



**CITY OF WALTHAM
COUNCIL ON AGING**

RESOURCE GUIDE

WILLIAM F. STANLEY SENIOR CENTER

488 Main Street

Waltham, MA 02452

Main Number: 781-314-3499

Hours of Operation, Monday - Friday 8:30 AM - 4:30 PM

The Council on Aging is a department of the City of Waltham. Our purpose is to improve the quality of life of seniors over the age of 60 and their families. We provide programs, information and referral services so that seniors can maintain their independence and live comfortable and healthy lives in the community.

COUNCIL ON AGING STAFF

Marybeth Duffy, LICSW, Director	781-314-3497	mbduffy@city.waltham.ma.us
Elaine Corbett, Administrative Assistant	781-314-3498	ecorbett@city.waltham.ma.us
Deborah Barry, Meals on Wheels Coordinator	781-314-3300	dbarry@city.waltham.ma.us
Nancy Storer, Outreach Worker	781-314-3301	nstorer@city.waltham.ma.us
Bonnie LeBlanc, Transportation	781-314-3499	bleblanc@city.waltham.ma.us
Debra Vautour, Receptionist	781-314-3499	dvautour@city.waltham.ma.us
Laura San Juan, Latinx Outreach Coordinator	781-314-3499	laurasjcoa@gmail.com

COUNCIL ON AGING PROGRAMS

HANDYMAN PROGRAM

A volunteer handyman is available to provide free labor to seniors for a variety of minor home repairs. The priority is safety and security related issues such as smoke alarms, carbon monoxide detectors, railings, grab bars, house numbers, door bells and light bulb replacement. Seniors who request home repairs must be the homeowner and sign a release of liability form. Some services are available for apartment dwellers. You are expected to supply materials needed for the repair. The handyman does not shovel snow, mow lawns, rake leaves or clean gutters. Voluntary confidential contributions to the Council on Aging are accepted.

INCOME TAX PREPARATION

Seniors can receive assistance in preparing their state and federal income tax forms at the senior center during the tax season. Volunteers are AARP trained Tax Consultants for the elderly.

SHINE (Serving Health Information Needs of Elders)

Shine counselors are community volunteers who are trained and certified to work one on one with seniors to educate, answer questions, solve problems, screen for low income health programs and help process benefit claims. Appointments are available on Tuesdays, Thursdays and Fridays.

PHONE REASSURANCE PROGRAM

This program is offered to seniors who like to have the reassurance of a friendly phone call.

VOLUNTEER OPPORTUNITIES

The whole community benefits from the assistance of volunteers. You will find that what you receive is often more than you give. Your life will be enriched many times over through this chance to meet people, to learn, to enjoy, to share, and to accomplish. Here are the volunteer opportunities at the Council on Aging: The Meals on Wheels program delivers meals to Waltham's senior citizens who are unable to prepare food for themselves. The program depends on volunteers, as drivers delivering meals or kitchen helpers packaging the food. For information on volunteering call 781-314-3300. The Telephone Reassurance program provides friendly phone calls to check in on a senior who lives alone. It is a two hour a week commitment and can be done from the senior center or your home. Call 781-314-3301 for more information.

THE SENIOR CONNECTION MONTHLY NEWSLETTER

To receive the newsletter by mail send a payment made payable to the City of Waltham in the amount needed to cover the cost of postage for one year. Currently that cost is \$7.00. Newsletters are available for pick up, at no charge, at the senior center, city hall, public library, many places of worship, doctors' offices, supermarkets and pharmacies throughout the city.

COUNCIL ON AGING ACTIVITIES

FITNESS	INSTRUCTIONAL	SOCIAL	RECREATION
Aerobic Exercise Zumba Gold© Line Dance Tai Chi Water Exercise Chair Yoga	Computer Golf Bridge	Day Trips Holiday Parties Concerts Daily Lunch Movies Cook - Outs	Bingo Bridge, Poker, Whist Mah Jong Ping Pong Bocce` Pool Bowling
CRAFTS	EDUCATION	SCREENINGS	SUPPORT GROUPS
Painting Ceramics Quilting Knitting/Crocheting	Presentations related to: Health and Fitness Community Resources Estate Planning	Blood Pressure Podiatry Hearing	Alzheimer's Caregivers Widow / Widower

FOOD RESOURCES

Meals on Wheels 781-314-3300 Meals are delivered to homebound seniors who are 60+ M-F 11:30—12:30pm.

Christ Church Grandmas Pantry 781-891-6012 www.christchurchwaltham.org/grandmas-pantry 750 Main St. Waltham, MA 60+. 2nd and 4th Saturday of the month. 9:00—11:00am.

