcenter.harvard.edu

Massachusetts Dental Society

(800) 342-8747; massdental.org/for-the-public

Information on access to care and dental insurance.

Tufts School of Dental Medicine

One Kneeland St., Boston, MA 02111

(617) 636-6828; dental.tufts.edu

**Assistance for People with
Disabilities****Lincoln Commission on Disabilities**

Town of Lincoln

(781) 259-2603

Town committee that monitors public commercial
and non-profit projects and programs in regard to
needs of residents with disabilities and compliance
with accessibility desires, standards and laws.

Balanced Mind Parent Network

thebalancedmind.org

Resources to aid families with children with bipolar
disorder or depression.

Carroll Center for the Blind

770 Centre St., Newton, MA

(617) 969-6200; (800) 852-3131; carroll.org

Provides training and devices to enable individuals
who have lost their sight to gain independence.

D.E.A.F., Inc.

215 Brighton Ave., Allston, MA 02134

Voice/TYY: (617) 254-4041;

www.deafinonline.org/

Specializes in deaf-related services, including
independent living, health literacy and support,
community access for deaf/blind individuals.

iCanConnect

Perkins School for the Blind

175 North Beacon St., Watertown, MA 02472

(617) 972-7826; Icanconnect.org

Provides distance communication technologies, training and resources to income-eligible people with significant combined hearing and vision loss.

Lurie Family Autism Center at Mass General

1 Maguire Rd, Lexington, MA 02421

(781) 860-1700

<https://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1614>

Evaluates and treats neurologically challenged people. Assists families with services for autism.

MAB Community Services

200 Ivy St., Brookline, MA 02446

(617) 738-5110; mabcommunity.org/mabvi

Provides information, referral, rehabilitation and low-vision groups.

MA Commission for the Blind

600 Washington St., Boston, MA 02111

Voice: (617) 727-5550; TDD: (800) 392-6556

mass.gov/mcb

Provides rehabilitation and support services to individuals who are blind or visually impaired.

MA Commission for the Deaf & Hard of Hearing

600 Washington St., Boston, MA 02111

Voice: (617) 740-1600; TTY: (617) 740-1700

Video Phone: (617) 326-7546; mass.gov/mcdhh

Provides case management, interpreter services, technical assistance, training and information on other services for the Deaf and Hard of Hearing.

MA Equipment Distribution Program

V/TTY: (800) 300-5658; mass.gov/massedp

Offers free or low-cost specialized telephones for those with a permanent disability, such as hearing, vision, speech, or motion. Call for information.

MA Office on Disability

Ashburton Pl., #1305, Boston, MA 02108

Voice/TTY: (617) 727-7440; mass.gov/mod

Provides information and advocacy for people with disabilities.

MA Rehabilitation Commission

600 Washington St.

Boston, MA 02111

Voice/TDD: (800) 245-6543; (617) 204-3600

MRC Ombudsperson: (617) 204-3603;

mass.gov/mrc

Vocational rehabilitation services, independent living, home modifications, home care assistance.

Mass Relay/7-1-1

TTY/ASCII (800) 720-3480; Voice/Hearing (800)

720-3479; mass.gov/eopss/agencies/massrelay

Dial 711 for nationwide access to the relay service operator who facilitates communication between people using phones and TTY. See website for other relay numbers and information.

Minute Man Arc

35 Forest Ridge Road

Concord, MA 01742

(978)-287-7900; Minutemanarc.org

Provides adults and children with disabilities therapeutic services, employment, recreation, housing and community involvement.

Perkins School for the Blind

175 North Beacon St., Watertown, MA

(617) 924-3434 ; perkins.org

Universal Newborn Hearing Screening Program

(800) 882-1435

mass.gov/dph/newborn/hearingscreening

Financial help for audiological testing and diagnosis for infants who fail hospital screening tests.

Disease Information and Services

Alzheimer's

Alzheimer's Association MANH Chapter

480 Pleasant St., Watertown, MA 02472

Helpline: (800) 272-3900; TDD: (866) 403-3073

(617) 868-6718; alz.org/MANH

Resource for information pertaining to Alzheimer's including a helpline for referrals and Alzheimer's related-questions.

Cooperative Elder Services

7 Chamberlin Drive, Concord, MA 01742

(978) 318-0046; (978) 318-0055; elderdayservices.org

Provides a safe and caring environment to people who are frail and have disabilities. It offers social & recreational activities, hot lunches, transportation. Specializes in services for Alzheimer's Disease clients.

McLean Memory Diagnostic Clinic

115 Mill St., Belmont, MA 02478

(617) 855-2300; mcleanhospital.org

Consultation and referral services for diagnosis and treatment of memory disorders or other cognitive impairments.

National Institute on Aging

Alzheimer's Disease Education & Referral Center

(800) 438-4380; nia.nih.gov/alzheimers

Arthritis

Arthritis Foundation of MA

(800) 766-9449; (617) 244-1800

arthritis.org/Massachusetts

Cancer

American Cancer Society

43 Nagog Park Ste. 110, Acton, MA 01720

(781) 894-6633; (800) 227-2345; cancer.org

Emerson Hospital

133 ORNAC, Concord, MA 01742

(978) 287-3428; emersonhospital.org

Offers a wide variety of cancer support groups.

The Virginia Thurston Healing Garden

145 Bolton Rd., Harvard, MA 01451

(978) 456-3532; healinggardensupport.org

Provides therapeutic services for anyone dealing with a cancer diagnosis.

Diabetes

American Diabetes Association

(800) 342-2383; (617) 482-4580; diabetes.org

Heart Disease

American Heart Association

300 5th Ave, Waltham, MA 02451

(800) 242-8721; (781) 373-4500; heart.org

Lyme Disease

Tick Preparedness

tickencounter.org

Parkinson's Disease

American Parkinson's Disease Association

(800) 223-2732; apdaparkinson.org

Domestic Violence, Abuse and Neglect

General

Lincoln Police Department

169 Lincoln Rd., Lincoln MA 01773

911 for emergencies

(781) 259-8113 for non-emergencies

lincolntown.org

Provides assistance in situations involving violence and abuse.

Domestic Violence

Domestic Violence Services Network, Inc.

PO Box 536, Concord, MA 01742

(978) 318-3421, (888) 399-6111 (helpline); dvsn.org

Crisis interventions service to help clients assess risk and develop a safety plan. Referrals to community resources.

Reach Beyond Domestic Violence, Waltham

PO Box 540024, Waltham, MA 02453

(781) 891-0724 ; reachma.org

Provides crisis intervention, safety, emergency shelter, support groups, legal advocacy, etc.

Abuse of People with Disabilities

MA Disabled Persons Protection Commission

24-Hour Hotline: (800) 426-9009

TTY: (888) 822-0350; (617) 727-6465; mass.gov/dppc

To report suspected abuse of adults (ages 18-59) with disabilities.

Elder Abuse and Neglect

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811 (*only* during business hours
otherwise call 24-hour Elder Abuse Hotline)
To discuss concerns about yourself or an elder
being abused.

24-Hour Elder Abuse Hotline

(800) 922-2275

MA Executive Office of Elder Affairs
mass.gov/elders

Provides 24-hour hotline to report elder abuse,
neglect, and at-risk elders.

Elder Protective Services Program

Minuteman Senior Services

26 Crosby Dr., Bedford, MA 01730

**To report: (800) 922-2275; Information: (727) 272-
7177; TTY: (781) 275-1285; minutemansenior.org**

Services for elders living at home who are self-
neglectful and those who are being abused,
neglected, or financially exploited.

Driver Safety

AARP Driver Safety Program

Classroom Courses: (877) 846-3299

On-Line Courses: (800) 350-7025

aarpdriversafety.org

Provides classroom and on-line courses for older
motorists to brush up on their driving skills.

Driver Evaluation Program

New England Rehabilitation Hospital

2 Rehabilitation Way, Woburn, MA 01801

(781) 939-1921; healthsouthnewengland.com

Offers private pay driving evaluations.

DriveWise

Beth Israel Hospital

Dept. of Cognitive Neurology

330 Brookline Ave., Brookline, MA 02215

(617) 667-4074

<https://www.bidmc.org/centers-and-departments/neurology/programs-and-services/cognitive-neurology/programs/drivewise-and-driveadvise>

On-road evaluation and follow-up with a social
worker.

Keys to Independence

Emerson Hospital

**Center for Sports Rehabilitation &
Specialty Services**

310 Baker Ave., Concord, MA 01773

(978) 287-8244; emersonhospital.org

Offers private pay driving evaluation consisting of
a clinical assessment and, if qualified, an on road
driving test. Call for information.

