



Resource Guide

*Hallmark Health
Visiting Nurse Association and Hospice
(781) 338-7800*

This booklet is to be used as a guide and does not constitute an endorsement by Hallmark Health Visiting Nurse Association and Hospice. Be a wise consumer and ask questions about services, prices, and limits. Don't forget to obtain and check references.

Produced by the Department of Program Development, Hallmark Health VNA and Hospice. For corrections and additional information, please call (781) 338-7903.

EMERGENCY NUMBERS

Police:	911
Fire:	911
Poison Control:	1-800-682-9211
Ambulance:	_____
Physician(s):	_____
Dentist:	_____
Visiting Nurse:	Hallmark Health VNA and Hospice 781-338-7800

HALLMARK HEALTH HOME CARE

www.hallmarkhealthhomecare.org

Hallmark Health Visiting Nurse Association and Hospice	781-338-7800
Hallmark Health Lifeline (Personal Emergency Response System)	(toll free) 1-877-896-6600
Dutton Adult Day Health Center	781-246-2820
Healthy Families/Hallmark Health	781-338-7550

AMBULANCES

Action	781-665-2000
Cataldo	617-389-4331
MedTrans	781-246-3020

HOTLINE /HELPLINE NUMBERS

(See also Violence-Related Services Page 10)

AIDS Hotline	1-800-342-2437
Alcohol and Drug Abuse Hotline	1-800-327-5050
Alcoholics Anonymous	1-800-252-6465
Alzheimer's Hotline	1-800-548-2111
Battered Women's Shelter	1-800-899-4000
Domestic Violence SafeLink	1-877-785-2020
Drug Helpline	1-800-488-3784
Child Abuse Hotline	1-800-422-4453
Child at Risk	1-800-792-5200
Disabled Abuse	1-800-426-9009
Elder Abuse Hotline	1-800-922-2275
Elder Protective Services	1-800-922-2275
Elder Affairs Hotline	1-800-882-2003
Hearing Aid HelpLine	1-800-521-5247
Mass. Elder Line	1-800-243-4636
National Runaway Switchboard	1-800-621-4000
North Shore Rape Crisis	1-800-922-8772
Parental Stress Hotline	1-800-632-8188
Poison Control Center	1-800-682-9211
Portal To Hope	781-306-6678
Psychiatric Crisis Intervention	1-800-540-5806
Rape Crisis Center Hotline	617-492-7273
Suicide - Samaritans	617-247-0220
Tri-City 24 Hour Emergency Services	781-397-2060

GENERAL INFORMATION/RESOURCES

Advocacy and Guidance for the Elderly	781-449-7181
Alzheimer's Association	1-800-272-3900
American Assoc. for Retired Persons (AARP)	617-723-7600
Autism Support Center	508-777-9135
Cystic Fibrosis Foundation	1-800-344-4823
Elderly Hotline-Boston	617-635-4646
Jewish Family and Children's Service	617-227-6641
Lead Poison Prev. Program	1-800-532-9571
MA Executive Office of Elder Affairs	1-800-882-2003
MA Department of Elder Affairs	617-727-8931
MA Association/Older Americans	617-426-0804
MA Office on Disability	1-800-322-2020
MA Rehab Commission	617-204-3600
Mass 2-1-1 Call Center (Info on MA programs and services)	1-817-211-6277
Mothers Against Drunk Drivers	1-800-633-6233
Social Security	1-800-772-1213
Tri-Cap (aid for homeless, legal services)	781-322-4125
Veteran's Administration:Federal	1-800-827-1000
State (MA)	617-727-3578
Local	<i>call local city hall</i>

AGENCIES/ASSOCIATIONS

AIDS Action Committee	Adult line---	1-800-235-2331
	Youth line---	1-800-788-1234
Al-Anon Family Groups		508-366-0556
Alateen		781-843-5300
Alcoholics Anonymous		617-426-9444
Allergy and Asthma Network		1-800-878-4403
Alliance for the Mentally Ill		1-800-370-9085

Alzheimer's Association-MA	617-868-6718
Alzheimer's Hotline	1-800-548-2111
American Cancer Society	1-800-227-2345
American Council on Exercise	1-800-529-8227
American Diabetes Association	1-800-232-3472
American Dietetic Assoc.-Nutrition Info.	1-800-366-1655
American Heart Association	1-800-242-8721/508-620-1700
American Kidney Fund	1-800-638-8299
American Liver Foundation	1-800-465-4837/212-668-1000
American Lung Association	1-800-586-4872
American Red Cross-Blood Donor	781-461-2000
Arthritis Foundation	1-800-283-7800
Asthma and Allergy Found. of America	1-800-7-ASTHMA
Attention Deficit (children and adults)	301-306-7070
Autism Support Center	978-777-9135
Blind-American Foundation for	1-800-232-5463
Blind-Commission for	1-800-392-6450 / 617-727-5550
Boston Aid to the Blind	617-323-5111
Boston Center of Independent Living	617-338-6665
Boston Guild for Hard of Hearing	888-464-8453
Brain Injury Association	1-800-444-NHIF
Brain Tumor Association	1-800-886-2282
Breast Cancer Coalition	202-296-7477
Breast Cancer-Susan G. Komen Foundation	1-800-462-9273
Cancer Care	1-800-813-HOPE
Cancer Information Services	1-800-422-6237
Cancer Institute	1-800-422-6237
Catholic Charities	781-322-3555
Cerebral Palsy Association	1-800-872-5827
Cleft Palate Foundation	1-800-24-CLEFT
Crohn's Disease & Colitis Foundation	781-449-0324
Cystic Fibrosis Foundation	1-800-FIGHT-CF
Disabilities Resource Center	202-939-9320
Disabled Person's Protection Commission	1-800-426-9009
Down's Syndrome Society	1-800-221-4602
Dyslexia Society	1-800-ABCD-123
Easter Seals Society	1-800-221-6827
Eating Disorders Association	617-558-1881
Epilepsy Foundation	1-800-EFA-1000
Eye Care America	1-800-222-3937
Federation for Children with Special Needs	617-482-2915
Gastrointestinal Disorders	414-964-1799
Greater Boston Assoc. of Retarded Citizens	617-783-3900
Headache Foundation	1-888-643-5552
Hearing Aid Helpline	1-800-521-5247
Heart Association	1-800-242-8721
Hepatitis B Foundation	215-489-4900
Huntington's Disease Society	1-800-345-4372
Jewish Family & Children's Services	617-227-6641
Juvenile Diabetes Foundation	1-800-223-1138
Kidney and Urologic Diseases	301-654-4415
Kidney Cancer Association	1-800-850-9132
Kidney Foundation	1-800-622-9010
La Leche Association	1-800-525-3243
Lamaze International	1-800-368-4404
Liver Association	1-800-223-0179
Leukemia Association-MA Chapter	1-800-688-6572
Leukemia Society	1-800-955-4572
Lung Association	1-800-586-4872
Lupus Foundation	202-349-1155
Lyme Disease Foundation	1-800-886-5963
Make-A-Wish Foundation	1-800-722-9474
MA Assn. of Older Americans	617-426-0804
MA Commission for Blind	617-727-5550

