The Lincoln Community Resource Directory 2019

Bridging the Gap across Generations

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

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

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

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

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

The Lincoln Council on Aging, Lincoln Parks and Recreation, the Friends of the Lincoln Library, and the Ogden Codman Trust do not specifically endorse any service or product listed herein. We encourage our readers to investigate any service or product they may consider using in order to make an informed decision.
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Appendix A: Some Questions to Ask When Selecting a Home Health Agency
Appendix B: Types of Home Care Assistance Available
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Adult Day Programs

Cooperative Elder Services
7 Chamberlin Drive, Concord, MA 01742
(978) 318-0046; elderdayservices.org
Provides a safe and caring environment to frail and disabled adults. Offers social & recreational activities, hot lunches, transportation. Specializes in services for Alzheimer’s clients.

Advocacy & Consumer Protection

AARP Massachusetts
One Beacon St., Ste. 2301, Boston, MA 02108
(866) 448-3621
States.aarp.org/region/massachusetts
Non-profit, nonpartisan organization that helps people 50 and older improve their quality of life.

Better Business Bureau
290 Donald Lynch Blvd. #102, Marlborough, MA 01752
(508) 652-4800; bbb.org/boston
Provides consumer information, latest alerts and mediates problems between consumers and businesses.

Consumer Products Safety Commission
(800) 638-2772; cpsc.gov

MA Association of Older Americans
18 Temple Pl., 4th Floor, Boston, MA 02111
(617) 426-0804; maoamass.org
Education, advocacy, and action for seniors.

MA “Do Not Call” Registry
(866) 231-2255; mass.gov/donotcall
Prohibits unsolicited sales calls. Cell phone numbers can be registered. Doesn’t cover political organizations, charities, and telephone surveys. Consumers are given the effective date on which they can expect unsolicited sales calls to stop. If there is a change in a consumer’s phone number or they move, a delete request form must be filled out.

MA Executive Office of Elder Affairs
1 Ashburton Pl. #517, Boston, MA 02108
(617) 727-7750; (800) 243-4636; mass.gov/elders

MA Senior Action Council
108 Myrtle St. #112, Quincy, MA 02171
(617) 284-1234; masssenioraction.org
Statewide grassroots senior-led organization that addresses key policy and community issues that affect the well-being of seniors.

National “Do Not Call” Registry
(888) 382-1222; TTY: (866) 290-4326
donotcall.gov
Prohibits sales calls. Doesn’t cover political organizations, charities, and telephone surveys. Cell phone numbers can also be registered.

Office of the Attorney General
1 Ashburton Pl., Boston, MA 02108
(617) 727-2200; TTY: (617) 727-4765
AG Elder Hotline: (888) 243-5337
Public Inquiry & Assistance Center Hotline:
(617) 727-8400
mass.gov/ago
See the website for other consumer-related information.

Aging Life Care Experts
(Formerly Geriatric Care Managers)

Minuteman by Your Side
Minuteman Senior Services
26 Crosby Dr., Bedford, MA 01730
(781) 272-7177; TTY: (781) 275-1285
minutemansenior.org
Private pay program providing consultation, assessment, and care management. Can choose a care management option that fits your needs.
Metro West Elder Care Management
148 Commonwealth Road, Wayland, MA 01778
(508) 545-2089; mweldercare.com
Offers a personalized approach to helping families navigate the complexities of aging, disabilities and the complex health care system.

Senior Support Solutions
405 Waltham St. #332, Lexington, MA 02421
(781) 862-2829; seniorsupportsolutions.com
Care planning and management to assist older adults and their caregivers. Private pay basis.

Your Elder Experts
Jewish Family and Children Services
1430 Main St., Waltham, MA 02451
(866) 924-9543; (781) 647-5327
yourelderexperts.com
Private pay program providing consultation, assessment, and care management.

Alcohol & Substance Abuse

Al-Anon Family Groups of MA
(508) 366-0556; ma-alanon-alateen.org

Alcoholics Anonymous
12 Channel St., Boston, MA 02127
(617) 426-9444; aaboston.org

Emerson Hospital Addiction Services
133 ORNAC, Concord, MA 01742
(978) 287-3520; emersonhospital.org
Inpatient and outpatient detoxification, rehabilitation and consultations.

MA Substance Abuse Helpline
Health Resource in Action
(800) 327-5050; (617) 292-5065
helpline-online.com
Provides information about treatment and preventive services throughout MA.

McLean Hospital
115 Mill St., Belmont, MA 02478
(800) 333-0338; mcleanhospital.org
Alcohol and drug abuse treatment center.

Mount Auburn Hospital
Prevention and Recovery Center
330 Mount Auburn St., Cambridge, MA 02138
(617) 499-5051; mountauburnhospital.org
Addiction services for alcoholism, substance abuse and compulsive gambling.

Caregiving Resources

Lincoln Council on Aging
15 Bedford Road, Lincoln, MA 01773
(781) 259-8811; lincolntown.org
One-on-one counseling and referrals.

Family Caregiver Support Program
Minuteman Senior Services
26 Crosby Dr., Bedford, MA 01730
(781) 272-7177; (888) 222-6171; TTY: (781) 275-1285
minutemansenior.org
In-home consultation, education and support for the caregiver. Free.

Options Counseling, Minuteman Senior Services
26 Crosby Dr., Bedford, MA 01730
(781) 272-7177; TTY: (781) 275-1285
minutemansenior.org
Information about long term care services and resources.

Adult Family Care (AFC)
(617) 628-2601; adultfamilycare.org
A program for adults with disabilities or elderly individuals who are currently living at home with the care of a family member or friend who is not a spouse and who is legally responsible for the individual and who provide daily care for the individual. The caregiver is responsible for 24-hour care, including personal care, companionship and meal preparation. Call for further information.