Education

Bemis Lecture Series

lincolntown.org

The Bemis Free Lecture Series has enjoyed a
distinguished history, attracting leading national
figures in politics, arts, sciences and social issues.

Cambridge Center for Adult Education

42 Brattle St., Cambridge, MA 02138

(617) 547-6789; ccae.org

Concord Authors Festival

Concord Library

129 Main St., Concord, MA 01742

(978) 369-3807; concordfestivalofauthors.com

Lectures held in Oct & Nov in various places in
Concord.

Concord Community Education

500 Walden St., Concord, MA

(978) 318-1432; ace.colonial.net

Drumlin Farm/Audubon Society

208 South Great Rd., Lincoln, MA

(781) 259-2200; massaudubon.org

Nature Sanctuary; classes offered.

Lexington Community Education

146 Maple St., Lexington, MA

(781) 862-8043; lexingtoncommunityed.org

Lincoln Parks & Recreation Dept.

16 Lincoln Rd., Lincoln, MA

(781) 259-0784; lincolnnrec.com

Classes for all ages, camps, field trips, music, etc.

L-S Adult Education

390 Lincoln Rd., Sudbury, MA

(781) 259-9527; lsrhs.net/sites/adulted

Middlesex Community College

Middlesex Institute for Lifelong Education

For Seniors (M.I.L.E.S)

591 Springs Rd, Bedford, MA 01730

(888) 818-3434; (781) 280-3663; middlesex.mass.edu

Offers stimulating and interactive classes for older adults.

Minuteman Regional High School**Community Education**

758 Marrett Rd, Lexington, MA 02421

(781) 861-7150; minutemance.org

Offers 10% senior and military discount on all classes. No discount on material/book fees.

New England Wildflower Society

180 Hemenway Rd., Framingham, MA

(508) 877-7630; newfs.org

Classes on nature, botany, and gardening.

Northeast Organic Farming Association

411 Sheldon Rd., Barre, MA

(978) 355-2853; nofamass.org

Classes, workshops, and conferences.

Osher Lifelong Learning Institute @ Tufts University

039 Carmichael Hall, Medford, MA 02155

(617) 627-5699; ase.tufts.edu/lli

@Brandeis University (BOLLI)

415 South Street, MS 085, Waltham, MA 02454

(781) 736-2992; brandeis.edu/bolli

Offers study groups, lectures, day trips for adult learners.

Regis College

235 Wellesley St., Weston, MA 02493

(781) 768-7135; regiscollege.edu/llarc

Offers study groups and lectures for adult learners.

Walden Woods Project

44 Baker Farm Rd., Lincoln, MA

(781) 259-4700; walden.org

Lectures, excursions, and seminars.

Wellesley-Weston Lifetime Learning

Unitarian Universalist Society of Wellesley Hills

309 Washington Street, Wellesley Hills, MA 02481

(781) 205-4204; wwllcourses.org

Offers a variety of stimulating courses.

Emergency Services

Lincoln Fire Department

169 Lincoln Rd., Lincoln, MA 01773

911 for emergencies

(781) 259-8113 for non-emergencies

lincolntown.org

Provides fire services and emergency medical care.

Lincoln Police Department

169 Lincoln Rd., Lincoln, MA 01773

911 for emergencies

(781) 259-8113 for non-emergencies

lincolntown.org

File of Life**Lincoln Council on Aging**

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Provides free plastic holders for medical information in case of emergency.

Employment

The Career Place

Trade Center Park

100 Sylvan Rd. Suite G100, Woburn, MA 01801

(781) 932-5500; thecareerplace.org

Provides job placement assistance.

Career Source of Cambridge

186 Alewife Brook Pkwy, Ste. 310

Fresh Pond Mall, Cambridge, MA 02138

(617) 661-7867; yourcareersource.com

Provides job placement assistance.

ETR Framingham

1671 Worcester Rd, Framingham, MA 01701

(508) 861-7993; www.etrcc.com

Provides job search assistance, career advising, some training and how to access services.

Operation A.B.L E. of Greater Boston

174 Portland St., 5th Fl, Boston, MA 02114

(617) 542-4180; operationable.net

Provides computer and office skills training, counseling and job assistance workshops to workers age 55+.

Energy Saving Program

Mass Save

(800) 632-8300; massave.com

A state energy program that offers no-cost energy assessments as well as rebates and incentives on energy saving products.

SMOC

South Middlesex Opportunity Council, Inc.

7 Bishop St., Framingham, MA 01702

(800) 286-6776; **(508) 620-1230**; smoc.org

An annual cash benefit to help pay for heating fuel for those who meet income and other requirements.

All Lincoln residents must apply by contacting the Council on Aging at (781) 259-8811.

ESL Services

English at Large

800 W. Cummings Park Ste. 5550

Woburn, MA 01801

(781) 395-2374; englishatlarge.org

Provides free one-on-one and group assistance in learning English, serves Lincoln. Group classes held at Waltham Public Library. For more information, call the Waltham Public Library at **(781) 314- 3425**.

Greater Boston Chinese Golden Age Center

5 Oak Street, Boston, MA 01226

(617) 357-0226; gbcgac.org

Offers a variety of services to the Asian community. Call for eligibility.

Faith Communities in Lincoln

First Parish in Lincoln UCC/UUA Church

14 Bedford Rd, Lincoln, Box 6218 (Offices)

4 Bedford Rd (Church), Lincoln, MA 01773

(781) 259-8118 ; firstparishinlincoln.org

Sunday 10:00 am (early Sept - early June)

New Life Community Church

35 Bypass Rd, Lincoln, MA 01773

(978) 369-0061

St Anne's in-the-Fields Episcopal Church

147 Concord Rd., Lincoln, MA 01773

(781) 259-8834; stanneslincoln.org

Sun 8:30 am, 10:30 am and 5:30 pm.

St Joseph's Church, Catholic Church

142 Lincoln Rd., Lincoln, MA 01773

(781) 899-2611; stjulia.org

Sun 7:30 am & 10:30 am, Tues & Fri 9 am.

Retreat

Campion Renewal Center

319 Concord Rd., Weston, MA 02493

(781) 419-1337; campioncenter.org

Weekend retreats and spiritual direction.

Financial Assistance

Emergency

Lincoln Emergency Assistance Fund

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Emergency financial assistance for such crises as eviction, utility shut-off, unexpected medical bills.

Small Necessities Project

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Provides emergency food, medication, lodging for Lincoln residents of all ages.

St Vincent de Paul Society

St. Julia Parish of Weston & Lincoln

(781) 899-2611; stjulia.org

Emergency financial assistance and food pantry. Call for more information.

Ongoing

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Assistance in identifying and apply for State and Federal benefits.

Department of Transitional Assistance

80 Everett Ave., Chelsea, MA 02150

(617) 551-1700; mass.gov/dta/assistance

Provides cash, food and nutritional assistance and employment supports to low income individuals and families.

NE Pension Assistance Project

Pension Action Center at UMass-Boston

(888) 425-6067; umb.edu/pensionaction

Provides information on pension rights and assistance with claiming lost pensions. Free.

Fitness Programs

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Offers a variety of fitness classes including Tai Chi, aerobics/weights, line dancing and more for Lincoln residents. A class fee is charged.

Lincoln Recreation Department

Ballfield Rd., Lincoln, MA 01773

(781) 259-0784; lincolnrec.com

Offers a wide variety of activities for all ages

including fitness and adult education classes. A class fee is charged.

Carleton-Willard at Home

(781) 276-1910; cwathome.org

Fitness classes. Membership fee.

Massachusetts Senior Games

(413) 206-6274; maseniorgames.org

Athletic competition for all Massachusetts seniors. Call the Senior Games to sign up.

Food and Nutrition

Community Supported Agriculture (CSA)

CSAs sell seasonal shares of local farm produce picked up or delivered weekly.

Codman Community Farm

58 Codman Rd., Lincoln, MA 01773

(781) 259-0456; codmancommunityfarms.org

Hay, compost, firewood, fresh eggs, meat - frozen and CSA. Garden plots for rent. PYO.

Drumlin Farm Stand & CSA

208 South Great Rd., Lincoln, MA 01773

(781) 259-2200; massaudubon.org

Farmer's Market at Lincoln Station

Sat 9:30 am-1:30 pm in summer. Dates and locations vary year to year.