MA Commission for the Deaf	1-800-530-7570	ElderCare Locator	1-800-677-1116
MA Department of Mental Retardation	617-727-5608		
MA Executive Office of Elder Affairs	617-727-7750	Empowering Caregivers	212-807-1204
MA Mental Health Dept.	617-626-8000		http://www.care-givers.com
MA Network of Info Providers	1-800-764-0200	Ethnic Elders Care	925-372-2105
MA Office on Disabilities	1-800-322-2020	Family Caregiver Alliance	1-800-445-8106
MA Prevention Center for Addictive Behavior	617-740-1540		http://www.caregiving.org
MA Rehabilitation Commission	1-800-245-6543	Family Caregiving 101	http://www.familycaregiving101
MedicAlert Foundation	1-800-572-1717	Geriatric Care Managers	520-881-8008
Mental Health Association	1-800-962-6642	Mystic Valley Elder Services	781-324-7705, x100
Mental Health Services	1-800-789-2647	National Caregiving Foundation	1-800-930-1357
Multiple Sclerosis Society	1-800-344-4867	National Council on Aging	202-479-1200
Muscular Dystrophy Association	1-800-572-1717	National Eldercare Locator	1-800-677-1116
Narcotics Anonymous	617-884-7709	National Family Caregivers Association	1-800-896-3650
National Alliance for the Mentally Ill	1-800-950-6264	Resource Information	
National Center for Learning Disabilities	202-272-2004		http://www.aging-parents-and-elder-care.com
National Council on Disabilities	202-272-2004	SupportGroup.Com	http://www.support-group.com
National Health Information Center	1-800-336-4797	Today's Caregiver Chat Room	
National Organization for Rare Disorders	1-800-999-6673		http://www.caregiver.com/chat2html
New England Eye Bank	617-523-3937	U.S. Admin. on Aging	202-619-0724
New England Organ Bank	1-800-446-NEOB	Well Spouse Foundation	1-800-838-0879
Office of Rare Diseases	301-402-4336	Women's Health Information Center	1-800-994-9662
Organ Donation	1-800-528-2971		
Osteoporosis Resource Center	1-800-624-2663		
Ostomy Association of Boston	1-800-952-7664 x4656		
Pain Society (American Pain Society)	847-375-4715		
Parkinson's Association	1-800-908-2732		
Propath-Parkinson's Information	1-800-447-7672		
Psoriasis Foundation	1-800-723-9166		
Reye's Syndrome Foundation	1-800-233-7393		
Salvation Army (Boston Headquarters)	617-542-5420		
SIDS Institute	1-800-232-SIDS		
Skin Cancer Foundation	1-800-SKIN-490		
Sickle Cell Disease	1-800-421-8453		
Sleep Apnea Association	202-293-3650		
Spinal Cord Injury Association	1-800-962-9629		
STD National Hotline	1-800-227-8922		
Step-Family Association	617-731-5767		
Stroke Association	1-888-478-7653		
Stuttering Foundation	1-800-992-9392		
Thyroid Foundation	1-800-832-8321		
Tourette Syndrome Association	1-800-237-0717		
United Cerebral Palsy	781-593-2540		
United Way	617-624-8000		
Veterans Administration	1-800-827-1000		
Veterans Services	617-727-3578		
Women's Health Information Center	1-800-994-9662		

CONSUMER/ADVOCACY INFORMATION

Better Business Bureau	508-652-4800
Attorney General's Office	617-727-2200
Consumer Action Center	617-727-7780
Consumer Product Safety Commission	1-800-638-2772
Dept. Public Health-Patient Complaints	1-800-426-5540
Executive Office of Consumer Affairs	617-727-7780
Internal Revenue Service	1-800-829-3676
KeySpan	1-800-231-5325
Mass Association of Older Americans	617-426-0804
Mass Executive Office of Elder Affairs	1-800-243-4636
Mass PRO	1-800-252-5533
Medford Consumer Advisory	781-396-5500
Medicare Hotline	1-800-MEDICARE
	http://www.medicare.gov
National Grid	1-800-322-3223
National Institute on Aging	1-800-222-2225
Registry of Motor Vehicles	1-800-858-3926
Social Security Administration	1-800-772-1213
Toy Safety Hotline	1-800-851-9955
TRI-CAP Fuel Assistance	781-322-6284