Information about Charities

Charitynavigator
charitynavigator.org
Charitywatch
charitywatch.org
Rates organizations on distribution of money.

**Clubs & Organizations**

**American Legion Post No. 84**
PO Box 484, Lincoln, MA 01773

**Friends of the Council on Aging**
P.O. Box 143, Lincoln, MA
lincolntown.org
Supports Council on Aging programs.

**Friends of the Lincoln Library**
3 Bedford Rd., Lincoln, MA 01773
(781) 259-8465; lincolnpl.org
Supports Library programs: Events, museum passes, staff development, equipment.

**Friends of Modern Architecture**
PO Box 348, Lincoln, MA 01773
fomalincoln.org
Education and preservation.

**Green Energy Technology Committee**
greeninglincoln.org
Promotes energy conservation in Lincoln.

**Lincoln Cultural Council**
lincolntown.org
Supports community events and artists’ endeavors.

**Lincoln Democratic Committee**
massdems.org

**Lincoln Garden Club**
lincolngardenclub.org
Lectures, tours, and trips; library flowers. Planter and garden maintenance.

**Lincoln Historical Society**
lincolnhistoricalsociety.org
Stimulates interest in the history of Lincoln.

**Lincoln Land Conservation Trust/Rural Land Foundation**
145 Lincoln Road, Lincoln, MA 01773
(781) 259-9251; lincolnconservation.org
Protects rural character of Lincoln.

**Lincoln Minute Men**
PO Box 1775, Lincoln, MA
lincolnminutemen.org
press@lincolnminutemen.org
Keeps alive the history and principles of the Minute Men through reenactment. Fife and Drum Corps.

**Lincoln Republican Committee**
(781) 259-8859

**Lincoln Review**
PO Box 6245, Lincoln, MA
(781) 259-9142; lincolnreview@yahoo.com
Bimonthly magazine of stories and articles.

**Lincoln School Foundation**
lincolnschoolfoundation.org
Enriches curriculum and funds professional development.

**Masonic Hall: Joseph Warren-Soley Lodge**
181 Lincoln Rd., Lincoln, MA
(781) 259-9228; jwsoley.org

**Old Town Hall Exchange**
25 Lincoln Rd., Lincoln, MA 01773
(781) 259-9876
Volunteers sell local hand crafts and antiques on consignment.

**Concierge Services**

**Carleton-Willard at Home**
100 Old Billerica Rd., Bedford, MA 01730
(781) 275-8700; cwathome.org
Access to screened providers for discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc. Membership fee.

**Extended Family**
185 Commonwealth Rd., Wayland, MA 01778
(508) 318-4885; extendedfamilyofwayland.net
A wide variety of services including personal care assistance, meals, light housekeeping, transportation and home repair and modification. Membership fee.

Declutter/Donate or Sell Goods

Books
Friends of the Lincoln Library
(781) 259-8465
Book donations can be left in the Bemis Hall entryway or basement; call library for pick ups.

Cell Phones
Minuteman Senior Services and Domestic Violence Services Network
Bemis Hall and Lincoln Library entryway.

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

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

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

Eyeglasses
Lions Club of Lexington
Bemis Hall and Lincoln Library entryway.

Food
Food Pantry - St Vincent de Paul Society
St. Julia Parish of Weston & Lincoln
(781) 899-2611; stjulia.org
Drop-Off non-perishable food at Donelan’s (only if purchased at Donelan’s), St. Joseph’s Church (lobby by side door), or Bemis Hall. No items that are expired or in damaged packaging.

Concord Food Pantry: Non-perishable foods
105 Everett St., Concord, MA
(978) 369-2275; opentable.org

Lexington Interfaith Food Pantry
Church of Our Redeemer
6 Meriam Street, Lexington, MA 02420
(781) 861-5060; lexingtonpantry.wordpress.com
Call for hours. Drop-off locations:
Church, 36 Bedford St, Lexington, between registers 1 & 2.

General to Donate
Transfer Station Swap Table
Wed & Sat, 7:30 am-3:30 pm.

Old Town Hall Exchange
25 Lincoln Road, Lincoln, MA 01773
(781) 259-9876

MA Coalition for the Homeless
(781) 595-7570; mahomeless.org

Morgan Memorial Goodwill Industries
(888) 828-4483; (617) 541-1225; goodwillmass.org
Drop off goods at Crosby’s Market parking lot, 211 Sudbury Road, Concord MA 01773
8:00 am-4:30 pm; 7 days per week

NE Center for Homeless Veterans
17 Court St., Boston, MA 02108
(617) 371-1800; nechv.org

Rosie’s Place
889 Harrison Ave., Boston, MA 02118
(617) 442-9322; rosiesplace.org

Salvation Army
(800) 728-7825; satruck.org
Free pick-up.

General to Sell
Skinners Inc.
274 Cedar Hill St, Marlborough, MA 01752
(508) 970-3000; https://www.skinnerinc.com/selling/
Carl W. Stinson Inc.
Doug Stinson, Appraiser
(781) 259-3200; stinsonauctions.com

Table to Tea Pots
240 Arlington St., West Acton, MA 01720
(978) 266-1115; http://www.tablestoteapots.com/

Household
Big Brothers & Sisters
(800) 483-5503; bbbsfoundation.org
Free pick-up of household items and vehicles.

Household Goods, Inc.
530 Main Street, Acton, MA 01720
(978) 635-1710; householdgoods.org
Donation Drop-off: Tuesday, Thursday & Saturday 9am-noon. Provides a full range of donated furniture and household items to help people in need make a home.

Options Home Consignment
256 Great Rd, Ste. 6, Littleton, MA
(978) 486-4003

The Tool Shed
471 Main St, Waltham, Ma 02454
(781) 647-7970
Used tools and related items.