Salvation Army 2 Programs 781-894-0413 www.salvationarmyma.org/waltham 33 Myrtle St Waltham, MA Hope Kitchen - breakfast & lunch to go. M-F 10:00—12:00pm. AND Our Daily Bread Food Pantry at the Salvation Army—M-Th 10:00—12:00pm.

Springwells Community Dining Site 781-398-0150 [Http://springwell.com/resource/community-dining-sites-menus/](http://springwell.com/resource/community-dining-sites-menus/) Waltham currently hosts 1 site located at: Waltham Clark Apartments 48 Pine St. M-F 9:00—11:30am.

Middlesex Human Services Agency , Inc. 3 programs.

Bristol Lodge Soup Kitchen 781-883-2050 bristollodge@mhsainc.org Immanuel United Methodist Church 545 Moody St. Waltham, MA M-F 4:30—5:30pm. Grab and go meals. Please enter through the side door on Cherry St.

Weekly Food Pantry 508-479-4814 mventure@mhsainc.org Immanuel United Methodist Church 545 Moody St. Waltham, MA Wednesdays 9:00—12:00pm. Please enter through the side door on Cherry St.

Mobile Market 781-883-2050 cgomez@mhsa.org 50 Prospect St. Waltham, MA 3rd Saturday of each month. 11:30—12:30pm. Outdoor farmers market . Call or email to register.

Healthy Waltham/Waltham Food Pantry 781-314-5647 www.healthywaltham.org/food-pantries 119 School St. Waltham, MA. 2nd & 4th Thursday of each month. 4:00—6:00pm. Walk-up or drive-up. Registration is not required.

Community Day Center of Waltham 781-392-6311 www.communitydaycenter.org 16 Felton St. Waltham, MA 12:30pm daily. Lunch to go for anyone.

Jewish Family & Childrens Services Family Table 781-693-5593 jfcsboston.org Waltham, MA. Call for information. Nutritious groceries, kosher foods, hygiene items.

Centre St Food Pantry 617-340-9554 www.centrestfoodpantry.org 11 Homer St. Newton, MA. Waltham residents welcome. Tuesdays 2:30—6:00pm. Senior citizens only 1:00—2:00pm AND 1st Saturday of each month 11:30—1:30pm.

American Legion Nonantum Post 440 Mobile Market 617-244-0440

www.americanlegionpost440.org 295 California St. Newton, MA. Waltham residents welcome. You do not need to be a veteran. 3rd Friday of each month 10:00—11:00am. Call to register.

Apply for SNAP Benefits SNAP (Supplemental Nutrition Assistance Program) is a Federally funded program that provides a monthly benefit to buy food. Eligibility is based on income, expenses and household size. You can own your own home, personal belongings, car and have money in the bank. Contact Nancy Storer, Outreach worker for additional information and how to apply.

TRANSPORTATION

COUNCIL ON AGING MEDICAL VAN - 781-314-3499

Free transportation to medical appointments within Waltham is available Monday - Friday from 8:00 AM to 3:00 PM. Make reservations as soon as possible. Wheelchair service is available. Transportation for handicapped clients under age 60 is subject to availability.

COUNCIL ON AGING SHOPPING BUS

Available on Mondays, Wednesdays and Fridays to Market Basket. For more information about this service please call 781-314-3499.

COUNCIL ON AGING TAXI VOUCHER DISCOUNT PROGRAM

Waltham residents over age 60 may purchase 4 books of 10 vouchers per month. The initial purchase must be made in person and proof of age is required. Call for more information.

CITY OF WALTHAM PARKING STICKERS

Parking Stickers are available for Waltham residents only, who have reached the age of 62 or older. Stickers cost \$5.00 per year. The following rules and regulations apply to the purchase and use of senior citizen parking stickers: verification must be made by proof of the owner's driver's license and vehicle registration form. The sticker expires on December 31. New stickers for the next year go on sale in December.

MEDICAL TRANSPORTATION OUTSIDE OF WALTHAM

Springwell, the Area Agency for Waltham, funds medical transportation for Waltham residents age 60 and over, who need a medical ride outside the City of Waltham. Call 617-926-4100 for information.

MBTA ACCESS GUIDE

Information and resources on the T's Transportation Access Pass (TAP) Charlie Cards, trip planning, accessibility and how to ride the subway/bus can be found at <http://www.mbta.com/accessibility> or by calling their Customer Service Hotline at 617-222-3200 M-F 6:30 am to 8:00 pm, Sat –Sun 8:00am to 4:00 pm. For specific information about the RIDE visit <http://www.mbta.com/accessibility/the-ride>. Call 617-337-2727 or email the eligibility Center at trec@paratransit.org

RIDE MATCH

www.massridematch.org

A one stop searchable directory of public, private and accessible transportation options in Massachusetts.