COUNSELING & MENTAL HEALTH

Psychiatric Home Care Services/Hallmark Health	781-324-7388 / 781-979-6390
Referral to Psychiatrist and Counseling/Hallmark Health	
	1-800-540-9191
Alliance for the Mentally Ill. of MA	781-938-4048
Arbour Counseling Services	781-322-1503
Bay-Ridge Counseling	781-599-9200
Catholic Charities	617-625-1920
Dept. of Mental Health-MA	617-626-8000
Federation for Children with Special Needs	617-482-2915
Noddle Island Multi-Service Center	617-569-7310
Parents Anonymous	1-800-882-1250
Riverside Community Care	781-246-2010
Samaritans Suicide-Crisis	617-247-0220
Triangle Adult Day Health	781-322-0400
Tri-City Mental Health	781-397-2000

CAREGIVING

(See also Health Education, Support Groups Pages 6 & 7)

Administration on Aging	202-619-0724	
AGE-INFO	1-800-872-0166	
Alzheimer's Resources-ADEAR	1-800-438-4380	
	http://www.nia.nih.gov/alzheimers	
Alzheimer's Safe Return Program	617-868-6718	
Caregivers of Those with Parkinson's disease		
	http://www.myparkinsons.org	
	http://www.pdcaregiver.org	
Carepathways	877-521-9987	
	http://www.carepathways.com	
Children of Aging Parents	1-800-227-7294	
Dept. of Health and Human Services		
http://www.aoa.dhhs.gov/prof/aoaprogram/caregiver/caregiver.asp		

END-OF-LIFE PROGRAMS*(See also Support Groups: Bereavement)*

Aging with Dignity	http://www.agingwithdignity.org
End-of-Life Information/Support	http://www.growthhouse.org
Hallmark Health VNA and Hospice	781-338-7800
Hallmark Health Bereavement Support for Children and Adults	781-338-7861
Home Care Alliance/MA	1-800-332-3500
Hospice and Palliative Care Fed. of MA	1-800-962-2973
MA Commission on End of Life Care	617-636-3480
MA Compassionate Care Coalition	617-964-1692
The Compassionate Friend	1-877-969-0010

EQUIPMENT

Easter Seal Society	508-757-2756
SMD Charity Fund –Masons	781-322-1052
LIFELINE Emergency Response System/Hallmark	1-877-896-6600 (toll free #)
Center for Assistive Tech.	1-800-726-9119
Equipment Info-AbleData	1-800-227-0216
MA State Association for Deaf	781-388-9114
Pass It On	508-477-6966
Project Link	1-877-770-7303

FAMILY RESOURCES

Children's Clothing Store-Family Assistance Program	781-338-7579
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ADOPTION RESOURCES

Adoptions With Love	1-800-722-7731
Catholic Charities	617-625-1920
Florence Crittenton League of Lowell	978-452-9671
Mass. Adoption Resource Exchange	1-800-882-1176

CHILDCARE

Childcare Choices of Boston	617-542-5437
Childcare Circuit	978-921-1631
Childcare Resources Center	617-547-9861

PARENTING, SUPPORT, EDUCATION

Alternative Family Matters	617-576-6788
Big Brother Association	781-599-6631
Big Sister Association	617-236-8060
Boston Globe's Parents Page	www.bostonglobe.com/parents
Chelsea/Revere Family Network (CAPIC)	617-884-6130
Childhood Injury Prevention	617-534-5197
DARE Family Services	617-629-2710
Depression After Delivery	1-800-944-4PPD
Family Ties (special needs)	1-800-905-TIES
Fed. for Children with Special Needs	1-800-331-0688
Healthy Families /Hallmark Health (program for teen parents)	781-338-7550
Healthy Start	1-800-531-6667
Jewish Family and Children Services	617-227-6641
Learning Disabilities Assoc.-MA	617-890-5399
Mass Mothers of Twins	781-646-TWIN
Malden/Everett Family Network	781-322-2277
MA Department of Education	781-338-3300
MassHealth (Prenatal)	1-800-841-2900
Medford Family Resource	781-393-2106
National Center for Fathering	1-800-593-3237

North Shore Parents of Multiples	781-662-1036
National Parenting Association	212-362-7575
North Suburban Family Network (Melrose, Stoneham, Wakefield)	781-662-2722
Parents of Tots	781-245-5422
Parental Stress Line	1-800-632-8188
Parents Anonymous Support Network	1-800-231-4377
Tri-City Early Intervention	781-306-4820
Women of Means	781-239-0290
Zero to Three	1-800-899-4301
YMCA	
Boston	617-536-6950
Chelsea	617-884-8776
Lynn	781-581-3105
Malden	781-324-7680
Melrose	781-665-4360
Peabody/Lynnfield	978-977-9622
Revere	781-485-8388
Saugus	781-233-0443
Somerville	617-625-5050
Wakefield	781-245-9622
Woburn	781-935-3270
YWCA	
Malden	781-322-3760
Cambridge	617-491-6050

NUTRITION

Nursing Mothers' Council	617-244-5102
WIC Nutrition Program	
Everett	617-387-2097
Malden	781-338-7578
Medford	781-391-2753
Wilmington	978-988-6120
Woburn	781-938-5161
Chel, Rev, Char	617-889-8506
E. Boston	617-569-5800, x4595

