



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

<u>Marybeth Duffy, LICSW, Director</u>	781-314-3497	<u>mbduffy@city.waltham.ma.us</u>
<u>Elaine Corbett, Administrative Assistant</u>	781-314-3498	<u>ecorbett@city.waltham.ma.us</u>
Deborah Barry, Meals on Wheels Coordinator	781-314-3300	<u>dbarry@city.waltham.ma.us</u>
<u>Maureen Baglio, Outreach Worker</u>	781-314-3301	<u>mbaglio@city.waltham.ma.us</u>
<u>Bonnie LeBlanc, Transportation</u>	781-314-3499	<u>bleblanc@city.waltham.ma.us</u>
<u>Debra Vautour, Receptionist</u>	781-314-3499	<u>dvautour@city.waltham.ma.us</u>
<u>Jose Reyes, Van/Bus Operator</u>	781-314-3499	<u>jreyes@city.waltham.ma.us</u>

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 \$6.00. 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	Computer	Day Trips	Bingo
Zumba Gold©	Golf	Holiday Parties	Bridge, Poker, Whist
Line Dance	Bridge	Concerts	Mah Jong
Tai Chi		Daily Lunch	Ping Pong
Water Exercise		Movies	Bocce`
Chair Yoga		Cook - Outs	Pool
			Bowling
CRAFTS	EDUCATION	SCREENINGS	SUPPORT GROUPS
Painting	Presentations related to:	Blood Pressure	Alzheimer's
Ceramics	Health and Fitness	Podiatry	Caregivers
Quilting	Community Resources	Hearing	Widow / Widower
Knitting/Crocheting	Estate Planning		

NUTRITION

MEALS ON WHEELS - 781-314-3300

Meals are delivered to homebound elders who are 60 years or older, Monday - Friday between 11:30 AM - 12:30 PM.

ON SITE LUNCH PROGRAM - 781-314-3499

Hot lunch is served Monday - Friday at 12:00 PM. Advanced reservations are required. The cost is \$4.00 payable on the day you come. The menu is printed in the Senior Connection newsletter. Please inform your server if anyone in your party has a food allergy. Call 781-314-3499 to make your reservation.

PINE STREET MEAL SITE - 781-398-0150

A hot or cold lunch is served Monday - Friday at 11:30 AM at 48 Pine Street. Make your reservation by 10:30 AM of the previous day. A voluntary confidential donation of \$2.00 is requested.

LOCAL FOOD PANTRIES

SACRED HEART PARISH - 781-899-0469

350 River Street at Parish Hall
Thursday 4:00 - 5:00 PM
Bring picture id and copy of latest utility bill

CHRIST CHURCH 781-891-6012

750 Main Street at Grandma's Pantry
Fridays 9:30 AM - 11:00 AM
Bring ID and Proof of address

MIDDLESEX HUMAN SERVICES - 781-883-2050

545 Moody St. at Immanuel Methodist Church
Soup kitchen: Meals daily at 5:00 PM
Food Pantry: Wednesdays 9 AM - 12P M

SALVATION ARMY- 781-894-0413

33 Myrtle Street
Monday - Friday:
Breakfast: 9:30 AM and Lunch: 11:30 AM
Food Pantry: 9AM -1PM

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 us for updated vendor information.

[THE RIDE ELIGIBILITY INFORMATION](#) -617-337-2727

THE RIDE is the MBTA's para-transit service for people with disabilities who are unable to independently use general public transportation. It is an origin-to-destination, accessible shared ride service for people who are eligible under the Americans with Disabilities Act (ADA) guidelines.

[MBTA REDUCED PASS PROGRAM \(CHARLIE CARDS\)](#) 1-888-844-0355

Senior/T.A.P. IDs are available to seniors (age 65+) and persons with disabilities at the MBTA's Office for Transportation Access in downtown Boston. Adjacent to the Red and Orange Lines at Downtown Crossing Station, the Charlie Card Store is open Monday through Friday 8:30 AM-5:00 PM.

LOCAL AND REGIONAL SERVICES

SPRINGWELL

307 Waverley Oaks Road, Suite 205 Waltham, MA 02452
617-926-4100

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

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

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.

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.

section continued on next page

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 Mass Health. Adult day health programs are provided either on a private pay basis or through Mass Health.

[Cooperative Elders](#) ~ Arlington, MA - 781-641-1070
[Windsor House](#) ~ Cambridge, MA - 617-547-7836

PRIVATE HOME CARE

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

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.