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UBER

UBER is a ride sharing company. Using the UBER mobile app, passengers can hail a ride, pay, and schedule a return pick-up all from their phone. For more information visit www.uber.com

LYFT

LYFT is a ride sharing Company. Using the LYFT app, passengers can hail a ride, pay and schedule a return pick-up all from their phone. For more information visit www.lyft.com

GO GO GRANDPARENT

Order rides, grocery delivery, pharmacy delivery and more. GoGo Grandparent improves reliability and usability of UBER, DoorDash, LYFT and others for older adults that want to live independently in their home for as long as possible. To learn more visit www.gogograndparent.com or call 1-855-464-6872.

LOCAL AND REGIONAL SERVICES

SPRINGWELL

307 Waverley Oaks Road, Suite 205 Waltham, MA 02452
617-926-4100 www.springwell.com

Springwell is a private, nonprofit agency that provides services for seniors, individuals with disabilities, and those who help care for them. They have information about the many public and private resources available. Springwell provides resource information, case management, meals and home care. They have a staff of more than 100 including social workers, care advisors, RN's, nutritionists and a network of in-home care staff, personal care workers and home health aides. Their services are either free, subsidized or available for a fee. Other services include: care advice & coordination, friendly visitors, housing, medical escorts, money management, nutrition services, protecting elders at risk, shopping assistance, transportation, respite care and companions.

JEWISH FAMILY & CHILDREN'S SERVICE

1430 Main Street, Waltham, MA 02451
781-647-5327 www.jfcsboston.org

An agency serving people of all ages and denominations. There are services targeted to seniors. These include information and referral, nutrition and fitness instruction, case management, support groups, mental health counseling and social activities.

MIDDLESEX HUMAN SERVICE AGENCY, INC.

"Partners in Prevention, Intervention and Treatment"
50 Prospect Street, Waltham, MA 02453
781-894-6110 www.mhsa.org

The mission of the Middlesex Human Service Agency, Inc. is to improve the quality of life and independent functioning of a wide variety of clients through the delivery of an extensive system of community-based substance abuse and social service programs.

AFRICANO

703B Main St. Waltham, MA 02451
617-372-3861 or 781-439-1997 www.africanowaltham.org

Africano is an educational center for African immigrants in Waltham. The center provides a safe space and welcoming environment that encourages African immigrants to get connected to each other and local resources.

MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS

One Ashburton Place, Room 517 Boston, MA 02108-1618
1(800)age-info: 1(800) 243-4636

Our vision is that older adults and people with disabilities will have the opportunity to live well and thrive in every community throughout the Commonwealth. Elder Affairs connects seniors and families with a whole range of services in communities throughout Massachusetts.

TRIAD

City of Waltham - Police Officer Jon Bailey

781-314-3153

Triad is a partnership of the Waltham Police Department, Council on Aging and AARP. The partnership focuses on the reduction of criminal victimization, improving the quality of life, and enhancing the delivery of law enforcement services to Waltham seniors. Educational services include: Seniors Academy for Education (S.A.F.E.) which is a nontraditional lecture series that is set in a Police Academy environment. It is designed to address senior needs and concerns and how they may help themselves improve the quality of their lives. Given accurate information and supportive training, seniors will be able to make better decisions regarding their health, safety and well being. Programs include: File of Life, House Numbering Project, Lock Boxes, E-911 Disability Database, Home Security Survey, Wander Alert & Postal Carrier Alert. Officer Bailey's Office is located at the community Police Substation, 11 Carter Street, Waltham, MA 02453.

METROWEST LEGAL SERVICES

63 Fountain St. Suite 304 Framingham, MA 01702

508-620-1830 or 800-696-1501

Metro West Legal Service provides free civil legal aid to low-income seniors. 15 minute appointments are offered at the senior center to meet with an attorney for a legal consultation .

THE MASSACHUSETTS SENIOR LEGAL HELPLINE

800-342-5297

Open Monday through Friday 9AM-12PM.

The Helpline (telephone advice only) is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to Massachusetts residents who are 60 years old or older.

WATCH CDC

24 Crescent St. Waltham, MA 02453 781-891-6689 www.watchcdc.org

Working towards a more just community in the Waltham area by promoting affordable housing, providing adult education and empowering underrepresented residents through civic engagement. Housing, employment and financial clinics, community resources, understanding your rights when it comes to eviction.

