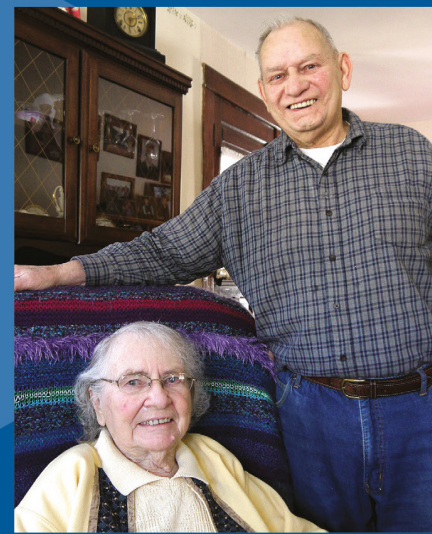


2020-2023

The Silverline

Resources for Elders, Caregivers and Persons with Disabilities



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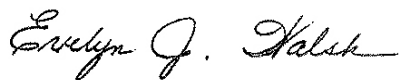
Welcome to the Silverline Directory of Community Resources

One of the most important services LifePath provides is access to information about issues, programs, and services for elders, caregivers, and persons with disabilities. This is the gateway that serves to introduce people in our community to the wide variety of resources and supports available to elders, persons with disabilities, families, and those helping to provide care.

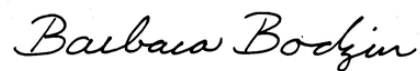
Resource information is always changing. Experienced resource consultants are available to answer questions or assist with your inquiry through research and follow-up as needed. An up-to-the-minute database is maintained electronically. In talking with you, we can help to problem solve with you and provide more specific information than what is contained in this Directory. Assistance with resource information outside of Massachusetts and across the United States is also available. Additionally, this guide is accessible electronically at our website LifePathMA.org: click on “The Silverline” tab below “Resources.”

Our Information & Caregiver Resource Center (ICRC) is available during business hours, Monday through Friday, and can be reached by calling 413-773-5555, 978-544-2259, toll-free at 800-732-4636, or TDD 413-772-6566. Contact us anytime by email at info@LifePathMA.org or visit LifePathMA.org. You may also access www.massoptions.org, an on-line resource for elder issues and listing of resources, information on programs and services in Massachusetts, and links to many other websites, or call 1-800-243-4636.

Producing this guide is a project which involves many people in its making. LifePath appreciates the diligence, commitment and hard work of the staff that have made it happen. Many thanks to the Project Team for a job well done - Laurie Deskavich, ICRC Program Director; Mary Johnson, ICRC Supervisor; Terri Aitken, ICRC Resource Consultant; Laura Fortune, ICRC Resource Consultant; Janis Merrell, Marketing and Outreach Coordinator; Lynne Feldman, Director of Community Services; and Diane Robie, Director of Client Services.



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President, Board of Directors



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Our Mission is to help elders and persons with disabilities remain in their homes safely, comfortably, and independently for as long as they are able and to support their caregivers as they try to balance the competing needs of family, work, and self.

LifePath is an Aging Services Access Point and Area Agency on Aging funded in part by the federal Older American's Act, the state Executive Office of Elder Affairs, and other sources both public and private. LifePath is operated by a local volunteer Board of Directors, a majority of whom are, by law, elders. The agency is an AA/EOE employer and does not discriminate in program admission, access, services, or employment practices.

LifePath is committed to diversity in employment practices and service delivery. Our agency prohibits discrimination and takes affirmative action to serve people in our community with fairness and respect for all. We recognize that differences among people may be barriers to inclusion. These differences include race, physical appearance and ability, sex, age, nationality and ancestry, class, religious and political beliefs, marital status, sexual orientation, and gender identity. We welcome and value all persons and we dedicate our agency to the ongoing effort to achieve the goal of greater diversity among our employees, clients and others whom we serve.

How to use The Silverline Directory

LifePath **has compiled 330 resource listings** that we hope you will find useful in responding to questions and concerns.

In the **Table of Contents**, you will find nineteen categories, listing all entries that pertain to that category.

The **main body of the directory** contains listings in alphabetical order.

Each **resource entry** lists the organization name and address, followed by a brief description of the service(s).

An **alphabetical listing** by organizational name can be found in the Index at the end of the Resource Directory.

A listing of **non-emergency police & fire** contact information is included by town at the end of the directory.

LifePath has been helping elders, caregivers, & persons with disabilities for over 40 years

Programs & Services Offered

Adult Family Care (AFC)
Advocacy & Navigating Care in the Home with Ongoing Risks (ANCHOR)
Benefits Counseling
Coordination, Advocacy, Referrals, and Education (C.A.R.E.)
Care Transitions
Case Management
Community Choices
Congregate Housing: Morgan Allen House & Winslow Wentworth House
Consumer Directed Care
Dementia Caregiver Support Group
Dementia Coaching
Elder Mental Health Outreach Team (EMHOT)
Elder Protective Services
Enhanced Community Options Program
Family Caregiver
Frail Elder Waiver
Geriatric Services Support Coordination
Grandparents Caring for Grandchildren Support
The Good Life: online and print news for elders, persons with disabilities & caregivers
Healthy Living - Evidence Based Workshops
Home Repair Guide (online)
In-Home Care
Information & Caregiver Resource Center (ICRC)
Long-Term Care Ombudsman
Long-Term Services & Supports
Meals on Wheels
Money Management/Bill Paying
Nutrition Education & Consultation
Options Counseling
Personal Care Attendant (PCA)
Respite Services
Savvy Caregiver
Senior Dining Centers & Luncheon Clubs
Senior Care Organizations (SCO)
SHINE: Serving the Health Insurance Needs of Everyone
Silverline: Directory of Resources
Supportive Housing (Elm Terrace; Highland Village; Squakeag Village; Stoughton Place; Stratton Manor)
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AARP Tax-Aide

Toll Free: (888) 227-7669 (press 1)
www.aarp.org/taxes/aarp_taxaide/

The AARP Foundation Tax-Aide helps low-income to moderate-income taxpayers by assisting with tax services and ensuring they receive applicable tax credits and deductions. The AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older. To locate the nearest Tax-Aide site between January and April call 888-227-7669.

Able Home Accessibility

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TTD/TTY: (508) 864-1655
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www.ablehomeinc.com

Our mission at Able Home is to give you peace of mind knowing that your home will be accessible both long term and short term. We provide reliable equipment from reputable manufacturers. Our prices are reasonable and we buy back the equipment when it is no longer needed.

Adult Family Care Program (AFC)

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
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info@LifePathMA.org
LifePathMA.org

Hampshire & Hampden County Office (Covers Berkshire County)

320 Riverside Drive, Suite E
Florence, MA 01062
Tel: (413) 773-5555
Fax: (413) 584-7076
info@LifePathMA.org
LifePathMA.org

Adult Family Care (AFC) is a program for individuals, age 16 or older, who are unable to live alone and who need assistance with daily personal and medical care. Clients are cared for in the hosts' home within their community by a primary caregiver. Each placement is overseen by professional nursing and care manager staff, with 24-hour, on-call accessibility for emergencies. Clients are carefully matched to the caregivers' capabilities. Caregivers or family members are paid for their services.



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—AFC Caregiver

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413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



Advocacy & Navigating Care in the Home with Ongoing Risks (ANCHOR)

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

A highly focused care management and coordination outreach program that supports elders with behavioral health needs who are at risk of institutionalism or homelessness. Elders receive one-on-one support and advocacy in identifying and removing barriers preventing them from accepting and retaining services in the home.

Alzheimer's Association Western Regional Office

264 Cottage Street

Springfield, MA 01104

Tel: (413) 787-1113

Toll Free: (800) 272-3900

Fax: (413) 787-1109

www.alz.org

Central Regional Office

100 North Parkway, Suite 105

Worcester, MA 01605

Tel: (508) 799-2386

Toll Free: (800) 272-3900

Fax: (508) 799-2653

www.alz.org/MANH

Call our 24/7 Alzheimer's Association Helpline at 800-272-3900 to learn more about our programs and services. Call our helpline to learn about support groups and free local educational programming on Alzheimer's and dementia.

American Cancer Society

330 Whitney Avenue, Suite 420

Holyoke, MA 01040

Tel: (413) 734-6000

Toll Free: (800) 227-2345

Fax: (413) 493-2199

www.cancer.org

American Cancer Society offers multiple programs and services, including transportation assistance programs. Please call 800-227-2345 for more information, 24 hours a day, seven days a week.

American Medical Response

338 High Street

Greenfield, MA 01301

Tel: (413) 773-4100

Fax: (413) 746-4467

American Medical Response is an Emergency Medical Service (EMS) in Western Massachusetts providing basic and advanced life support for both emergency and non-emergency medical events.

American Red Cross

Western Massachusetts Office

150 Brookdale Drive

Springfield, MA 01104

Tel: (413) 737-4306

Fax: (413) 785-0929

www.redcross.org/local/massachusetts/about-us/locations/western-massachusetts.html

Central Massachusetts Office

2000 Century Drive

Worcester, MA 01606

Tel: (508) 595-3700

www.redcross.org/local/massachusetts/about-us/locations/central-massachusetts.html

The Red Cross provides assistance, education, information and referral services, disaster relief, support to America's military families, health and safety, training and education, lifesaving blood, and international services.

Amherst Survival Center

PO Box 9629
138 Sunderland Road
Amherst, MA 01059
Tel: (413) 549-3968
info@amherstsurvival.org
www.amherstsurvival.org

We connect people to food, health care, clothing and household items through volunteer efforts. Over 200 people each day walk in to access free fresh bread and produce, a free hot lunch (with many vegetable and protein options), free items from our "store," and food (both non-perishable, fresh, cold and frozen) from our Food Pantry. Our Free Health Clinic is open twice/week. The only program where forms are needed are the Food Pantry and Health Clinic. We have other weekly/monthly services. See our website www.amherstsurvival.org for more information.

Applewood Home for Elders

171 South Royalston Road
Athol, MA 01331
Tel: (978) 249-5110
Fax: (978) 249-8517
applewoodhomeforelders@gmail.com
www.applewoodhomeforelders.com

Applewood Home for Elders has been a family owned and operated rest home since 1984. It is a 32-bed facility surrounded by numerous gardens and nestled among six wooded acres. Call or email for a tour.

Arbors Assisted Living in Greenfield

15 Meridian Street
Greenfield, MA 01301
Tel: (413) 774-4400
Fax: (413) 774-4415
greenfield@arborsassistedliving.com
www.arborsassistedliving.com

The Arbors offers seniors a full array of personal care and household services in the privacy of their own apartment. This assisted living community provides a host of special amenities along with the services and social atmosphere seniors need. Elegant surroundings in a beautiful natural setting, with full services available and a commitment to the finest care, combine to make the Arbors a community that caters to the independent spirit.

Arcadia New England (Second Solutions)

490 Shrewsbury Street, Suite A
Worcester, MA 01604
Tel: (508) 791-3535
Toll Free: (866) 791-3535
24-hour Hotline: (508) 791-3535
Fax: (508) 791-9009
www.arcadianewengland.com

Arcadia New England is a home care staffing agency, attending to the needs of elders, with a goal to keep people at home and healthier longer.

Ashfield Council on Aging

PO Box 560
Ashfield, MA 01330
Tel: (413) 628-4441 Ext. 7
Fax: (413) 628-4588
www.ashfield.org/2182/Council-on-Aging
See Shelburne Senior Center.

Handicare 1100 Stairlift

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Mass Surgical Supply, LLC
249 High Street
Holyoke, MA 01040
413.532.1401
www.masssurgical.com

Ashfield House

See Franklin County Regional Housing and Redevelopment Authority.

Athol Area YMCA

545 Main Street

Athol, MA 01331

Tel: (978) 249-3305

ymcaathol.org

The Athol Area YMCA is committed to strengthening and enriching the lives of all individuals, families and our community through quality programs and services that build healthy spirit, mind and body.

Athol Council on Aging

82 Freedom Street

Athol, MA 01331

Tel: (978) 249-8986

Fax: (978) 575-0277

coa@townofathol.org

www.townofathol.gov

See Athol Senior Center.

Athol Golden Age Club

82 Freedom Street

Athol, MA 01331

Tel: (978) 249-7519

The club provides socialization for seniors, meets monthly, and includes activities such as bus trips, games, crafts, luncheons, and recreation.

Athol Hospital

2033 Main Street

Athol, MA 01331

Tel: (978) 249-3511

www.atholhospital.org

A member of the Heywood Healthcare system, Athol Hospital is a 25-bed, non-profit, acute care and outpatient facility serving the communities of the North Quabbin region of Massachusetts. It is designated as a Critical Access Hospital and Primary Stroke Center, licensed by the Massachusetts Department of Public Health and accredited by the Joint Commission. View updated support group information at www.atholhospital.org.

Athol-Orange Housing Authority

21 Morton Meadows

Athol, MA 01331

Tel: (978) 249-4848

Fax: (978) 249-9604

generalinfo@atholorangehousing.com

The Athol-Orange Housing Authority provides safe, affordable, subsidized housing for low-income elders, non-elders, individuals with disabilities and families.

Athol Senior Center

82 Freedom Street

Athol, MA 01331

Tel: (978) 249-8986

Fax: (978) 575-0277

coa@townofathol.org

www.athol-ma.gov

The Athol Senior Center is a multipurpose center that offers seniors educational and social events, fitness and wellness programs, and specialized clinics, to name a few. Congregate meals are served Tuesdays and Wednesdays. Call 978-249-9001, 24 hours in advance to reserve a meal. The Council on Aging (COA) office offers a gateway to information and referral services and assistance with enrolling for public benefits, such as SNAP and fuel assistance, and houses the SHINE and congregate meals programs. For more information, contact the COA office or the senior center staff directly.

At Home Senior Care, Inc.

201 Park Avenue, Suite 10

West Springfield, MA 01089

Tel: (413) 285-7636

24-Hour Hotline: (833) 701-2273

Fax: (413) 285-7636

www.athomeseniorcares.com

At Home Senior Care's goal is to provide the highest quality, compassionate, personalized care to persons with special needs, allowing the consumers to remain safely in the comfort of their own home. All of our field staff members are Supportive Home Care Aide level.

Barton's Angels Home Health Care

PO Box 343

Northampton, MA 01061

Tel: (413) 582-0220

Fax: (413) 582-9992

bartonsangels@comcast.net

www.bartonsangels.com

The mission and passion of Barton's Angels Home Health Care is to provide professional and customized services contributing to the health and welfare of older adults and their families in the Pioneer Valley. Angels are matched with clients and can provide a wide variety of assistance including homemaking and personal care. Visits are between 2 hours up to 24/7 care. Call 413-582-0220 for a free consultation today!

Baystate Behavioral Health Partial Hospitalization Program

Adult Partial Hospitalization Program

48 Sanderson Street

Greenfield, MA 01301

Tel: (413) 773-4444 (Central Intake)

This program provides short-term intensive psychiatric services for patients ages 18 and older in need of crisis intervention and stabilization. Program participation may function in lieu of inpatient psychiatric treatment, or as a necessary transition after a brief inpatient hospitalization. The program serves patients with a full range of psychiatric disorders.



**You want
to remain
in the place
you call
home.**

*We'll give you options to maintain
independence and quality of life.*

413.773.5555 | 978.544.2259 | 800.732.4636

Info@LifePathMA.org | LifePathMA.org



LifePath
options for independence

formerly Franklin County
Home Care Corporation

Baystate Franklin Medical Center (BFMC)

164 High Street
Greenfield, MA 01301

Tel: (413) 773-0211

Fax: (413) 773-2099

www.baystatehealth.org/bfmc

BFMC is an 89-bed community hospital, rooted in a rich tradition of service and accountability to the people of Franklin County, North Quabbin, and surrounding communities. As a member of Baystate Health, BFMC is directly affiliated with Baystate Medical Center in Springfield, the regional campus of the University of Massachusetts Medical School - Baystate.

Baystate Wing Hospital

40 Wright Street
Palmer, MA 01069

Tel: (413) 283-7651

TTY: (413) 284-5588

baystatehealth.org/wing

Baystate Wing Hospital system is a 74-bed hospital that provides a broad range of emergency, medical, surgical, and psychiatric services. Baystate Wing Hospital has five medical centers in Belchertown, Ludlow, Monson, Palmer, and Wilbraham, which offer extensive outpatient services to meet the needs of their communities. The system also includes the Griswold Behavioral Health Center, providing comprehensive behavioral health and addiction recovery services, and the Wing VNA and Hospice. They are fully accredited by The Joint Commission and are a designated Primary Stroke Center by the Massachusetts Department of Public Health.

Beacon House

53/57 Beacon Street
Greenfield, MA 01301

Tel: (413) 773-1705

Fax: (413) 773-3817

Beacon House is a long-term residential treatment for men and women in early stages of recovery from substance use. They offer case management services and have groups during the week based around health and recovery. They are a 28-bed program.

Benefits Counseling Program

LifePath

101 Munson Street, Suite 201
Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

Benefits Counseling assists homeowners and renters age 60 and older and persons with disabilities to find resources to improve their financial security and help them stay in their homes for as long as they choose. Benefits counselors provide information and counseling on public and private benefits and hands-on help completing applications to help pay for home repairs, home modifications (e.g. ramps), and the “basics,” including food, fuel, and home energy efficiency.

Bernardston Council on Aging

Powers Institute
20 Church Street

PO Box 504

Bernardston, MA 01337

Tel: (413) 648-5413

See Bernardston Senior Center.

Bernardston Senior Center

Powers Institute
20 Church Street

PO Box 504

Bernardston, MA 01337

Tel: (413) 648-5413

Tel: (413) 648-5319 (Meal Reservation)

Bernardston Senior Center operates five days a week, is handicap accessible, and offers patrons a wide range of services and programs to adults ages 50 and over.

Be Safer At Home, Inc.

800 West Cummings Park, Suite 6900

Woburn, MA 01801

Tel: (781) 938-7377

Toll Free: (866) 513-7377

24-Hour Hotline: (781) 938-7377

Fax: (781) 938-7375

referrals@besaferathome.com

www.besaferathome.com

Be Safer At Home, Inc. is a Medical Alert and Medication Management provider. Servicing all throughout MA, as well as NH, ME & RI with coverage options throughout the U.S. from our Corporate and other satellite offices. Be Safer At Home, Inc. is a MassHealth and Commonwealth Care Alliance (CCA) provider, with contracts through Tufts Unify and other Managed Care Organizations (MCO) working with Elder Services.

Better Business Bureau (BBB) of Central New England, Inc.

400 Grove Street

Worcester, MA 01605

Tel: (508) 755-3340

Toll Free: (866) 566-9222

24-Hour Hotline: (866) 566-9222

Fax: (508) 754-4158

info@cne.bbb.org

cne.bbb.org

The mission of BBB is to promote and foster the highest ethical relationship between businesses and consumers, through voluntary self-regulation, business and consumer education, and service excellence. For more than 100 years, BBB has been connecting consumers to businesses,

brands, and charities they can trust. People turned to BBB more than 165 million times last year for BBB Business Reviews on over 4.7 million businesses and Charity Reports on 11,000 charities, all available for free at bbb.org. BBB of Central New England, Inc., was founded in 1940 and serves 225 communities in central and western Massachusetts and northeastern Connecticut.

Blue Cross/Blue Shield of Massachusetts

Toll Free: (800) 678-2265

(Medicare options sales)

TTY/TDD: (800) 200-4255 (TTY: 711)

Blue Cross/Blue Shield offers Medicare Advantage Plans - Health Maintenance Organization (HMO) or Preferred Provider Organization (PPO) and Medigap insurance products. Service area is by county.

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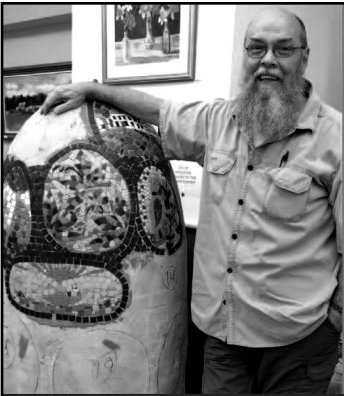
MASS SURGICAL SUPPLY, LLC
249 High Street, Holyoke



P: 413-532-1401
F: 413-532-1128
massurgical.com
Mon.-Fri. 9am-5pm

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—Alan Young, Volunteer
Healthy Living Leader

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Info@LifePathMA.org | LifePathMA.org



Brattleboro Retreat

Anna Marsh Lane
Brattleboro, VT 05302
Tel: (802) 257-7785
Toll Free: (800) 738-7328
Fax: (802) 258-3791
TTY/TDD: (802) 258-3770
www.brattlebororetreat.org

The Brattleboro Retreat is a not-for-profit, regional specialty psychiatric hospital and addictions treatment center, providing a full range of diagnostic and therapeutic services for individuals of all ages and their families. The Brattleboro Retreat offers a high-quality, individualized, comprehensive continuum of care including inpatient, partial hospitalization, residential, and outpatient treatment.