Food Project CSA

10 Lewis St., Lincoln, MA 01773

(781) 259-8621; thefoodproject.org

Lindentree Farm CSA

10 Old Concord Rd, Lincoln, MA 01773

(781) 259-1259; lindentreefarm.com

Programs, Food Pantries, and Dining

Senior Dining

Lincoln Council on Aging/Minuteman Senior Services/Friends of the Lincoln COA/Newbury Court/Lincoln Garden Club

(781) 259-8811; lincolntown.org

Nutritious lunches served once a month at St. Anne's, 147 Concord Rd, Lincoln, MA September through May; \$5 donation. All Lincoln residents 60 and over are eligible. Call the Lincoln COA for more information or to sign up.

Meals on Wheels

Minuteman Senior Services

26 Crosby Drive, Bedford, MA 01730

(781) 272-7177; TTY: (781) 275-1285

minutemansenior.org

Nutritious and inexpensive meals delivered to homebound elders. If requested, frozen dinners can be provided for weekends.

Food Pantry

St Vincent de Paul Society

St. Julia Parish of Weston & Lincoln

(781) 899-2611; stjulia.org

Distribution of food the last Wednesday of each month at St. Joseph Church, 142 Lincoln Rd., Lincoln, MA; emergency financial assistance. Call for more information.

Food Stamps (SNAP)

Department of Transitional Assistance

80 Everett Ave., Chelsea, MA 02150

(877) 382-2363; mass.gov/snap

(833) 712-8027 for seniors only

A federal program that helps individuals with limited income pay for food.

Bristol Lodge Soup Kitchen

Immanuel United Methodist Church

545 Moody St., Waltham, MA 02453

(781) 883-2050; mhsainc.org/soup

Open daily from 2:30 p.m. to 5:00 p.m.

Celebration International Church: Food Pantry

6 Loker St., Wayland, MA

(508) 653-6864; Cicalive.org

2nd and 4th Wed. of each month 7:00 – 8:15 pm.

Greater Boston Food Bank

70 South Bay Ave, Boston, MA 02118

(617) 427-5200; gbfb.org

Provides listings of food pantries and community

meal programs in eastern MA.

Jewish Family & Children's Service Family Table

1430 Main St., Waltham, MA

(781) 647-5327; Jfcboston.org

Non-sectarian. See website for distribution schedule.

Lexington Interfaith Food Pantry

Church of Our Redeemer

6 Meriam St., Lexington, MA 02420

(781) 861-5060

lexingtonfoodpantry.wordpress.com

Pantry is opened Sat. 9:30-11 am. Requires a letter of need from a social worker stating a need for food assistance and the make-up of the family.

Open Table

First Parish Church

20 Lexington Road, Concord, MA 01742

(978) 369-2275; opentable.org

Concord: Pantry is Thurs. 4:30 to 6:30 pm, dinner served 5:30 to 6:30 pm.

Maynard: Pantry is Mon. 5:00 to 7:00 pm, dinner served 6:00 to 7:00 pm. Maynard's pantry is located at 33 Main Street, Maynard, MA.

Project Bread

Food Source Hotline

(800) 645-8333

TTY: (800) 377-1292; (617) 723-5000

projectbread.org

Provides information regarding food stamps and emergency food.

Salvation Army/Waltham Pantry

33 Myrtle Street, Waltham, MA 02453

(781) 894-0413; salvationarmy.org/MA/Waltham

Mon. – Fri., 10:00 am – 1:00 pm.

Sacred Heart Church Food Pantry

311 River St, Waltham, MA 02453

(781) 899-0469; sacredheart311.com

Sudbury Community Food Pantry

Our Lady of Fatima Church

160 Concord Rd, Sudbury, MA 01776

(978) 443-7725; sudburyfoodpantry.org

Pantry is open on Tues. and Thurs. from 11:30am to 2:15pm . Distributions begin at 12:00 pm. Doesn't require a needs test or a letter of referral. Lincoln residents may shop once a month.

Groceries-On-Line

Peapod by Stop and Shop

(800) 573-2763; peapod.com

Groceries delivered to your home. Minimum order \$60.00. Delivery fee: Orders less than \$100 (\$9.95); more than \$100 (\$6.95). Orders taken online only.

Roche Bros.

387 Mass Ave, Acton, MA 01720

(978) 263-0404; rochebros.com

Grocery delivery to Lincoln for \$9.95. Offers a call-in service that is open on Mondays, Tuesdays and Wednesdays between 9:00 am to 5:00 pm. Fee for phone orders is \$14.95.

Fuel Assistance

SMOC

South Middlesex Opportunity Council, Inc.

7 Bishop St., Framingham, MA 01702

(800) 286-6776; (508) 620-1230; smoc.org

An annual cash benefit to help pay for heating fuel for those who meet income and other requirements.

All Lincoln residents must apply by contacting the Council on Aging at (781) 259-8811.

Grandparents Raising Grandchildren

Grandparents Raising Grandchildren of MA

Executive Office of Elders Affairs

(617) 748-2454; massgrg.com

Resource guide and information for grandparents.

Health Care Insurance Assistance and Complaints

S.H.I.N.E. Program

Minuteman Senior Services

Lincoln Council on Aging

(781) 259-8811; lincolntown.org

Provides counseling on health care coverage and related benefits.

Medicare

(800) 633-4227; TTY: (877) 486-2048

medicare.gov

Questions/complaints about claims for all Medicare beneficiaries.

Health Care for All

(617) 350-7279; Helpline: (800) 272-4232

hcfama.org

Provides information and advocacy regarding health insurance and health care in Massachusetts.

Medicare Advocacy Project

Greater Boston Legal Services

197 Friend St., Boston, MA 02114

(617) 371-1234; TDD: (617) 371-1228; gblds.org

Advice and free legal representation to beneficiaries with Medicare coverage problems.

Health Insurance

MA Health Connector

(877) 623-6765; TTY: (877) 623-7773

mahealthconnector.org

The state's health insurance marketplace that helps MA residents find affordable health and dental plans.

Medicare

(800) 633-4227; TTY: (877) 486-2048; medicare.gov

Provides health coverage for in-patient and out-patient care for those who are 65 years old and meet eligibility requirements.

MassHealth/Medicaid

Mass Office of Health and Human Services

(888) 665-9993; TTY: (888) 665-9997

mass.gov/masshealth

Provides health coverage for costs not paid by

Medicare for those who meet income and other eligibility requirements.

QMB/SLMB (Senior Buy-In)

Mass Office of Health and Human Services

(888) 665-9993; TTY: (888) 665-9997

mass.gov/masshealth

QMB and SLMB programs pay Medicare premiums, co-pays and deductibles for those who meet eligibility guidelines.

Health Services

Wellness and Podiatry Clinics

Town of Lincoln

(781) 259-8811; lincolntown.org

Two wellness clinics monthly for info and referral, nutrition and fitness counseling, blood pressure, BMI calculation at Lincoln Woods, 50 Wells Rd., Lincoln, MA and Bemis Hall, 15 Bedford Rd., Lincoln, MA. Free to Lincoln residents. Two monthly podiatry clinics for Lincoln residents. \$10 donation. Dates and times vary.

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Offers basic foot care and health screenings. Dates and times vary.

Metro West Free Medical Program

Their programs are available at no cost to anyone who needs help connecting with a doctor and health insurance. They serve adults and children in the MetroWest and greater Boston communities.

Two Service Locations:

Sudbury – Walk-in Services for medical care and specialty services.

Congregation Beth El

105 Hudson Rd., Sudbury, MA 01776

(508) 656-0740 - call for hours of opening

Framingham – By appointment only

First Parish Church

110 Edgell Rd, Framingham, MA 01701

(508) 656-0885 – Vision appointments

(508) 656-0834 – Gynecology appointments

Vision

American Optometric Foundation

(800) 766-4466; aoa.org/visionusa

Free eye exams for low income people with no eye care insurance.

EyeCare America

<https://www.aoa.org/eyecare-america>

Free eye exams and follow-up treatment for those who are eligible.

Home Care Agencies

(See Appendices A and B)

Community Care Ombudsman Program

MA Executive Office of Elder Affairs

(800) 243-4636; (617) 727-7750; mass.gov/elders

Helps resolve problems with home health or community services.

Care & Beyond Home Care

1934 Lakeview Ave., Dracut, MA 01826

(978) 551-1218; careandbeyondllc.com

Services include skilled nursing, home health aides, physical therapy and non-medical services.

Insurance and private pay.

CareGroup Parmenter Home Care and Hospice

1 Arsenal Marketplace, Watertown, MA 02472

(833) 673-1700;

mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice

Provides skilled nursing, home health aides, hospice care. Insurance and private pay.

Connected Home Care

199 Sudbury Rd, Concord, MA 01742

(800) 869-6418; caringcompanion.net

Services include personal care, medication reminders, companions, transportation, meal prep and errands.