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

Dental Health

Dental Hygiene Program
Middlesex Community College
Health, Science, and Technology Center
Talbot Bldg., 44 Middle St., Lowell, MA 01852
(978) 656-3250; www.middlesex.mass.edu/dhclinic
Provides preventive dental hygiene services.

Harvard School of Dental Medicine
188 Longwood Ave, Boston, MA 02115
(617) 432-1434
www.harvarddentalcenter.harvard.edu

Massachusetts Dental Society
(800) 342-8747; massdental.org/for-the-public
Information on access to care and dental insurance.

Tufts School of Dental Medicine
One Kneeland St., Boston, MA 02111
(617) 636-6828; dental.tufts.edu

Assistance for People with Disabilities

Lincoln Commission on Disabilities
Town of Lincoln
(781) 259-2603
Town committee that monitors public commercial and non-profit projects and programs in regard to needs of residents with disabilities and compliance with accessibility desires, standards and laws.

Balanced Mind Parent Network
thebalancedmind.org
Resources to aid families with children with bipolar disorder or depression.

Carroll Center for the Blind
770 Centre St., Newton, MA
(617) 969-6200; (800) 852-3131; carroll.org
Provides training and devices to enable individuals who have lost their sight to gain independence.

D.E.A.F., Inc.
215 Brighton Ave., Allston, MA 02134
Voice/TYY: (617) 254-4041; www.deafinconline.org/
Specializes in deaf-related services, including independent living, health literacy and support, community access for deaf/blind individuals.

iCanConnect
Perkins School for the Blind
175 North Beacon St., Watertown, MA 02472
(617) 972-7826; Icanconnect.org
Provides distance communication technologies, training and resources to income-eligible people with significant combined hearing and vision loss.

Lurie Family Autism Center at Mass General
1 Maguire Rd, Lexington, MA 02421
(781) 860-1700
https://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1614
Evaluates and treats neurologically challenged people. Assists families with services for autism.

MAB Community Services
200 Ivy St., Brookline, MA 02446
(617) 738-5110; mabcommunity.org/mabvi
Provides information, referral, rehabilitation and low-vision groups.

MA Commission for the Blind
600 Washington St., Boston, MA 02111
Voice: (617) 727-5550; TDD: (800) 392-6556
mass.gov/mcb
Provides rehabilitation and support services to individuals who are blind or visually impaired.

MA Commission for the Deaf & Hard of Hearing
600 Washington St., Boston, MA 02111
Voice: (617) 740-1600; TTY: (617) 740-1700
Video Phone: (617) 326-7546; mass.gov/mcdhh
Provides case management, interpreter services, technical assistance, training and information on other services for the Deaf and Hard of Hearing.

MA Equipment Distribution Program
V/TTY: (800) 300-5658; mass.gov/massedp
Offers free or low-cost specialized telephones for those with a permanent disability, such as hearing, vision, speech, or motion. Call for information.

MA Office on Disability
Ashburton Pl., #1305, Boston, MA 02108
Voice/TTY: (617) 727-7440; mass.gov/mod
Provides information and advocacy for people with disabilities.

MA Rehabilitation Commission
600 Washington St.

Boston, MA 02111
Voice/TDD: (800) 245-6543; (617) 204-3600
MRC Ombudsperson: (617) 204-3603; mass.gov/mrc
Vocational rehabilitation services, independent living, home modifications, home care assistance.

Mass Relay/7-1-1
TTY/ASCII (800) 720-3480; Voice/Hearing (800) 720-3479; mass.gov/eopss/agencies/massrelay
Dial 711 for nationwide access to the relay service operator who facilitates communication between people using phones and TTY. See website for other relay numbers and information.

Minute Man Arc
35 Forest Ridge Road
Concord, MA 01742
(978)-287-7900; Minutemanarc.org
Provides adults and children with disabilities therapeutic services, employment, recreation, housing and community involvement.

Perkins School for the Blind
175 North Beacon St., Watertown, MA
(617) 924-3434; perkins.org

Universal Newborn Hearing Screening Program
(800) 882-1435
mass.gov/dph/newbornhearingscreening
Financial help for audiological testing and diagnosis for infants who fail hospital screening tests.

Disease Information and Services

Alzheimer’s
Alzheimer’s Association MANH Chapter
480 Pleasant St., Watertown, MA 02472
Helpline: (800) 272-3900; TDD: (866) 403-3073
(617) 868-6718; alz.org/MANH
Resource for information pertaining to Alzheimer’s including a helpline for referrals and Alzheimer’s related-questions.
Cooperative Elder Services
7 Chamberlin Drive, Concord, MA 01742
(978) 318-0046; (978) 318-0055; elderdayservices.org
Provides a safe and caring environment to people who are frail and have disabilities. It offers social & recreational activities, hot lunches, transportation. Specializes in services for Alzheimer’s Disease clients.

McLean Memory Diagnostic Clinic
115 Mill St., Belmont, MA 02478
(617) 855-2300; mcleanhospital.org
Consultation and referral services for diagnosis and treatment of memory disorders or other cognitive impairments.

National Institute on Aging
Alzheimer’s Disease Education & Referral Center
(800) 438-4380; nia.nih.gov/alzheimers

Arthritis
Arthritis Foundation of MA
(800) 766-9449; (617) 244-1800
arthritis.org/Massachusetts

Cancer
American Cancer Society
43 Nagog Park Ste. 110, Acton, MA 01720
(781) 894-6633; (800) 227-2345; cancer.org

Emerson Hospital
133 ORNAC, Concord, MA 01742
(978) 287-3428; emersonhospital.org
Offers a wide variety of cancer support groups.