Bread of Life Kitchen

10 Hidden Pond Lane
Northfield, MA 01360
Tel: 413-498-5065

Bread of Life Kitchen offers weekend hot meals to elders and persons who are shut-in who live in the Greenfield, Turners Falls, Gill, and Bernardston area.

Brown Bag Program: Food for Elders

The Food Bank of Western Massachusetts
97 North Hatfield Road
Hatfield, MA 01038
Tel: (413) 247-9738
Toll Free: (800) 247-9632
Fax: (413) 247-9577
brown_bag_group@foodbankwma.org
www.foodbankwma.org

The Brown Bag: Food for Elders program of The Food Bank of Western Massachusetts provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.

Buckland Council on Aging

17 State Street
Shelburne Falls, MA 01370
Tel: (413) 625-2502
Fax: (413) 625-2243
www.town.buckland.ma.us/council-aging
See Shelburne Senior Center.

Buckley HealthCare Center

95 Laurel Street
Greenfield, MA 01301
Tel: (413) 774-3143
Fax: (413) 772-0478
www.buckleyhealthcare.com

Buckley HealthCare Center provides both long-term care and short-term rehabilitation with an emphasis on orthopedic rehabilitation.

Care Transitions

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

Care Transitions support is available to help individuals in a hospital or nursing facility setting to optimize a smooth transition to the community. Focus is placed on accessing individually designed, community-based resources to reduce re-hospitalization.

Catholic Charities Worcester County - Home Care

10 Hammond Street

Worcester, MA 01610

Tel: (508) 798-0191

Toll Free: (800) 244-4563

Fax: (978) 249-2545

www.ccworc.org

North Quabbin Office

12 Riverbend Street

Athol, MA 01331

Tel: (800) 244-4563

Our homecare staff is trained to provide a variety of support services which are necessary to maintain a person safely and comfortably within the home setting. Services include: homemaking, grocery shopping/meal prep, laundry, personal care and companionship.

Catholic Charities Worcester County - Senior Employment Program

C/O MassHire Franklin Hampshire Career Center

1 Arch Place

Greenfield, MA 01301

Tel: (508) 798-0191

Fax: (508) 797-5659

info@ccworc.org

www.ccworc.org

See MassHire Franklin Hampshire Career Center.

Worcester County Office

10 Hammond Street

Worcester, MA 01610

Tel: (508) 798-0191

Toll Free: (800) 244-4563

Fax: (978) 249-2545

www.ccworc.org

The Senior Employment Program of Catholic Charities Worcester County provides job training to unemployed, low-income, mature workers (55+). Participants in the program are placed in non-profit or government agencies to get on-the-job training for 20 hours per week for up to four years. The participant is paid the prevailing minimum wage and is expected to be looking for unsubsidized jobs throughout their participation in the program.



We'll always start with what's best for you.

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Home Care Corporation

Call us. We'll be there.
413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

Center for Extended Care at Amherst

150 University Drive
Amherst, MA 01002
Tel: (413) 256-8185
Fax: (413) 256-0138
www.cecaa.com

The Center for Extended Care at Amherst, a Medicare rated skilled nursing facility in Hampshire County, has been family-owned and operated for over 45 years. Together with its long-term staff and community orientation, the Center for Extended Care at Amherst is a fixture and leader in the long-term care market.

Center for Human Development (CHD)

Outpatient Behavioral Health Services

Springfield Office

Administrative Office
332 Birnie Avenue
Springfield, MA 01107
Tel: (413) 733-6624

Greenfield Office

The Center for Wellness
102 Main Street
Greenfield, MA 01301
Tel: (413) 774-6252
Toll Free: (844) 243-4357 (Intake)
www.chd.org

Orange Clinic

131 West Main Street, 1st Floor
Orange, MA 01364
Tel: (978) 544-2148

Center for Human Development's (CHD) Outpatient Behavioral Health Clinics are conveniently located across Western Massachusetts. When you need help for yourself or a loved one, CHD is there for you. Whether you're facing a family or marital issue, school difficulties including ADHD, or depression, anxiety, drug or alcohol use, CHD can help.

Center for Language, Speech and Hearing

Department of Communication Disorders
School of Public Health and Health Sciences
University of Massachusetts Amherst
358 North Pleasant Street
Amherst, MA 01003
Tel: (413) 545-2565
Fax: (413) 545-8670

The Department of Communication Disorders at the University of Massachusetts Amherst hosts The Center for Language, Speech, and Hearing, which offers a comprehensive range of clinical services for individuals with communication disorders, differences, or delays. Speech, language, and hearing services provided by the center include both diagnostic evaluations and therapy or treatment sessions and are available to individuals of all ages. The Center for Language, Speech and Hearing accepts referrals from physicians, health care providers, educators, and related professionals, as well as from parents, guardians, and self-referrals.

Center for New Americans

278 Main Street, Suite 207
Greenfield, MA 01301
Tel: (413) 772-0055
Fax: (413) 772-0661
info@cnam.org
www.cnam.org

Center for New Americans welcomes and serves immigrants with free classes in English for Speakers of Other Languages (ESOL); career coaching and other support services such as referrals to housing and healthcare; and immigration legal services, including citizenship preparation assistance. Classes are held in Greenfield, Northampton, and Amherst.

Center for Public Representation

22 Green Street
Northampton, MA 01060
Tel: (413) 586-6024
Fax: (413) 586-5711
info@cpr-ma.org
centerforpublicrep.org

The Center for Public Representation helps with appealing denials of Social Security Disability benefits.

Center for Self-Reliance (CSR) Food Pantry

Community Action Pioneer Valley
3 Osgood Street
Greenfield, MA 01301
Tel: (413) 773-5029
Fax: 413-772-0156
info@communityaction.us
www.communityaction.us

The Center for Self-Reliance Food Pantry is a choice food pantry available for any low-income household in Franklin County or the North Quabbin region. CSR is open Mondays, Tuesdays, and Thursdays from 10 a.m. to 5 p.m. Eligible families can visit one time per month for groceries and once a week for fresh produce. A short application is required.

Center for Women and Community

180 Infirmery Way
Amherst, MA 01003
Tel: (413) 545-0883
24-Hour Hotline: (413) 545-0800
Fax: (413) 545-3649
cwc@umass.edu
www.umass.edu/cwc/

Information and Referral: We offer many services, but if we don't offer the exact service you need, we can help you find who does. The Center for Women & Community serves people of

all gender identities within the diverse communities of Hampshire County, the Five Colleges, and the University of Massachusetts. Some services may include: Rape Crisis, General Counseling, Community Education, and Women of Color Leadership Network.

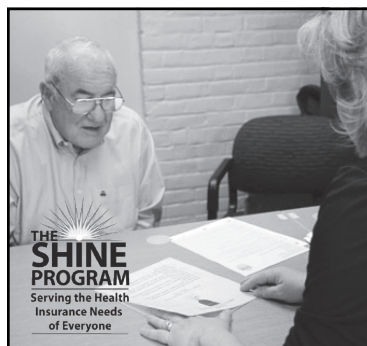
Charlemont Council on Aging

175 Main Street
Charlemont, MA 01339
Tel: (413) 339-4201
coa@charlemont-ma.us
See Charlemont Luncheon Club & Senior Center.

Charlemont Luncheon Club & Senior Center


175 Main Street
Charlemont, MA 01339
Tel: (413) 339-4201
www.charlemont-ma.us/town/council-aging

The Charlemont Senior Center located at 175 Main Street serves the towns of Charlemont and Hawley. The telephone number is 413-339-4201 but the phone is only in use on Wednesdays. Hot meals are available Wednesdays at noon. Contact the Site Manager, Diane Gingras by 9 a.m. Tuesday at 413-339-5720 to reserve a meal.



Many of our conversations end with:
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Become a volunteer SHINE counselor: learn how to help people with Medicare understand their best options.

 **LifePath**
options for independence
formerly Franklin County Home Care Corporation

For more info or to register, contact Lorraine York-Edberg at lyork-edberg@lifepathma.org, 413-773-5555 x2275, or 978-544-2259 x2275.



**You care so wholeheartedly
and do so much, but sometimes
it's hard to do it all.**

We'll help you find peace of mind.

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Info@LifePathMA.org | LifePathMA.org



LifePath

options for independence

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Charlene Manor Extended Care Facility (CMECF)

130 Colrain Road

Greenfield, MA 01301

Tel: (413) 774-3724

Fax: (413) 774-7390

www.charlenemanor.org

Charlene Manor is a rehabilitation and skilled nursing facility set on spacious, landscaped grounds conveniently located just off of I-91, minutes from downtown Greenfield. We have been caring for people in the tri-state area since 1987, providing top-quality, personalized rehabilitation, nursing and long-term care in a warm, homelike setting.

Chore Dog

97 Merrick Avenue

Holyoke, MA 01040

Tel: (413) 570-0107

choredoghelp@gmail.com

Heavy chore cleaning. Hoarding clean out.

Citizen Information Service

Secretary of the Commonwealth

McCormack Building

One Ashburton Place, Room 1611

Boston, MA 02108-1512

Tel: (617) 727-7030

Toll Free: (800) 392-6090

Fax: (617) 742-4528

cis@sec.state.ma.us

www.sec.state.ma.us/cis/cisdx.htm

Citizen Information Service offers information and referral on Massachusetts state government and services. In times of declared emergencies, this office is a liaison with the Massachusetts Emergency Management Agency.

City of Greenfield Community Development

234 Main Street, 2nd Floor

Greenfield, Ma 01301

Tel: (413) 772-1548

www.greenfield-ma.gov/p/438/Community-and-Economic-Development

The Community Development Department provides housing rehabilitation funding and technical assistance to low/moderate-income homeowners in Greenfield.

Clarke Schools for Hearing and Speech

45 Round Hill Road

Northampton, MA 01060-2123

Voice: (413) 584-3450

Fax: (413) 587-0383

info@clarkeschools.org

www.clarkeschools.org

Clarke offers a variety of hearing healthcare services for adults and children. The Hearing Center in Northampton helps individuals of all ages improve their access to sound through expert evaluations and state-of-the-art amplification

in a friendly and supportive environment. They provide individualized attention aimed at helping all clients function happily and effectively in their day-to-day lives with the hearing equipment and support that is most appropriate for them.

Clinical & Support Options (CSO)

1 Arch Place
Greenfield, MA 01301
Tel: (413) 774-1000
www.csoinc.org

North Quabbin

2033 Main Street, Level 2
Athol, MA 01331
Tel: (978) 249-9490
Toll Free: (800) 322-0424

Hampshire County

8 Atwood Drive, Suite 201
Northampton, MA 01060
Tel: (413) 582-0471

CSO is a community-based mental health agency providing a wide range of mental health services to children, youth, adults and elders.

Mitchell I. Clionsky, PhD

155 Maple Street, Suite 203
Springfield, MA 01105
Tel: (413) 734-3331
Fax: (413) 739-1652

Dr. Clionsky provides neuropsychological evaluation to determine an individual's level of functioning and appropriately diagnose to provide treatment recommendations.

Colonial Acres Apartments

See Athol-Orange Housing Authority.

Colrain Council on Aging

55 Main Road
Colrain, MA 01340
Tel: (413) 624-3417

Council on Aging for the Town of Colrain.

Commission on the Status of Grandparents Raising Grandchildren

Department of Children and Families
600 Washington Street 6th Floor
Boston, MA 02111
Tel: (617) 748-2454

www.massgrg.com

For available resources, please visit their website at www.massgrg.com.

**The path home might be difficult,
but you're not alone. We'll help
you transition home, and stay there,
for as long as you choose.**



We'll offer you options to best serve your needs.

Contact us today to get started on the path home.

413.773.5555 | 978.544.2259 | info@lifepathma.org | lifepathma.org



We are

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*formerly Franklin County
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Commonwealth Care Alliance (CCA)

CCA is available to those residing in Essex, Hampden, Hampshire, or Suffolk counties as well as parts of Franklin, Middlesex, Norfolk, or Plymouth counties. LifePath provides geriatric and long-term support services to individuals enrolled in Senior Care Options (SCO) and One Care Programs.

One Care

148 State Street, 10th Floor
Boston, MA 02109

Tel: (866) 610-2273 (ask for One Care department)

Fax: (617) 426-1311

www.commonwealthcarealliance.org

CCA One Care focuses on the care needs of low-income adults (ages 21-64) with disabilities and complex chronic illnesses in the community. All services, benefits, care, and treatment authorized by your primary care provider team are provided at no cost to the member by CCA. Participants must be dually eligible for MassHealth and Medicare and must be willing to see contracted doctors only. LifePath provides Long-Term Support Services to individuals enrolled in One Care programs.

Senior Care Options (SCO)

148 State Street, 10th floor
Boston, MA 02109

Tel: (866) 610-2273

Fax: (617) 426-1311

www.commonwealthcarealliance.org

CCA SCO provides effective healthcare that helps members achieve their goals for improved quality of life. The model is patient-centered and team-based. With CCA, each member is assigned a team of healthcare practitioners to help meet his or her individual needs along with ongoing health management, early intervention,

and urgent care. You must be 65 or older, have Masshealth, and be willing to see contracted doctors only. LifePath provides Geriatric Support Services to individuals enrolled in Senior Care Options (SCO) programs.

Commonwealth Registry of Nurses, Inc.

PO Box 11

Easthampton, MA 01027

Tel: (413) 527-2527

Fax: (413) 527-8456

www.crnhomecare.com

Providing the maximum amount of freedom for the individual, protecting their dignity, and preserving their independence with comprehensive health care and support services in your home, from two hours to 24 hours a day, seven days a week: to the Commonwealth Registry of Nurses, Inc., this means real nursing care – one human being caring for another. The Commonwealth Registry of Nurses, Inc., team provides private nursing services wherever you reside: home, hospital, nursing home, or assisted living. On staff are RNs, LPNs, and Certified Nurse's Aides/Home Health Aides. Call today for a free complete home care assessment and evaluation of your needs by one of their highly trained nurses.

Community Action Family Center

Community Action Pioneer Valley

90 Federal Street

Greenfield, MA 01301

Tel: (413) 475-1555

Fax: (413) 774-2210

communityaction.us/family-center

The Community Action Family Center is available to provide activities, individual support and connection to resources for families with children 0-18. We offer a variety of parent education programs, playgroups and a support group

for Grandparents & Kinship Caregivers. We offer support to families with children having challenges/difficulties at school or home.

Community Action Pioneer Valley

Community Resources & Advocacy Program

393 Main Street

Greenfield, MA 01301

Tel: (413) 475-1570

Fax: (413) 772-0156

info@communityaction.us

www.communityaction.us

Community Resources & Advocacy provides information and referral services and application assistance to connect residents to resources. Staff can assist with SNAP and health insurance applications and financial assistance for heat, utilities and rent. Call between 9 a.m. and 4 p.m. M-F to speak to a Resource Advocate for more information or to schedule an appointment. Offices located in Greenfield, Orange, Northampton, and Ware.

Community Health Center of Franklin County (CHCFC)

102 Main Street

Greenfield, MA 01301

Tel: (413) 325-8500

Fax: (413) 772-6366

info@chcfc.org

www.chcfc.org

Orange Site

450 West River Street

Orange, MA 01364

Tel: (978) 544-7800 (Medical)

Tel: (978) 544-1576 (Dental)

Fax: (978)544-0025

The Health Center opened the doors of its medical clinic in Turners Falls in 1997 with the mission to provide excellent medical care to all

residents of Franklin County, regardless of insurance status or income. Today, we carry that mission forward in every way possible. Our approach to patient care goes well beyond the primary reason for a visit. Our clinicians offer an integrated care approach and invite you to be an active part of your care by asking questions and looking for different ways to achieve your health and well-being.

Comprehensive Home Care

235 Greenfield Road #6

South Deerfield, MA 01373

Tel: (413) 665-9058

Fax: (413) 665-3029

chcare@the-spa.com

www.comprehensive-homecare.com

Comprehensive Home Care is a private pay agency centered on your needs and wants. Comprehensive Home Care serves the community with dedicated employees and has done so since 1990. Comprehensive Home Care is responsive, personal and dependable. The Comprehensive Home Care staff are supported and supervised by a full-time registered nurse.



You need support that meets unique needs.

We'll give you information so you can make the best choice.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

 **LifePath** options for independence formerly Franklin County Home Care Corporation

Conway Council on Aging

PO Box 240

Conway, MA 01341

Tel: (413) 369-4284

www.townofconway.com/committees/council-on-aging

Council on Aging for the Town of Conway. Meetings are the first Wednesday of each month at the Town Hall at 9:30 a.m. Ongoing activities include monthly foot screening, yoga classes, a walking group, monthly communal lunches, a home repair program, and a durable medical equipment loan program.

Cooley Dickinson Hospital

30 Locust Street

Northampton, MA 01060

Tel: (413) 582-2000

TTY/TDD: (800) 439-2370

www.cooleydickinson.org

Cooley Dickinson Hospital, a Massachusetts General Hospital Affiliate, is an acute care community hospital that offers medical/surgical, orthopedic, obstetric/gynecological, psychiatric, palliative, emergency, ambulatory, diagnostic, and rehabilitation services; along with Cooley Dickinson VNA & Hospice, which provides home health and hospice nursing and rehabilitation visits; and Cooley Dickinson Medical Group, comprised of primary and specialty care physicians, nurse practitioners, nurse-midwives, and other providers. Cooley Dickinson Health Care serves Hampshire and Southern Franklin County residents in the Five-College region of the Pioneer Valley of Massachusetts. Learn more at cooleydickinson.org.

Cooley Dickinson VNA & Hospice

168 Industrial Drive

Northampton, MA 01060

Tel: (413) 584-1060

www.vnaandhospice.org

At Cooley Dickinson VNA & Hospice, we're here to help you manage whatever challenges you face. For those facing short-term illness or injury, that can mean the specialized assistance of a nurse or physical therapist. For those facing terminal illnesses, that can mean the emotional, physical and spiritual support of everyone from medical experts to therapeutic musicians. We're fortunate to have 135 employees on our hard-working team who are all focused on home-based care. Our team's experts include: nurses, physical, occupational and speech therapists, social workers, home health aides, grief and spiritual counselors, and volunteers.

Co-op Power

296 Nonotuck Street, Suite 4

Florence, MA 01062

Tel: (413) 772-8898

www.cooppower.coop

Co-op Power helps people access incentives through the Mass Save program and other state and federal programs to get off fossil fuel. They can find ways to reduce your heating and electric bills and make your house more comfortable. They offer a heating fuels buying group with discounts on heating oils and propane. They can also speak to you about renewable energy options for your heat and electricity. They organize community-shared solar systems where people in the neighborhood can share the benefits of a solar system.

Coordination, Advocacy, Referrals, and Education (C.A.R.E.)

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

Coordination, Advocacy, Referrals, & Education (C.A.R.E) helps those who need extra assistance to remain at home or who are transitioning from one care setting to another due to an illness, disability, or aging. Clients have access to a team of professionals including a Licensed Clinician, Nurse, and Care Coordinator who can provide a wide range of assistance from assessing needs, to setting up services, to keeping loved ones informed. Services may be one-time only, short-term, or on-going. This is a fee-for-service program for those who don't qualify for other programs.

Crisis Services of Franklin County

2989 Federal Street, Condo B3

Greenfield, MA 01301

Tel: (413) 774-5411

Toll Free: (800) 562-0112

Fax: (413) 773-8429

www.csoinc.org

Crisis Services provides 24-hour mental health crisis intervention services available by phone or in-person. Crisis assessments can take place at the office, local emergency departments, or in the community. They provide in-home support to clients as well as six to nine crisis stabilization/respite beds housed within the Baystate Franklin Medical Center.

Crocker & Cutlery Apartments

See Franklin County Regional Housing & Redevelopment Authority.

Deerfield Council on Aging

67 North Main Street

South Deerfield, MA 01373

Tel: (413) 665-2141

See South County Senior Center.

Dementia Caregiver's Support Group

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

In-person support group for caregivers providing direct or indirect care to persons with Alzheimer's, dementia or memory disorders offering discussion, written materials, support in locating resources, videos, outside speakers on topics of interest, and occasional outside activities, all related to the needs of the caregivers.

Department of Conservation & Recreation (DCR) Universal Access Program

PO Box 484

Amherst, MA 01004-0484

Tel: (413) 545-5760

Fax: (413) 545-5995

DCR.UniversalAccess@mass.gov

www.mass.gov/orgs/universal-access-program

DCR Universal Access Program is dedicated to providing visitors with equal access to the experience of outdoor recreation in Massachusetts State Parks, regardless of an individual's ability. By providing specialized adaptive recreation equipment, offering accessible recreation programs, and working to ensure outdoor environments are accessible to all, the Universal Access Program ensures that visitors of all abilities can take advantage of the tremendous natural resources and recreation opportunities available in Massachusetts.