Deaconess Abundant Life Services

80 Deaconess Rd, Concord, MA 01742

(978) 402-8620; nedeaconess.org

Services include personal care, meal preparation, light housekeeping, medication management, transportation and companionship. Private Pay.

Emerson Hospital Home Care

Emerson Hospital

133 ORNAC, Concord, MA 01742

(978) 287-8300; emersonhospital.org

Skilled nursing, home health aides, disease management programs.

Home Helpers of Metro West

260 Boston Post Rd., Ste. 9, Wayland, MA 01778

(508) 545-0164; local.homehelpershomecare.com

Personal and companion care, Alzheimer's and dementia care, homemaker services, respite care.

Home Is Best Home Healthcare, LLC

24 Nile St, Billerica, MA 01821

(978) 435-3775; homeisbestcare.com

Provides personal, companion, respite, palliative care, private duty nursing.

Partners Health Care at Home

281 Winter Street, Ste. 240, Waltham, MA 02451

(781) 290-4200; partnersathome.org

Provides skilled nursing, home health, nutrition, hospice care. Insurance and private pay.

Right-At-Home

60 Great Rd, Bedford, MA 01730

(781) 275-1400; rightathomecare.net

Offers companionship and homemaking services, ambulatory assistance and personal care.

Insurance and private pay.

Senior Helpers

66 Tadmuck Rd., Ste #2, Westford, MA 01886

(978) 467-4300; seniorhelpers.com/westford

Provides companion, personal, Alzheimer's and dementia care. Private pay.

Visiting Angels

142 North Road Ste. S, Sudbury MA 01776

(978) 287-2002; visitingangels.com/sudbury/home

Non-medical senior care which includes the

following services: companionship, meal preparation, errands and respite care for family caregivers.

VNCH (Visiting Nurse and Community Health)

37 Broadway, Ste. 2, Arlington, MA 02474

(781) 643-6090; thevisitingnurses.com

Skilled nursing, home health aides, rehabilitation therapies and case management.

Home Equity Conversion

HOME (Homeowner Options for Massachusetts Elders)

87 Hale St, 2nd Fl.

Lowell, MA 01851

(800) 583-5337; (978) 970-0012

www.elderhomeowners.org

Provides information and referral, counseling, and consumer protection on equity conversions, reverse mortgages, refinancing, and loans, and foreclosure prevention.

Home Modifications

HouseWorks

1 Gateway Center Ste. 902, Newton, MA 02458

(800) 928-3393; (617) 928-1010; house-works.com

Installs adaptive equipment including grab bars, hand-held showers and transfer aids.

Natale Company & Safety Care, LLC

5 West Dexter Ave, Woburn, MA 01801

(781) 933-7205; safety-care.com

Consultation, home modifications and installation of assistive equipment for seniors and people with disabilities including bath bars.

Home Safety

Home Safe Project

Lincoln Council on Aging

(781) 259-8811; lincolntown.org

Free home safety evaluations by a physical therapist to prevent falls. Funded by Ogden

Codman Trust.

Senior SAFE Program

Lincoln Fire Department

169 Lincoln Rd., Lincoln, MA 01773

(781) 259-8113; lincolntown.org

Offers free fire safety evaluations of your home and installation of free smoke and carbon monoxide detectors. A member of the Fire Department will come to your home at your convenience and make suggestions about how you may make your home safer from fires. If there is equipment you may need that you cannot afford or if you need helping carrying out the suggestions, the Fire Department or Council on Aging may be able to help.

Homeless Shelters

Bristol Lodge Shelter (Men's Shelter)

27 Lexington St., Waltham, MA 02453

Prescreen Telephone: **(781) 893-0108 after 9 am**

Bristol Lodge Shelter (Women's Shelter)

205 Beacon St., Waltham, MA 02453

Prescreen Telephone: **(781) 893-0108 after 9 am**

Both shelters operate on a first come first serve basis. Need to be pre-screened. Maximum stay is 90 days. Residents must leave the buildings between the hours of 8:00 a.m. and 4:00 p.m.

Middlesex Human Services Agency

50 Prospect St. Ste. 3, Waltham, MA 02453

(781) 894-6110; mhsainc.org

Focuses on the effect of homelessness, substance abuse and hunger through 10 programs in the city of Boston and Metro West areas.

Hospice

Care Dimensions

125 Winter St., Lincoln, MA 01773

(888) 283-1722; caredimensions.org

Compassionate hospice and palliative care to patients and families. Many specialty programs

including but not limited to chronic conditions, dementia, Veterans, pediatric grief support.

CareGroup Parmenter Home Care and Hospice

1 Arsenal Marketplace, Watertown, MA 02472

(833) 673-1700;

mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice

Provides medical and emotional support to patients with a terminal illness and their families.

Palliative Care Federation

(781) 255-7077; hospicefed.org

Provides a hospice locator guide and other helpful end-of-life resources.

Partners Health Care at Home

Bridge to Hospice Program

281 Winter Street, Ste. 240, Waltham, MA 02451

(781) 290-4200; partnersathome.org

Offers coordination of care for patients and families dealing with an advanced or life-limiting illness.

VNCH (Visiting Nurse and Community Health)

37 Broadway, Ste. 2, Arlington, MA 02474

(781) 643-6090 ; thevisitingnurses.com/hospice.htm

Provides medical and emotional support to patients with a terminal illness and their families.

Housing

Information and Referral

Lincoln Council on Aging

(781) 259-8811; lincolntown.org

Information about housing options.

Mass – ALFA

MA Assisted Living Facilities Association

135 Beaver St. Ste. 202, Waltham, MA 02452

(781) 622-5999; massalfa.org

Directory of most assisted living facilities in Massachusetts.

Mass Housing

One Beacon St., Boston, MA 02108

(617) 854-1000; masshousing.com

Provides information on home ownership and rental housing.

RHSO Housing

141 Keys Rd., Concord, MA 01742

(978) 287-1090; rhsohousing.org

Provides listings of housing authorities, assisted living, and family housing which are accepting applications in the surrounding towns of Acton, Bedford, Burlington, Concord, Lexington, Sudbury and Weston.

Age Restricted

The Ryan Estate

140 Lincoln Rd., Lincoln, MA 01773

(781) 259-9622; ryanestate.com

24-unit condominium complex for adults 55+.

Assisted Living

Benchmark Senior Living at Waltham Crossing

126 Smith St, Waltham, MA 02451

(781) 609-7145; walthamcrossings.com

Assisted living, memory care, respite, and short term care.

Carriage House at Lee's Farm

134 Boston Post Rd., Wayland, MA 01778

(508) 358-2800

northbridgecos.com/carriage-house-at-lees-farm/

Provides independent living, assisted living, and memory care.

Concord Park

68 Commonwealth Ave., Concord, MA 01742

(978) 369-4728; concordpark.net

Independent and assisted living. Compass memory support.

Orchard Hill Sudbury

761 Boston Post Rd., Sudbury, MA 01776

(978) 443-0080; orchard-hill.com

Assisted living, short term respite stays and some affordable units.

Sunrise of Weston

135 North Ave., Weston, MA 02493

(781) 893-2936; sunriseweston.com

Offers assisted living and short term stays.

Traditions of Wayland

10 Green Way, Wayland MA 01778

(508) 358-0700; traditionsofwayland.com

Assisted and independent living, memory care and transitional care.

Continuing Care Retirement Communities

Benchmark Senior Living, The Commons in Lincoln

1 Harvest Circle, Lincoln, MA 01773

(781) 430-6000; thecommonsinlincoln.com

A Benchmark Signature living community offering 62+ independent living with your choice of a modern Cape style or apartment style home, with a continuum that offers assisted living, memory care, rehab and skilled nursing.

Brookhaven at Lexington

1010 Waltham St., Lexington, MA 02421

(781) 863-9660; brookhavenatlexington.org

Independent living, skill nursing and assisted living.

Carleton-Willard Village

100 Old Billerica Rd., Bedford, MA 01730

(781) 275-8700; cwvillage.org

Independent living, skill nursing and rehab, assisted living. Care for Alzheimer's and other forms of dementia.

Newbury Court

100 Newbury Court, Concord MA 01742

(978) 369-5151; newburycourt.org

A residential campus that offers a wide range of services allowing individuals to age in place.

Nursing Homes/Rehabs

Aberjona Nursing & Rehab Center

184 Swanton St, Winchester, MA 01890

Admission: (781) 729-9370; salterhealthcare.com

Long and short term care, rehab, respite and hospice care. Alzheimer's Unit.