HOUSING

PUBLIC HOUSING

[Waltham Housing Authority](#) ~ 781-894-3357
110 Pond Street, Waltham, MA 02451

In Waltham there are several housing sites for those over age 62 or disabled. Eligibility is based on need and income. Rents are determined by income. Applications should be made to the Housing Authority. There is some subsidized housing in private apartments.

South Street Congregate Housing
300 South Street, Waltham, MA 02453

Congregate housing is an alternative housing option for individuals who are age 62 or older or disabled who fall within the Waltham Housing guidelines. "Congregate" is a shared living arrangement designed to meet both the housing and supportive service needs of the elderly in a home like environment. For more information contact Springwell at 617-926-4100.

PRIVATE ELDERLY HOUSING

Francis Cabot Lowell Mill 781-891-4108 190 Moody Street Waltham, MA	Parmenter Home, Inc. 781-894-0071 542 Main Street Waltham, MA	Saint Mary's Apartments 781-894-9588 88 Lexington Street Waltham, MA	Hovey House 781-891-8256 315 Crescent St. Waltham, MA
--	--	---	--

ASSISTED LIVING and SKILLED NURSING and REHAB FACILITIES

Detailed resource information is available by contacting us at 781-314-3499.

HOUSING REHABILITATION AND LOAN PROGRAM

City of Waltham - Housing Rehab Office - 781-314-3380

The Housing Rehabilitation Program provides deferred loans for improvements that address health and building code violations, weatherization, handicapped access and lead paint removal. The maximum loan amount is \$10,000 (\$15,000 for deleading). The loan is interest free and is due on sale of transfer of the property. There is no monthly payment. The loan is secured by a mortgage. The objective of this program is to benefit low and moderate income people. For this reason every applicant must meet income and asset requirements. For more information call the Waltham Housing Rehabilitation Office

FUEL ASSISTANCE AND WEATHERIZATION PROGRAMS

Fuel Assistance: The Fuel Assistance Program provides home heating assistance to Waltham resident's age 60+ from November through April. Eligibility is based on gross income of all members of household. Call 781-314-3499 for more information.

Weatherization improvements and heating systems safety checks and repair for eligible fuel assistance customers:

[Menotomy Weatherization Program](#)
20 Academy St. Arlington, Suite 202
Arlington, MA 02476
781-316-3436

OR

[Community Action Programs Inter-City, Inc.](#)
100 Everett Avenue Unit #14
Chelsea, MA 02150
617-884-6130

section continued on next page

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

IMPORTANT PHONE NUMBERS

Arthritis Foundation	617-244-1800
Charles River Community Health Center	781-693-3800
Lahey Clinic	781-744-5100
MA Assoc. for the Blind	617-926-4232
Mt. Auburn Hospital	617-492-3500
Newton Wellesley Hospital	617-243-6000
Springwell	617-926-4100
St. Elizabeth's Hospital	617-789-3000
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

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

TOLL FREE NUMBERS

AARP	1-800-424-3410
Alzheimer Help Line	1-800-548-2111
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/Blind	1-800-392-6450
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
Office of Elder Affairs	1-800-882-2003
Pharmacy Outreach	1-866-633-1617
S.H.I.N.E.	1-800-882-2003
Social Security Office	1-800-772-1213
135 Beaver Street, Waltham	
USPS (Post Office)	1-800-275-8777
Post Office - 776 Main St.	781-893-9752
Post Office - 36 Spruce St.	781-893-9841
Veteran's Affairs Admin.	1-800-827-1000
Welfare (Dept. of Transitional Assistance)	1-800-249-2007

WALTHAM CITY GOVERNMENT

MAYOR

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

COUNCILORS-AT-LARGE

Paul J. Brasco	781-209-2567
Kathleen B. McMenimen	781-894-1247
Carlos A. Vidal	781-899-2282
Diane P. LeBlanc	781-526-1285
Randall LeBlanc	781-373-2465
Thomas M. Stanley	617-529-4279

WARD COUNCILORS

Daniel P. Romard	617-571-6053	Ward One
William H. Fowler	781-899-3095	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
Robert J. Waddick	781-891-3805	Ward Six
Kristine A. Mackin	781-786-8569	Ward Seven
Cathynn Harris	781-697-4560	Ward Eight
Robert G. Logan	781-893-3572	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.800ageinfo.com

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