Department of Public Health – Bureau of Health Care Safety & Quality

67 Forest Street
Marlborough, MA 01752

Tel: (617) 753-8000

Toll Free: (800) 462-5540

DPH.BHCSQ@massmail.state.ma.us
mass.gov/orgs/bureau-of-health-care-safety-and-quality

The Bureau of Health Care Safety & Quality of the Department of Public Health helps protect patients in nursing homes from acts of abuse, mistreatment, or neglect under the Massachusetts Patient Abuse Law (Chapter 111). If you have reasonable cause to believe that someone in a nursing home has been abused or neglected, report such information.

Department of Public Utilities (DPU)

1 South Station, 5th Floor
Boston, MA 02110

Tel: (617) 305-3500

Toll Free: (877) 886-5066

Fax: (617) 345-9101

www.mass.gov/dpu

Customers facing termination of utilities have the right to appeal. Customers should first notify the company of their dispute and try to negotiate a settlement. If dissatisfied with the company's response, the customer can call or contact the DPU.

Disability Law Center (DLC)

11 Beacon Street, Suite 925
Boston, MA 02108

Tel: (617) 723-8455

Toll Free: (800) 872-9992

Fax: (617) 723-9125

mail@dlc-ma.org
www.dlc-ma.org

Northampton Site

32 Industrial Drive East
Northampton, MA 01060

Tel: (413) 584-6337

Toll Free: (800) 222-5619

DLC, the Protection and Advocacy agency for Mass., is a private, non-profit organization responsible for providing protection and advocacy for the rights of Mass. residents with disabilities. DLC receives federal, state, and private funding but is not part of the state or federal government.

Easter Seals Massachusetts

484 Main Street, 6th Floor
Worcester, MA 01608

Tel: (508) 757-2756

Toll Free: (800) 244-2756

TTD/TTY: (800) 564-9700

Fax: (508) 831-9768

info@eastersealsma.org
www.eastersealsma.org

Easter Seals is a statewide, community-based organization that has been helping people with disabilities to live full and independent lives for more than 70 years. Services ensure that children and adults with disabilities have equal opportunities to live, learn, work, and play.

Elaine Center at Hadley

20 North Maple Street
Hadley, MA 01035-9715

Tel: (413) 584-5057

The 127-bed center provides post-acute skilled care as well as long-term, respite and secure dementia services. The secure dementia unit offers person-centered care with an activity focus and specially trained staff. Their interdisciplinary team works together with patients, residents, and families to ensure a smooth transition to home or long-term care.

Elara Caring

153 Lancaster Street #1
Leominster, MA 01453
Tel: (978) 840-2999
www.elara.com

Elara Caring covers many Worcester and Franklin county cities and towns. Elara Caring provides the Right Care, at the Right Time in the Right Place. Services include Nursing, Personal Care and Support Services. Whether you are recuperating from a hospital stay or need a little extra help we have the quality staff to help you.

Elder Law Project

Community Legal Aid (CLA)
Open by appointment only
55 Federal Street, Suite 250
Greenfield, MA 01301
Tel: (413) 774-3747 or (413) 584-4034
Toll Free: (855) 252-5342
www.communitylegal.org

Northampton Office

20 Hampton Avenue, Suite 100
Northampton, MA 01060-3890
Tel: (413) 774-3747 or (413) 584-4034
Toll Free: (855) 252-5342
www.communitylegal.org

The Elder Law project offers free legal advice and representation for seniors 60 and over on issues concerning Medicaid (MassHealth) and Medicare, Social Security, SSI (Supplemental Security Income), SSP (State Supplement Program), veterans' benefits, unemployment insurance, EAEDC (Emergency Assistance of the Elderly, Disabled and children), SNAP (food stamps), Qualified Medicare Beneficiary Programs, tenant's rights, long term care (including involuntary discharges from nursing homes), durable power of attorney and health care proxy documents, and physical or emotional abuse or

financial exploitation. Other projects at CLA may be able to assist with family/domestic relations issues, bankruptcy, and sealing criminal records.

Elder Mental Health Outreach Team (EMHOT)

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

Elders who might benefit from support and someone to chat with regarding life challenges can meet with LifePath's outreach staff to discuss their concerns and help think through their options, come up with solutions, or identify ways the community could assist them. Elders do not need to be participating in any other LifePath programs to receive this service. This program is free to all elders who are served.

Elder Protective Services

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Elder Protective Services 24/7 Hotline:
(800) 922-2275
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org
www.mass.gov/reporting-elder-abuse-neglect

SPEAK UP FOR ELDERS: LOOK FOR THE WARNING SIGNS OF ELDER ABUSE



Sudden changes in behavior or finances

Physical injuries

Extrême withdrawal, depression or anxiety

Absence of basic care needs

Kept away from friends and family members

Unsanitary living conditions

Presence of certain people cause discomfort

Report to Elder Protective Services in

Franklin County
413-773-5555

North Quabbin
978-544-2259

Elder Abuse Hotline
1-800-922-2275



Berkshire County Office

75 South Church Street

Pittsfield, MA 01201

Tel: (855) 874-3242

Elder Protective Services 24/7 Hotline:

(800) 922-2275

Fax: (413) 344-4453

Protective Services takes reports of concern regarding individuals age 60 and over living in Franklin County, Berkshire County, and the Worcester County towns of Athol, Petersham, Phillipston, and Royalston. Protective Services investigates reports of physical, sexual, and emotional abuse; caretaker neglect; financial exploitation; and self-neglect. If there is a reportable concern of abuse, the caseworker offers the elder services designed to alleviate the protective concerns to promote safety. *The elder's rights and wishes are always respected.* The identity of the reporter is kept confidential.

Elm Circle Apartments

C/O Park Villa Drive

Turners Falls, MA 01376

Tel: (413) 863-9346

Fax: (413) 863-5292

Elm Circle Apartments are located on Elm Circle East, in South Deerfield, MA. Elm Circle features two-bedroom, three-bedroom, or two-bedroom handicap accessible units. These energy-efficient apartments feature wall-to-wall carpeting or hardwood floors, fully applianced kitchens, natural gas heat, full basements, and washer/dryer hookups. Rental assistance subsidies may be available for qualified individuals. Applications will be taken on a first-come, first-serve, equal opportunity basis at any time. The complex is privately-owned, and funding is provided by USDA Rural Development.

Elm Terrace Apartments

1 Elm Terrace

Greenfield, MA 01301

Tel: (413) 774-2932

Fax: (413) 772-0616

www.greenfieldhousing.org

Elm Terrace Apartments have subsidized housing opportunities for qualified elders and persons with disabilities. There are 108 one-bedroom units and four designated handicap units. Elm Terrace is one of LifePath's supportive housing sites.

Energy Efficiency Program

Community Action Pioneer Valley

377 Main Street

Greenfield, MA 01301

Tel: (413) 376-1140

Fax: (413) 774-7423

info@communityaction.us

www.communityaction.us

Community Action's Energy Program has funds available to make homes more energy efficient

and reduce your electric and heating bills, and is available to both renters and homeowners. You must be currently approved for Fuel Assistance or be receiving a low-income discount rate on your electric bill (call for details).

Erving Council on Aging

1 Care Drive
Erving, MA 01344
Tel: (413) 423-3649
See Erving Senior Community Center.

Erving Senior Community Center

1 Care Drive
Erving, MA 01344
Tel: (413) 423-3649
www.erving-ma.gov/council-aging-senior-center

We offer 9 different exercise programs a week, van service for Erving residents, referral services depending on your needs, 5 lunch offerings weekly, medical related offerings, "Ask the Nurse" foot clinic, massage therapy, veterans services, brown bag that is a once a month service, informational presentations and entertainment performances which have no set time so you will need to see our web page or monthly calendar. We have so much more we offer. It is a welcoming place. We will be here for you and will do our best to help you in any way we can.

EverSource - Western Mass Electric

Corporate Office
1985 Blue Hills Avenue Ext.
Windsor, CT 06095-1504
Toll Free: (877) 659-6326
TTY/TTD: (800) 221-1341
www.eversource.com

Customers receiving certain mean-tested benefits are eligible for a discount on their electric bill and gas bill. Weatherization and energy efficiency measures are available to low-income customers for free and to higher income cus-

tomers through the Mass Save program. Explore ways to eliminate your outstanding balance by making on-time payments. For more information, visit their website at www.eversource.com or call residential service at 877-650-6326.

Excel Nursing Services, Inc.

4 Stony Hill Road
Wilbraham, MA 01095
Tel: (413) 589-8900
Toll Free: (877) 366-8900
Fax: (413) 583-8891
info@excelnursingservices.com
www.excelnursingservices.com

Excel Nursing Services, Inc. is one of the few agencies in Western Massachusetts that is owned and operated by a registered nurse. Excel got its start in 2002 and the single most important factor in our company's success has been our uncompromising commitment to the highest standards of quality and professionalism. Our mission is to treat patients with dignity, respect and compassion and to assist them to recover from an illness or injury and remain comfortably in their own home and to assist healthcare facilities to meet their patient clinical needs. Services include: Skilled Nursing, Rehabilitation Therapy, Aides and Companions.

Executive Office of Elder Affairs (EOEA)

1 Ashburton Place, 5th Floor
Boston, MA 02108
Tel: (617) 727-7750
Toll Free: (800) 243-4636
Fax: (617) 727-9368
TTY/TDD: (800) 439-2370
www.mass.gov/elder

The vision of Elder Affairs is that older adults and people with disabilities will have the opportunity to live well and thrive in every community throughout the Commonwealth.

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1100 Stairlift

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Holyoke, MA 01040
413.532.1401
www.masssurgical.com
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 handicare
Making everyday life easier

HMO SNP or SCO program. Navicare covers all the same benefits as MassHealth Standard and Medicare, along with prescription drug coverage and so much more, all in one plan. Members have a Care Team to make sure they get the care they need, when they need it. There are no monthly premiums, no copayments, no coinsurance and no deductibles. LifePath provides Geriatric Support Services to individuals enrolled in Senior Care Options (SCO) programs.

Farmer's Market Coupon Program

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

Farmer's Market Coupon Program provides coupons to elders who are low income, age 60 and over, across Massachusetts. The coupons are redeemable at participating farmer's markets for fresh, unprepared fruits, vegetables, honey, and cut herbs. Coupons are usually distributed in late July and early August and are redeemable through October 31.

Farren Care Center

340 Montague City Road

Turners Falls, MA 01376

Tel: (413) 774-3111

www.trinityhealthseniorcommunities.org/

[farren-care-center](http://www.trinityhealthseniorcommunities.org/farren-care-center)

Farren Care Center offers skilled nursing and rehabilitation for persons with mental illness and neurological illnesses, including dementia, Huntington's, brain injury and multiple sclerosis, who have medical diagnoses and need care

EyeCare America

655 Beach Street

San Francisco, CA 94019

Tel: (877) 887-6327

Fax: (415) 561-8567

eyecareamerica@aao.org

www.eyecareamerica.org

EyeCare America provides medical eye exams and care to medically underserved seniors and those who are at increased risk for eye disease through a corps of 5,500 ophthalmologists often at no out-of-pocket cost. Insurance will be billed and accepted as payment in full. Uninsured seen at no cost.

Fallon Health

Navicare, Medicare Advantage HMO, Special Needs and Senior Care

10 Chestnut Street

Worcester, MA 01608

Toll Free: (800) 868-5200

fallonhealth.org/navicare

People 65 or older who qualify for MassHealth Standard can join Fallon Health's Navicare

with skills of daily living. Farren Care Center is Medicare/Medicaid approved.

Food Bank of Western Massachusetts

97 North Hatfield Road

Hatfield, MA 01038

Tel: (413) 247-9738

Toll Free: (800) 247-9632

Fax: (413) 247-9577

communications@foodbankwma.org

www.foodbankwma.org

An affiliate of Feeding America, the Food Bank of Western Massachusetts distributes food to pantries, meal programs, and other eligible social service programs in the four counties of Western Massachusetts: Berkshire, Franklin, Hampden, and Hampshire. The Food Bank of Western Massachusetts also operates the Brown Bag: Mobile Food Bank Food for Elders program, SNAP Outreach, and Nutrition Assistance.

FootCare By Nurses

63 French King Highway #7

Greenfield, MA 01301

Tel: 413-367-8369

www.FootCareByNurses.net

FootCare By Nurses offers in-patient, hospice, clinic, and at-home visits for diabetics, seniors, fungal issues, poor circulation, and people who have difficulty reaching their feet.

Franklin Area Survival Center

96 Fourth Street

Turners Falls, MA 01376

Tel: (413) 863-9549

www.franklinareasurvivalcenter.org

The Franklin Area Survival Center provides emergency foods at their food pantry to income-eligible (according to federal poverty guidelines) individuals and families living in Franklin County. Once eligible, food is distributed once

a month. It also distributes federal commodities to eligible people/families on a bimonthly basis. Perishable foods are available for qualified clients. It distributes emergency food and clothing to victims of floods, fires, and other natural disasters. The center operates a low-cost thrift store, which is open to the general public Monday through Saturday from 10 a.m. to 5 p.m. The food pantry is open from 10 a.m. to 1:30 p.m, Monday through Friday.

Franklin County Bar Association

20 Federal Street, Suite 4

Greenfield, MA 01301

Tel: (413) 773-9839

Fax: (413) 774-2994

fcbar@franklincountybar.org

www.franklincountybar.org

The Franklin County Bar Association is a professional service organization composed of attorneys and dedicated to fostering the quality of the practice of law in this county. Public services include the Lawyer Referral Service, a Parent Education Class for divorcing parents, activities to educate the public about the law, and limited legal assistance for the indigent.



We'll always start with what's best for you.

Call us. We'll be there.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

 **LifePath** formerly Franklin County Home Care Corporation
options for independence

**Serving The Public And
Healthcare Professionals Since 1945**

We Offer A Full Range of Patient Services, Including:
• BATHROOM SAFETY • RENTAL EQUIPMENT • MOBILITY AIDS & MORE

**Advanced Fitter in All
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• Lymphedema Products

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249 High St., Holyoke, MA • **413-532-1401**
FAX: 413-532-1128 • www.massurgical.com

Franklin County Regional Housing & Redevelopment Authority (FCRHRA)

241 Millers Falls Road
Turners Falls, MA 01376
Tel: (413) 863-9781
Fax: (413) 863-9289
fcrhra.info@gmail.com
www.fcrhra.org

It is the mission of the Franklin County Regional Housing and Redevelopment Authority (HRA) to enhance the quality of life for the residents and communities of rural Franklin County and the North Quabbin region by accessing and delivering resources to address their housing, community development, municipal infrastructure, public facilities, economic and social service needs. Further, HRA strives to promote environmental awareness and to be respectful of the unique characteristics of our rural region.

Franklin County Registry of Deeds

43 Hope Street
Greenfield, MA 01301
Tel: (413) 772-0239
Fax: (413) 774-7150
franklinrod@sec.state.ma.us
www.franklindeeds.com

The Registry of Deeds is the repository for all Franklin County land transactions and home-
stead filings. Hours are: Monday - Friday, 8:30
a.m. to 4:30 p.m.

Franklin Recovery Center & Northern Hope Center

298 Federal Street (Route 5)
Greenfield, MA 01301
Tel: (413) 733-1423

The Franklin Recovery Center & Northern Hope Center provides addiction treatment services (detox) and rehabilitation services for substance abuse disorders for consumers age 18 or older.

Franklin County Chamber of Commerce

395 Main Street
Greenfield, MA 01301
Tel: (413) 773-5463
fccc@franklincc.org
www.franklincc.org

The Chamber provides information on tourism in Franklin County and also provides referrals to local businesses that are members of the Chamber.

Franklin County Community Meals Program (FCCMP)

PO Box 172
Greenfield, MA 01302
Tel: (413) 772-1033
www.fccmp.org
fccmp.ma@gmail.com

FCCMP provides free evening meals on Mondays at Our Lady of Peace Church on 7th Street in Turners Falls; Tuesdays and Wednesdays at Second Congregational Church on the Common in Greenfield; and Thursdays at the Orange Armory on Main Street. The food pantry in Orange provides emergency food, produce, and diapers. It is open on Thursdays from 10 a.m. to 3 p.m. When attending free meals, doors open at 5 p.m., and free meals are served at 5:30 p.m. All are welcome!

Franklin Regional Council of Governments (FRCOG)

12 Olive Street, Suite 2
Greenfield, MA 01301
Tel: (413) 774-3167
Fax: (413) 774-3169
info@frcog.org

The Franklin Regional Council of Governments (FRCOG) offers regional municipal services and planning to organizations serving the towns of the greater Franklin County region. Members are municipalities that choose to work together for producing public services and advocating for common goals. FRCOG services include: land use, transportation and natural resource planning, engineering, surveying and emergency planning, health education and inspection, teen programming, and accounting services.

Franklin Regional Transit Authority (FRTA)

12 Olive Street
Greenfield, MA 01301
Tel: (413) 774-2262
Fax: (413) 772-2202
www.frta.org

The Franklin Regional Transit Authority (FRTA) contracts with the Department of Medical Assistance (DMA), Department of Developmental Services (DDS), and Department of Public Health (DPH) for human service transportation. Eligible MassHealth consumers may qualify for free medical transportation. We can arrange transportation by request for elders and disabled residents in our 41-town area. We use a network of public and private transportation providers to provide this service. In order to qualify for Demand Response services, you must be 60 or older, an approved LifePath consumer, a Veteran with a disability rating of 70% or greater or reside in a nursing home. Our MedRide program is offered to consumers over 60 living in Franklin County but needing to travel outside of

the county for medical appointments. A mileage fee is collected for our volunteer drivers. Please contact the FRTA call center at 413-774-2262 to schedule a ride and for cost information.

Fuel Assistance – North Quabbin New England Farm Workers Council (NEFWC)

473 Main Street, 3rd Floor
Fitchburg, MA 01420
Tel: (978) 342-4520
Fax: (978) 343-8615
www.partnersforcommunity.org

NEFWC operates the LIHEAP fuel assistance program that helps people and households with low income meet the cost of energy during the winter months. This office also arranges for emergency fuel deliveries and can provide advocacy services with local fuel/electric companies. NEFWC is open Monday through Friday, 8:30 a.m. to 4:30 p.m.. Households that qualify for fuel assistance are automatically eligible for weatherization services through MOC and basic utility discounts.

Fuel Assistance Program

Community Action Pioneer Valley
377 Main Street
Greenfield, MA 01301
Tel: (413) 774-2310, option 1
Fax: (413) 772-2733
info@communityaction.us
www.communityaction.us

The Fuel Assistance Program is designed to assist low-income households, both owners and renters, in meeting the high cost of home heating. Eligibility and benefits are determined by gross annual household income and number of household members. The program is not intended to cover the entire cost of home heating, but it can make costs more affordable for a low-income household. Please call or visit our website to schedule a first-time appointment, find application intake locations, and learn more.

Gardner/Athol Area Mental Health Association (GAAMHA) Inc.

208 Coleman Street
Gardner, MA 01440
Tel: (978) 632-0394
Fax: (978) 630-3337
gaamha@gaamha.org
www.gaamha.org
Visit us at www.gaamha.org

Gill/Montague Council on Aging

PO Box 166
62 Fifth Street
Turners Falls, MA 01376
Tel: (413) 863-9357
Fax: (413) 863-4500
www.montaguecouncilonaging.org

The mission of the Gill/Montague Council on Aging is to provide referral, outreach, nutrition and health services in cooperation with other town departments and area agencies; to set policy for the operation of the Senior Center; and to enhance the quality of life for seniors in the community by providing health, education, and recreation programs and activities.

See Gill/Montague Senior Center.

Gill/Montague Senior Center

PO Box 166
62 Fifth Street
Turners Falls, MA 01376
Tel: (413) 863-9357
Fax: (413) 863-4500
www.montaguecouncilonaging.org

Serving the towns of Gill and Montague, the Gill/Montague Senior Center offers fitness, health education, health screening, information and assistance, wellness programs, social programs and events, and congregate meals. Facility is handicap accessible.

John R. Gobel, Attorney at Law

Martin & Oliveira, LLP
75 South Church Street
Pittsfield, MA 01201
Tel: (413) 443-7337
Fax: (413) 445-5883
JRG@martinoliveira.com
www.martinoliveira.com/meet-our-attorneys/

John R. Gobel offers legal expertise on a variety of legal issues including estate planning, probate, guardianship, real estate, and family law.

Good Neighbor Energy Fund

Salvation Army
72 Chapman Street
PO Box 346
Greenfield, MA 01302
Tel: (413) 773-3154 Greenfield, Deerfield, Leyden residents
Tel: (978) 249-8111 North Quabbin residents
Tel: (413) 863-4804 Montague, Gill, Erving, Wendell residents
Tel: (413) 768-8528 Northfield, Warwick, Bernardston residents
Tel: (413-625-2341 West Franklin County residents
www.magoodneighbor.org

Fuel assistance for county-wide residents that are over income for LIHEAP is available through the Good Neighbor Energy Fund. Visit website for more information.