Belmont Manor Nursing Center

34 Agassiz Ave, Belmont, Ma 02478

(617) 489-1200; belmontmanor.com

Skilled and intermediate nursing care, short-term rehab, respite care, Alzheimer's Unit.

Bethany Health Care Center

97 Bethany Rd., Framingham, MA 01702

(508) 872-6750; bethanyhealthcare.org

Short and long term care, respite, hospice care, Alzheimer's unit.

Maristhill Nursing & Rehab Center

66 Newton St, Waltham, MA 02453

(781) 893-0240; maristhill.org

Provides skilled nursing care, rehab, short-term and respite care.

Meadow Green Rehab & Nursing Center

45 Woburn St, Waltham, MA 02452

(781) 899-8600; meadowgreenrehabandnursing.com

Short-term rehab and long term care, Alzheimer's Unit.

Pine Knoll Nursing Center

30 Watertown St., Lexington, MA 02421

(781) 862-8151; longtermcentersgroup.com

24 hour admissions, respite and hospice care.

Riverbend of South Natick

34 South Lincoln St., S. Natick, MA 01760

(508) 653-8330; rehabassociates.com/riverbend

Provides short-term rehab, long term care, Alzheimer's Unit.

Rivercrest Wellness and Rehab

80 Deaconess Rd., Concord, MA 01742

(978) 369-5151; newburycourt.org

Skilled nursing facility, short-term rehab, respite.

Rehabilitation Hospitals

New England Rehabilitation Hospital

2 Rehabilitation Way, Woburn, MA 01801

(781) 935-5050; healthsouthnewengland.com

Provides comprehensive inpatient and outpatient rehabilitation services.

Spaulding Rehabilitation Hospital

300 First Avenue, Charlestown, MA 02129

(617) 952-5000

Outpatient Services: (617) 952-6200

TDD: (800) 439-2370; spauldingrehab.org

Provides comprehensive inpatient and outpatient rehabilitation services.

Rental/Subsidized Housing

Lincoln Woods

50 Wells Rd., Lincoln, MA 01773

(781) 259-0150

Rental apartments, low and market rate.

HUD

Boston Office: (617) 994-8200

TTY: (617) 565-5453/ hud.gov/apps/section8

Locates low rent apartments in MA.

Mass Access

massaccesshousingregistry.org

An online resource that helps locate affordable and accessible housing in MA.

Section 8 Housing

(877) 868-0040; section8listmass.org

Applicants can apply online or request an application from a participating housing authority. Name is then placed on a central waiting list.

Check with any local housing authority for other housing options. See Appendix C.

In-Home Care Management Information and Referral

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Free assistance in evaluating in-home care needs and identifying and arranging for services, general information and referral, well-being checks, crisis intervention and more.

Aging Information Center

Minuteman Senior Services

(888) 222-6171; **(781) 272-7177**

TTY: (781) 275-1285; minutemansenior.org

Free information and referral to local, statewide, national resources.

Eldercare Locator

(800) 677-1116; eldercare.gov

Free referral to agencies nationwide for elders and those with disabilities.

Executive Office of Elder Affairs

(800) 243-4636; TTY: (800) 872-0166

(617) 727-7750; 800AGEINFO.com; massgov/elders

Free statewide information and referral for elder services.

Mass Options

(844) 422-6277; massoptions.org

Free statewide info and referral for elders, family members, caregivers and those with disabilities.

Mass 2-1-1 Information Line

Dial 211 or (877) 211-6277; TTY: (508) 370-4890

mass211.org

A resource for finding government benefits and services, non-profit organizations, and disaster/emergency information.

Legal Services**Boston Bar Association**

Lawyer Referral Service

(617) 742-0625; bostonbar.org

Makes referrals to lawyers that specialize in various areas of the law like bankruptcy, estate planning and probate, real estate and family.

Dial-A-Lawyer Program

(617) 338-0610; massbar.org/for-the-public

Call on the first Wednesday of the month between 5:30p.m and 7:30p.m. to speak directly to a lawyer.

Free.

Disability Law Center

11 Beacon Street, Ste. 925, Boston, MA 02108

(617) 723-8455; TTY: (800) 381-0577; dlc-ma.org

Provides information, referral, and legal representation to people with disabilities.

Greater Boston Legal Services

197 Friend St., Boston, MA 02114

(617) 371-1234; TDD (617) 371-1228; gbls.org

Legal services on housing, guardianship, benefits, and other issues for those who are eligible.

Legal Resource Finder

Masslrf.org

Provides contact information for legal aid programs, nonprofits, government agencies and court programs that may assist you with your legal issue for free or at low cost.

Mass Bar Association Lawyer Referral Service

(617) 654-0400; masslawhelp.com

There may be an initial fee of \$25 for the first ½ hour consultation. The LRS will make up to three referrals per case, one at a time.

Massachusetts Senior Legal Helpline

(800) 342-5297

The Helpline is a project of the Volunteer Lawyers Project of Boston. It provides free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday through Friday 9 a.m. to 12:00 p.m.

Metro Legal Services

63 Fountain St., Ste. 304, Framingham, MA

(800) 696-1501; mwlegal.org

Free civil legal representation to low-income people.

Woman's Bar Foundation

Elder Law Project

27 School St., Ste. 500, Boston, MA 02108

(617) 651-2357

wbawbf.org/wbf-projects/elder-law-project

Provides low-income women access to legal representation. Assists low-income seniors with simple wills and end of life documents.

Libraries

Lincoln Public Library

3 Bedford Rd., Lincoln, MA 01773

(781) 259-8465; lincolnpl.org

Delivers and retrieves books, videos, tapes from homebound Lincoln residents.

Emerson Hospital Library

(978) 287-3090; medicallibrary@emersonhosp.org

Health information and journals.

Perkins School for the Blind

175 North Beacon Street, Watertown, MA 02472

(617) 972-7240; TTY: (617) 972-7690

perkins.org/library

Provides free service to individuals who are unable to read printed material. Braille and talking book library. Application required. Call for eligibility.

Mediation Services

Community Dispute Settlement Center

60 Gore St., Ste. 202, Cambridge, MA 02141

(617) 876-5376; communitydispute.org

Provides affordable mediation services to the community and to the courts.

Medical Equipment

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Loan of small durable medical equipment and supplies such as canes, walkers, commodes, and shower seats for Lincoln residents. Free.

H.E.L.P.

Hospital Equipment Loan Program

Masonry in Action

500 W. Cummings Park (Rear) Ste. 1150, Woburn, MA 01801

(781) 322-1052

Loans medical equipment including wheelchairs, hospital beds; accepts donations of used

equipment. Saturdays only 9am to Noon. Free.

Belmont Medical Supply

185 Belmont St., Belmont, MA 02478

(617) 484-3888; belmontmedical.com

Sells and rents medical supplies including hospital beds, wheelchairs, canes and walkers.

Careway Wellness Center

508 Main St., Woburn, MA 01801

(781) 933-2345; carewaywellness.com

Offers medical equipment and supplies for assistance in daily living such as mobility aids, bathroom safety and orthopedic supports.

Medical - Urgent Care

Hospital-based Urgent Care Clinics

For Non-Life-Threatening Emergencies

Emerson Hospital Polo Emergency Care Center

133 ORNAC, Concord, MA 01742

(978) 287-3690; emersonhospital.org

Lahey Urgent Care Clinic

41 Mall Rd, Burlington, MA 01805

(781) 744-5400; lahey.org

Mon-Fri 5:00 pm-8:45 pm, Sat 8:00 am-3:45 pm, Sun 8:00-11:45 am. Call to confirm hours.

Newton-Wellesley Hosp. Walk-in Urgent Care Clinic

9 Hope Ave., Waltham, MA 02453

(617) 243-5590; nwh.org

Mon-Sat 9:00 am-7:00 pm, Sun 9:00 am to 2:00 pm. Call to confirm hours.

Mental Health Services

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Limited short term counseling for Lincoln residents 60+. Free.

Boston Area Rape Crisis Center

(800) 841-8371 (24 hr.); barcc.org

Medical advocacy, legal services, counseling, and group support.

CareGroup Parmenter Home Care and Hospice

1 Arsenal Marketplace, Watertown, MA 02472

(833) 673-1700;

mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice

Hospice, visiting nurses, classes, creative arts and camp program for children who are bereaved.

Children's Room

1210 Mass Ave, Arlington, MA 02476

(781) 641-4741 ; childrensroom.org

Center for grieving children, teens, and families.