HEALTH

Anna May Powers Health Center (Everett children only)	617-381-6788
Local Departments of Public Health offer immunization clinics, dental services, and other health services:	
Arlington	781-316-3170
Boston	617-534-5395
Cambridge	617-349-6100
Chelsea	617-889-8263
Everett	617-394-2255
Lynn	781-598-4000
Lynnfield	781-334-2032
Malden	781-397-7049
Medford	781-393-2560
Melrose	781-979-4130
Reading	781-942-9061
Revere	781-286-8176
Saugus	781-231-4120
Somerville	617-625-6100, x4300
Stoneham	781-438-0501
Wakefield	781-246-6375
Winchester	781-721-7121
Winthrop	617-846-1740
The National Immunization Info. Hotline	1-800-232-2522

SAFETY & INJURY PREVENTION

Child-at-Risk Hotline	1-800-792-5200
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National Fire Prevention Association	617-770-3300	Woburn Council of Social Concern	781-935-6495
Consumer Product Safety Commission	1-800-638-2772		
Mass. Bicycle Coalition	617-542-2453		
Mass Poison Control Center	1-800-682-9211		
Toy Safety Hotline	1-800-851-9955		
U.S. Office of Consumer Affairs	1-800-532-4440		
National Paint Assoc. (info. on lead paint)	202-462-6272		

SPECIAL NEEDS SERVICES

American Association on Mental Retardation	1-800-424-3688
American Foundation for the Blind	1-800-AF-BLIND
Blind Children's Center	1-800-222-3566
Disability Law Center	1-800-872-9992
Federation for Children with Special Needs	617-482-2915
Greater Boston Assoc. of Retarded Citizens	617-783-3900
Learning Disabilities Assn. of MA	781-891-5009
MA Department of Mental Retardation	617-727-5608
Mass Easter Seals	1-800-922-8290
National Council on Disabilities	202-272-2004
The Shriver Center	781-642-0001
Triangle Adult Day Health	781-322-0400
Stuttering Foundation	1-800-922-9392

FOOD ASSISTANCE

American Red Cross, Food Pantry (Melrose)	781-665-1351
Bread of Life Pantry, Malden	781-397-0404
Catholic Charities	617-482-5440
Community Service Network, Stoneham	781-438-1977
Cornucopia Foods, Inc.	781-321-3890
Fair Foods	617-288-6185
First Baptist Church, Wakefield	781-245-1784
First Congregational Church, Revere	781-284-4158
Food Assistance, Lynn	781-593-2312
Food Pantry-A Servants Heart	781-662-8226
Food Source Hotline	1-800-645-8333
Food Stamp Program	800-249-2007
Greater Boston Food Bank	617-427-5200
Imani Temple Food Pantry, Malden	781-324-3378
Malden Emmanuel Baptist Church	781-322-5885
Meals on Wheels-Mystic Valley	781-324-7705
Pantry of Hope	781-665-4470
People Helping People/Burlington	781-270-6625
Project Bread	617-723-5000
Project Soup Pantry-Somerville	617-776-7687
Saint Rose Pantry, Chelsea	617-889-2774
SDA Community Service Center, Stoneham	781-438-1374
Servants Heart Food Pantry	781-662-8226
SHARE Food Bags:	
Chelsea	617-884-6278
Malden	781-397-6067
Saugus	781-233-8477
Stoneham	781-438-0960
Lynn	781-593-6334
St. Raphaels Food Pantry	781-488-5444
The Salvation Army - Chelsea	617-884-0260
The Salvation Army - Lynn	781-598-0673
The Salvation Army (Headquarters-Boston)	617-542-5420
The Salvation Army - Mystic Valley	781-324-1970
United Parish Food Pantry, Saugus	781-233-2663

WIC (Women, Infants, Children Nutrition)

1-800-WIC-1007

Woburn Council of Social Concern 781-935-6495

CONGREGATE MEALS SITES (Older Adults)

Everett:

Everett Armory/90 Chelsea St., Everett 617-394-2391
Glendale Towers 781-324-7705, x300

Lynn:

Greater Lynn Senior Services 781-599-0110

Malden:

630 Salem St. 781-324-5097
Government Center (Malden Sr. Center) 781-397-7144

Medford:

Drop-In Center 781-396-6010
Mystic Place 781-391-1810
West Medford Lunch Club 781-324-7705, x300

Melrose:

Milano Senior Center 781-662-6886
Steele House 781-665-5796

N. Reading:

N. Reading Senior Center 978-664-5600

Reading:

Reading Senior Center 781-942-6794

Saugus

Saugus Council on Aging 781-233-2116

Stoneham:

Stoneham Senior Center 781-438-1157

Wakefield:

Wakefield Senior Center 781-245-3312
Hart's Hill Heights 781-324-7705, x300

For other cities and towns, please call area agencies on aging, such as Greater Lynn Senior Services, Mystic Valley Elder Services, Chelsea, Revere, Winthrop Elder Services, and Minuteman Home Care.

Meals-On-Wheels

Boston Senior Home Care 617-451-6400
Chelsea, Revere, Winthrop Elder Services 781-286-0550
Greater Lynn Senior Services 781-599-0110
Minuteman Home Care 781-272-7177
Mystic Valley Elder Services 781-324-7705
Somerville-Cambridge Elder Services 617-628-2601
Food Stamp Hotline 1-800-645-8333

FOOD DELIVERY

Hills Home Market 1-800-682-3000
Hood Food Service Delivery 1-800-343-6592
Kelly's Convenient Store 781-396-1476
Peapod Grocery Delivery Service 1-800-573-2763

FOOT PRODUCTS

Bond Shoes 781-933-0602

Solups Shoe Case	781-324-4500	Intercity Home Health Care	781-321-6300 / 978-745-7892
The Village Cobbler	978-664-4410	Minute Man Home Care	781-272-7177
		Multi-Cultural Resources	781-596-2333
		Mystic Valley Elder Service	781-324-7705