The Virginia Thurston Healing Garden
145 Bolton Rd., Harvard, MA 01451
(978) 456-3532; healinggardensupport.org
Provides therapeutic services for anyone dealing with a cancer diagnosis.

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

Heart Disease
American Heart Association

Lyme Disease
Tick Preparedness
tickencounter.org

Parkinson’s Disease
American Parkinson’s Disease Association
(800) 223-2732; apdaparkinson.org

Domestic Violence, Abuse and Neglect

General
Lincoln Police Department
169 Lincoln Rd., Lincoln MA 01773
911 for emergencies
(781) 259-8113 for non-emergencies
lincolntown.org
Provides assistance in situations involving violence and abuse.

Domestic Violence
Domestic Violence Services Network, Inc.
PO Box 536, Concord, MA 01742
(978) 318-3421, (888) 399-6111 (helpline); dvsn.org
Crisis interventions service to help clients assess risk and develop a safety plan. Referrals to community resources.

Reach Beyond Domestic Violence, Waltham
PO Box 540024, Waltham, MA 02453
(781) 891-0724; reachma.org
Provides crisis intervention, safety, emergency shelter, support groups, legal advocacy, etc.

Abuse of People with Disabilities
MA Disabled Persons Protection Commission
24-Hour Hotline: (800) 426-9009
TTY: (888) 822-0350; (617) 727-6465; mass.gov/dppc
To report suspected abuse of adults (ages 18-59) with disabilities.

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

24-Hour Elder Abuse Hotline  
(800) 922-2275  
MA Executive Office of Elder Affairs  
mass.gov/elders  
Provides 24-hour hotline to report elder abuse,  
neglect, and at-risk elders.

Elder Protective Services Program  
Minuteman Senior Services  
26 Crosby Dr., Bedford, MA 01730  
To report: (800) 922-2275; Information: (727) 272-7177; TTY: (781) 275-1285; minutemansenior.org  
Services for elders living at home who are self-  
neglectful and those who are being abused,  
neglected, or financially exploited.

Driver Safety

AARP Driver Safety Program  
Classroom Courses: (877) 846-3299  
On-Line Courses: (800) 350-7025  
aarpdriversafety.org  
Provides classroom and on-line courses for older  
motorists to brush up on their driving skills.

Driver Evaluation Program  
New England Rehabilitation Hospital  
2 Rehabilitation Way, Woburn, MA 01801  
(781) 939-1921; healthsouthnewengland.com  
Offers private pay driving evaluations.

DriveWise  
Beth Israel Hospital  
Dept. of Cognitive Neurology  
330 Brookline Ave., Brookline, MA 02215  
(617) 667-4074  
On-road evaluation and follow-up with a social  
worker.

Keys to Independence  
Emerson Hospital  
Center for Sports Rehabilitation &  
Specialty Services  
310 Baker Ave., Concord, MA 01773  
(978) 287-8244; emersonhospital.org  
Offers private pay driving evaluation consisting of  
a clinical assessment and, if qualified, an on road  
driving test. Call for information.

Education

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

Cambridge Center for Adult Education  
42 Brattle St., Cambridge, MA 02138  
(617) 547-6789; ccae.org

Concord Authors Festival  
Concord Library  
129 Main St., Concord, MA 01742  
(978) 369-3807; concordfestivalofauthors.com  
Lectures held in Oct & Nov in various places in  
Concord.

Concord Community Education  
500 Walden St., Concord, MA  
(978) 318-1432; ace.colonial.net

Drumlin Farm/Audubon Society  
208 South Great Rd., Lincoln, MA  
(781) 259-2200; massaudubon.org  
Nature Sanctuary; classes offered.

Lexington Community Education  
146 Maple St., Lexington, MA  
(781) 862-8043; lexingtoncommunityed.org
Lincoln Parks & Recreation Dept.
16 Lincoln Rd., Lincoln, MA
(781) 259-0784; lincolnrec.com
Classes for all ages, camps, field trips, music, etc.

L-S Adult Education
390 Lincoln Rd., Sudbury, MA
(781) 259-9527; lsrhs.net/sites/adulted

Middlesex Community College
Middlesex Institute for Lifelong Education
For Seniors (M.I.L.E.S)
591 Springs Rd, Bedford, MA 01730
(888) 818-3434; (781) 280-3663; middlesex.mass.edu
Offers stimulating and interactive classes for older adults.

Minuteman Regional High School
Community Education
758 Marrett Rd, Lexington, MA 02421
(781) 861-7150; minutemance.org
Offers 10% senior and military discount on all classes. No discount on material/book fees.

New England Wildflower Society
180 Hemenway Rd., Framingham, MA
(508) 877-7630; newfs.org
Classes on nature, botany, and gardening.

Northeast Organic Farming Association
411 Sheldon Rd., Barre, MA
(978) 355-2853; nofamass.org
Classes, workshops, and conferences.

Osher Lifelong Learning Institute @ Tufts University
039 Carmichael Hall, Medford, MA 02155
(617) 627-5699; ase.tufts.edu/lli

@Brandeis University (BOLLI)
415 South Street, MS 085, Waltham, MA 02454
(781) 736-2992; brandeis.edu/bolli
Offers study groups, lectures, day trips for adult learners.

Regis College
235 Wellesley St., Weston, MA 02493
(781) 768-7135; regiscollege.edu/llarc
Offers study groups and lectures for adult learners.

Walden Woods Project
44 Baker Farm Rd., Lincoln, MA
(781) 259-4700; walden.org
Lectures, excursions, and seminars.

Wellesley-Weston Lifetime Learning
Unitarian Universalist Society of Wellesley Hills
309 Washington Street, Wellesley Hills, MA 02481
(781) 205-4204; wwlcourses.org
Offers a variety of stimulating courses.