HOSPITAL EQUIPMENT LOAN PROGRAM-H.E.L.P

500 West Cummings Park (rear) - Suite 1150

Washington St. Woburn, MA 01801

781-322-1052 smd-help.org

Lends hospital equipment for home use to those in need. Please call or visit the website for more information.

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WALTHAM CONNECTIONS FOR HEALTHY AGING

www.walthamconnections.org

A coalition of 30+ senior activists and 15+ agencies that are working to make Waltham an age friendly community, as well as a model for community involvement for seniors.

HEALTHY WALTHAM

510 Moody St. Waltham, MA 02453

781-314-5647 www.healthywaltham.org

Healthy Waltham works to alleviate health disparities that exist in the City of Waltham and to improve the health outcomes of the city's most vulnerable residents through programs that address nutrition, physical activity and access to healthy food.

ADULT DAY HEALTH CARE

Adult day health programs, also known as adult daycare centers, provide supervision, recreation, health and personal care services during the day to older adults so that family caregivers can work or attend to other responsibilities. All adult day health programs must meet minimum standards set by MassHealth. Adult day health programs are provided either on a private pay basis or through MassHealth.

Zdorovieadh Adult Day Heath.
149A California St. Newton, MA
www.zdorovieadh.com 617-795-0668

Cooperative Elder Services, Inc.
37 Broadway Arlington, MA 02474
www.elderdayservices.org 781-641-1070

Second Home Adult Day Health Care
51 Water St. Watertown, MA 02472
www.seconhomeme.com 617-924-1212

PRIVATE HOME CARE

Please contact the Council on Aging at 781-314-3301 for a current list of area agencies.

RENTAL HOUSING

Where to get Applications for Subsidized Senior Housing

Online - CHAMPS Common Housing Application for Massachusetts Programs <https://publichousingapplication.ocd.state.ma.us/>

Paper - CHAMPS Common Housing Application for Massachusetts Programs. Request at: <https://www.mass.gov/guides/how-to-apply-for-public-housing> or ask the COA Outreach worker for an application.

Online - Federal Housing Assistance Application for Waltham Housing Authority Properties <http://walhouse.org/Applicants.php>

Paper – Federal Housing Assistance Application for Waltham Housing Authority Properties call: Waltham Housing Authority @ 781-894-3357 or ask the COA Outreach Worker for an application.

Paper only - Francis Cabot Lowell Mill Senior Apartment Complex. 190 Moody St. Waltham, MA Call 781-891-4108 to have an application mailed to you.

Paper only - St. Mary Apartments. 88 Lexington St. Waltham, MA Call 781-894-9588 to have an application mailed to you. Or, ask the COA Outreach Worker for an application.

Paper only - Hovey House. 315 Crescent St. Waltham, MA Pick up application at Harnish, Jenney Law Office 550 Moody St. Waltham, MA or call Nancy at Harnish and Jenney Law Office 781-894-0000 to have an application mailed to you. Women only residence.

Paper only – Parmenter House. 542 Main St. Waltham, MA Pick up application at Harnish, Jenney Law Office 550 Moody St. Waltham, MA or call Nancy at Harnish and Jenney Law Office 781-894-0000 to have an application mailed to you. Women only residence.

Paper only - Nahum Hardy Residences. 51 Lake St. Waltham, MA Add your name to the waitlist here: <https://www.city.waltham.ma.us/housing-division/pages/nahum-hardy-elderly-housing> Applications are not being accepted at this time. Questions, please call City of Waltham Housing Division at 781-314-3380.

PROPERTY TAX EXEMPTIONS

City of Waltham - Assessor's Office - 781-314-3200

The City of Waltham currently offers a Statutory Tax Exemption Program for seniors who are 70 years of age or older or a surviving spouse or minor. The guidelines for eligibility and applications may be obtained from the Assessor's Office. The City also offers a Tax Deferral Program which allows qualified seniors to defer payment of their property taxes until the property is sold or upon death of the person receiving the deferment. Information may be obtained from the Assessor's Office.

SENIOR TAX WORK-OFF PROGRAM

City of Waltham - Treasurer's Office - 781-314-3263

This program allows seniors to serve as volunteers for the City of Waltham. In exchange the city shall reduce the real property tax obligations of such persons on his/her tax bill. The reduction on the real property tax bill shall not exceed \$750.00 in a given tax year. Applications are available in August and the program has adopted the State's income guideline.