FUEL ASSISTANCE/WEATHERIZATION

Boston Fuel Consortium	1-800-524-3950
Cambridge Fuel Assistance	617-349-6252
Citizens Energy Oil Heat Program	1-877-563-4645
Conservation Services Group	1-800-632-8300
Lynn Economic Opportunity, Inc.	781-581-7220
TRI-CAP Fuel Assistance	781-322-6284
Menotomy Weatherization Program	781-316-3436
Women of Means	781-239-0290
Chelsea	617-884-6130
Lynn	781-581-7220
Malden	781-322-4125
Somerville	617-623-7370

PRIVATE HELP

BestCare/Hallmark Health VNA and Hospice	781-338-7800
Health Forces	978-774-0022
Home Health Corp. of America	978-777-7292
Home Instead	781-662-2273
Intercity	781-321-6300
Jewish Family Services	1-800-980-1982
No. Metropolitan Homemaker	781-245-2004
Unlimited Care, Inc.	617-350-0140

HOME MODIFICATION/ADAPTIVE DEVICES

AARP Home Design	1-888-687-2277
Adoptive Environment	617-695-1225
D.E.A.F. Voice/TDD	617-254-4041
Home Options for Mass. Elders	1-800-583-5337
National Res. Center on Supportive Housing	213-740-1364
Rebuilding Together	1-800-4-REHAB-9
Safety Care	781-935-7414
Operation Independence	617-923-4545

HOSPICE

Hallmark Health VNA and Hospice	781-338-7866
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HOUSING

CAPIC Housing Search	617-884-4225
Department of Transitional Assistance	
<i>East Boston, Revere, Chelsea,</i>	
<i>Winthrop</i>	781-286-7800
<i>Eve, Mal, Med, Mel, Wake, Ston., Wob</i>	
<i>Winch, Read, N. Read, Lex, Bur</i>	781-388-7300
<i>Somerville</i>	617-629-1400

Dept. of Social Services-Shelter Resources	617-348-5330
ElderCHOICE (assisted living reduced rate information)	

	617-354-4899
Fair Housing	617-399-0491
F.O.R. Families	1-800-624-5442
Homeowners Options for Mass Elders	1-800-583-5337
Housing Works	617-504-0577
MA Aging Services Association	617-244-2999
MA Access (disabled people)	1-800-466-3111
MA Assisted Living	781-622-5999
MA Dept. of Housing	617-573-1100
MA Extended Care Federation	617-558-0202

INSURANCE RESOURCES FOR CHILDREN & ADULTS

Blue Cross/Blue Shield	
	Medex 1-800-258-2226
	HMO Options 1-800-678-2265
Children's Medical Security Plan (Mass)	1-800-531-2229
Commonwealth Connector	1-877-623-6765
(MA mandated health insurance program)	
Commonwealth Care	1-877-MA-ENROLL
Harvard Pilgrim -First Seniority	1-800-779-7723
Harvard Pilgrim-General Telephone Number	1-888-888-4742
Healthy Malden	781-388-4404

HAIRDRESSERS/BARBERS (Home Visits)

Cindy's Home Beauty	617-818-3817
Dimarco, Linda	781-858-0208
Fabrizio, Jacquie	617-381-1082
Flaherty, Cathy	781-942-0158
Gomez, Richard Anthony	781-944-2145
Hair Care on Wheels	781-284-4466
Jordan, Roberta (Wakefield only)	781-245-6605
Piscione, Lillian	781-485-1818
Trapella, Amelia	781-396-4290
Traveling Hairdresser	617-834-7104
Ultimate Barber Shop	781-393-9700

Please obtain references and discuss pricing before using.

HEALTH EDUCATION

Hallmark Health Community Services	781-338-7561
<i>(Programs offered include smoking cessation, stress management, parenting, first aid, CPR, nutrition)</i>	

Cardiac Wellness/Melrose-Wakefield Hospital	781-979-3171
Childbirth Education	781-338-7561
CPR/First Aid -Hallmark Health	781-338-7561

Hallmark Health VNA and Hospice	
Community Outreach Programs	781-338-7903
Hallmark Health Medford Senior Programs	781-391-1164
Hallmark Health Nutrition Counseling	781-306-6082

Visit the Hallmark Health web site for health education and program offerings www.hallmarkhealth.org

Family Education Classes

Hallmark Health	781-338-7561
CAPIC-Chelsea/Revere Family Network	617-884-6130
Chelsea Community Connections Coalition	617-889-7100
Malden/Everett Family Network	781-322-2277
Medford Family Resource	781-393-2106
North Suburban Family Network	781-662-2722

HOMEMAKERS/COMPANIONS

Hallmark Health VNA and Hospice	781-338-7800
Chelsea, Revere, Winthrop (CRW)	781-286-0556
Greater Lynn Senior Services	781-599-0110

Home Health/Elder Services	781-286-0550
How's Work	781-246-2264

Health Care For All	1-800-272-4232	Merrimack Valley Legal Services	978-687-1177
Health Law Advocates	617-338-5241	Middlesex County Bar Association	617-494-4150
Joint Committee for Children's Healthcare in Everett	617-394-2414	National Lawyers Guild	617-227-7008
Kaileigh Mulligan (Medicaid Program for Children with Special Medical Problems)	1-800-406-1253	National Sr. Citizens Law Center	202-289-6976
MassHealth	1-888-665-9993	Senior Citizens Law Project	1-800-323-3205
MA Health Consumer Service	1-800-841-2900	Volunteer Lawyers Project	617-423-0648

MA Health Consumer Service	1-800-841-2900	LIFELINE	
MassMed Line	1-866-633-1617	(Personal Emergency Response Program)	781-338-7215
Medicare	1-800-633-4227		