**Good Neighbors Food Pantry
Charlemont Federated Church**

175 Main Street
Charlemont, MA 01339
Tel: (413) 337-4957
sheila@thedell.us

Good Neighbors Food Pantry has been serving the area residents for over 30 years. We are open

on the third Tuesday of each month from 5 p.m. until 6 p.m. and whenever clients have a food emergency. Food is available for clients to select from what they would like. We also offer SNAP and MassHealth assistance, and diapers. We are members of the Food Bank of Western Massachusetts.

Wendell Old Town Hall

6 Center Street
Wendell, MA 01379
Tel: (978) 544-3775
www.wendellmass.us

Wendell Good Neighbors offers a weekly Food Pantry and Information & Referral Services to residents of Wendell and New Salem, as well as an annual Holiday Gifts distribution program every December. They are open every Sunday from noon to 2 p.m. at the Old Town Hall in the center of Wendell.

Governor of Massachusetts Office

Charles Baker, Jr., Governor
State House Room 280
Boston, MA 02133
Tel: (617) 725-4005
In State Toll-Free: (888) 870-7770
Fax: (617) 727-9725
TTY/TDD: (617) 727-3666
www.mass.gov/governor/biogovernor-baker-welcome.html

The Baker Administration's work spans a variety of departments and offices, and its members are focused on making Massachusetts a great place for everyone, regardless of zip code. Visit the website and click on more about Charlie Baker.

Grandparents Raising Grandchildren Support

LifePath
101 Munson Street, Suite 201

Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

LifePath supports grandparents raising grandchildren in Franklin County and the North Quabbin area. Support is flexible and tailored to specifically meet individual needs of the family. Two local support groups are also available.

Greater Athol Area Advocates for Families with Special Needs (GAAAFSN)

361 Main Street
Athol, MA 01331
Tel: (978) 249-4052
Toll Free: 866-777-8150
Fax: (978) 249-3683
theunitedarc.org

GAAAFSN provides family and individual community-based supports and services to those determined eligible by the Department of Developmental Services (DDS) and will assist with referrals for intake and eligibility to DDS. GAAAFSN is a program of the United ARC.



We'll always start with what's best for you.

Call us. We'll be there.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

 **LifePath** formerly Franklin County Home Care Corporation
options for independence

Greenfield Acres LLC

10 Congress Street
Greenfield, MA 01301
Tel: (413) 773-9410
Fax: (413) 773-9015
greenfieldacreseniorliving.com

Greenfield Acres offers one and two-bedroom independent living apartments for seniors age 62 and older. Greenfield Acres features: apartments furnished with a stove, refrigerator and dishwasher, monthly rent includes heat, hot water, electricity and air conditioning, plus free cable TV, community computer/library area with free wifi hot spot, community room lounges, laundry room, trash chutes on every floor, Resident Activities Association, 24-hour emergency maintenance, FRTA bus service at our front door and onsite parking.

Greenfield Adult Day Health Center

GVNA HealthCare Inc.
Cherry Rum Plaza
489 Bernardston Road, Suite 207
Greenfield, MA 01301
Tel: (413) 774-2275
Toll Free: (800) 382-7305
Fax: (413) 774-6515
TTY/TDD: (800) 439-2370
Voice: (800) 439-0183
www.gvnahealthcare.org

Adult day health is a cost-effective means to help elderly and disabled adults maintain their independence in their homes and in the community. The Greenfield Adult Day Health Center of GVNA Healthcare, Inc., is designed for the comfort and care of your loved one in a safe, home-like environment. Services available throughout the day include nursing care, exercises, social services, transportation, recreational activities, socialization, special events and celebrations, breakfast, snacks, hot nutritious noon meal, and personal care.

Greenfield Community College (GCC)

One College Drive
Greenfield, MA 01301
Tel: (413) 775-1801 (Admissions office)
Fax: (413) 775-1827
www.gcc.mass.edu

Greenfield Community College offers college credit courses during the day and in the evenings and non-credit workshops in the evenings both on and off campus. Interested persons may contact the college for information about specific offerings and costs. Visit the GCC website for the most up-to-date information.

Greenfield Council on Aging

John Zon Community Center
35 Pleasant Street
Greenfield, MA 01301
Tel: (413) 772-1517
www.greenfield-ma.gov/g/12/Council-on-Aging

Meetings are open to the public and usually held on the fourth Thursday of the month at 2:00 p.m. at the Greenfield Senior Center
See Greenfield Senior Center.

Greenfield Family Inn

128 Federal Street
Greenfield, MA 01301
Tel: (866) 584-0653
Fax: (413) 774-1241
www.ServiceNet.org

The Greenfield Family Inn provides temporary housing for homeless families. Families are admitted to the shelter on referral from the Department of Housing and Community Development. Families are assisted with housing search.

Greenfield Gardens Apartments

58 Pray Drive
Greenfield, MA 01301

Tel: (413) 772-8710

Fax: (413) 772-6474

greenfieldgardens@outlook.com

apartmentguide.com

A multi-family housing complex with 202 units, Greenfield Gardens Apartments has spacious one, two, and three-bedroom apartments with all utilities included. They have project based Section 8 and accept all vouchers.

Greenfield Housing Authority

1 Elm Terrace

Greenfield, MA 01301

Tel: (413) 774-2932

Fax: (413) 772-0616

info@greenfieldhousing.org

www.greenfieldhousing.org

Greenfield Housing Authority has housing opportunities for the elderly and disabled. Elm Terrace has 108, one-bedroom apartments. Morgan-Allen House at 491 Main Street has 19 units of Congregate Housing.

Greenfield Senior Center

John Zon Community Center

35 Pleasant Street

Greenfield, MA 01301

Tel: (413) 772-1517

www.greenfield-ma.gov/p/536/Council-on-Aging-Senior-Center

The Greenfield Senior Center offers an array of programs for persons age 55+. Whether you're new to the area or a longtime resident of Western MA, the Center extends a warm welcome. Come see our beautiful new building in the heart of Greenfield. It's a lively place. Explore new interests, meet up with old friends, and make new ones. Enjoy music, dance, movies, crafting; play Mah Jong, Bridge, Canasta, Pitch; free coffee, and wifi. Membership (free) is required to attend most Center programs. You do NOT need

to be a Greenfield resident. Come for a tour, and see what you're missing.

GVNA HealthCare, Inc.

34 Pearly Lane

Gardner, MA 01440

Tel: (978) 632-1230

Toll Free: (800) 382-7305

TTY: (800) 439-2370 Voice: (800) 439-0183

Fax: (978) 632-4513

www.gvnahealthcare.org

GVNA HealthCare, Inc. is a not-for-profit, home health agency serving 50 cities and towns in Massachusetts. We have been providing home health services since 1906. It is our mission to build healthy communities by delivering high quality health and social services in a fiscally responsible manner in the homes and neighborhoods of Massachusetts. We strongly believe that all residents have a right to receive available community health services. We strive to bring each client to his/her optimum level of functioning through the combined efforts of our agency, the client and his/her family. *GVNA HealthCare-In Your Community!*

Hawley Council on Aging

Town Hall

8 Pudding Hollow Road

Hawley, MA 01339

Tel: (413) 339-5518 (Town Hall)

www.townofhawley.com

Hawley Council on Aging's (COA) purpose is to provide services, activities and information to Hawley residents age 60 and older. Many of their programs are done in conjunction with the Charlemont COA. The COA does the following activities on a regular basis: newsletter of upcoming events, lunches at Charlemont Federated Church each Wednesday at 11 a.m., and monthly Brown Bag Program. For additional information, contact Ann Falwell at 413-339-5729.

Head Start & Early Learning Programs

Community Action Pioneer Valley
393 Main Street
Greenfield, MA 01301
Tel: (413) 3878-1250
Fax: (413) 475-1420
www.communityaction.us

Head Start & Early Learning Programs offers full and part time child care and Home Visiting. Part Day services are free and full day wrap around services have a sliding scale fee. Brazelton Touchpoints Center offers a full range of services in addition to childcare with family services, health, nutrition, disabilities and mental health support.

Northampton Site

56 Vernon Street
Northampton, MA 01060
Tel: (413) 387-2318
Fax: (413) 582-4210
info@communityaction.us
www.communityaction.us/head-start-early-learning-programs

Head Start & Early Learning Programs provides early education and care to children, ages 0-5, in Head Start & Early Head Start programs, center-based classrooms, family child care homes, and home visiting programs. Through a flexible mix of affordable options, we offer families earning lower-incomes the security of knowing that their children are learning and playing in a safe, supportive environment.

Health New England (HNE)

1 Monarch Place, Suite 1500
Springfield, MA 01144-1500
Tel: (413) 787-0010
Toll Free: (877) 443-3314
www.healthnewengland.org/medicare

HNE Medicare Advantage is an HMO plan with a Medicare contract. Contact HNE for more information.

Healthy Living Program

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

The Healthy Living Program provides a variety of health-related workshops for adults in the community. Volunteers are trained and supported as workshop leaders. Evidence-based workshops include: Chronic Disease Self-Management, Chronic Pain Self-Management, Diabetes Self-Management, Healthy Eating for Successful Living, and A Matter of Balance: Managing Concerns About Falls.

Heath Council on Aging

Town Hall
1 East Main Street
Heath, MA 01346



"I always leave feeling energized and interested and wanting to come up with the next thing that's gonna keep people involved."

—Alan Young, Volunteer
Healthy Living Leader

Find your *energy*.
Volunteer with LifePath.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



Tel: (413) 337-4934 (Town Hall)

Fax: (413) 337-8542

See Heath Luncheon Club.

Heath Luncheon Club

1 East Main Street

Heath, MA 01346

Tel: (413) 337-4934

Fax: (413) 337-8542

www.townofheath.org

At the Heath Luncheon Club, meals are served at the Community Hall on the third Thursday of each month at 12 noon for a voluntary donation. Call 413-339-8580 by the Monday of the week the meal is being served to make a reservation. Other ongoing activities include Foot Clinic and exercise classes.

Heating System Program

Community Action Pioneer Valley

377 Main Street

Greenfield, MA 01301

Tel: (413) 376-1115

Toll Free: (800) 370-0940

Fax: (413) 774-7423

info@communityaction.us

www.communityaction.us

The Community Action Heating System Program, also known as Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP), may be able to pay for heating system repairs or a heating system replacement. This program is for households who are certified as fuel assistance eligible and own their home. This program is not able to help those who need work on a stand-alone hot water tank, hot water heater, or indirect tank. If you are on fuel assistance, own your home, and need a heating system repair, call 413-376-1115 and leave a message. Please call Community Action prior to making arrangements with a contractor if during business hours.

Heywood Hospital

242 Green Street

Gardner, MA 01440

Tel: (978) 632-3420

Fax: (978) 630-6830

www.heywood.org

A member of the Heywood Healthcare system, Heywood Hospital is a 134-bed, acute care hospital in Gardner, MA, which provides a broad range of high quality medical, surgical, obstetrical, pediatric, and behavioral health services on an inpatient and outpatient basis. The hospital's Centers of Excellence include the Watkins Center for Emergency and Acute Care, the LaChance Maternity Center, and the Diabetes Center.

Highland School Apartments

446 Millers Falls Road

Millers Falls, MA 01349

Tel: (413) 863-8445

Fax: (413) 863-2142

montagueha@verizon.net

Highland School Apartments, offering nine units, is a subsidized elderly housing development located in Millers Falls.

See also Montague Housing Authority.

Highland Village Apartments

1 Highland Village

Shelburne Falls, MA 01370

Highland Village Apartments offers 46 subsidized apartments in Shelburne Falls for elders 60 years and over or persons with disabilities who meet state income and asset requirements. Tenants pay a portion of their income for rent and utilities. Enhanced community support services, including a congregate meal program and case management, are provided to maintain independent living at Highland Village. It is one of LifePath's rural supportive housing sites.

See also Franklin County Regional Housing and Re-development Authority.

Hillcrest Homes

See Montague Housing Authority.

Hilltown Churches Food Pantry

First Congregational Church

Main Street Rt. 116

Ashfield, MA 01330

Tel: (413) 625-0020

The Hilltown Churches Food Pantry helps provide food to those in need regardless of income. Recipients must be residents of one of the 11 hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. The only requirement for joining the food pantry is proof of residency in one of these 11 towns and a simple statement of need. There are no income requirements, if you need food please come and sign up.

Food distributions are every other Tuesday from 3 p.m. to 6 p.m. Emergency food is also provided to those residents as needed. Call for scheduling and emergency services.

Office of HIV/AIDS

Massachusetts Department of Public Health

250 Washington Street, 1st Floor

Boston, MA 02108

Tel: (617) 624-5300

Fax: (617) 624-5399

The HIV/AIDS Bureau of the Massachusetts Department of Public Health offers support services for residents of Massachusetts with HIV/AIDS.

Home Care Program

LifePath

101 Munson Street, Suite 201

Turners Falls, MA 01376-2350

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

The Home Care Program's mission is to support and assist elders by providing comprehensive case management and services that allow for elders to live independently in the community. Case Managers work in collaboration with the elder, family members, and other supports to develop a personalized plan of care that meets their individual needs to remain living at home. Services may include home-making, personal care, laundry, shopping, meal preparation, adult day health, Alzheimer's/Dementia coaching, emergency response systems, medication dispensing machines, nursing, transportation, chore services, companions, and respite care.

Homeowner Options of Massachusetts Elders (H.O.M.E.)

87 Hale Street, Lower Level

Lowell, MA 01851

Tel: (978) 970-0012

Toll Free: (800) 583-5337

Fax: (978) 970-0015

www.elderhomeowners.org

H.O.M.E. counseling services include: education and assistance with budgeting, evaluation of client's budget and financial situation, programs and senior tax breaks to help with common monthly expenses; as a HUD and Commonwealth approved reverse mortgage counseling agency, counseling on whether a reverse mortgage is available or advisable for needs such as home health care, resolving debt issues like real estate tax or mortgage delinquency and consumer debt accounts and assistance with potential loan modifications for recently defaulted residential mortgages.

Hospice & Palliative Care Federation of Massachusetts

20 Commercial Drive, Suite 1

Wrentham, MA 02093

Tel: (781) 255-7077

Toll Free: (800) 962-2973

Fax: (508) 394-2080
info@hospicefed.org
www.hospicefed.org

The Hospice & Palliative Care Federation of Massachusetts is a non-profit organization dedicated to advancing and promoting excellence in end-of-life care by advocating for its members, patients, and families; providing education; and enhancing public awareness.

Hospice of the Fisher Home

1165 North Pleasant Street
Amherst, MA 01002
Tel: (413) 549-0115
Fax: (413) 549-1694
hospice@fisherhome.org
www.fisherhome.org

Hospice of the Fisher Home is an independent, freestanding, nonprofit hospice program, located in Amherst, MA, and serving the Pioneer Valley, offering expert, compassionate care, regardless of age, religion, sexual orientation, or ability to pay. Services can be provided in the patient's home or hospice residence. Clinical staff, a multidisciplinary team of specialists experienced with end-of-life care, offers medical care, pain and symptom management, and emotional and spiritual support expressly tailored to the patients' needs and wishes. They also provide support to the patient's loved ones.

Housing Services Program

Community Action Pioneer Valley
393 Main Street
Greenfield, MA 01301
Tel: (413) 475-1570
Fax: (413) 772-0156
info@communityaction.us
www.communityaction.us

The Housing Services Program provides homelessness prevention services, including assistance with rent arrears, utility arrears, moving expenses and case management. All calls

are screened through Community Resources & Advocacy. No walk-in appointments are available. Please call for more information between 9 a.m. to 3 p.m. Monday to Friday, or to schedule an appointment. Offices are located in Orange, Northampton, Greenfield, and Ware. A resource advocate is available to speak with you about your specific issues and match you to any available resources.

INDEX

Eunice Kennedy Shriver Center
University of Massachusetts Medical School
55 Lake Avenue North, S3-301
Worcester, MA 01655
Toll Free: (800) 642-0249
Fax: (774) 455-6565
info@disabilityinfo.org
www.disabilityinfo.org

INDEX provides to the public free information about programs, providers, and services for people with disabilities living in Massachusetts. Their staff is dedicated to providing disability-specific information to everyone. They have extensive backgrounds in human services and/or information technology. Contact them for help.



**You want
to remain
in the place
you call
home.**

*We'll give you options to maintain
independence and quality of life.*

413.773.5555 | 978.544.2259 | 800.732.4636

Info@LifePathMA.org | LifePathMA.org



LifePath
options for independence

formerly Franklin County
Home Care Corporation

Information & Caregiver Resource Center (ICRC)

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

The Information & Caregiver Resource Center (ICRC) provides information on programs and resources that best meet the caller's needs. Local, statewide, and national service and program resources are provided over the phone or at the LifePath office. ICRC focuses on inquiries from elders, caregivers, persons with disabilities, and professionals in the community. All are encouraged to use ICRC as a first call resource for themselves and their families, clients, and patients.

Interim HealthCare

442 Westfield Street

West Springfield, MA 01089

Tel: (413) 734-6900

Toll Free: (800) 606-4519

24-Hour Hotline: (413) 734-6900

Fax: (413) 730-4282

service@interimhealth.com

Interimhealthcare.com/westernmass

Personal care and support services may be right for you or your loved one if you need minor assistance with daily activities but don't have a close network of nearby family and friends to help. Such services include help with such things as bathing, light housekeeping, and meal preparation. Our personal care and support services could be the extra support you need as you are recuperating from a stay at a hospital or reha-

ilitative facility. Our trained care professionals are dedicated to providing quality care with compassion and a commitment to the highest level of customer service. They provide a wide range of home care services that can help you maintain your independence.

Internal Revenue Service (IRS)

Toll Free: (800) 829-1040

www.irs.gov

The IRS answers questions on tax guidelines and provision of forms and booklets. You can call toll free Monday through Friday from 7 a.m. to 7 p.m. local time.

International Health Solutions

260 Cottage Street

Springfield, MA 01104

Tel: (413) 627-9772

Fax: (413) 734-5226

International Health Solutions has been providing home care services in the Greenfield and Springfield areas since 2003. Staff are highly trained and are all certified. They are always expanding their staff in order to offer as many services as possible to LifePath elders and those in need of help at home.

Oran Kaufman, Attorney/Mediator

417 West Street, Suite 110

Amherst, MA 01002

Tel: (413) 256-1575

Fax: (413) 256-1207

oran@orankaufman.com

www.orankaufman.com

Oran Kaufman offers legal expertise on a variety of legal issues including divorce and family law, mediation and guardianship and conservatorship law.

Keith Apartments

19 Canal Street
Turners Falls, MA 01376
Tel: (413) 863-8445
Fax: (413) 863-2142
montagueha@verizon.net

Keith Apartments in Turners Falls offer 31 subsidized, elderly apartments with two designated handicap apartments.

See also Montague Housing Authority.

KEPRO

5700 Lombardo Drive, Suite 100
Seven Hills, OH 44131
Tel: (216) 447-9604
Toll Free: (888) 319-8452
TTD/TTY: (855) 843-4776

KEPRO is a Medicare Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO). A Quality Improvement Organization (QIO) consists of groups of doctors and health care experts to check on and improve the care given to people with Medicare. QIO's work under the direction of the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services. As the BFCC-QIO, KEPRO will assist Medicare beneficiaries with quality of care complaints, hospital discharge and service termination appeals, and immediate advocacy.

King James Court

383 East River Street
Orange, MA 01364
Tel: (978) 544-2044

King James Court is a beautifully designed community for older adults. Its 120 apartments sit on eleven beautifully landscaped acres in a quiet country setting. King James Court is within five minutes of shopping areas and churches and

offers demand-response bus service. The community offers spacious one- and two-bedroom apartments that include ample parking, a community room, an active tenant association, and individual garden spaces.

LaBelle's Rest Home

3 High Street
Shelburne Falls, MA 01370
Tel: (413) 625-6560
Fax: (413) 625-6104
labellesresthome@yahoo.com

LaBelle's Rest Home has been providing Level IV, Assisted Living Support for over 20 years. Their dedicated staff provides coordination of care, from medical to mental health, administers and monitors medications, coordinates transportation to and from appointments, and assists with personal care, while providing a safe and respectful home environment for those in need.

Lakeside Apartments

1 Gibson Drive
Athol, MA 01331
Tel: (978) 249-4848
Fax: (978) 249-9604
generalinfo@atholorangehousing.com

Offering a subsidized housing development for the elderly as well as the disabled, Lakeside Apartments is located in Athol.

See also Athol-Orange Housing Authority.



We'll always start with what's best for you.

 **LifePath**
options for independence
formerly Franklin County
Home Care Corporation

Call us. We'll be there.
413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

Leverett Council on Aging

Leverett Town Hall
9 Montague Road, 1st Floor
Leverett, MA 01054
Tel: (413) 548-1022 Ext. 5
coa@leverett.ma.us
www.leverett.ma.us/g/37content/Council-Aging-COA

The outreach coordinator is available to inform residents age 60 and older, their families, and caregivers of the available resources in the community and to link them with appropriate agencies and services. Please contact her at 413-548-1022 Ext. 5 to schedule a home visit. The council also provides weekly yoga classes and monthly foot care clinics for a voluntary donation. Please contact 413-548-9415 to sign up for either. Additionally, we have occasional programs of interest to the community at large.