Compassionate Friends

(877)-969-0010; Carol @ 781-444-1091

compassionatefriends.org

Support for parents, grandparents, and siblings dealing with loss of a child of any age. Meets at Trinity Episcopal Church, 81 Elm Street, Concord, MA.

C.R.A.N.E

Sudbury Lincoln C.R.A.N.E - Community

Resource Awareness Network

cranehelp.org

Provides Lincoln families with coordinated access to education, support, prevention, and intervention services that help raise healthy, resilient youth.

Eliot Community Mental Health Center

(978) 369-1113; eliotchs.org

Services for adults and families: individual and family treatment, group therapy, support groups, medication consultation. Call for locations. In some cases, the Town of Lincoln may help pay. For information, call the Board of Health at 781-259-2613.

Emerson Hospital

(978) 369-1400; emersonhospital.org

Support groups, fitness classes, health ed. classes. Call for schedule and locations.

Jewish Family & Children's Service

1430 Main St., Waltham, MA

(781) 647-5327; jfcsboston.org

Interfaith programs, support groups, parenting classes, and adoption assistance.

MISS Foundation

(888) 455-6477; missfoundation.org

Grief support and information after miscarriage or stillbirth.

NAMI of Massachusetts

The Schrafft Center, 529 Main St Ste 1M17, Boston, MA 02129

Helpline (617) 580-8541;

Local Helpline: (781) 982-3318; namimass.org

Offers free mental health family-based education, family and peer support.

William James College Interface Referral Service

(888) 244-6843

A mental health and wellness referral line available to families in Lincoln and Sudbury communities as well as Boston families with children in the Lincoln and Sudbury schools. This free and confidential service is available to residents of all ages in member towns. Referrals are taken Monday- Friday 9 a.m. to 5:00 p.m.

Money Management

Money Management Program

Minuteman Senior Services

26 Crosby Dr., Bedford, MA 01730

(888) 222-6171; (781) 272-7177 ; TTY: (781) 275-1285

minutemansenior.org

Assist eligible seniors with writing checks, organizing their bills and balancing check books.

Consumer Credit Counseling Service

(866) 889-9347; creditcounseling.org

Counseling and other assistance to help reduce debt and learn about money management.

Local News

Lincoln Journal (weekly print and online news)
(888) 697-2737

To post an event: lincoln.events@wickedlocal.com

To submit an article or letter:

wickedlocal.com/lincoln

The Lincoln Squirrel (online news)

(617) 710-5542; news@lincolnsquirrel.com

Subscription. Free daily subscription available.

Lincoln Talk

lincolntalk.org

Mailing list and discussion of topics relating to Lincoln.

Nursing Home Services

Lincoln Council on Aging

(781) 259-8811; lincolntown.org

Information and referrals about local facilities and choosing a home. Free.

Minuteman Senior Services

(888) 222-6171; (781) 272-7177

TTY: (781) 275-1285; minutemansenior.org

Free pre-admission screening for Medicaid recipients or applicants and private pay screening for others.

Department of Public Health

Division of Health Care Quality

(617) 753-8000; mass.gov/dph/dhcq

“Report card” on all nursing homes in the state.

Minuteman Senior Services Ombuds Program

26 Crosby Dr., Bedford, MA 01730

(781) 221-7177; TTY: (781) 275-1285

minutemansenior.org/

Advocacy for nursing home residents and families who have complaints or concerns.

Parenting

Advocates for Home Education in Massachusetts
ahem.info

Astra Foundation

524 Main St., Acton, MA 01720

(978) 266-3700; astrafoundation.org

For parents of special needs children.

Autism Language Program

Boston Children’s Hospital

9 Hope Ave., Waltham, MA 02453

(781) 216-2209; childrenshospital.org

Center for Parents & Teachers

120 Meriam Rd., Concord, MA 01742

978-202-1143; Centerforparentsandteachers.org

Parenting classes.

Divorce Center

(888) 434-8787; divorcenter.org

Parents Apart classes in Waltham

Lawyers, mediators, therapists, counselors, and financial counselors. Parenting classes.

Families First Parenting Programs

9 Galen St., Watertown, MA 02472

(617) 868-7687; families-first.org

Parenting support at various community locations.

First Connections

310 Baker Ave., Concord, MA 01742

(978) 429-8284; firstconnections.org

Parent education, support group, home visiting, play groups. Birth to age 8.

Friends for Tomorrow

131 Weston Rd., Lincoln, MA 01773

(781) 259-8909; friendsfortomorrow.org

Therapeutic horse riding program for children facing mental or physical challenges.

Lincoln Parent Teachers Association

lpto.org

Provides enrichment and learning opportunities for students, teachers, and parents.

Lincoln Family Association

lincfam.org

Social networking, programs, and events for Lincoln families.

Lovelane Special Needs Riding Program

40 Baker Bridge Rd., Lincoln, MA 01773

(781) 259-1177; lovelane.org

Therapeutic children's horseback riding program.

MA Dept. of Early Education and Care

<https://www.mass.gov/orgs/department-of-early-education-and-care>

Locator for licensed child care in MA. Financial assistance applications and Head Start links.

Minute Man Arc Early Intervention

1269 Main St., Concord, MA 01742

(978) 287-7950

Minutemanarc.org

Provides services to children birth to age three who have or are at risk of having developmental delays or disabilities.

New Mother's Support Group

310 Baker Ave., Concord, MA 01742

(978) 429-8284; firstconnections.org

New Mothers Group: Beth Israel

482 Bedford St., Lexington, MA 02420

(617) 667-2229; bidmc.org

Free classes for new mothers. Call to register.

Parents Helping Parents

(617) 926-5008

Parental Stress hotline (24hr) **(800) 632-8188**

parentshelpingparents.org

Support groups, information, abuse prevention.

Pet Care

Phinney's Friends

(617) 979-8705; phinneysfriends.org

Helps individuals who may be faced with an illness or other hardship care for their pets.

Prescriptions

S.H.I.N.E. Program

Minuteman Senior Services

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Provides counseling on health care coverage and related benefits, including prescription coverage.

Acton Pharmacy

563 Mass Ave, Acton, MA 01720

(978) 263-3901; actonpharmacy.com

Prepares monthly bubble packs for medications. Monthly fee.

Andrews Pharmacy

235 Weston Rd, Wellesley, MA 02482

(781) 235-1001; andrewspharmacy.com

Prepares weekly bubble packs for medications. No charge, but small shipping fee.

MCPHS-Pharmacy Outreach Program

25 Foster St., Worcester, MA 01608

(866) 633-1617; massmedline.com

A confidential help line that helps seniors with any questions they may have about their medications. Available to all Massachusetts residents. Free.

Medication Disposal Drop-Box

Lincoln Police Department

169 Lincoln Rd., Lincoln, MA 01773

(781) 259-8113; lincolntown.org

Dispose of unused or expired medications in secure drop-box in the lobby of police station.

Needy Meds

Helpline: (800) 503-6897; needy meds.org

Provides information on patient assistance programs. Free.

Prescription Advantage

(800) 243-4636; prescriptionadvantagemma.org

Prescription Advantage is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts.

Walgreens

397 Boston Post Rd., Weston, MA 02493

(781) 894-3785; walgreens.com

Delivers to Lincoln Monday through Friday

Must have credit card on file.

West Concord Pharmacy

1212 Main St., Concord, MA 01742

(978) 369-3100; westconcordpharmacy.com

Pharmacy delivers to Lincoln. Call to see if pharmacy delivers to your area.

Respite Care

Minuteman Senior Services

(781) 272-7177; TTY: (781) 275-1285

minutemansenior.org

In-home care; Call for eligibility, costs.

Atria Longmeadow Place

42 Burlington Mall Rd., Burlington, MA 01803

(781) 995-2842; atrialongmeadowplace.com

Respite, short term in-patient care; Call for eligibility, costs.

Billerica Crossings

20 Charnstaff Ln., Billerica, MA 01821

(978) 600-8503; billericacrossings.com

Respite, short term in-patient care.

Sunrise of Weston

135 North Ave., Weston, MA 02493

(781) 893-2936; sunriseseniorliving.com

Offers assisted living and short term stays.

Safety

Public Safety and Fire Prevention

Lincoln Police Department

169 Lincoln Rd., Lincoln, MA 01773

911 emergencies

(781) 259-8113 non-emergencies

lincolntown.org

Well-being checks, home security checks; assistance with concerns about crime.

Lincoln Fire Department

169 Lincoln Rd., Lincoln, MA 01773

911 emergencies

(781) 259-8113 non-emergencies

lincolntown.org

Provides fire services and emergency medical care.