Emergency Services

Lincoln Fire Department
169 Lincoln Rd., Lincoln, MA 01773
911 for emergencies
(781) 259-8113 for non-emergencies
lincolntown.org
Provides fire services and emergency medical care.

Lincoln Police Department
169 Lincoln Rd., Lincoln, MA 01773
911 for emergencies
(781) 259-8113 for non-emergencies
lincolntown.org

File of Life
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Provides free plastic holders for medical information in case of emergency.

Employment

The Career Place
Trade Center Park
100 Sylvan Rd. Suite G100, Woburn, MA 01801
(781) 932-5500; thecareerplace.org
Provides job placement assistance.

Career Source of Cambridge
186 Alewife Brook Pkwy, Ste. 310
Fresh Pond Mall, Cambridge, MA 02138
(617) 661-7867; yourcareersource.com
Provides job placement assistance.

**ETR Framingham**
1671 Worcester Rd, Framingham, MA 01701
(508) 861-7993; www.etcc.com
Provides job search assistance, career advising, some training and how to access services.

**Operation A.B.L E. of Greater Boston**
174 Portland St., 5th Fl, Boston, MA 02114
(617) 542-4180; operationable.net
Provides computer and office skills training, counseling and job assistance workshops to workers age 55+.

**Energy Saving Program**

**Mass Save**
(800) 632-8300; massave.com
A state energy program that offers no-cost energy assessments as well as rebates and incentives on energy saving products.

**SMOC**
South Middlesex Opportunity Council, Inc.
7 Bishop St., Framingham, MA 01702
(800) 286-6776; (508) 620-1230; smoc.org
An annual cash benefit to help pay for heating fuel for those who meet income and other requirements. All Lincoln residents must apply by contacting the Council on Aging at (781) 259-8811.

**ESL Services**

**English at Large**
800 W. Cummings Park Ste. 5550
Woburn, MA 01801
(781) 395-2374; englishatlarge.org
Provides free one-on-one and group assistance in learning English, serves Lincoln. Group classes held at Waltham Public Library. For more information, call the Waltham Public Library at (781) 314-3425.

**Greater Boston Chinese Golden Age Center**
5 Oak Street, Boston, MA 01226
(617) 357-0226; gbcgac.org
Offers a variety of services to the Asian community. Call for eligibility.

**Faith Communities in Lincoln**

**First Parish in Lincoln UCC/UUA Church**
14 Bedford Rd, Lincoln, Box 6218 (Offices)
4 Bedford Rd (Church), Lincoln, MA 01773
(781) 259-8118; firstparishinlincoln.org
Sunday 10:00 am (early Sept - early June)

**New Life Community Church**
35 Bypass Rd, Lincoln, MA 01773
(978) 369-0061

**St Anne’s in-the-Fields Episcopal Church**
147 Concord Rd., Lincoln, MA 01773
(781) 259-8834; stanneslincoln.org
Sun 8:30 am, 10:30 am and 5:30 pm.

**St Joseph’s Church, Catholic Church**
142 Lincoln Rd., Lincoln, MA 01773
(781) 899-2611; stjulia.org
Sun 7:30 am & 10:30 am, Tues & Fri 9 am.

**Retreat**
Campion Renewal Center
319 Concord Rd., Weston, MA 02493
(781) 419-1337; campioncenter.org
Weekend retreats and spiritual direction.

**Financial Assistance**

**Emergency**

**Lincoln Emergency Assistance Fund**
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Emergency financial assistance for such crises as eviction, utility shut-off, unexpected medical bills.
Small Necessities Project
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Provides emergency food, medication, lodging for Lincoln residents of all ages.

St Vincent de Paul Society
St. Julia Parish of Weston & Lincoln
(781) 899-2611; stjulia.org
Emergency financial assistance and food pantry. Call for more information.

Ongoing
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Assistance in identifying and apply for State and Federal benefits.

Department of Transitional Assistance
80 Everett Ave., Chelsea, MA 02150
(617) 551-1700; mass.gov/dta/assistance
Provides cash, food and nutritional assistance and employment supports to low income individuals and families.

NE Pension Assistance Project
Pension Action Center at UMass-Boston
(888) 425-6067; umb.edu/pensionaction
Provides information on pension rights and assistance with claiming lost pensions. Free.

Fitness Programs
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Offers a variety of fitness classes including Tai Chi, aerobics/weights, line dancing and more for Lincoln residents. A class fee is charged.

Lincoln Recreation Department
Ballfield Rd., Lincoln, MA 01773
(781) 259-0784; lincolnrec.com
Offers a wide variety of activities for all ages including fitness and adult education classes. A class fee is charged.

Carleton-Willard at Home
(781) 276-1910; cwathome.org
Fitness classes. Membership fee.

Massachusetts Senior Games
(413) 206-6274; maseniorgames.org
Athletic competition for all Massachusetts seniors. Call the Senior Games to sign up.

Food and Nutrition
Community Supported Agriculture (CSA)
CSAs sell seasonal shares of local farm produce picked up or delivered weekly.

Codman Community Farm
58 Codman Rd., Lincoln, MA 01773
(781) 259-0456; codmancommunityfarms.org
Hay, compost, firewood, fresh eggs, meat - frozen and CSA. Garden plots for rent. PYO.

Drumlin Farm Stand & CSA
208 South Great Rd., Lincoln, MA 01773
(781) 259-2200; massaudubon.org
Farmer's Market at Lincoln Station
Sat 9:30 am-1:30 pm in summer. Dates and locations vary year to year.