See also Leverett Luncheon Club.

Leverett Luncheon Club

PO Box 300
Leverett, MA 01054
Tel: (413) 548-9410

Congregate meals are served at noon on Fridays at the Leverett Town hall for a voluntary donation. Please contact the meal site supervisor at 413-367-2694 by Wednesday if you are interested in coming to the Friday Senior Lunch.

See also Leverett Council on Aging.

Leyden Council on Aging

Town Hall
16 West Leyden Road
Leyden, MA 01337
Tel: (413) 774-4111

The council is focused on serving the 55-years-and-older population of Leyden.

Leyden Woods Apartments

24 Leyden Woods Lane
Greenfield, MA 01301
Tel: (413) 774-4708
Fax: (413) 774-4513
www.LeydenWoodsApartments.com

One, two, and three-bedroom apartments are available.

Lifeline

Athol Hospital
2033 Main Street
Athol, MA 01331
Tel: (978) 249-1145
Fax: (978) 249-1158
www.atholhospital.org/services/lifeline

Lifeline is a personal emergency response system available to residents of the nine-town North Quabbin area. Call for information regarding program options.

Lifeline Systems Company

Philips Lifeline
111 Lawrence Street
Framingham, MA 01702
Toll Free: (800) 368-2925
Fax: (800) 548-7695
GovernmentServices@philips.com
www.lifeline.philips.com

Lifeline is the founder and largest provider of Personal Emergency Response Systems (PERS). Equipment available includes standard landline units, HomeSafe cellular units, AutoAlert fall detection available on both types, and GoSafe mobile units. Medication Dispensers are monitored for medication compliance.

LifePath

Aging Services Access Point (ASAP), Area Agency on Aging (AAA)

101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Elder Protective Services 24/7 Hotline:
(800) 922-2275
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

LifePath is a private, nonprofit corporation that develops, provides, and coordinates a range of services to promote independence through home and community supports. Information and programs work to support elders, persons with disabilities, caregivers, and professionals. LifePath serves all Franklin County towns plus Athol, Petersham, Phillipston, and Royalston in the North Quabbin area of Worcester County and operates programs in Berkshire, Hampshire, Hampden and Worcester counties.

Lincare

53 Capital Drive
West Springfield, MA 01089-1344
Tel: (413) 734-2562
Fax: (413) 417-2936
www.lincare.com

Lincare offers medical supplies and services, such as disease management, oxygen therapy, nebulizer therapy, home infusion therapy, sleep therapy, ventilator therapy, and enteral therapy.

Long-Term Care Ombudsman Program

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636

Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

The Long-Term Care Ombudsman Program advocates for the rights of individuals living in nursing and rest homes. Ombudsmen support the dignity and empowerment of residents by protecting residents' rights, providing information, and advocating for positive change. Volunteers visit nursing and rest homes weekly, receiving, investigating, and working to resolve complaints made by, or on behalf of, residents. Mandated by the Federal Older Americans Act, the program is funded by the Executive Office of Elder Affairs. Contact the program director for information about the facilities in Franklin County and the North Quabbin area or to discuss a concern affecting a resident.

Long-Term Care Screening

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 774-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

Persons age 22 and over seeking short-term or long-term placement in a nursing facility are required to be screened for clinical eligibility if MassHealth will be the payment source. Similarly, individuals age 18 and over seeking MassHealth payment for Adult Day Health services are required to be screened. Please call the number above to arrange for MassHealth clinical eligibility screenings.



"I wanted to do something worthwhile to help people. I'm happy they can count on me, that they feel they can trust me."

—Annmarie Newton,
Volunteer Ombudsman

**Find your purpose.
Volunteer with LifePath.**

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



LifePath formerly Franklin County Home Care Corporation
options for independence

Louis & Clark

309 East Street
Springfield, MA 01104
Tel: (413) 737-7456
Fax: (413) 781-0642
www.Lcmedsupply.com

Visit one of our store locations or contact us if you or a loved one are ever in need of the following: Aids to Daily Living, Bariatric Equipment, Bathroom Safety, Braces & Supports, Compression Stockings, Canes, Crutches, Diabetic Footwear & Insoles, Exercise & Rehabilitation Supplies, Hospital Beds & Accessories, Incontinence Products/Urological Supplies, iWalk2.0 (Hands-Free Crutch), Lift Chairs, Nutritionals, Orthopedic Footwear & Insoles, Ostomy, Pain Management Supplies, Ramps, Skin Care, Walkers, Rollators, Scooters, Wheelchairs & Accessories, Wound Care, Mastectomy Fittings & Products & so much more! Delivery services are available as well!

MacIntosh Court Apartments

See Athol-Orange Housing Authority.

Mass Home Care

307 Waverley Oaks Road, Suite 205
Waltham, MA 02452
Tel: (617) 972-5635
www.masshomecare.org

Mass Home Care is an advocate for elders and individuals with disabilities as well as the trade association for Aging Services Access Points (ASAPs) and Area Agencies on Aging (AAAs).

Mass Save

Toll Free: (866) 527-7283
(800) 666-3303
www.masssave.com
www.Berkshiregas.com
www.nationalgrid.com
www.ColumbiaGasMA.com

Mass Save will conduct a free energy audit to assess your home's weatherization needs. Mass Save provides 75% of the funding to insulate your home and the opportunity to access 0% interest loans for additional energy efficient upgrades. Call or visit the appropriate website for more information.

Mass Surgical Supply, LLC

249 High Street
Holyoke, MA 01040
Tel: (413) 532-1401
Toll Free: (800) 547-5662
Fax: (413) 532-01128
masssurgical.com

We are a durable medical equipment provider. We supply rentals and purchases of equipment including custom modular ramps and custom stair lifts. We have free delivery!

Massachusetts Association for the Blind and Visually Impaired (MAB) Community Services

799 West Boylston Street

Worcester, MA 01606

Tel: (508) 854-0700

Toll Free: (888) 613-2777

Fax: (508) 854-0733

info@mabvi.org

www.mabvi.org

www.mabcommunity.org

The Massachusetts Association for the Blind & Visually Impaired has services to provide education, training, and tools to live more confidently with vision loss.

Massachusetts Bar Association Dial-A-Lawyer

20 West Street

Boston, MA 02111

Tel: (617) 654-0400

Toll Free: (866) 627-7577

dal@massbar.org

www.masslawhelp.com

Massachusetts Bar Association Dial-A-Lawyer provides private attorneys who offer free legal advice on the first Wednesday of the month.

Massachusetts Bar Association Lawyer Referral Service (LRS)

Tel: (617) 654-0400

Toll Free: (866) 627-7577

lrs@massbar.org

www.masslawhelp.com

Massachusetts Bar Association Lawyer Referral Service (LRS) is a free, public service providing referrals to private, regular, fee-charging attorneys based on specific areas of law and the geographical area needed by the client. The LRS offers a reduced fee panel of attorneys for some

case types to clients who qualify. The LRS does not make pro bono referrals to attorneys, but will provide information on other pro bono related resources.

Massachusetts Commission Against Discrimination (MCAD)

436 Dwight Street, 2nd Floor

Room 220

Springfield, MA 01103

Tel: (413) 739-2145

www.mass.gov/mcad

The Massachusetts Commission Against Discrimination (MCAD) has the authority to investigate and adjudicate complaints concerning age discrimination. The MCAD not only investigates employment discrimination, but also investigates discrimination in housing, credit, public accommodation, education, and mortgage cases.

Massachusetts Commission for the Blind

436 Dwight Street, Room 109B

Springfield, MA 01103

Tel: (413) 781-1290

Toll Free: (800) 332-2772

Fax: (413) 746-8570

www.mass.gov/mcb

The Massachusetts Commission for the Blind provides services to legally blind individuals of all ages. These services include: advocacy, information and referral, home evaluation and teaching, vocational rehabilitation, job placement, orientation and mobility (white cane training), social services, low vision aids, adaptive technology, children's advocacy, adaptive equipment, and other services as needed.

**Massachusetts Commission for the Deaf and Hard of Hearing
Western MA Office**

Springfield State Office Building
436 Dwight Street, Suite 204
Springfield, MA 01103
Voice/TTY: (413) 788-6427
Video Phone: (413) 347-4094
Fax: (413) 731-5177
www.mass.gov/mcdhh

The Massachusetts Commission for the Deaf and Hard of Hearing offers a wide range of services to adults and children with hearing loss. The Communication Access, Training and Technology Services (CATTS) Department provides educational in-service training to a wide variety of federal, state, and public as well as private entities.

**Massachusetts Department of Developmental Services (DDS)
Franklin/Hampshire Office**

One Roundhouse Plaza
Northampton, MA 01060
Tel: (413) 586-4948
Fax: (413) 584-0611
TTY/TDD: (413) 584-9762
www.mass.gov/locations/dds-franklinhampshire-area-office

The Massachusetts Department of Developmental Services offers service coordination and family support services for children and adults with intellectual disabilities and/or an autism diagnosis. Additional support services are available based on assessed need and available funding.

Massachusetts Department of Mental Health (DMH)

13 Prospect Street
Greenfield, MA 01301

Tel: (413) 772-5600
Fax: (413) 772-5638
TTY/TDD: (413) 772-3076

The Massachusetts Department of Mental Health provides case management, adult community clinical services (ACCS), continuing care respite bed, and clubhouse resources.

Massachusetts Department of Public Health (DPH)

Northampton Office:

23 Service Center Road
Northampton, MA 01060
Tel: (413) 586-7525
Fax: (413) 784-1037
TTY/TDD: (800) 769-9991
www.mass.gov/dph

The Massachusetts Department of Public Health's mission is to prevent illness, injury and premature death, to assure access to high quality public health and health care services, and to promote wellness and health equity for all people in the Commonwealth. Please visit its website for more information or follow it on its blog: www.publichealth.blog.state.ma.us or by Twitter: www.Twitter.com/MassDPH.

Massachusetts Department of Transitional Assistance (DTA)

298 Federal Street
Greenfield, MA 01301
Tel: (413) 772-3400
Toll Free: (877) 382-2363
Fax: (617) 887-8765
www.mass.gov/orgs/department-of-transitional-assistance

The Massachusetts Department of Transitional Assistance administers the Emergency Aid to the Elderly, Disabled, and Children (EAEDC)

program to qualified residents of Massachusetts who are not eligible for other benefits such as Transitional Aid to Families with Dependent Children (TAFDC), Social Security, Unemployment Compensation, or Veterans Service Benefits. The DTA also assists individuals in accessing the SNAP program (food stamps). Call 1-877-DTA-BENE for more information. The department administers TAFDC, EAEDC, and SNAP. Eligibility is income-based.

Massachusetts Division of Fisheries & Wildlife

1 Rabbit Hill Road
Westborough, MA 01581
Tel: (508) 389-6300
www.mass.gov/masswildlife

The Commonwealth of Massachusetts offers hunting and fishing licenses at reduced rates or on a no-cost basis to seniors who are residents of the state. Information is available by calling the Division of Fisheries & Wildlife.

Massachusetts Division of Insurance

1000 Washington Street, Suite 810
Boston, MA 02118
Tel: (617) 521-7794
Toll Free: (877) 563-4467
Fax: (617) 753-6830
doicss.mailbox@state.ma.us
www.mass.gov/DOI

The Massachusetts Division of Insurance is the organization that regulates long-term care insurance and Medigap policies in Massachusetts. To register a complaint about insurance agents, brokers, or insurance companies, call the telephone number above.

Massachusetts Electric Company – National Grid

55 Bearfoot Road
PO Box 960
Northborough, MA 01532-0960
Toll Free: (800) 322-3223
Fax: (508) 357-4730
maselectric@neesnet.com
www.nationalgridus.com/MA-Home

Visit the Massachusetts Electric Company – National Grid website for more information on discount rates, incentives, payment options, home energy efficiency programs, and more.

Massachusetts Fair Housing Center (MFHC)

57 Suffolk Street
Holyoke, MA 01040
Tel: (413) 539-9796
Fax: (413) 533-9978
info@massfairhousing.org
www.massfairhousing.org

The Massachusetts Fair Housing Center works to eliminate housing discrimination and residential segregation in Western and Central Massachusetts. The MFHC protects civil rights and educates members of the community about their legal rights and the housing industry about their responsibilities. The MFHC enforces the fair housing laws through complaint intake, investigation, and by offering free legal representation to victims of housing discrimination. Their legal advocacy prevents homelessness, creates lead-safe housing for children, protects the housing rights of victims of domestic violence, defends victims of hate crimes and provides people with disabilities with equal access to housing. The MFHC provides its services in English and Spanish.

Massachusetts Family Caregiver Support Program (MFCSP)

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

This program strives to provide, at no cost, care advisement services to caregivers in the Franklin County and North Quabbin area. MFCSP provides services regardless of age or income. MFCSP focuses on the caregiver first and foremost to support the caregiver in his or her vital role.

Massachusetts Rehabilitation Commission (MRC)

101 Munson Street, Suite 205

Greenfield, MA 01301

Voice/TTY: (413) 774-2326

Fax: (413) 774-4654

www.mass.gov/locations/mrc-greenfield

The Massachusetts Rehabilitation Commission's Vocational Rehabilitation Program assists individuals with disabilities to obtain and maintain employment. The MRC Vocational Rehabilitation Program helps individuals with physical, psychiatric, and/or learning disabilities face the challenges of today's workplace. This may include identifying job goals based on individual interests and aptitudes, providing funds for college, vocational training, assessing worksite accommodations, educating an employer about the Americans with Disabilities Act, or assisting them in returning to work after adjusting to a disabling condition. MRC serves individuals who may have limitations in areas such as communication, mobility, work tolerance, and work skills.

Massachusetts Senior Action Council

108 Myrtle Street, Suite 112

Quincy, MA 02171

Tel: (617) 284-1234

Info@MassSeniorAction.org

www.masssenioraction.org

Massachusetts Senior Action is a statewide elder advocacy group founded in 1981 that now has over 6,000 members and approximately 100 affiliated senior groups throughout the state. Chapters meet monthly to discuss and plan action to secure elder rights and benefits. Membership is open to any interested resident, regardless of age. Call for information and local member contact.

Massachusetts Senior Care Association

800 South Street, Suite 280

Waltham, MA 02453

Tel: (617) 558-0202

Toll Free: (800) 227-3367

Fax: (617) 558-3546

www.maseniorcare.org

The Massachusetts Senior Care Association represents a diverse set of organizations that deliver a broad spectrum of services to meet the needs of older adults and people with disabilities across the Commonwealth.

Massachusetts Substance Use Information and Education Helpline

C/O Health Resources in Action

2 Boylston street, Suite 4

Boston, MA 02116

Toll Free: (800) 327-5050

www.helplinema.org

The Massachusetts Substance Use Information and Education Helpline provides free and confidential information and referral for alcohol and other drug abuse problems and related concerns. The helpline is staffed seven days a week. This service helps people of all ages, and assistance

is available in multiple languages. The helpline website contains an interactive program that helps you identify services in your area.

MassHealth Enrollment Center

88 Industry Avenue, Suite D
Springfield, MA 01104
Toll Free: (800) 841-2900 (Customer Service)
TTY/TDD: (800) 497-4648 (Customer Service)

Health Insurance Processing Center

PO Box 4405
Taunton, MA 02780
Fax: (857) 323-8300

Central Processing Unit

529 Main Street, Suite 1M
PO Box 290794
Charlestown, MA 02129
Fax: (617) 887-8799

All new applications for subsidized health coverage – including Health Connector (ConnectorCare) plans and those seeking premium tax credits, MassHealth, or Health Safety Net (HSN) coverage, and eligibility verification documents for MassHealth and the Health Connector – may be faxed or mailed to the Taunton office of the MassHealth Enrollment Center. Long-Term Care (LTC) applications, Supplement A, and Buy-In applications can be mailed or faxed to the Charlestown office. The Springfield office will assist with all of the above applications on a walk-in service basis, Monday through Friday, from 8:45 a.m. to 5 p.m. Limited handicapped parking is available.

MassHire Franklin Hampshire Career Center

1 Arch Place, Suite 2
Greenfield, MA 01301
Tel: (413) 774-4361
Toll Free: (800) 457-2603
Fax: (413) 774-2954
www.masshirefhcareers.org

Northampton Office

Forbes Library
20 West Street
Northampton, MA 01060

Orange Office

The Literacy Project
131 West Main Street
Orange, MA 01364

MassHire Franklin Hampshire Career Center provides free employment and training services to job seekers and businesses, with a full-service Career Center in Greenfield, MA and part-time access points in Northampton and Orange. Career Counselors assist job seekers with job search, skill building, workshops, job training, and applying for unemployment assistance. The Business Services Team assists employers with job posting, recruitment, labor market information, hiring incentives, and employee training. Resource room available for computer use, phones, and copying. Website lists workshops, events, jobs, and news.

MassHousing

1 Beacon Street
Boston, MA 02108
Tel: (617) 854-1000
Fax: (617) 854-1029
Video Phone: (857) 366-4157
www.masshousing.com

MassHousing program information may be obtained by calling the agency or visiting the website. A self-supporting, not-for-profit public agency, MassHousing offers mortgage financing to homebuyers and homeowners, as well as to developers and owners of affordable rental housing. Programs include first-time homebuyer mortgages, refinances, home improvement, septic repair, and lead abatement loans. Applicants must meet income guidelines (low to moderate-income).

MCPHS University Pharmacy Outreach Program

19 Foster Street
Worcester, MA 01608
Toll Free: (866) 633-1617
Fax: (508) 373-0031
www.mcphs.edu/pharmacyoutreach

The Pharmacy Outreach Program is a free service funded by the state of Massachusetts and staffed by caseworkers and registered pharmacists to provide prescription drug insurance information and medication information to residents of the state at no cost. We operate a toll free help line at 866-633-1617.

Meals on Wheels

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

Meals on Wheels are home-delivered meals provided short-term or long-term to homebound elders age 60 and older who are unable to prepare a nutritionally balanced noon meal for themselves and are unable to attend congregate hot lunches. A hot lunch is delivered by volunteer drivers, Monday through Friday, except holidays, to homebound elders in need. Therapeutic meals are available by doctor's prescription to support some medical conditions. There is a suggested voluntary donation of \$3.00 per meal. Monthly menus are available online at LifePathMA.org/resources/menus.

Medicare

Toll Free: (800) 633-4227
TTD/TTY: (877) 486-2048
www.medicare.gov

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). The different parts of Medicare help cover specific services: Medicare Part A (Hospital Insurance), Medicare Part B (Medical Insurance), Medicare Part C (Medicare Advantage Plans), and Medicare Part D (prescription drug coverage).

Medicare Advocacy Project (MAP)

1 Monarch Place, Suite 400
Springfield, MA 01144
Toll Free: (855) 252-5342
Fax: (413) 746-3221
www.communitylegal.org

MAP at Community Legal Aid provides free advice and legal representation to Massachusetts beneficiaries in the five central and western counties of Massachusetts. MAP also provides education and training services about Medicare. MAP staff travel to where the client lives, their home or medical facility, if they cannot travel to our offices. Satellite offices are open by appointment only in Greenfield and North Adams. Full service offices are in Northampton, Springfield, Pittsfield, Fitchburg and Worcester open during regular business hours. Intake hours by phone are: Mondays, Tuesdays, Thursdays & Fridays 9:30 a.m. - 12:15 p.m. and Wednesdays 1:30 p.m. - 4:15 p.m. Apply for help online at www.communitylegal.org.

Memory Disorders Program

Baystate Medical Center
3300 Main Street, Suite 4A
Springfield, MA 01199
Tel: (413) 794-7035
Tel: (413) 794-5555 (Appointments)

Memory Disorders Program at Baystate Medical Center is the only program of its kind in the region, providing a place for elders experiencing memory problems or dementia to come for a complete evaluation. The Memory Disorders Program team consists of psychiatrists, neuropsychologists, neurologists, and a clinical nurse specialist, who provide complete diagnostic, treatment, and referral services for elders with memory loss. Appointments may be arranged through their central intake office by calling 413-794-5555 between 8 a.m. and 4:30 p.m. Monday to Friday.

Mill House Ltd. Apartments

75 Wells Street
Greenfield, MA 01301
Tel: (413) 774-7561
Fax: (413) 773-0028
www.millhouseapartmentsbc.com

Mill House Apartments offers 103 one and two-bedroom apartment homes within a beautifully renovated 19th century building. Each home is thoughtfully designed with modern amenities. Call today to speak with the friendly leasing team to learn more about why you should make Mill House Apartments your next home.

Moltenbrey Apartments

See Franklin County Regional Housing and Redevelopment Authority.

Money Management Program

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

The Money Management Program assists elders and persons with disabilities who have difficulty writing checks or managing their basic living expenses for reasons including vision difficulties, memory difficulties, and physical disabilities. Bill payer services provide assistance with things such as: writing checks, balancing checkbooks, sorting bills, and monitoring income and expenses. Representative payee services are also provided. Generally, trained and bonded volunteers provide services.