Emergency Response Systems

Mount Auburn Lifeline

330 Mt Auburn St., Cambridge, MA 02138

(617) 499-5525; mountauburnhospital.org

Offers a personal response system with a personal help button. A monthly fee.

Philips Lifeline

111 Lawrence St., Framingham, MA 01702

(800) 543-3546; (508) 625-3780; lifeline.philips.com

Provides medical alert and support services to seniors, enabling them to maintain their independence.

Alzheimer's Association

Medic Alert and Safe Return

Enrollment Tel: (888) 572-8566

Report a missing person:

(800) 625-3780; alz.org

A 24 hour nationwide emergency response service for individuals with Alzheimer's or dementia who wander or have a medical emergency. There is a yearly fee.

Social, Cultural and Recreational Programs

General

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Social events, trips, classes, groups.

Lincoln Public Library

3 Bedford Rd., Lincoln, MA 01773

(781) 259-8465; lincolnpl.org/

Lectures, book discussions, music and other programs.

Lincoln Recreation Department

(781) 259-0784; lincolnrec.com

A wide variety of fitness and other activities.

Highland Street Foundation

highlandstreet.org

Sponsors Free Fun Fridays during the summer months. Created to increase access and enrichment opportunities for children and families throughout Massachusetts. Check website for schedule.

Art

ArtsBoston

(617) 262-8632; artsboston.org

Online arts and entertainment calendar.

Friends of Modern Architecture

PO Box 348, Lincoln, MA 01773

fomalincoln.org

Education and preservation.

Concord Art Association

37 Lexington Rd., Concord. MA 01742

(978) 369-2578; concordart.org

Lectures, workshops, life-drawing; exhibitions

Lexington Arts & Crafts Society

130 Waltham St, Lexington, MA 02421

(781) 862-9696; lacsma.org

Classes in metalwork, weaving, basketry, ceramics, woodworking

Munroe Center for the Arts

1403 Mass. Ave., Lexington, MA 02420

(781) 862-6040; munroecenter.org

Classes in dance, music, art, theater, and martial arts.

Umbrella Community Arts Center

40 Stow St, Concord. MA 01742

(978) 371-0820; theumbrellaarts.org

Workshops, classes, theatre, exhibitions.

Boats

Lincoln Town Launch

Rt 117 West before Lee's Bridge, Concord, MA 01742

sudbury-assabet-concord.org

Concord River - view routes on website.

Fitness

Codman Pool

Ballfield Rd. behind Brooks School, Lincoln, MA 01773

(781) 259-0221; Lincolnrec.com

Beede Swim & Fitness Center

498 Walden St., Concord, MA 01742

(978) 287-1000; concordma.gov/pages/ConcordMA_

Gardens

Codman Estate Italianate Garden

34 Codman Rd., Lincoln, MA 01773

(617) 994-6690; historicnewengland.org

Garden in the Woods

180 Hemenway Rd., Framingham, MA 01701

(508) 877-7630; newfs.org

Station Park

Lincoln Road - Opposite Post Office

lincolngardenclub.org

Maintained by the Lincoln Garden Club.

Tower Hill Botanic Garden

11 French Dr., Boylston. MA 01505

(508) 869-6111; towerhill.org

Hiking and Bike Trails

Lincoln Conservation Commission and LLCT

16 Lincoln Rd., Lincoln, MA 01773

(781) 259-2612; lincolnconservation.org

Lincoln maintains 60 miles of trails including Mt Misery and Walden Pond. Trail maps are on-line or a paper copy (\$10) and a Trail Guide (\$18) are available at the Lincoln Library, Exchange, Something Special, and Conservation offices. Trail walks offered Weds 10:00 am-Noon, Sept. through May. Check with the Conservation Department for starting location.

Bedford Narrow-Gauge Rail-Trail

3 mile trail begins at South Rd at Bedford Depot.

Concord Trails

concordma.gov/pages/ConcordMA

Maps can be viewed on line or purchased at the Concord town offices. Maps have canoe launch sites.

Massachusetts Bicycle Coalition

(617) 542-2453; massbike.org

Biking trail Resources and Paths in Massachusetts.

Minuteman Bikeway

120 South Rd. at the corner of Loomis St, Bedford, MA 01730

minutemanbikeway.org

11 mile paved trail from the Bedford Depot to Alewife T stop with connecting trails at both ends.

Minuteman National Park

nps.gov/mima

5 miles of unpaved trails.

Reformatory Branch Trail

bedforddepot.org

4 mile unpaved trail: Bedford Depot to Concord center.

Weston Trail Walk

(781) 891-8035; westonforesttrail.org

Monthly walks on the first Sunday at 2 pm. Trail maps and guides available at the Weston Conservation Comm. at Town Hall. See website for starting locations.

Lectures

Bemis Lectures

lincolntown.org

Free. Spring and Fall

Lincoln Historical Society

PO Box 6084, Lincoln, MA 01773

lincolnhistoricalsociety.org

Preserves the town's rich history by offering educational lectures, historical publications and exhibits.

Museums

Codman House

34 Codman Rd., Lincoln, MA 01773

(617) 994-6690; historicnewengland.org

Guided tours.

DeCordova Sculpture Park and Museum

51 Sandy Pond Rd., Lincoln, MA 01773

(781) 259-8355; decordova.org

Tours and lectures.

Gropius House

68 Baker Bridge Rd., Lincoln, MA 01773

(781) 259-8098; historicnewengland.org

Guided tours.

Lincoln Library

3 Bedford Rd., Lincoln, MA 01773

(781) 259-8465; lincolnpl.org

Offers passes to 22 museums

Minuteman National Historic Park

250 N Great Rd., Lincoln, MA 01773

(978) 369-6993; nps.gov/mima

Concord Museum

Cambridge Turnpike at Lexington Rd., Concord, MA 01742

(978) 369-9763; concordmuseum.org

Discovery Museums

177 Main St., Acton, MA 01720

(978) 264-4200; discoverymuseums.org

Science museum for older and younger children.

Scottish Rite Masonic Museum & Library

33 Marrett Rd., Lexington, MA 02124

(781) 861-6559; nationalheritagemuseum.org

Orchard House, home of Louisa May Alcott

399 Lexington Rd., Concord, MA 01742

(978) 369-4118; louisamayalcott.org

Guided tours.

Rose Art Museum

415 South Street, Brandeis University, Waltham, MA 02453

(781) 736-3434; brandeis.edu/rose

Nature and Farming

Drumlin Farm

208 South Great Rd., Lincoln, MA 01773

(781) 259-9500; massaudubon.org
Tours and lectures.

Parks

Valley Pond

(781) 647-7174

Valley Pond Corp., Box 195, Lincoln, MA 01773
Lincoln residents may join. Write to be added to the wait list.

Walden Pond

Rte. 126, Lincoln, MA 01773

(978)369-3254; mass.gov

Life guards from Mem Day to Labor Day. \$8 parking. See Library Passes.

Great Meadows National Wildlife Refuge

73 Weir Hill Rd., Sudbury, MA 01776

Senior MassParks Pass

Available to Massachusetts residents 62 years of age or older and is valid for the lifetime of the pass holder. Pass covers day use parking fees for vehicles occupied by the pass holder whether passenger or driver. There is a one-time nominal fee for the Senior MassParks Pass of \$10.00. The pass is available for purchase at all parks that charge a parking fee during the period the fees are charged. Not valid at Quabbin Reservoir.

Theater & Music

Lincoln Library Open Mike Night

3 Bedford Rd., Lincoln, MA 01773

(781) 259-8465; lincolnpl.org

Open Mike second Mon 7:00-10:00 pm.

Lincoln Musical Theater

16 Lincoln Rd., Lincoln, MA 01773

(781) 259-0784

lincolnrec.com

Theater program for grades 1-5.

Lincoln-Sudbury Civic Orchestra

Lincoln-Sudbury High School

390 Lincoln Rd, Lincoln, MA 01773

lscivicorchestra.org

Concord Players

51 Walden St., Concord, MA 01742

(978) 369-2990; concordplayers.org

Concord Youth Theater

358 Baker Ave, Box 652, Concord, MA 01742

(978) 371-1482; concordyouththeater.org

Hovey Players: Waltham Community Theater

Abbott Memorial Theater

9 Spring St, Waltham, MA 02451

(781) 893-9171; hoveyplayers.com

Lexington Players

453 Concord Ave., Lexington, MA 02421

(781) 910-8114; lexingtonplayers.org

Lexington Youth Summer Theater

Lexington Youth Parents Co-op

summertheater.org

Reagle Music Theater

617 Lexington St., Waltham, MA 02452

(781) 891-5600; reaglemusictheatre.com

Regis College Fine Arts Center

235 Wellesley St., Weston, MA 02493

(781) 768-7070;

<https://www.regiscollege.edu/about-regis/fine-arts-center>

Sudbury Savoyards

L-S High School, 390 Lincoln Rd., Sudbury, MA 01776

(978) 443-8811; sudburysavoyards.org

Gilbert & Sullivan performances in summer.