Medicaid	1-877-267-2323	<u>NURSING CENTERS, ADULT DAY HEALTH, ASSISTED LIVING</u>	
National Insurance Consumer Help line	1-800-942-4242	Nursing Home Ombudsman, Call Area Councils on Aging	
Free Prescription Drug Program	1-800-272-4232	(See under Senior Service Agencies)	
S.H.I.N.E. - Everett	617-394-2260	MA Extended Care Federation	617-558-0202
S.H.I.N.E. - Malden	781-324-7705	MA Long Term Care Ombudsman	1-800-243-4636
S.H.I.N.E. - Melrose	781-979-3441	Long Term Care Connection	617-348-5570
S.H.I.N.E. - Lynn	781-599-0110	SNAP for Seniors (Nursing Home Info)	1-888-651-7627

The Prescription Advantage Plan (state subsidized medication for seniors)	1-800-243-4636		
Tufts Health Plan Medicare Preferred	1-800-279-9022		

NURSING CENTERS

(This is a partial listing of nursing centers in Greater Boston)

Free care pool is available for hospital charges only.

Eligibility guidelines can be obtained by calling the following Hallmark Health hospitals:

Lawrence Memorial	781-306-6000
Melrose/Wakefield	781-979-3000

Vision USA	1-800-776-4466
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Arlington	
Park Ave. Nursing & Rehab	781-648-9530

Cambridge	
Neville Center at Fresh Pond	617-497-0600
Santa Maria Nursing Facility	617-868-2200
Vernon Hill	617-864-4267

DENTAL SERVICES

Dental Schools (Dental School services are not usually free, but are comparatively inexpensive)

BU	617-638-4670
Harvard	617-432-1434
Tufts	617-636-6614
Tufts Geriatric Dentistry Program	617-639-6968

Dentistry for All	1-800-342-8747
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Many Local Departments of Public Health offer dental health services (see page 5 for local listings of Departments of Public Health)

Chelsea	
Chelsea Jewish Nursing Home-Chelsea	617-884-6766
Eastpointe-Chelsea	617-884-5700
Haven Health Center-Chelsea	617-889-2250
Soldier's Home in Mass-Chelsea	617-884-5660

East Boston	
Don Orione Nursing Home, East Boston	617-569-2100

Everett	
Parkway Senior Care Center-Everett	617-387-1200
Changing Seasons, Everett	617-387-6557

LAUNDRY SERVICES

Melrose Laundromat	781-662-5217
One Stop Cleaners	781-324-6500
The Scrubbing Board	617-387-4838

Lynn	
Abbott House, Lynn	781-595-5500
Lawrence Manor, Lynn	781-595-2941
Lifecare Center of North Shore	781-592-9667
Phillips Manor	781-592-8000

LEGAL SERVICES

Attorney General's Office-MA	1-888-AG-ELDER
Boston Bar Association	617-423-0648
Cambridge/Somerville Legal Services	617-494-1800
Catholic Charities Immigration Services	617-451-7979
Elderly Unit	617-371-1234
Executive Office of Elder Affairs	1-800-243-4636
Greater Boston Legal Services	617-371-1270
Harvard Legal Aid Bureau	617-495-4408
Legal Advocacy Resources Center	617-371-1123
Legal Services (Chelsea/Revere)	617-884-7568
Mass Advocacy	617-357-8431
Mass Bar Association	866-627-7577
Mass Chapter of elder Law Attorneys	617-566-5640
Mass Justice Project	1-888-427-8989

Malden	
Dexter House Nursing Facility-Malden	781-324-5600
McFadden Manor	781-322-1700

Medford	
Brighton at Medford	781-396-4400
Courtyard Nursing Care Center-Medford	781-391-5400
Glen Ridge, Malden/Medford	781-391-0800

Melrose	
Elmhurst Nursing Center-Melrose	781-662-7500
Epoch Senior Healthcare-Melrose	781-665-3950
Melrose Care Center-Melrose	781-665-7050
Oosterman's Rest Home	781-665-3188

Tuell Nursing Home-Melrose	781-665-0764	Sunrise Arlington	781-643-2100
		Sunrise-Burlington	781-229-9100
North Reading		Sunrise-Lynnfield	781-245-0668
Sunbridge-N. Reading	978-276-2000	The Pines at Tewksbury	978-657-0800
		The Isle at Emerald Court-Tewksbury	978-640-0194
Reading		Youville House-Cambridge	617-491-1234
Daniels House	781-944-4410	Woodbridge, Peabody	978-532-4411
Wingate at Reading	781-942-1210		

Revere

Annemark Nursing	781-322-4861	Ciampa Apothacary	617-547-0322
Lighthouse Nursing Care	781-286-3100	Green Street Pharmacy	781-665-0022

Saugus

Abbey Hill Nursing Home	781- 233-2522	Melrose Drug Center	781-665-7400
Hammersmith House	781- 233-8123	Prescription Shoppe, Inc.	617-389-7440
		Shan-Lor Drug	781-324-0400
		Smith Drug	781-245-0380

Stoneham

Arnold House	781-438-1116	The Prescription Advantage Plan (state subsidized medication for seniors)	1-800-243-4636
Bear Hill Nursing Center	781-438-8515		
Lifecare Center at Stoneham	781-662-2545		

Wakefield

Wakefield Nursing and Rehab	781-245-7600	Physicians (Home Visits)	1-800-540-9191
Greenwood Nursing	781-246-0211	Malden Family Health Center	781-338-7478
Kirkwood Nursing Home	781-245-4129	MA Medical Society	1-800-322-2303
Oostermans	781-245-4778	MA Dental Society	508-651-7511

Winchester

Aberjona Nursing Center	781- 729-9370	Everett Family Foot Care	617-387-4200
Winchester Nursing Center	781-729-9595	Everett Podiatry	617-387-6118