Montachusett Opportunity Council, Inc. (MOC)

Energy and Housing Services
(Weatherization Office)
601 River Street
Fitchburg, MA 01420
Tel: (978) 342-7025
Fax: (978) 343-7360

Weatherization and heating system services are available through MOC to low-income households in Athol, Royalston, Phillipston, and Petersham. The Massachusetts Electric Appliance Management program and Weatherization program for all houses are also offered.



"You learn some great history and stories that you'd never have known without meeting these people. They're all unique and special in their own way."

—Alan Coutinho, Volunteer Meals on Wheels Driver

**Find your story.
Volunteer with LifePath.**

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org





"It's very gratifying to help someone. It has to be something you really enjoy doing. I don't want it to feel like work."

—Beverly Petravage,
Volunteer Money Manager

Find your *passion*. Volunteer with LifePath.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



Montachusett Regional Transit Authority (MART)

1427R Water Street
Fitchburg, MA 01420
Tel: (978) 345-7711
Toll Free: (800) 922-5636
Fax: (978) 345-9867

www.mrta.us

MART offers the Athol/Orange area Dial-A-Ride transportation service and G-link fixed route system. Use MART to get to medical appointments, shopping, etc. MART is a MassHealth provider. Call for more information.

Montague Catholic Social Ministries (MCSM)

43 Third Street
PO Box 792
Turners Falls, MA 01376
Tel: (413) 863-4804
Fax: (413) 863-4844
www.mcsmcommunity.org

Montague Catholic Social Ministries (an independent, community-based, non-profit organization) strengthens and encourages individuals and families in our community through outreach, family education, computer literacy and job skill development, leadership development, and individual and group empowerment. MCSM nurtures connections, resilience, and self-sufficiency in Franklin County residents through preventative, strength-based support and education.

Montague Housing Authority

41 Sunrise Terrace
Turners Falls, MA 01376
Tel: (413) 863-8445
Fax: (413) 863-2142
montagueha@verizon.net

Montague Housing Authority provides subsidy housing and oversees Hillcrest Homes, Sunrise Terrace Apartments, Keith Apartments, and Highland School Apartments. All properties are located in Turners Falls, except Highland School Apartments, which is located in Millers Falls.

Morgan Allen House

491 Main Street
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

The Morgan Allen House has 19 units and is located in downtown Greenfield, MA. Each resident has a bedroom, half bath, and kitchenette. Shower facilities are shared. A meal is served daily, and a coordinator is available to arrange services and activities.

Morton Meadows Apartments

See Athol-Orange Housing Authority.

Mount Wachusett Community College

444 Green Street

Gardner, MA 01440

Tel: (978) 632-6600

Tel: (978) 630-1110 (Admissions)

www.mwcc.edu

Mount Wachusett Community College offers college-credit courses during the day and in the evenings and non-credit workshops in the evenings both on and off campus. College credit courses are free to Massachusetts residents age 60 or older on a seat-available basis. Most non-credit courses are 50% off. Interested seniors may contact the college to obtain course listings and additional information.

My Guardian Angel

56 Bridge Street

Shelburne Falls, MA 01370

Tel: (413) 624-0200

admin@myguardianangelprs.com

www.myguardianangelprs.com

Our core mission is to provide peace of mind for seniors, disabled and recovering residents and their families by providing 24/7 monitoring in the home and help at the push of a button.

National Academy of Elder Law Attorneys, Inc. (NAELA)

1577 Spring Hill Road, Suite 310

Vienna, VA 22182

Tel: (703) 942-5711

Fax: (703) 563-9504

naela@naela.org

www.naela.org

No legal advice is given by NAELA headquarters. Find an elder law attorney using their online member directory at www.naela.org (click on consumer resources tab).

National Alliance on Mental Illness of Western Massachusetts (NAMI-WM)

324A Springfield Street

Agawam, MA 01001

Tel: (413) 786-9139

Toll Free: (800) 295-2121

Fax: (413) 789-1137

information@namiwm.org

www.namiwm.org

NAMI-WM provides support and advocacy for persons with persistent mental illnesses as well as their families and friends. Mutual support groups, advocacy for services, educational programs, lending library, and free information and referrals are available.

National Federation of the Blind

200 East Wells Street at Jernigan Place

Baltimore, MD 21230

Tel: (410) 659-9314

Fax: (410) 685-5653

nfb@nfb.org

www.nfb.org

Springfield Office

910 Liberty Street

PO Box 3512

Springfield, MA 01364

Tel: (413) 733-5547

The ultimate purpose of the National Federation of the Blind is the complete integration of the blind into society on a basis of equality. This objective involves the removal of legal, economic, and social discriminations; the education of the public to new concepts concerning blindness; and the achievement by all blind people of the right to exercise to the fullest their individual talents and capacities. It means the right of the blind to work along with their sighted neighbors in the professions, common callings, skilled trades, and regular occupations.

Neighbors @ Home: The Northfield Village

9 Main Street
Northfield, MA 01360-1018
Tel: (413) 225-1029
nfldneighbors@gmail.com
neighborsathome.org

Neighbors at Home: the Northfield Village is a non profit, private, cooperative organization helping seniors age in place and thrive in our community. Services include transportation, minor home repairs and social programs. Fee for membership. Call 413-225-1029 for more information.

New England Learning Center for Women in Transition (NELCWIT)

479 Main Street
Greenfield, MA 01301
Tel: (413) 772-0871
Toll Free: (888) 249-0806
24-Hour Hotline: (413) 772-0806
Fax: (413) 772-2743
TTD/TTY: (413) 772-0806
info@nelcwit.org
www.nelcwit.org



Handicare
1100 Stairlift

Ultra Slim Profile.
Revolutionary Technology.

Mass Surgical Supply, LLC
249 High Street
Holyoke, MA 01040
413.532.1401
www.masssurgical.com
Since 1945 | Free Delivery

 **handicare**
Making everyday life easier

NELCWIT serves the towns of Franklin County and the North Quabbin as a domestic violence (DV) and sexual assault (SA) resource center. The agency offers trauma-informed advocacy, legal help, and resources for adult survivors of DV/SA. All survivor services are free.

New Salem Council on Aging

Town Hall
19 South Main Street
New Salem, MA 01355
Tel: (978) 544-6437 (Town Clerk)

The New Salem Council on Aging serves elders in New Salem.

New Salem Luncheon Club

Town Hall
19 South Main Street
New Salem, MA 01355
Tel: (978) 544-2178

The New Salem Luncheon Club serves a meal every 4th Friday at noon for a voluntary donation at the Council On Aging building next door. Call 978-544-2178 one day ahead to reserve your meal.

Northeast Quabbin Veterans' Services District (NQD)

584 Main Street
Athol, MA 01331
Tel: (978) 249-6935
Fax: (978) 575-0269
vetagnt@townofathol.org

NQD serves eligible veterans and/or dependents with a formal residence in one of the district communities. NQD provides access to federal, state and local government departments and local nonprofit agencies that offer programs and services available to the men and women who have borne the burden of military duty—and to their families. M.G.L. Chapter 115 enables every eligible Massachusetts veteran to receive certain financial, medical, and other benefits earned by

military service. In addition, NQD assists a surviving spouse to connect with benefits. NQD member communities are: Athol, Orange, Petersham, Phillipston and Royalston.

Northfield Council on Aging

69 Main Street
Northfield, MA 01360
Tel: (413) 498-2901 Ext. 114
Fax: (413) 498-5103
See Northfield Senior Center.

Northfield Senior Center

69 Main Street
Northfield, MA 01360
Tel: (413) 498-2186
Fax: (413) 498-5103
SeniorCenter@northfieldma.gov
www.northfieldma.gov

The Northfield Senior Center is a multipurpose senior center and senior dining center serving the town of Northfield. Services available include meals, educational and social programs, SHINE, inter-generational programs, exercise, annual flu clinic, foot and blood pressure clinics, fuel assistance and SNAP applications, summer concerts/theater programs, armchair travel, tax assistance and a breakfast educational program. Meals are served Tuesday through LifePath and Thursday at 11:30 a.m. by the center. Donations of \$3 for seniors and \$8 for under 60 are gratefully received to sustain the program. Sign up for Tuesday meals one week in advance and Thursday meals two days in advance. The Northfield Council on Aging oversees the Senior Center.

Northwestern District Attorney

Consumer Protection Unit
56 Bank Row
Greenfield, MA 01301
Tel: (413) 774-3186
Fax: (413) 773-3278

Hampshire County Office

1 Gleason Plaza
Northampton, MA 01060
Tel: (413) 586-9225
Fax: (413) 586-3635
NWDA.CPU@state.ma.us
northwesternnda.org

The Consumer Protection Unit of the Northwestern District Attorney's Office is one of the Local Consumer Programs throughout the Commonwealth working in cooperation with the Massachusetts Attorney General's Office. We provide consumer assistance through an informal process involving letters and telephone calls to consumers and businesses in an effort to reach a mutually agreeable settlement. If unable to resolve the complaint, we will discuss the options of redress through small claims court, face-to-face mediation, or hiring a private attorney.

Northwestern District Attorney

Elders & Persons with Disabilities Unit
56 Bank Row
Greenfield, MA 01301
Tel: (413) 744-3186
Fax: (413) 773-3278
www.northwesternnda.org

Hampshire County Office

1 Gleason Plaza
Northampton, MA 01060

The Elders and Persons with Disabilities Unit (EPDU) investigates and prosecutes crimes in which elders and persons with disabilities have been victimized. EPDU also provides education and training to vulnerable populations and local law enforcement agencies in areas of prevention and effective investigation of financial exploitation, physical and sexual abuse and caretaker neglect. The Unit works with state civil agencies including adult protective services agencies and human resource agencies, on joint investigations where there are allegations of abuse or neglect by caretakers or others.

Northwestern District Attorney's Office Victim Assistance

56 Bank Row
Greenfield, MA 01301
Tel: (413) 772-6944
Fax: (413) 773-3278
northwesternda.org

Victim assistance is a specialized unit within the Northwestern District Attorney's Office, providing victim services in accordance with the Massachusetts Victim Bill of Rights. Services include information, referrals, and support throughout the criminal court process. Offices are in Greenfield, Orange, Belchertown, and Northampton.

North Quabbin Adult Day Health Center

GVNA Healthcare, Inc.
1471 Main Street, Rear
Athol, MA 01331
Tel: (978) 248-9470
www.gvnahealthcare.org

Adult day health is a cost-effective means to help elderly and disabled adults maintain their independence in their homes and in the community. The North Quabbin Adult Day Health Center is designed for the comfort and care of your loved one in a safe, home-like environment. The services available throughout the day include nursing care, exercises, social services, transportation, recreational activities, socialization, special events and celebrations, breakfast, snacks, hot nutritious noon meals, and personal care.

North Quabbin Chamber of Commerce

80 Freedom Street
Athol, MA 01331-0157
Tel: (978) 249-3849
info@northquabbinchamber.com
northquabbinchamber.com

The North Quabbin Chamber of Commerce is a non-profit organization that works to make the

economic, social and cultural climate better in the North Quabbin region.

North Quabbin Community Coalition

251 Exchange Street
Athol, MA 01331
Tel: (978) 249-3703
Fax: (978) 575-0474
info@nqcc.org
www.nqcc.org

The North Quabbin Community Coalition has been committed to improving the quality of life for those living and working in the North Quabbin region since 1984.

O'Connell Care at Home

2 Park Street, Suite 3
South Deerfield, MA 01373
Tel: (413) 665-1590
Fax: (413) 397-3689
www.opns.com

For more than 30 years, O'Connell Care at Home has been caring for clients throughout the Pioneer Valley. Locally owned, O'Connell's prides itself on high quality, reliability, and having the experience to guide your family to find the best services that fit your unique needs. Whether you need a few hours a week or around the clock care, O'Connell's has the professional experience and trained staff to meet all your home care needs. Located throughout Pioneer Valley in South Deerfield, South Hadley, Holyoke and Springfield.

Oak Courts Apartments

See Greenfield Housing Authority.

Office of the Massachusetts Attorney General

1 Ashburton Place
Boston, MA 02108

Tel: (617) 727-2200 (Main Office)
Tel: (617) 727-8400 (Consumer Hotline)
Toll Free: (888) 243-5337 (Elder Hotline)
TTD/TTY: (617) 727-4765
Fax: (617) 727-3265
ago@state.ma.us
www.mass.gov/ago

The Elder Hotline is geared toward senior citizens aged 60 years and above. Information can be provided on various consumer-related issues, such as: lemon laws, home improvement contract laws, landlord/tenant issues, utilities, scams, and identity theft. If appropriate, a free and voluntary mediation program may be offered as assistance to the consumer.

Options Counseling Program (OC)

LifePath

101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

Options Counseling provides information and support to guide the consumer through their questions about living in the community or other long-term care options along with helping to navigate the elder care and disabilities network. OC is available to persons of any age who have any type of disability and elders age 60+ and can be provided in the community, hospital, or nursing facility.

Orange Council on Aging

135 East Main Street
Orange, MA 01364
Tel: (978) 544-3481
www.townoforange.org

The Orange Council on Aging serves the towns of Orange, Warwick and Royalston. The Council on Aging board of directors meets the first Tuesday of each month at 1 p.m. in the Senior Center. The COA offers a LifePath Congregate meal site; foot screening; blood pressure clinic; exercise class; Brown Bag program; SHINE (Serving the Health Insurance Needs of Everyone) counseling; book and puzzle swap; good, used medical equipment; MED Ride; referrals; tax preparation; knitting, crocheting, quilting, and rug braiding gatherings.

Orange Senior Center

135 East Main Street
Orange, MA 01364
Tel: (978) 544-3481
Fax: (978) 544-1113

A LifePath congregate brunch is served Monday at 11 a.m. for a voluntary donation of \$3. Call 978-544-7082 at least one day in advance by 11 a.m. to make a reservation. Soup-n-Social is served on Tuesday and Thursday at 12 p.m. No reservation required. Price is \$3. The menu is posted monthly in "The Orange Connection," the Council on Aging newsletter. For up to date workshops visit our web page at www.townoforange.org.



**We'll always
start with
what's best
for you.**

Call us. We'll be there.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

 **LifePath** formerly Franklin County
Home Care Corporation
options for independence



You need support that meets unique needs.

We'll give you information so you can make the best choice.

413.773.5555 | 978.544.2259 | 800.732.4636
 Info@LifePathMA.org | LifePathMA.org



LifePath formerly Franklin County Home Care Corporation
 options for independence

Overlook Visiting Nurse Association

267 Amherst Road, Suite 2B
 Sunderland, MA 01375
 Tel: (508) 434-2360
 Toll Free: (800) 990-7642
 24-Hour Hotline: (800) 990-7642
 Fax: (888) 978-9808
info@overlook-vna.com
www.overlook-vna.wixsite.com/website

Overlook Visiting Nurse Association provides home health services twenty-four hours a day, every day of the year if needed. We provide a variety of services through specially trained care providers. Overlook VNA provides in-home health care, nursing and support services allowing you to maintain your independence. We believe patients are happier and recover faster in the familiar surroundings of home.

Park Villa Apartments

Park Villa Drive
 Turners Falls, MA 01376
 Tel: (413) 863-9346
 Fax: (413) 863-5292

These energy efficient apartments feature wall to wall carpeting, fully applianced kitchens, a

security system, an emergency call system and natural gas heat. Rental assistance subsidies may be available for qualified individuals. Applications will be taken on a first come first Equal Opportunity basis at any time. The complex is privately owned and funds are provided by the USDA-Rural Development. Please call if you have any questions or to schedule an appointment at 413-863-9346, Monday through Friday from 8:30 a.m. - 4:30 p.m.

Pequoig House Apartments

416 Main Street, Suite 1
 Athol, MA 01331
 Tel: (978) 249-2622
 Fax: (978) 249-2766
chong@sterling-management.net

Pequoig House Apartments provides subsidized apartments to low and very low income elderly.

Perkins Library

175 North Beacon Street
 Watertown, MA 02472
 Tel: (617) 972-7240
 Toll Free: (800) 852-3133
 Fax: (617) 972-7363
 TTY/TDD: (617) 972-7690
library@perkins.org
www.PerkinsLibrary.org

Patrons of the Perkins Library have access to a world of free resources-from braille and audio books to accessible magazines and museum passes. Readers with visual impairment, blindness or physical disability are able to read independently in a format most comfortable to them.

Personal Care Attendant Program (PCA)

LifePath
 101 Munson Street, Suite 201
 Greenfield, MA 01301
 Tel: (413) 773-5555 or (978) 544-2259
 Toll Free: (800) 732-4636

Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

Hampshire & Hampden County Office

320 Riverside Drive, Suite E
Florence, MA 01062
Tel: (413) 773-5555, Ext. 2320
Fax: (413) 584-7076
info@LifePathMA.org
LifePathMA.org

The MassHealth Personal Care Attendant (PCA) Program helps persons with disabilities or chronic medical conditions retain independence in the community by hiring their own Personal Care Attendants (PCAs). Family members may be paid to provide care. The program is consumer-directed, and a volunteer surrogate may be appointed if assistance is required for program management.

Petersham Council on Aging

Town Hall
1 South Main Street
PO Box 486
Petersham, MA 01366
Tel: (978) 724-6610

At the Petersham Council on Aging, a luncheon club meal is served Monday at noon; the suggested donation is \$3. Reservations for lunch need to be made by Thursday. Tai Chi classes are held on Mondays from 4 p.m. - 5 p.m. Yoga classes are on Tuesday from 10 a.m. - 11:15 a.m.; the suggested donation for each is \$5. Anyone is welcome to come to the meal-site, Tai Chi, and yoga class. Tai Chi and yoga do not require a sign up.

Petersham Luncheon Club

Town Hall
Petersham, MA 01366-0004

Tel: (978) 724-6610
See Petersham Council on Aging.

Phillipston Council on Aging

Town Hall
50 The Common
Phillipston, MA 01331
Tel: (978) 652-5797
www.phillipston-ma.gov

The Phillipston Council on Aging is the council on aging for the town of Phillipston.

Phillipston Luncheon Club

First Congregational Church
The Common
Phillipston, MA 01331
Tel: (978) 652-5797

Meals are served first and third Tuesdays each month; \$3 is the recommended voluntary donation. Call 978-652-5797 by 10 a.m. Sunday for reservations.

Pine Crest Apartments

419 East River Street
Orange, MA 01364
Tel: (978) 544-7433
Fax: (978) 544-6337

Pine Crest Apartments is a privately owned apartment complex, with program subsidies, an on-site property manager, a resident services coordinator, and maintenance staff, and is accessible.

Pioneer Laundry

293 Exchange Street
Athol, MA 01331
Tel: (978) 249-7900
Fax: (978) 249-7902
jocinc52@gmail.com

Pioneer Laundry offers a wash, dry, and fold service for laundry.



"We all need interconnection."

- LifePath volunteer

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



LifePath formerly Franklin County
options for independence Home Care Corporation

Pioneer Valley Hospice & Palliative Care

329 Conway Street, Suite 2

Greenfield, MA 01301

Tel: (413) 774-2400

Fax: (413) 774-2455

www.pioneervalleyhospice.org

Pioneer Valley Hospice & Palliative Care, formerly known as Hospice of Franklin County, offers excellent hospice care for those with life-limiting illnesses in their own private home, nursing homes, assisted living community, or the hospital setting. The Hospice features a seasoned team of physicians, nurses, counselors, aides, and volunteers, as well as specialized care for veterans and complementary therapies such as massage, Reiki, and expressive arts. Adult Palliative Care consultations are provided by their nurse practitioner for non-hospice patients with advanced illness to address complex healthcare needs and improve quality of life as they continue with curative treatment. Community-based bereavement services are available to those who have experienced the loss of a loved one.

Pioneer Valley Parkinson's Disease Support Group

Baystate Franklin Medical Center

164 High Street

Greenfield, MA 01301

Tel: (413) 863-4128

gle1@comcast.net

www.apdama.org

The Pioneer Valley Parkinson's Disease Support Group meets monthly on the third Thursday from 2 p.m. to 4 p.m. at Baystate Franklin Medical Center.

Pioneer Valley Planning Commission (PVPC)

60 Congress Street, Floor 1

Springfield, MA 01104

Tel: (413) 781-6045

Fax: (413) 732-2593

www.pvpc.org/projects/home-modification-loan-program-hmlp

Home Modification Loan Program (HMLP) is a state-funded lending program that provides loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities.

Poet's Seat Health Care Center

359 High Street

Greenfield, MA 01301

Tel: (413) 774-6318

Fax: (413) 773-0060

info@pshcc.com

www.poetsseathealthcarecenter.com

Poet's Seat Health Care Center offers high-quality, skilled nursing and short-term rehabilitation services. They provide specialized physical rehabilitation, wound management, and pulmonary rehabilitation for people with acute or chronic health challenges. Their interdisciplinary team of nurses, physicians, and therapists

use a whole-person approach developing individualized care plans to ensure optimized rehabilitation success rates. Their Wound Therapy and Pulmonary Rehabilitation programs are supervised by physician specialists. Their social service department provides a thorough after-care plan to ensure a high success rate once their clients return home.