Food Project CSA
10 Lewis St., Lincoln, MA 01773
(781) 259-8621; thefoodproject.org

Lindentree Farm CSA
10 Old Concord Rd, Lincoln, MA 01773
(781) 259-1259; lindentreefarm.com

Programs, Food Pantries, and Dining
Senior Dining
Lincoln Council on Aging/Minuteman Senior Services/Friends of the Lincoln COA/Newbury Court/Lincoln Garden Club
(781) 259-8811; lincolntown.org
Nutritious lunches served once a month at St. Anne’s, 147 Concord Rd, Lincoln, MA September through May; $5 donation. All Lincoln residents 60 and over are eligible. Call the Lincoln COA for more information or to sign up.

Meals on Wheels
Minuteman Senior Services
26 Crosby Drive, Bedford, MA 01730
(781) 272-7177; TTY: (781) 275-1285
minutemansenior.org
Nutritious and inexpensive meals delivered to homebound elders. If requested, frozen dinners can be provided for weekends.

Food Pantry
St Vincent de Paul Society
St. Julia Parish of Weston & Lincoln
(781) 899-2611; stjulia.org
Distribution of food the last Wednesday of each month at St. Joseph Church, 142 Lincoln Rd., Lincoln, MA; emergency financial assistance. Call for more information.

Food Stamps (SNAP)
Department of Transitional Assistance
80 Everett Ave., Chelsea, MA 02150
(877) 382-2363; mass.gov/snap
(833) 712-8027 for seniors only
A federal program that helps individuals with limited income pay for food.

Bristol Lodge Soup Kitchen
Immanuel United Methodist Church
545 Moody St., Waltham, MA 02453
(781) 883-2050; mhsainc.org/soup
Open daily from 2:30 p.m. to 5:00 p.m.

Celebration International Church: Food Pantry
6 Loker St., Wayland, MA
(508) 653-6864; Cicalive.org
2nd and 4th Wed. of each month 7:00 – 8:15 pm.

Greater Boston Food Bank
70 South Bay Ave, Boston, MA 02118
(617) 427-5200; gbfb.org
Provides listings of food pantries and community meal programs in eastern MA.

Jewish Family & Children’s Service Family Table
1430 Main St., Waltham, MA
(781) 647-5327; jfcboston.org
Non-sectarian. See website for distribution schedule.

Lexington Interfaith Food Pantry
Church of Our Redeemer
6 Meriam St., Lexington, MA 02420
(781) 861-5060
lexingtonfoodpantry.wordpress.com
Pantry is opened Sat. 9:30-11 am. Requires a letter of need from a social worker stating a need for food assistance and the make-up of the family.

Open Table
First Parish Church
20 Lexington Road, Concord, MA 01742
(978) 369-2275; opentable.org
Concord: Pantry is Thurs. 4:30 to 6:30 pm, dinner served 5:30 to 6:30 pm.
Maynard: Pantry is Mon. 5:00 to 7:00 pm, dinner served 6:00 to 7:00 pm. Maynard’s pantry is located at 33 Main Street, Maynard, MA.

Project Bread
Food Source Hotline
(800) 645-8333
TTY: (800) 377-1292; (617) 723-5000
projectbread.org
Provides information regarding food stamps and emergency food.

Salvation Army/Waltham Pantry
33 Myrtle Street, Waltham, MA 02453
(781) 894-0413; salvationarmy.org/MA/Waltham
Mon. – Fri., 10:00 am – 1:00 pm.

Sacred Heart Church Food Pantry
311 River St, Waltham, MA 02453
(781) 899-0469; sacredheart311.com

Sudbury Community Food Pantry
Our Lady of Fatima Church
160 Concord Rd, Sudbury, MA 01776
(978) 443-7725; sudburyfoodpantry.org
Pantry is open on Tues. and Thurs. from 11:30am to 2:15pm. Distributions begin at 12:00 pm. Doesn’t require a needs test or a letter of referral. Lincoln residents may shop once a month.

**Groceries-On-Line**

**Peapod by Stop and Shop**
(800) 573-2763; peapod.com
Groceries delivered to your home. Minimum order $60.00. Delivery fee: Orders less than $100 ($9.95); more than $100 ($6.95). Orders taken online only.

**Roche Bros.**
387 Mass Ave, Acton, MA 01720
(978) 263-0404; rochebros.com
Grocery delivery to Lincoln for $9.95. Offers a call-in service that is open on Mondays, Tuesdays and Wednesdays between 9:00 am to 5:00 pm. Fee for phone orders is $14.95.

**Fuel Assistance**

**SMOC**
South Middlesex Opportunity Council, Inc.
7 Bishop St., Framingham, MA 01702
(800) 286-6776; (508) 620-1230; smoc.org
An annual cash benefit to help pay for heating fuel for those who meet income and other requirements. **All Lincoln residents must apply by contacting the Council on Aging at (781) 259-8811.**

**Grandparents Raising Grandchildren**

**Grandparents Raising Grandchildren of MA**
Executive Office of Elders Affairs
(617) 748-2454; massgrg.com
Resource guide and information for grandparents.

**Health Care Insurance Assistance and Complaints**

S.H.I.N.E. Program
Minuteman Senior Services
Lincoln Council on Aging
(781) 259-8811; lincolntown.org
Provides counseling on health care coverage and related benefits.

**Medicare**
(800) 633-4227; TTY: (877) 486-2048
medicare.gov
Questions/complaints about claims for all Medicare beneficiaries.

**Health Care for All**
(617) 350-7279; Helpline: (800) 272-4232
hcfama.org
Provides information and advocacy regarding health insurance and health care in Massachusetts.

**Medicare Advocacy Project**
Greater Boston Legal Services
197 Friend St., Boston, MA 02114
(617) 371-1234; TDD: (617) 371-1228; gbls.org
Advice and free legal representation to beneficiaries with Medicare coverage problems.

**Health Insurance**

**MA Health Connector**
(877) 623-6765; TTY: (877) 623-7773
mahealthconnector.org
The state’s health insurance marketplace that helps MA residents find affordable health and dental plans.