Woburn

Woburn Nursing Center	781-994-3802	Family Foot Care of Melrose	781-665-4625
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ADULT/SOCIAL DAY CARE

National Adult Day Services Association	202-479-6984	Foot Care of Stoneham	781-438-2525
Active Day	781-224-2800	Hartigan, William, DPM	617-387-1599
Alzheimer's Dis. Specific	781-395-5542	McCullough, Wayne, DPM	781-396-2113
Dutton Adult Day Health Center	781-246-2820	Medaglia, Robert, DPM	617-387-4200
Boston Aid to the Blind	617-323-5111	Medford Foot Care	781-396-8737
Briar Cliff	781-581-7197	Michaels, Frank, DPM	781-245-6995
Community Family Inc. (Everett/Medford)	617-389-4500 / 781-395-5542	Mostone, Edward & Christie	781-396-8737
Cooperative Elder Services	781-641-1070	N.E. Foot and Ankle Specialists	617-629-2806
Winsor House-Cambridge	617-491-1815	Paicos, Peter, DPM	781-438-1628
		Sachetta, Marianne, DPM	781-224-3668

ASSISTED LIVING

MA Assisted Living Association	781-622-5999	PODIATRISTS	
Atria-Longmeadow Place, Burlington	781-270-9008	Everett Family Foot Care	617-387-4200
Atria-Maplewood Place at Malden	781-324-4999	Everett Podiatry	617-387-6118
Billerica Crossings	978-667-0898	Family Foot Care of Melrose	781-665-4625
Cadbury Commons-Cambridge	617-868-0575	Foot Care of Stoneham	781-438-2525
Cohen Florence Levine Estates	617-889-8740	Hartigan, William, DPM	617-387-1599
Country Club Heights, Woburn	781-935-4094	McCullough, Wayne, DPM	781-396-2113
Gables at Winchester	781-756-1026	Medaglia, Robert, DPM	617-387-4200
Heritage at Danvers	978-774-5959	Medford Foot Care	781-396-8737
Lifecare Center, Stoneham	781-662-2545	Michaels, Frank, DPM	781-245-6995
Longwood Place at Reading	781-944-9200	Mostone, Edward & Christie	781-396-8737
Marland Place, Andover	978-475-4225	N.E. Foot and Ankle Specialists	617-629-2806
Neville Place-Cambridge	617-497-8700	Paicos, Peter, DPM	781-438-1628
New Horizons at Choate, Woburn	781-932-8000	Sachetta, Marianne, DPM	781-224-3668
Sunrise Assisted Living, Peabody	978-532-3200		

SENIOR CENTERS-COUNCILS ON AGING

Mass Senior Centers	617-350-6722
Arlington Council on Aging	781-316-3400
Burlington Council on Aging	781-270-1950
Cambridge Council on Aging	617-349-6220
Cambridge Senior Center	617-349-6320
North Cambridge Senior Center	617-349-6060
Chelsea Senior Center	617-889-8200
Everett Armory/Council on Aging	617-394-2390
Lynn Senior Center	781-599-0110
Lynnfield Council on Aging	781-598-1078
Malden Council on Aging	781-397-7144
Medford Council on Aging	781-396-6010
Medford Senior Drop-In Center	781-396-0377
Medford Senior Citizens Health Center	781-391-1164
Melrose Council on Aging	781-665-4304
Milano Senior Center, Melrose	781-662-6886
North Reading Council on Aging	978-664-5600
North Andover Senior Center	978-688-9560

Reading Elder/Human Services	781-942-6794	State Info. & Referral for Substance Abuse	617-624-5111
Reading Senior Center	781-942-9067	Substance Abuse Families Anonymous	781-727-1803
Revere Council-Elder Affairs	781-286-8156	Tri-City Mental Health	781-388-6200
Saugus Senior Center	781-231-4178		
Somerville Senior /Elder Affairs	617-625-6600,x2300		
Stoneham Senior Center	781-438-1157		
Wakefield Council on Aging	781-245-3312		
Winchester Council on Aging	781-721-7136		
Winthrop Senior Center	617-836-8538		

SENIOR SERVICES

Area Agencies on Aging

Area Agencies on Aging are not-for-profit state-funded agencies that provide information and referral, case management, protective services (elder abuse), home delivery and congregate meals, transportation, nursing home ombudsman, insurance information, and subcontracted home care services.

Boston Senior Home Care	617-451-6400
Chelsea, Revere, Winthrop Elder Services	781-286-0550
Greater Lynn Senior Services (GLSS)	781-599-0110
Serves Saugus, Lynn, Lynnfield, Swampscott	
Minuteman Home Care	781-272-7177
Service area includes Arlington, Burlington, Woburn, Wilmington, Winchester	
Mystic Valley Elder Services	781-324-7705
Serves Malden, Medford, Melrose, Everett, N. Read, Reading, Stoneham, Wakefield	
Somerville-Cambridge Elder Services	617-628-2601
AARP	1-800-548-2111
Aging in the Know	1-800-563-4916
CAPS (Children of Aging Parents)	1-800-257-7294
Double Check Referral Service	1-800-480-4359
Elder Abuse Hotline	1-800-922-2275
Eldercare Locator Service	1-800-677-1116
Executive Office of Elder Affairs	1-617-727-7750
	1-800-AGE-INFO
Medicare	1-800-633-4227
Medex (Blue Cross)	1-800-258-2226
Mass. Association of Older Americans	617-426-0804
Massachusetts Sr. Action Council	617-442-3330
National Institute on Aging	1-800-222-2225
Senior Pharmacy Program	1-800-953-3305
Seton Club (widow-widowers), Saugus	781-233-2390
60 Plus Club-Stoneham	781-438-3231