Porchlight Home Care

9 West Street
West Hatfield, MA 01088
Tel: (413) 397-9933
Toll Free: (877) 397-9933
24-Hour Hotline: (413) 397-9933
Fax: (413) 397-9961
www.porchlighthomecare.org

Porchlight VNA/Home Care provides compassionate and professional home care services to families throughout Franklin, Hampshire, Hampden and Berkshire counties. When you bring Porchlight into your home, we can often delay or even eliminate the need for unwarranted hospitalizations or rehab stays. With strong nursing support and supervision around the clock, Porchlight Home Care follows best practices in the industry. From one-hour visits to around-the-clock coverage, Porchlight will be there for you or your loved ones so you can stay in your home for as long as possible.

Power Town Apartments

152 Avenue A
Turners Falls, MA 01376
Tel: (413) 863-9433
powertown@hmrproperties.com
www.hmrproperties.com/property/power-town-turners-falls-massachusetts/

Power Town is a charming apartment community located in Turners Falls, MA. Power Town is a community offering one, two and three bedroom apartment homes for rent. Contact our professional staff to schedule a tour of your new

home at Power Town today! Household income limits apply.

Prescribe the Y

YMCA in Greenfield
451 Main Street
Greenfield, MA 01301
Tel: (413) 773-3646
Fax: (413) 774-4312
www.ymcaingreenfield.org

A 12-week provider referred wellness program begins with a free consultation to evaluate physical needs and goals. YMCA staff will monitor your attendance and fitness gains. Providers are informed of client's progress.

Project Bread's FoodSource Hotline

145 Border Street
East Boston, MA 02128
Toll Free: (800) 645-8333
TTD/TTY: (800) 377-1292
Fax: (617) 248-8877
info@projectbread.org
www.gettingsnap.org

The FoodSource Hotline is a toll-free confidential line that connects people struggling to put food on the table with SNAP benefits and other food resources in their communities.

Providence Behavioral Health Hospital

1233 Main Street
Holyoke, MA 01040
Tel: (413) 536-5111
Clinical Assessment Center: (800) 274-7724
www.mercycares.com

Providence Behavioral Health Hospital is home to a wide range of mental health and substance abuse programs for those who are in crisis and experiencing severe mental health symptoms. Providence Behavioral Health Hospital provides short-term admission for intensive diagnostic evaluation and treatment.

Psychological Services Center

University of Massachusetts Amherst
135 Hicks Way/Tobin 123
Amherst, MA 01003-9271
Tel: (413) 545-0041
Fax: (413) 577-0947
psc@psych.umass.edu
www.umass.edu/psc

We are a full service mental health clinic open to all community members. All our services are provided by Ph.D. level students-in-training who are supervised by licensed clinical psychologists. Our services are low-fee based.

Quabbin Retreat - Dana Day Treatment Center

211 North Main
Petersham, MA 01366
Tel: (978) 724-0010
Fax: (978) 724-0011
www.heywood.org/services/the-quabbin-retreat

This program is designed for individuals dealing with addiction, substance abuse and behavioral health issues. Services included individual and group therapy, addiction treatment and care coordination. Services are available Monday through Friday from 8:30 a.m. - 5 p.m. For more information call 978-724-0010.

Quabbin Valley Healthcare

821 Daniel Shays Highway
Athol, MA 01331
Tel: (978) 249-3717
Fax: (978) 249-7700
guestservices@qvhc.com
quabbinvalleyhealthcare.com

Quabbin Valley Healthcare is a Medicare/Medicaid approved, skilled nursing facility with 142 beds, serving the needs of sub-acute, long-term care, and Alzheimer's populations, and respite and hospice care. Services are covered by most

insurances. An interpreter service can be provided as needed.

Railroad Retirement Board

Railroad Medicare Claim Service
Toll Free: (877) 772-5772 (Customer Service)
TTY/TDD: (312) 751-4701
www.rrb.gov

The Railroad Retirement Board processes Medicare Part B claims for railroad retirement beneficiaries and answers questions about benefits.

RCAP Solutions

191 May Street
Worcester, MA 01602
Phone: (800) 488-1969
Fax: (978) 630-2751
TTY: (978) 630-6754
www.rcapsolutions.org

The Home Modification Loan Program provides financing to disabled, cognitive, developmental, environmental sensitivity and neurological disabled persons and their families. Borrowers must reside in the home being modified. Funds are provided to make access and egress improvements, enable individuals to remain independent and make structural improvements affecting the safety of individuals and caregivers.

Redbrook Village LLC

50 Redbrook Lane
Orange, MA 01364
Tel: (978) 544-2377
Fax: (978) 544-23779
TTY/TDD: (800) 439-2370

Redbrook Village rents to elders 62 years old or older and persons of any age with a disability.

Registry of Motor Vehicles (RMV)

18 Miner Street
Greenfield, MA 01301
Toll Free: (800) 858-3926
www.massrmv.com

The Registry of Motor Vehicles (RMV) in Greenfield is open from Monday through Friday; operating hours are 9 a.m. to 5 p.m. Visit the RMV for all license, registration, and title transactions, as well as license plate returns and suspensions payments.

Retired & Senior Volunteer Program (RSVP) of the Pioneer Valley

Community Action Pioneer Valley
1 Prince Street
Northampton, MA 01060
Phone: (413) 387-4558
Fax: (413) 387-1298
rsvp@communityaction.us
www.rsvppv.org

RSVP is the volunteer connector for people 55+ in the Pioneer Valley. RSVP matches volunteers with community organizations that need their help and expertise.

Rides for Health

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
LifePathMA.org

Rides for Health offers door-through-door assisted transportation to LifePath Home Care clients who have been determined to have need for transportation to/from medical appointments or other healthcare-related venues, such as the pharmacy. Services are provided on a one-to-one basis using the volunteer's private, insured vehicle. Volunteers may also provide escort and assistance to a client who uses public transportation. Volunteers have been screened and are trained to provide physical assistance as needed

and remain with the individual at the destination. Service provision is based on volunteer availability.

River Valley Counseling Center, Inc. (RVCC)

PO Box 791
Holyoke, MA 01041
Tel: (413) 540-1234
Fax: (413) 533-1016
www.rvcc-inc.org

RVCC is a multi-service community-based mental health agency serving the Pioneer Valley since 1953. RVCC offers counseling and medication management services to adults, children, and families at offices located in Holyoke, Chicopee, Easthampton, and Springfield. RVCC also provides counseling in schools throughout Hampden and Hampshire Counties and on the campus of Springfield Technical Community College. Our team of caring professionals also delivers the services: CBHI services, Substance Use services, the HIV/AIDS Project, School-based Health Centers/Teen Clinics in Holyoke, and CONCERN Employee Assistance Program. RVCC is the mental health provider for clients of WestMass ElderCare Inc. and LifePath.

Rowe Council on Aging

321 Zoar Road
PO Box 462
Rowe, MA 01367
Tel: (413) 339-5520 Ext. 19
Fax: (413) 339-8585
collector@rowe-ma.gov
www.rowe.ma.gov

Rowe Council on Aging schedules occasional functions for seniors, such as presentations on safety, luncheons and other events. All occasions are held off-site being that it does not have a center location.



**You want
to remain
in the place
you call
home.**

*We'll give you options to maintain
independence and quality of life.*

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



Royalston Council on Aging

Town Hall
PO Box 127
Royalston, MA 01368
Tel: (978) 249-0493 (Town clerk)
www.royalston-ma.gov

For inquiries regarding council issues, contact the number listed above.

Royalston Luncheon Club

Town Hall
On the Common
Royalston, MA 01368
Tel: (978) 249-9656

A congregate meal is served at the Royalston Luncheon Club on Wednesdays at 11:30 a.m. for a voluntary donation. Call by Monday to reserve a spot! Other services available include health benefits counseling, trips, recreation/educational programming, and intergenerational programs.

Salvation Army of Athol

107 Ridge Avenue
Athol, MA 01331
Tel: (978) 249-8111

Fax: (978) 249-3140

www.salvationarmyma.org/Athol

The Salvation Army of Athol provides social service programs without discrimination. It offers Social Ministries to residents of Athol and surrounding communities. The Social Service office can provide resources based on need and referrals to other community resources. An emergency food pantry is available after application approval. The office is open Tuesday - Friday 9 a.m. to noon. A community meal is offered every Tuesday evening at 5 p.m.

Salvation Army of Greenfield

72 Chapman Street
Greenfield, MA 01301
Tel: (413) 773-3154 or (413) 824-9405
Fax: (413) 773-0140

www.salvationarmy.org

The Salvation Army of Greenfield provides a food pantry for emergency use by Greenfield residents. Day shelter services are also available. Breakfast is served Monday through Friday, 7 a.m. to 8 a.m. and lunch is served Monday through Friday, 11:30 a.m. to 12:30 p.m. Doors open at 7 a.m. and close at 1 p.m. Salvation Army Service Units are located throughout Franklin county and the North Quabbin and may be accessed by contacting Emily Mew at 339-502-5868.

Senior Dining Centers & Luncheon Clubs

LifePath
101 Munson Street, Suite 201
Greenfield, MA 01301
Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

Senior Dining Centers and Luncheon Clubs offer hot lunches prepared according to Executive Office of Elder Affairs guidelines. The lunches meet one-third of the required daily allowances for elders. The meal is a regular meal with no added salt and a fat content of no more than 35% of total calories. Low sugar desserts are also available. Please see the LifePath website for dining times, menus, and locations.

Senior Whole Health, Senior Care Options (SCO)

58 Charles Street
Cambridge, MA 02141
Tel: (617) 494-5353
Tel: (855) 838-8002 (Member Services)
Fax: (617) 494-5599
providerrelations@seniorwholehealth.com
www.seniorwholehealth.com

At Senior Whole Health, the mission is to maximize the quality of life, health, security, and independence of their members. Senior Whole Health helps manage members' care and arrange for services they need. They cater to the cultural diversity of the more than 40 different languages their members speak. Members must be 65 or older, have MassHealth Standard, and reside in Worcester, Essex, Bristol, Plymouth, Norfolk, Suffolk, or Middlesex County. Participants must be willing to see contracted doctors only. LifePath provides Geriatric Support Services to individuals enrolled in a Senior Care Options program.

ServiceNet, Inc.

21 Olander Drive
Northampton, MA 01060
Tel: (413) 585-1300
Fax: (413) 582-4252
info@servicenet.org
www.servicenet.org

ServiceNet is a mental health and human services agency addressing the broad needs of people with mental health challenges, intellectual disability, autism, brain injury, or substance use disorders, or who are facing homelessness in Hampshire, Franklin, Hampden, and Berkshire counties.

Shelburne Council on Aging

C/O Shelburne Senior Center
7 Main Street
Shelburne Falls, MA 01370
Tel: (413) 625-2502
www.townofshelburne.com/g/44/Council-on-Aging
See Shelburne Senior Center.

Shelburne Housing Authority

C/O Franklin County Regional Housing and Redevelopment Authority
241 Millers Falls Road
Turners Falls, MA 01376
Tel: (413) 863-9781
Fax: (413) 863-9289

Shelburne Housing Authority offers 46 subsidized apartments in Shelburne Falls for elders age 60 or older or persons with disabilities who meet state income and asset requirements. Tenants pay a portion of their income for rent and utilities.



We'll always start with what's best for you.

 **LifePath**
options for independence
formerly Franklin County
Home Care Corporation

Call us. We'll be there.
413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

Shelburne Senior Center

7 Main Street

Shelburne Falls, MA 01370

Tel: (413) 625-2502

Fax: (413) 625-2243

sfsrctr@crocker.com

www.townofshelburne.com/p/22/Senior-Center

The Shelburne Senior Center is a multi-service, multi-town, municipal organization providing services and programs for the senior adult population primarily for Ashfield, Buckland, and Shelburne. Transportation is available for nine West County towns to medical appointments, shopping, and the senior center. Activities include exercise, wellness, educational and art programs, trips, musical entertainment, a foot clinic, SHINE counseling, and on Tuesday and Thursday a meal is served by reservation at 11:30 a.m. Outreach services at the center or in the home provide help with SNAP, fuel assistance and resource consultation. Alzheimer's support services include a monthly support group and Memory Cafe.

SHINE: Serving the Health Insurance Needs of Everyone

LifePath

101 Munson Street, Suite 201

Greenfield, MA 01301

Tel: (413) 773-5555 or (978) 544-2259

Toll Free: (800) 732-4636

Fax: (413) 772-1084

TTY/TDD: (413) 772-6566

info@LifePathMA.org

LifePathMA.org

LifePath's SHINE program services Franklin and Hampshire counties and parts of Worcester and Hampden counties. All our counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs and are available to speak with Medicare beneficiaries regarding their Medicare coverage options. These options

include Medicare parts A & B, Medicare Advantage Plans (part C), Medicare Prescription Drug Plans and coverage (Part D), and Medicare Supplement Plans (Medigap). We will also review eligibility for Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resources to pay for health care costs.

Shutesbury Council on Aging

1 Cooleyville Road

PO Box 276

Shutesbury, MA 01072

Tel: (413) 259-3796

coa@shutesbury.org

www.shutesbury.org/COA

The Shutesbury Council on Aging offers a Med-Ride program for Shutesbury seniors age 55 and older who are unable to drive or have no means of transportation to appointments in Franklin, Hampshire and Hampden Counties and to the Athol-Orange area.

Simon Smikes House

198 Chestnut Plain Road

Whately, MA 01093

Tel: (413) 863-9781 Ext. 142

The Simon Smikes House offers two one-bedroom units for income-eligible residents of Whately who are elderly or disabled. The units include full kitchens and baths and laundry hookups. To apply for an apartment in the Simon Smikes House, you will need to fill out the application for Smikes House.

See Franklin County Regional Housing and Redevelopment Authority.

Social Security Administration Gardner Office

354 Main Street, Suite 2

Gardner, MA 01440

Toll Free: (800) 772-1213 (National)

Toll Free: (844) 371-8116 (Local)

TTY/TDD: (978) 630-2112

www.ssa.gov

Holyoke Office

200 High Street, 2nd Floor

Holyoke, MA 01040

Toll Free: (800) 772-1213 (National)

Toll Free: (877) 480-4989 (Local)

TTY/TDD: (413) 534-0901

www.ssa.gov

North Adams Office

96 Marshall Street

North Adams, MA 01247

Toll Free: (800) 772-1213 (National)

Toll Free: (877) 319-5709 (Local)

TTY/TDD: (413) 664-6568

www.ssa.gov

The Social Security Administration (SSA) administers retirement benefits to covered workers; disability benefits to covered workers and their families; survivors benefits to the families of deceased workers; Medicare health insurance for those age 65 or older and the disabled; and Supplemental Security Income (SSI) benefits based on need for the aged, blind, and disabled.

Soldier On, Inc.

290 Merrill Road

Pittsfield, MA 01201

Toll Free: (866) 406-8449

24-Hour Hotline: (866) 406-8449

Fax: (413) 582-3075

info@wesoldieron.org

www.wesoldieron.org

Soldier On (SO) offers 240 beds of emergency and transitional housing with support services for homeless or at-risk veterans in Massachusetts. SO developed 177 units of permanent housing with supportive services in Massachusetts, and 14 units of housing for female veterans are opening up in 2020. They operate SSVF programs in the four western Massachusetts

counties. Vet-to-vet outreach and peer supports are core elements that help our veterans regain stability. Their mission is to end homelessness among veterans by providing permanent, sustainable, safe, affordable, housing with support services. SO seeks to provide an environment of integrity, dignity, and hope.

South County Senior Center

67 North Main Street

South Deerfield, MA 01373

Tel: (413) 665-2141

scsc@town.deerfield.ma.us

www.deerfieldma.us/senior-center

South County Senior Center supports and assists senior citizens 60 years and older in the towns of Deerfield, Sunderland, and Whately. Seniors from other towns are also welcome. The Senior Center offers many opportunities for recreation, socialization, education, fitness, nutrition, assistance and referrals. LifePath offers a noon meal on Mondays, Wednesdays and Fridays. Call 413-665-5063 two days in advance to sign up.



*"I love to drive,
I like to meet new
people, I've always
enjoyed people of
my age or older."*

—Marvin Kelley,
Rides for Health Volunteer

Find your *drive*.
Volunteer with LifePath.

413.773.5555 | 978.544.2259 | 800.732.4636

Info@LifePathMA.org | LifePathMA.org



LifePath
options for independence

formerly Franklin County
Home Care Corporation

Springfield Technical Community College (STCC) Dental Hygiene Clinic

1 Armory Square
Building 20, Room 236
PO Box 9000
Springfield, MA 01102
Tel: (413) 755-4900
Fax: (413) 755-4926
dentalhygiene@stcc.edu
www.stcc.edu

The Dental Hygiene Clinic at STCC offers comprehensive oral health care provided by students under the direct supervision of licensed dentists and dental hygienists.

Squakheag Village

88 Main Street
Northfield, MA 01360
Tel: (413) 863-9781

Squakheag Village is owned and managed by Franklin County Regional Housing and Redevelopment Authority. There are 20 apartments for elders age 60 or older or people with disabilities who meet state income and asset requirements. The office is handicap accessible. Enhanced community support services, including a congregate meals program and case management, are provided to maintain independent living at Squakheag Village. It is one of LifePath's rural supportive housing sites.

St. Mary's Church

19 Congress Street
Orange, MA 01364
Tel: (978) 544-2900

St. Vincent DePaul Food Pantry is available by appointment. Please see website for more information: www.stmaryorange.online/ministries.

State Representative Natalie Blais

State House Room 134
Boston, MA 02133

Tel: (617) 722-2400
Natalie.Blais@mahouse.gov

Representative Blais represents the Franklin County towns of Ashfield, Buckland, Conway, Deerfield, Leverett, Montague, Shelburne, Shutesbury, Sunderland, Whately, the Hampden County town of Chester, and the Hampshire County towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Williamsburg and Worthington. District office: PO Box 450, Sunderland, MA 01375; Tel: 413-362-9453.

State Representative Paul Mark

State House Room 160
Boston, MA 02133
Tel: (617) 722-2304
Fax: (617) 626-0249
paul.mark@mahouse.gov
www.representativemark.com

Representative Mark represents the Franklin County towns of Bernardston, Charlemont, Colrain, Greenfield, Hawley, Heath, Leyden, Monroe, Northfield, and Rowe and the Berkshire County towns of Dalton, Hinsdale, Peru, Pittsfield, Savoy and Windsor. District office: PO Box 114, Dalton, MA 01227; Tel: 413-464-5635.

State Representative Susannah Whipps

State House Room 540
Boston, MA 02133
Tel: (617) 722-2090
Susannah.Whipps@mahouse.gov

Representative Whipps represents Athol, Belchertown (precinct A), Erving, Gill, New Salem, Orange, Petersham, Phillipston, Royalston, Templeton, Warwick, and Wendell. District office: 352 Main Street, Athol, MA 01331; Tel: 978-895-9606.

State Senator Anne Gobi

State House Room 513

Boston, MA 02133

Tel: (617) 722-1540

Fax: (617) 722-1078

anne.gobi@masenate.gov

Senator Gobi represents Ashburnham, Athol, Ashby, Barre, Brimfield, Brookfield, Charlton, East Brookfield, Hardwick, Holland, Hubbardston, Monson, New Braintree, North Brookfield, Oakham, Palmer, Paxton, Petersham, Phillipston, Rutland, Spencer, Sturbridge, Templeton, Wales, Warren, West Brookfield, Winchendon and Ware.

State Senator Adam Hinds

State House Room 109-E

Boston, MA 02133

Tel: (617) 722-1625

Fax: (617) 722-1523

adam.hinds@masenate.gov

Senator Hinds represents the 52 communities of Berkshire and Hampshire Counties, and the Franklin County towns of Ashfield, Buckland, Charlemont, Conway, Hawley, Heath, Monroe, Rowe and Shelburne, as well as Hampden District, the largest Senate district in the Commonwealth. District office: 100 North St., Suite 410, Pittsfield, MA 01201; Tel: 413-344-4561.

State Senator Joanne (Jo) Comerford

State House Room 70C

Boston, MA 02133

Tel: (617) 722-15032

Jo.Comerford@masenate.gov

Senator Comerford represents Amherst, Hadley, Hatfield, Northampton, Pelham, and South Hadley in Hampshire County; the Franklin County towns of Bernardston, Colrain, Deerfield, Erving, Gill, Greenfield, Leverett, Leyden, Montague, New Salem, Northfield, Orange, Shutesbury, Sunderland, Warwick, Wendell,

and Whately; and the Worcester county town of Royalston. District office: PO Box 60190, Florence, MA 01062; Tel: 413-367-4656.

STAVROS Center for Independent Living, Inc.