**Medicare**
(800) 633-4227; TTY: (877) 486-2048; medicare.gov
Provides health coverage for in-patient and out-patient care for those who are 65 years old and meet eligibility requirements.

**MassHealth/Medicaid**
Mass Office of Health and Human Services
(888) 665-9993; TTY: (888) 665-9997
mass.gov/masshealth
Provides health coverage for costs not paid by
Medicare for those who meet income and other eligibility requirements.

QMB/SLMB (Senior Buy-In)
Mass Office of Health and Human Services
(888) 665-9993; TTY: (888) 665-9997
mass.gov/masshealth
QMB and SLMB programs pay Medicare premiums, co-pays and deductibles for those who meet eligibility guidelines.

**Health Services**

**Wellness and Podiatry Clinics**

**Town of Lincoln**
(781) 259-8811; lincolntown.org
Two wellness clinics monthly for info and referral, nutrition and fitness counseling, blood pressure, BMI calculation at Lincoln Woods, 50 Wells Rd., Lincoln, MA and Bemis Hall, 15 Bedford Rd., Lincoln, MA. Free to Lincoln residents. Two monthly podiatry clinics for Lincoln residents. $10 donation. Dates and times vary.

**Lincoln Council on Aging**
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Offers basic foot care and health screenings. Dates and times vary.

**Metro West Free Medical Program**
Their programs are available at no cost to anyone who needs help connecting with a doctor and health insurance. They serve adults and children in the MetroWest and greater Boston communities.
Two Service Locations:
**Sudbury** – Walk-in Services for medical care and specialty services.
Congregation Beth El
105 Hudson Rd., Sudbury, MA 01776
(508) 656-0740 - call for hours of opening
**Framingham** – By appointment only
First Parish Church
110 Edgell Rd, Framingham, MA 01701
(508) 656-0885 – Vision appointments

(508) 656-0834 – Gynecology appointments

**Vision**
American Optometric Foundation
(800) 766-4466; aoa.org/visionusa
Free eye exams for low income people with no eye care insurance.

**EyeCare America**
https://www.aoa.org/eyecare-america
Free eye exams and follow-up treatment for those who are eligible.

**Home Care Agencies**
(See Appendices A and B)

**Community Care Ombudsman Program**
MA Executive Office of Elder Affairs
(800) 243-4636; (617) 727-7750; mass.gov/elders
Helps resolve problems with home health or community services.

**Care & Beyond Home Care**
1934 Lakeview Ave., Dracut, MA 01826
(978) 551-1218; careandbeyondllc.com
Services include skilled nursing, home health aides, physical therapy and non-medical services. Insurance and private pay.

**CareGroup Parmenter Home Care and Hospice**
1 Arsenal Marketplace, Watertown, MA 02472
(833) 673-1700; mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice
Provides skilled nursing, home health aides, hospice care. Insurance and private pay.

**Connected Home Care**
199 Sudbury Rd, Concord, MA 01742
(800) 869-6418; caringcompanion.net
Services include personal care, medication reminders, companions, transportation, meal prep and errands.

**Deaconess Abundant Life Services**
80 Deaconess Rd, Concord, MA 01742
(978) 402-8620; nedeaconess.org
Services include personal care, meal preparation, light housekeeping, medication management, transportation and companionship. Private Pay.

**Emerson Hospital Home Care**
**Emerson Hospital**
133 ORNAC, Concord, MA 01742
(978) 287-8300; emersonhospital.org
Skilled nursing, home health aides, disease management programs.

**Home Helpers of Metro West**
260 Boston Post Rd., Ste. 9, Wayland, MA 01778
(508) 545-0164; local.homehelpershomecare.com
Personal and companion care, Alzheimer’s and dementia care, homemaker services, respite care.

**Home Is Best Home Healthcare, LLC**
24 Nile St, Billerica, MA 01821
(978) 435-3775; homeisbestcare.com
Provides personal, companion, respite, palliative care, private duty nursing.

**Partners Health Care at Home**
281 Winter Street, Ste. 240, Waltham, MA 02451
(781) 290-4200; partnersathome.org
Provides skilled nursing, home health, nutrition, hospice care. Insurance and private pay.

**Right-At-Home**
60 Great Rd, Bedford, MA 01730
(781) 275-1400; rightathomecare.net
Offers companionship and homemaking services, ambulatory assistance and personal care. Insurance and private pay.

**Senior Helpers**
66 Tadmuck Rd., Ste #2, Westford, MA 01886
(978) 467-4300; seniorhelpers.com/westford
Provides companion, personal, Alzheimer’s and dementia care. Private pay.

**Visiting Angels**
142 North Road Ste. S, Sudbury MA 01776
(978) 287-2002; visitingangels.com/sudbury/home
Non-medical senior care which includes the following services: companionship, meal preparation, errands and respite care for family caregivers.

**VNCH (Visiting Nurse and Community Health)**
37 Broadway, Ste. 2, Arlington, MA 02474
(781) 643-6090; thevisitingnurses.com
Skilled nursing, home health aides, rehabilitation therapies and case management.

**Home Equity Conversion**
**HOME (Homeowner Options for Massachusetts Elders)**
87 Hale St, 2nd Fl.
Lowell, MA 01851
(800) 583-5337; (978) 970-0012
www.elderhomeowners.org
Provides information and referral, counseling, and consumer protection on equity conversions, reverse mortgages, refinancing, and loans, and foreclosure prevention.

**Home Modifications**
**HouseWorks**
1 Gateway Center Ste. 902, Newton, MA 02458
(800) 928-3393; (617) 928-1010; house-works.com
Installs adaptive equipment including grab bars, hand-held showers and transfer aids.