SENIORS-ONLINE RESOURCES

Age Net	http://www.agent.com
ElderWeb	http://www.elderweb.com
Senior Information Network	http://www.senior-inet.com

SUBSTANCE ABUSE SERVICES/HELPLINES

Substance Abuse Support Services

Al-Anon Family Groups	508-366-0556
Alateen	781-843-5300
Alcohol Abuse Helpline	1-800-888-9383
Alcohol and Drug Abuse Hotline	1-800-327-5050
Alcohol and Drug Helpline	1-800-821-4357
Alcoholics Anonymous	1-800-252-6465
Cocaine Hotline	1-800-262-2463
Eastern Middlesex Alcoholism Services	781-321-2600
Early Sobriety	781-979-3322
Families Anonymous	1-800-736-9805

SUICIDE HOTLINE

National Hopeline Network	1-800-784-2433
Suicide Prevention	1-800-273-8255
Suicide - Samaritans	617-247-0220

SUPPORT GROUPS

Caregiver Support-Mystic Valley Elder Services	781-324-7705
Hallmark Health	
Alzheimer's Support Group	781-306-6157
Bereavement Support Groups	781-338-7866
Breast-Feeding Support Center	
at Melrose-Wakefield Hospital	781-979-6455
I Can Cope Cancer Support	781-224-5872
Breast Cancer Support Hotline	1-800-221-2141
Cancer Support-Wellness Community	617-332-1919
Children's Divorce Support Services	617-876-4210
Gambler's Anonymous	781-642-8321
Mass. Smokers Quit Line	1-800-879-8679
Narcotics Anonymous	781-641-2303
North Suburban Parents of Multiples	781-662-1036
Parents Helping Parents Support	1-800-882-1250
Parents of Children with Life-Threatening Illnesses	1-800-642-2423
Parents Anonymous Support Network	1-800-882-1250
Postpartum Support International	805-967-7636
Reach to Recovery -American Cancer Society	1-800-ACS-2345

BEREAVEMENT

Hallmark Health Hospice (programs for children and adults)	781-339-7861
Hospice Association of America	202-546-4759
Hospice Foundation of America	202-638-5419
National Hospice and Palliative Care	1-800-658-8898

ONLINE RESOURCES

Death and Dying	http://www.death-dying.com
GriefNet	http://www.riverdell.org
Grief Recovery Online-GROWW	http://www.groww.org
Grief Support	http://www.growthhouse.org/death.html
Online Support-Kids	http://www.kidsaid.com

TRANSPORTATION

AARON	617-738-7772
Action Ambulance	1-800-281-2124
American Cancer Society (Transport.)	1-800-227-2345
American Kidney Fund	1-800-638-8299
American Red Cross	781-665-1351 / 800-564-1234
Angels on Wheels	617-469-4610
Boston Mayor's Senior Shuttle	617-635-3000
Cambridge Council on Aging	617-349-6220
Cataldo Ambulance	617-625-0126
Chelsea, Revere, Winthrop Elder Services	617-884-2500
Disabled American Veterans	617-232-9500
F.I.S.H. - Melrose Residents Only	781-662-7474
Greater Lynn Senior Services	781-477-4237
Malden Council on Aging	781-397-7144
MBTA - The Ride	617-222-5123

MBTA-Senior Citizen Discounts	617-222-5976
Medford Council on Aging	781-396-6010
Melrose Council on Aging (Melrose only)	781-665-4304
Mystic Valley Elder Services	781-324-7705
National Council on Aging	202-479-1200
National Council of Senior Citizens	1-888-3-SENIOR
North Reading Council on Aging (North Reading only)	978-664-5600
Reading Elder/Human Services	978-942-6794
Revere Council on Elder Affairs	781-286-8156
Safety Comfort Mobility Community Trans. (Somerville, Everett, Medford residents)	617-625-1191
Saugus Council on Aging	781-231-4178
SCM (Somerville, Cambridge, Medford) Community Transportation	617-625-1191
Somerville/Cambridge Elder Services	617-628-2601
Suburban Med-Ride	1-866-633-7433
The RIDE	617-222-5123
Wakefield Council on Aging (Wakefield only)	781-245-3312
Winthrop Council on Aging	617-846-8538

ADDITIONAL TELEPHONE NUMBERS

VIOLENCE -RELATED SERVICES & SHELTERS

Abuse-Nursing Home Residents	617-753-8000
Alliance Against Violence, Melrose	781-662-2010
Asian Task Force Against Domestic Violence	617-338-2355
Batterer's Intervention Program	781-324-2218
Battered Women's Hotline	617-661-7203
Battered Women's Shelter	1-800-899-4000
Bridge Over Troubled Waters Hotline	713-473-2801
Child at Risk Hotline	1-800-792-5200
CRW Home Care (elder protective services)	781-286-0550
Dating Violence Intervention	617-868-8328
Dept. of Social Services (main #)	617-727-0900
Elder Abuse Hotline	1-800-922-2275
Greater Lynn Senior Services	781-599-0110
Harbor COV	617-884-9799
Jane Doe Hotline	617-248-0922
Mass. Society for Prev. of Cruelty to Child	617-227-2280
Melrose Alliance Against Violence	781-662-2010
Mystic Valley Elder Services	781-324-7705
Covenant House	1-800-999-9999
North Shore Rape Crisis	1-800-922-8772
Parents Anonymous Support	1-800-882-1250
Parental Stress Line	1-800-632-8188
Rape, Abuse, Incest Network	1-800-656-4673
Rape Crisis Hotline	617-492-RAPE
Respond Hotline	617-623-5900
Rosie's Place	617-442-9322
Safety Line	781-285-1981
Services Against Family Violence	781-324-2221
ShortStop, Inc.	617-776-3377
Toughlove International	1-800-333-1069