210 Old Farm Road
Amherst, MA 01002

Tel: (413) 256-0473

Toll Free: (800) 804-1899

TTY/TDD: (413) 256-0473

Fax: (413) 256-0190

info@stavros.org

www.stavros.org

Greenfield Office

55 Federal Street

Greenfield, MA 01301

Tel: (413) 774-3001

Through a variety of programs and services designed to meet the needs of persons of any age or disability, we provide the needed supports to achieve the life goals that are important to the people we serve. This includes advocacy, options counseling, information and referral, loans of durable medical equipment, and programs to assist youth with disabilities, among others.



Many of our conversations end with:

"I'm going to sleep so much better tonight."

Become a volunteer SHINE counselor: learn how to help people with Medicare understand their best options.

 **LifePath**
options for independence
formerly Franklin County Home Care Corporation

For more info or to register, contact Lorraine York-Edberg at lyork-edberg@lifepathma.org, 413-773-5555 x2275, or 978-544-2259 x2275.



We'll always start with what's best for you.

Call us. We'll be there.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



STAVROS Center for Independent Living, Inc. – Home Sweet Home Program

210 Old Farm Road
Amherst, MA 01002
Tel: (413) 256-0473
Toll Free: (800) 804-1899
TTY/TDD: (413) 256-0473
Fax: (413) 256-0190
info@stavros.org
www.stavros.org

The Home Sweet Home Program at STAVROS helps people learn what funding resources and collaborations with appropriate programs and services are available to make home modifications for accessibility most affordable.

Stobierski & Connor

377 Main Street
Greenfield, MA 01301
Tel: (413) 774-2867
Fax: (413) 774-6551
www.stobierski.com

Established in 1990, Stobierski & Connor is located in Greenfield, at the heart of Western Massachusetts. Stobierski & Connor has earned a solid reputation in our community for offering quality legal representation on a wide range

of legal issues. Our attorneys are committed to obtaining the best result possible for our clients and are sensitive to their needs.

Stoughton Place Apartments

12 Main Road
Gill, MA 01354

Enhanced community support services and case management are provided to maintain independent living at Stoughton Place. It is one of LifePath's rural supportive housing sites.

See also Franklin County Regional Housing and Re-development Authority.

Stratton Manor Apartments

20 Hartwell Street
Bernardston, MA 01337

Enhanced community support services and case management are provided to maintain independent living at Stratton Manor. It is one of LifePath's rural supportive housing sites.

See also Franklin County Regional Housing and Re-development Authority.

Sunderland Council on Aging

67 North Main Street
South Deerfield, MA 01373
Tel: (413) 665-2141

See South County Senior Center.

Sunrise Terrace Apartments

See Montague Housing Authority.

Tapestry Health Services

278 Main Street, Suite 307A
Greenfield, MA 01301
Tel: (413) 773-5403

www.tapestryhealth.org

Tapestry Health Services provides confidential family planning and reproductive health services on a sliding scale fee for uninsured and underinsured men and women in Western Massa-

chusetts. Services include routine gynecological care, birth control services, pregnancy testing and options counseling, HIV testing and counseling, and testing and treatment of STIs. For hours of operation call or visit www.tapestry-health.org/sexual-and-reproductive-health.

Tempus Unlimited, Inc.

600 Technology Center Drive
Stoughton, MA 02072
Tel: (781) 297-5400
Toll Free: (877) 479-7577
Fax: (800) 359-2884

Tempus Unlimited (formerly Cerebral Palsy of Massachusetts) performs employer-required tasks and related administrative tasks for consumers in the Personal Care Attendant (PCA) program as a Fiscal Intermediary (FI).

The Care Collaborative

3 Sugarloaf Street
South Deerfield, MA 01373
Tel: (413) 350-5910
contact@thecarecollaborative.org
www.thecarecollaborative.org

The Care Collaborative provides a number of programs to support both employers and the caregivers they employ with the goal of encouraging caregivers to stay in, and advance in, the field they love at a time when the need for qualified caregivers has never been higher. Our programming includes, but is not limited to, CNA/HHA certification training, a retail option at prices caregivers can afford, membership for caregivers to provide further discounts and opportunities, and consultation services for businesses looking to develop and further projects.

The Literacy Project

15 Bank Row, Suite C
Greenfield, MA 01301

Tel: (413) 774-3934
Fax: (413) 774-3946
TTY/TTD: (413) 774-3934
info@literacyproject.org
www.literacyproject.org

The Literacy Project is a non-profit agency providing free adult basic education classes including prep for the high school equivalency exam, digital literacy, and college & career advising in Greenfield, Orange, Northampton, Amherst, and Ware.

The Living Room (CSO)

140 High Street
Greenfield, MA 01301
Tel: (413) 775-6760

The Living Room is a peer-run program that offers people a non-clinical, supportive space to be during the day. It can serve as an alternative to clinical services such as Crisis or the emergency room. We offer peer support and a range of basic needs such as laundry, food, and showers. No insurance or agency affiliation is required to access The Living Room.



You need support that meets unique needs.

We'll give you information so you can make the best choice.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

 **LifePath** formerly Franklin County Home Care Corporation
options for independence

The Mediation & Training Collaborative

Community Action Pioneer Valley
326 Deerfield Street
Greenfield, MA 01301
Tel: (413) 774-7469
mediation@communityaction.us
www.mediationandtraining.org

The Mediation & Training Collaborative (TMTC), a program of Community Action, offers mediation and facilitation services, as well as customizable trainings and workshops in communication, conflict resolution, and mediation. Mediation allows people to meet with one or two trained, neutral mediators to see if they can reach a mutually satisfactory agreement for disputes, including divorce, family, landlord/tenant, consumer, and workplace matters. TMTC can help mediate conflicts over end-of-life decisions, assisted living moves, family home sales, inheritance or estate matters, medical treatment or quality health care provisions, and more. Some services are free; others are on a sliding scale. Visit www.mediationandtraining.org.

The United Arc

294 Avenue A
Turners Falls, MA 01376
Tel: (413) 774-5558
Fax: (413) 863-5219
www.theunitedarc.org

The United ARC provides community-based services and advocacy for individuals with intellectual and/or developmental disabilities and their families in the Franklin, Hampshire and North Quabbin towns in Worcester county. Adult Services include group residential and individual support for community living. Family and Children's Services include service navigation, flexible support to assist families that care for a family member with disabilities, parent

education & support groups, intensive services for parents with intellectual disabilities, transition services for older teens/young adults, and information and referral at our Family Support Centers in Turners Falls and Athol. Advocacy services include self advocacy groups, service and educational advocacy, and legislative advocacy in conjunction with state and national ARCs and other disability organizations.

The Winslow Building

See Greenfield Housing Authority

TRIAD

160 Elm Street
Greenfield, MA 01301
Tel: (413) 774-4726
www.fcso-ma.us/triad

Northampton Office

1 Gleason Plaza
Northampton, MA 01060
Tel: (413) 586-9225
www.northwesternda.org/triad

TRIAD is a community policing initiative between seniors, law enforcement agencies, and service providers to increase safety through education and crime prevention. Its goals are to reduce criminal activity that targets older Americans, alleviate seniors' fear of victimization, build confidence, and improve quality of life.

Tufts Network Health, One Care

101 Station Landing
Medford, MA 02155
Tel: (888) 257-1985
Fax: (781) 393-2690
www.network-health.org

Network Health focuses on the care needs of low-income adults (ages 21 to 64) with disabilities and complex chronic illnesses in the community. Network Health provides primary care,

care coordination, behavioral health, and long-term services and supports for participants who are dually enrolled in MassHealth and Medicare. Participants must be willing to see contracted doctors only. LifePath provides Long Term Support Services to individuals enrolled in a One Care program.

United Healthcare

Senior Care Options (HMO D-SNP) Special Needs Plan

Customer Service

PO Box 30769

Salt Lake City, UT 84130-0769

Tel: (844) 812-5967

www.uhccprovider.com

People 65 or older who qualify for MassHealth Standard can join United Healthcare's HMO D-SNP or SCO program. United Healthcare covers all the same benefits as MassHealth Standard and Medicare, along with prescription drug coverage and so much more, all in one plan. Members have a Care Team to make sure they get the care they need, when they need it. And there are no monthly premiums, no copayments, no coinsurance and no deductibles. LifePath provides Geriatric Support Services to individuals enrolled in Senior Care Options (SCO) programs.

Upper Pioneer Valley Veteran's Services

294 Main Street

Greenfield, MA 01301

Tel: (413) 772-1571

Fax: (413) 772-1401

www.greenfield-ma.gov/p/41/Upper-Pioneer-Valley-Veterans-Services-District

The Upper Pioneer Valley Veteran's Services advocates for veterans, their spouses, dependents, widows, and widowers for veterans' benefits on the local, state and federal levels. We assist in obtaining federal benefits which can include filing

for compensation and non-service connected pensions, obtaining gravestones and markers, VA Healthcare, and obtaining military records. MGL Ch. 15 provides financial, fuel and medical assistance and a host of other services to qualified individuals. This office also provides referral services for areas regarding homelessness, health, education and employment.

US Congressman James McGovern

United States House of Representatives

408 Cannon House Office Building

Washington, DC 20515

Phone: (202) 225-6101

Fax: (202) 225-5759

McGovern.house.gov

12 East Worcester Street, Suite 1

Worcester, MA 01604

Phone: (508) 831-7356

Fax: (508) 754-0982

94 Pleasant Street

Northampton, MA 01060

Tel: (413) 341-8700

Fax: (413) 584-1216



**You want
to remain
in the place
you call
home.**

*We'll give you options to maintain
independence and quality of life.*

413.773.5555 | 978.544.2259 | 800.732.4636

Info@LifePathMA.org | LifePathMA.org



LifePath
options for independence

formerly Franklin County
Home Care Corporation

US Senator Ed Markey

255 Dirksen Senate Office Building

Washington, DC 20510

Tel: (202) 224-2742

www.markey.senate.gov

1550 Main Street, 4th Floor

Springfield, MA 01103

Tel: (413) 785-4610

US Senator Elizabeth Warren

United States Senate

309 Hart Senate Office Building

Washington, DC 20510-2102

Tel: (202) 224-4543

Fax: (202) 228-2072

www.warren.senate.gov

1550 Main Street, Suite 406

Springfield, MA 01103

Tel: (413) 788-2690

USDA Rural Development

195 Russell Street, B7

Hadley, MA 01035-9521

Tel: (413) 585-1000 Ext. 4

Fax: (855) 596-7672

www.rd.usda.gov/ma

US Department of Agriculture (USDA) Rural Development offers a 504 Loan program that assists eligible, very low-income applicants who are owner/occupants of a modest, single family home in a rural area to make repairs to their dwellings. Loan funds are available to improve or modernize homes or remove health and safety hazards. The 504 Grant program is available to very low-income homeowners age 62 or older. The grant funds are used to remove health and safety hazards or make the dwelling more accessible to household members with disabilities. To obtain a grant, the applicant must lack the ability to repay a Section 504 Loan.

VA Central Western Massachusetts Healthcare System

Veterans Administration

421 North Main Street

Leeds, MA 01053-9764

Tel: (413) 584-4040

Eligibility & Enrollment Center: (413) 582-3091

www.centralwesternmass.va.gov

VA Central Western Massachusetts Healthcare System provides primary, specialty, and mental health care, including psychiatric, substance abuse, and PTSD (post-traumatic stress disorder) services, to the veteran population in central and western Massachusetts. Primary emphasis is placed on continuity of care from the medical center in Northampton to the community through outpatient treatment, vocational rehabilitation, and Home Based Primary Care. All veterans in the five central and western counties of Massachusetts (Worcester, Hampden, Hampshire, Franklin, and Berkshire) are encouraged to enroll for care with VA Central Western Massachusetts Healthcare System.

Valley Eye Radio

44 Hampden Street

Springfield, MA 01103

Tel: (413) 747-7337

valleyeyeradio.org

Valley Eye Radio provides accessible local news and information to those who can no longer read independently due to vision issues, medical problems, head injuries and trauma, and other disabilities. We broadcast 24/7 for our listeners who can listen to us on easy to use, special SCA radios programmed for their location, online and on mobile phones. In addition to reading about 30 daily, weekly and monthly local newspapers and publications, we go out into Pioneer Valley communities to be the “eyes and ears” for our listeners who may or may not be able to attend significant community and other public events.

Valuing Our Children, Inc.

217 Walnut Street
Athol, MA 01331
Tel: (978) 249-8467
Fax: (978) 249-8228

Valuing Our Children (VOC) provides strength-based family support and activities to all North Quabbin families. Through parenting education, support groups, and play groups, families build social connections, knowledge of child development, and information about community resources. Families can also receive individual family support through home visiting services. All VOC programs are available to families at no cost. Free child care and transportation to their programs are available upon request.

Victory Home Healthcare, Inc.

850 High Street, 3rd Floor
Holyoke, MA 01040
Tel: (413) 315-3593
Fax: (413) 315-3088
www.victoryhhc.com

Greenfield Office

91 Main Street, Suite 9
Greenfield, MA 01301
Tel: (413) 325-8447
On-Call: (413) 504-8124

Victory Home Healthcare provides a variety of services including personal care, homemaking, and RN and medical social work. Staff can work with individuals for as little as one hour per day and up to 24 hours per day. The agency provides 24/7 services within major cities in Hampden, Franklin, and Hampshire counties in the Western Massachusetts area.

Village Neighbors

PO Box 501
Shutesbury, MA 01072
Tel: (413) 345-6894

Generalinfo@villageneighbors.org
www.villageneighbors.org

Village Neighbors is a non-profit organization and community of neighbors helping each other to live independent and engaged lives at home. We help with small things that make it possible to live at home for as long as possible. We are a member of Village to Village Network nationwide.

VNA Care Network & Hospice

120 Thomas Street
Worcester, MA 01608
Tel: (508) 756-7176
www.vnacarenetwork.org

VNA Care Network & Hospice offers home health care, hospice, and wellness services. Towns specific to LifePath's service area are Petersham and Phillipston.

Warwick Council on Aging

Town Hall
12 Athol Road
Warwick, MA 01378
Tel: 978-544-8304 (Town Hall)
www.warwickma.org/index.html

The Warwick Council on Aging offers information and support on aging issues in the town of Warwick.



"We all need interconnection."

- LifePath volunteer



LifePath formerly Franklin County
options for independence Home Care Corporation

(413) 773-5555 | (978) 544-2259
Info@LifePathMA.org | LifePathMA.org



We'll always start with what's best for you.

LifePath
options for independence
formerly Franklin County Home Care Corporation

Call us. We'll be there.
413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org

Warwick Luncheon Club

Town Hall
12 Athol Road
Warwick, MA 01378
Tel: (978) 544-2630

At the Warwick Luncheon Club, a noon meal is served every Tuesday for a voluntary donation. Call 978-544-2630 to make reservations by 9 a.m. the day before. This site is handicap accessible.

Weldon Apartments

54 High Street
Greenfield, MA 01301
Tel: (413) 772-6543

Weldon Apartments offers housing for elders and persons with disabilities. The building is located in Greenfield, is Section 8, and is designated for elders.

Wells Street Shelter

60 Wells Street
Greenfield, MA 01301
Tel: (413) 772-6100 Ext. 2
Fax: (413) 775-9468

Wells Street Shelter is a short-term, overnight, emergency shelter that operates year-round and provides a first point of access for homeless individuals (18 years and older) seeking ServiceNet's shelter and housing services. Wells Street Shelter provides shelter, meals, an address, phone, information and referrals, staff advocacy, and

such on-site services as youth outreach, relapse prevention, and interim mental health counseling.

Wendell Council on Aging

PO Box 41
Wendell, MA 01379
Tel: (978) 544-3395
www.wendellmass.us

The Wendell Council on Aging offers a health clinic monthly, coffee social twice monthly, a health ride program for those over 60, a resource library, and a medical equipment loan program for all Wendell residents. Our building is used by community groups for meetings, such as book club, yoga class, drum group, Wendell meditation group, Wendell chorus rehearsals and music group.

Wendell Senior Center

PO Box 41
Wendell, MA 01379
Tel: (978) 544-3395
www.wendellmass.us

See Wendell Council on Aging.

West County Emergency Food Pantry

Community Action Pioneer Valley
51 Maple Street (Basement of Cowell's Gym)
Shelburne Falls, MA 01370
Tel: (413) 773-5029
Fax: (413) 772-0156

The West County Emergency Food Pantry is a choice food pantry located in Shelburne Falls and is open three Wednesdays a month from 11 a.m. - 5 p.m. for residents of Franklin County. Eligible households can visit one time per month for groceries and once a week for fresh produce. A short application is required to enroll.

Western Mass Recovery Learning Community

Greenfield Center
20 Chapman Street

Greenfield, MA 01301
Tel: (413) 772-0715
Toll Free: (866) 641-2853
info@westernmassrlc.org
www.westernmassrlc.org

The Western Mass Recovery Learning Community (RLC) creates conditions that support healing and growth for individuals and the community as a whole through learning opportunities, advocacy, peer-to-peer support, and the development of regional and national networks. RLC serves Berkshire, Franklin, Hampden, and Hampshire counties.

Whately Council on Aging

67 North Main Street
South Deerfield, MA 01373
Tel: (413) 665-2141
See South County Senior Center.

White House Greetings Office

The White House
1600 Pennsylvania Avenue
Washington, DC 20500

The White House will send greeting cards signed by the President of the United States to commemorate special events, accomplishments, or milestones free of charge. Recipient must be a U.S. citizen. Anniversary greetings are available for 50th, 60th, 70th, or later wedding anniversaries; and birthday greetings to people turning age 80 or older or U.S. veterans turning 70 or older. Retirement greetings are available after at least 30 years on the same job. Other greetings include: Eagle Scout Award, Girl Scout Gold Award, and bar/bat mitzvah or equivalent religious occasion. **REQUIRED INFORMATION:** Please include the following in your request: name and home address of honoree(s); form of address (Mr., Ms., Mrs., Dr., Miss, etc.); exact date of occasion (month, day, year); age (birthdays) or number of years of marriage; your (the

requestor's) name and daytime phone number; any specific mailing instructions if other than to honoree's address. **NOTE:** Requests will take eight to twelve weeks or longer to process. Greetings are not sent after the event date.

Winslow Wentworth Congregate House

60 J Street
Turners Falls, MA 01376
Tel: (413) 773-5555
Toll Free: (800) 732-4636
Fax: (413) 772-1084
TTY/TDD: (413) 772-6566
info@LifePathMA.org
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Fire 628-4441 Ext 2
www.ashfield.org

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Police 978-249-3232
Fire 978-249-8275
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Police 648-9208/625-8200
Fire 648-9757
www.townofbernardston.org

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Police 625-8200
Fire 625-2302
www.town.buckland.ma.us

Charlemont (01339)

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Fire 339-4335
www.charlemont-ma.us

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Fire 625-8200
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Police 369-4235
Fire 369-4235/625-8200
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Deerfield (01342/01373)

Police 665-2606
Fire 665-2313/625-8200
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Police 423-3310/625-8200
Fire 423-3866/625-8200
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Fire 863-8955
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Police 773-5411
Fire 774-4323
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Hawley (01339)

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Fire 339-5526/625-8200
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Heath (01346)

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Fire 625-8200
www.townofheath.org

Leverett (01054)

Police 548-4994
Fire 548-9225/625-8200
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Leyden (01337)

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Fire 773-7673/625-8200
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Monroe (01350)

Police 625-8200
Fire 625-8200

Montague Center (01351)

Police 863-8911
Fire 367-2757
www.montaguecenterfire.org

New Salem (01355)

Police 978-544-2141
Fire 978-544-3345
www.newsalemfire.org

Northfield (01360)

Police VM 498-5118/625-8200

Fire 498-5100/625-8200

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Orange (01364)

Police 978-544-2129/413-625-0032

Fire 978-544-3145 Station 1

Fire 978-575-0411 Station 2

www.townoforange.org

Petersham (01366)

Police 978-724-3330

Fire 978-724-3232/978-724-3371

www.townofpetersham.org

Phillipston (01331)

Police 978-249-3560

Fire 978-249-6302

www.phillipston-ma.gov

Rowe (01367)

Police 339-8340

Fire 339-4001/625-8200

www.rowe-ma.gov

Royalston (01368)

Police 978-249-5838

Fire 978-249-8138

www.royalston-ma.gov

Shelburne (01370)

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Fire 625-6734/625-6796

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Police 259-1279/625-8200

Fire 259-1211

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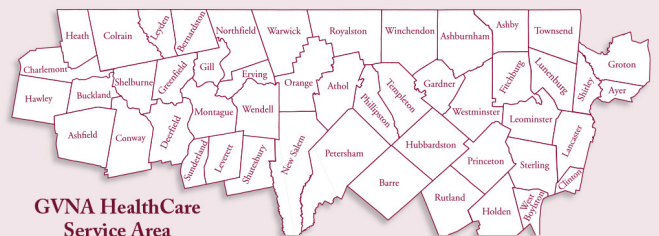
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