Weston Drama Workshop

235 Wellesley St., Weston, MA 02493

(781) 768-7070; westondramaworkshop.org

Weston Friendly Society of the Performing Arts

1 Townhouse Rd., Weston, MA 02493

(781) 893-9883; westonfriendly.org

Umbrella Community Arts Center

40 Stow St., Concord, MA 01742

(978) 371-0820; theumbrellaarts.org

Theater performances and music venues.

Trips

Lincoln COA and Friends of the Lincoln COA

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Day trips for Lincoln residents 60+.

Road Scholar

(800) 454-5768; TTY: (877) 426-2167

roadscholar.org

Trips for those 55 and older.

Youth

Lincoln Recreation and Parks Department

16 Lincoln Rd., Lincoln, MA 01773

(781) 259-0784; lincolnrec.com

Exercise classes. Links to in-town sports programs: soccer, baseball, basketball, and lacrosse.

Boy Scouts of America: Troop 127

lincolnscouts.org

Drumlin Farm 4-H Club

(781) 259-2200; massaudubon.org

Girl Scouts USA

hdeprofio@girlscoutseasternmass.org

Social Security

Social Security Administration

135 Beaver St., Waltham, MA 02452

(800) 772-1213; TTY: (800) 325-0778; ssa.gov

Cash benefit to retirees who meet age and working qualifications.

Supplemental Security Income

Social Security Administration

(800) 772-1213; TTY: (800) 325-0778; ssa.gov/ssi

Supplement to Social Security for Social Security recipients who meet income requirements.

Support Groups

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Discussion groups on various topics.

Minuteman Senior Services

26 Crosby Dr., Bedford, MA 01730

(781) 272-7177

CareGroup Parmenter Home Care and Hospice

1 Arsenal Marketplace, Watertown, MA 02472

(833) 673-1700;

mountauburnhospital.org/locations/caregroup-

parmenter-home-care-hospice

Bereavement support groups.

Emerson Hospital

133 ORNAC, Concord, MA 01742

(978) 369-1400; emersonhospital.org

A variety of support groups.

Lahey Clinic

41 Mall Rd., Burlington, MA 01803

(781) 744-3496; lahey.org/socialservices

Offers a variety of support groups.

Telephone Discount Programs

Assurance Wireless

(888) 898-4888; assurancewireless.com

Free cell phones. 500 free minutes for the first 4 months, and 350 free minutes each month with unlimited texts for those who are income eligible.

Safe Link Wireless

(800) 723-3546; safelinkwireless.com

Provides a free cell phone. 500 free minutes for the first 4 months, and 350 free minutes each month with unlimited texts for individuals who are income eligible.

Verizon-Landline

(800) 837-4966; verizon.com/lifeline

Offers a discount on telephone service. Call for eligibility requirements.

Transportation

LINC

Lincoln Council on Aging

15 Bedford Rd., Lincoln, MA 01773

(781) 259-8811; lincolntown.org

Rides to medical and other appointments, local shopping, and COA. Call Lincoln Concord Coach at (781) 259-8722 at least three days ahead.

MBTA Commuter Rail

(617) 222-3200; mbta.com

Fitchburg-North Station Line stops at Lincoln Station.

MBTA Senior Pass

Downtown Crossing Station

Underground Concourse

7 Chauncy St., Boston, MA 02111

(617) 222-3200; TTY: (617) 222-5854 ; mbta.com

Available at the CharlieCard store during normal business hours. You can renew a lost, damaged, or expired card by calling the store and requesting that a new card be mailed.

Local Bus

mbta.com

Bus 76 –Hanscom /Lincoln Labs to Alewife Station via Lexington Center and Civil Air Terminal

THE RIDE-Eligibility Center

(617) 337-2727; (617) 222-5123

TTY: (617) 222-5415; mbta.com/theride

Wheelchair accessible rides and those with disabilities who qualify. An in-person confidential interview with a Mobility Coordinator is now required for all new and recertifying applicants to the RIDE.

MASSPORT

Massport.com

Boston Logan International Airport

(800) 235-6426

Hascom Field

(781) 869-8000

Worcester Regional Airport

(888) 359-9672

American Cancer Society

Road to Recovery Program

(781) 894-6633; (800) 227-2345; cancer.org

Offers rides by volunteers to cancer treatment centers. Call the ACS.

Carleton-Willard at Home

(781) 276-1910; cwathome.org

Transportation. Membership fee.

Palms Pride, Inc.

Wellesley, MA 02482

(781) 373-3460; palmsprideinc.com

Provides non-emergency medical, ambulatory and wheelchair accessible transportation services.

Utility Discount Programs

National Grid (Electric)

(781) 907-1000; www1.nationalgridus.com

Offers discounts and other payment options. Call for eligibility requirements.

National Grid(Gas)

(781) 907-1000; www2.nationalgridus.com/

Offers discounts and other payment options. Call for eligibility requirements.

Eversource

(800) 592-2000; TTY: (800) 322-8242

eversource.com

Offers discounts and other payment options. Call for eligibility requirements.

Mass. Good Neighbor Energy Fund

(800) 334-3047; magoodneighbor.org

Available to Massachusetts residents who, because of temporary financial difficulty, cannot meet a month's energy expense and are not eligible for state or federal energy assistance. Income must be between 60 and 80 percent of the state's median income levels.

Veterans Services

Veterans Services Officer

Peter Harvell

(781) 259-8811; lincolnveterans@lincolntown.org

For assistance with veterans benefits and other VA issues.

Retiree Activity Office

Hanscom AFB

(781)225-1310

hanscom.af.mil/rao

Assistance with military retiree benefits.

Boston Bar Association

Military Legal Help Line

(617) 742-0625; bostonbarlawyer.org

Refers lawyers familiar with the legal issues or needs of military personnel.

Jewish Family & Children's Service

Shoulder to Shoulder

1430 Main St., Waltham, MA 02451

(781) 647-5327; jfcsboston.org

Provides military families, Active Duty, National Guard, Reserve and Veterans with unique home-based support services and connections to community resources.

APPENDIX A

Some Questions to Ask When Selecting a Home Health Care Agency

Shop for a home health care agency that meets the needs of your loved one. Call various home health care agencies to compare services and prices. Here are some questions to ask:

What type of services does the home health care agency offer? Ask for a written list of the agency's services.

Does the agency require a minimum number of service hours?

What is the cost of the requested services?

Are the agency and employees of the agency bonded and insured? Is it licensed?

How does the home health care agency screen potential employees?

Are reference checks and criminal background checks performed prior to employment and on an ongoing basis?

Have the employees received training in dementia care?

Will the home care services be consistently provided by the same employee? Who supervises that person?

Who should be contacted regarding concerns about the provided services?

Are family members kept informed about the care received by their loved ones? Is it written documentation or verbal? How often can you expect formal communication?

APPENDIX B

Types of Home Care Assistance Available

Hygiene

Assistance with bathing and showering
Grooming
Oral Hygiene
Toilet and incontinent care

Physical Assistance

Ambulatory assistance
Light Exercise
Getting dressed
Transfer between bed and chair
Wheelchair assistance

Companion/Homemaking

Medication reminders
Transportation
Socialization
Meal Preparation
Light housekeeping
Laundry Assistance
Organization
Errands and Shopping
Alzheimer's and Dementia Care
Respite care for family caregivers

APPENDIX C: Local Housing Authorities That Will Accept Section 8 Applications

Acton Housing Authority
68 Windsor Ave., P. O. Box 681
Acton, MA 01720
(978) 263-5339

Natick Housing Authority
4 Cottage St.
Natick, MA 01760
(508) 653-2971

Belmont Housing Authority
59 Pearson Rd.
Belmont, MA 02478
(617) 484-2160

Sudbury Housing Authority
55 Hudson Rd.
Sudbury, MA 01776
(978) 443-5112

Concord Housing Authority
34 Everett St.
Concord, MA 01742
(978) 369-8435

Waltham Housing Authority
110 Pond St.
Waltham, MA 02451
(781)-894-3357

Framingham Housing Authority
One John J. Brady Dr.
Framingham, MA 01702
(508) 879-7562

Wayland Housing Authority
106 Main St.
Wayland, MA 01778
(508)- 655-6310