HOMESTEAD ACT

Homeowners can file a "Declaration of Homestead" with the Registry of Deeds to help protect their principal residence (up to certain a dollar amount) against attachment, seizure, execution on judgment, levy or sale for the payment of unsecured debts. Legal advice is recommended. Call the Massachusetts Citizen Information Service at 800-392-6090 for important information regarding this act. Forms are available at the Waltham Council on Aging. More information is online at: <http://www.sec.state.ma.us/rod/rodhom/homidx.htm> (Registry of Deeds Homestead Protection Act)

HOMEOWNER OPTIONS FOR MASSACHUSETTS ELDERS (H.O.M.E.)

H.O.M.E is non-profit organization that provides in-home counseling to low/moderate-income elder homeowners on financial and home ownership issues to enable successful aging-in-place.

www.elderhomeowners.org

978-970-0012 or 1-800-583-5337

EMERGENCY PHONE NUMBERS

Waltham Police Department

Emergency 911
Operations 781-314-3600

Waltham Fire Department

Emergency 911
Business 781-314-3710

Poison Emergency 1-800-682-9211

CITY BUILDINGS

[Waltham City Hall](#) 781-314-3000
[Waltham Council on Aging](#) 781-314-3499
[Waltham Public Library](#) 781-314-3425
[Waltham Veterans Services](#) 781-314-3416

IMPORTANT PHONE NUMBERS

[AARP](#) 1-800-424-3410
[American Cancer Society](#) 1-800-227-2345
[Atty. General Elder Hotline](#) 1-888-243-5337
[Citizens Info Services](#) 1-800-392-6090
[Elder Abuse Hotline](#) 1-800-922-2275
[Food Source Hotline](#) 1-800-645-8333
[Lawyers Referral Services](#) 1-800-392-6164
MA Commission
for the Blind 617-727-5550
[MA Commission/Deaf](#) 1-800-882-1155 Voice
[MA Commission/Deaf](#) 1-800-530-7570 TTY
[Mass Health \(Medicaid\)](#) 1-800-841-2900
[MA Medical Society](#) 1-800-322-2303
[MBTA](#) 1-800-392-6100
[Medicare](#) 1-800-633-4227
[Pharmacy Outreach](#) 1-866-633-1617
Social Security 1-800-772-1213
USPS (Post Office) 1-800-275-8777
[Springwell](#) 617-926-4100
[Post Office - 776 Main St.](#) 781-893-9752
[Post Office - 36 Spruce St.](#) 781-893-9841
[Veteran's Affairs](#) 1-800-827-1000
[Welfare \(Dept. of](#) 1-800-249-2007
[Transitional Assistance\)](#)

MEDICAL PHONE NUMBERS

[Charles River Community](#) 781-693-3800
[Health Center](#)
[Lahey Hospital &](#) 781-744-5100
[Medical Center](#)
[Mt. Auburn Hospital](#) 617-492-3500
[Newton Wellesley Hospital](#) 617-243-6000
[St. Elizabeth's](#) 617-789-3000
[Medical Center](#)

CITY GOVERNMENT

MAYOR

[Jeannette A. McCarthy](#) 781-314-3100
610 Main Street Waltham, 02452

COUNCILORS-AT-LARGE

Colleen Bradley-MacArthur 781-330-0523
Kathleen B. McMenimen 781-894-1247
Carlos A. Vidal 781-899-2282
Patrick O'Brien 781-891-5239
Randall LeBlanc 781-373-2465
Thomas M. Stanley 617-529-4279

WARD COUNCILORS

Anthony LaFauci	781-609-2777	Ward One
Caren Dunn	781-209-9431	Ward Two
George A. Darcy III	781-266-8888	Ward Three
John J. McLaughlin	781-891-6486	Ward Four
Joseph P. LaCava	781-736-7836	Ward Five
Sean Durkee	781-974-4971	Ward Six
Paul S. Katz	781-606-7579	Ward Seven
Cathyann Harris	781-697-4560	Ward Eight
Jonathan Paz	617-410-6218	Ward Nine

WEBSITES FOR SENIORS

www.benefitscheckup.org
A service of the National Council on Aging
www.medicare.gov
Government site for info on Medicare
www.ssa.gov
U.S. Social Security Administration
www.springwell.com
Information for seniors and caregivers
www.city.waltham.ma.us
Official City of Waltham web site
www.mass.gov
MA Executive Office of Elder Affairs
www.aoa.gov
U.S. Dept. of Health and Human Services
www.webmd.com
General medical information
www.alz.org
The Alzheimer's Association
www.cancer.org
The American Cancer Society
www.diabetes.org
The American Diabetes Association
www.roadscholar.org
Educational Travel
www.ancestry.com
Ancestry's genealogy research website