**Natale Company & Safety Care, LLC**
5 West Dexter Ave, Woburn, MA 01801
(781) 933-7205; safety-care.com
Consultation, home modifications and installation of assistive equipment for seniors and people with disabilities including bath bars.

**Home Safety**
**Home Safe Project**
Lincoln Council on Aging
(781) 259-8811; lincolntown.org
Free home safety evaluations by a physical therapist to prevent falls. Funded by Ogden
Codman Trust.

Senior SAFE Program  
Lincoln Fire Department  
169 Lincoln Rd., Lincoln, MA 01773  
(781) 259-8113; lincolntown.org

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

Homeless Shelters

Bristol Lodge Shelter (Men’s Shelter)  
27 Lexington St., Waltham, MA 02453  
Prescreen Telephone: (781) 893-0108 after 9 am

Bristol Lodge Shelter (Women’s Shelter)  
205 Beacon St., Waltham, MA 02453  
Prescreen Telephone: (781) 893-0108 after 9 am

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

Middlesex Human Services Agency  
50 Prospect St. Ste. 3, Waltham, MA 02453  
(781) 894-6110; mhsainc.org

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

Hospice

Care Dimensions  
125 Winter St., Lincoln, MA 01773  
(888) 283-1722; caredimensions.org

Compassionate hospice and palliative care to patients and families. Many specialty programs including but not limited to chronic conditions, dementia, Veterans, pediatric grief support.

CareGroup Parmenter Home Care and Hospice  
1 Arsenal Marketplace, Watertown, MA 02472  
(833) 673-1700; mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice

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

Palliative Care Federation  
(781) 255-7077; hospicefed.org

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

Partners Health Care at Home  
Bridge to Hospice Program  
281 Winter Street, Ste. 240, Waltham, MA 02451  
(781) 290-4200; partnersathome.org

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

VNCH (Visiting Nurse and Community Health)  
37 Broadway, Ste. 2, Arlington, MA 02474  
(781) 643-6090; thevisitingnurses.com/hospice.htm

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

Housing

Information and Referral  
Lincoln Council on Aging  
(781) 259-8811; lincolntown.org

Information about housing options.

Mass – ALFA  
MA Assisted Living Facilities Association  
135 Beaver St. Ste. 202, Waltham, MA 02452  
(781) 622-5999; massalfa.org

Directory of most assisted living facilities in Massachusetts.

Mass Housing  
One Beacon St., Boston, MA 02108  
(617) 854-1000; masshousing.com
Provides information on home ownership and rental housing.

**RHSO Housing**
141 Keys Rd., Concord, MA 01742  
(978) 287-1090; ronsohousing.org  
Provides listings of housing authorities, assisted living, and family housing which are accepting applications in the surrounding towns of Acton, Bedford, Burlington, Concord, Lexington, Sudbury and Weston.

**Age Restricted**

**The Ryan Estate**
140 Lincoln Rd., Lincoln, MA 01773  
(781) 259-9622; ryanestate.com  
24-unit condominium complex for adults 55+.

**Assisted Living**

**Benchmark Senior Living at Waltham Crossing**
126 Smith St, Waltham, MA 02451  
(781) 609-7145; walthamcrossings.com  
Assisted living, memory care, respite, and short term care.

**Carriage House at Lee’s Farm**
134 Boston Post Rd., Wayland, MA 01778  
(508) 358-2800; northbridgecos.com/carriage-house-at-lees-farm/  
Provides independent living, assisted living, and memory care.

**Concord Park**
68 Commonwealth Ave., Concord, MA 01742  
(978) 369-4728; concordpark.net  
Independent and assisted living. Compass memory support.

**Orchard Hill Sudbury**
761 Boston Post Rd., Sudbury, MA 01776  
(978) 443-0080; orchard-hill.com  
Assisted living, short term respite stays and some affordable units.

**Sunrise of Weston**
135 North Ave., Weston, MA 02493  
(781) 893-2936; sunriseweston.com  
Offers assisted living and short term stays.

**Traditions of Wayland**
10 Green Way, Wayland MA 01778  
(508) 358-0700; traditionsofwayland.com  
Assisted and independent living, memory care and transitional care.

**Continuing Care Retirement Communities**

**Benchmark Senior Living, The Commons in Lincoln**
1 Harvest Circle, Lincoln, MA 01773  
(781) 430-6000; thecommonsinlincoln.com  
A Benchmark Signature living community offering 62+ independent living with your choice of a modern Cape style or apartment style home, with a continuum that offers assisted living, memory care, rehab and skilled nursing.

**Brookhaven at Lexington**
1010 Waltham St., Lexington, MA 02421  
(781) 863-9660; brookhavenatlexington.org  
Independent living, skill nursing and assisted living.

**Carleton-Willard Village**
100 Old Billerica Rd., Bedford, MA 01730  
(781) 275-8700; cwvillage.org  
Independent living, skill nursing and rehab, assisted living. Care for Alzheimer’s and other forms of dementia.

**Newbury Court**
100 Newbury Court, Concord MA 01742  
(978) 369-5151; newburycourt.org  
A residential campus that offers a wide range of services allowing individuals to age in place.

**Nursing Homes/Rehabs**

**Aberjona Nursing & Rehab Center**
184 Swanton St, Winchester, MA 01890  
Admission: (781) 729-9370; salterhealthcare.com  
Long and short term care, rehab, respite and hospice care. Alzheimer’s Unit.

**Belmont Manor Nursing Center**
34 Agassiz Ave, Belmont, Ma 02478  
(617) 489-1200; belmontmanor.com
Skilled and intermediate nursing care, short-term rehab, respite care, Alzheimer’s Unit.

**Bethany Health Care Center**  
97 Bethany Rd., Framingham, MA 01702  
(508) 872-6750; bethanyhealthcare.org  
Short and long term care, respite, hospice care, Alzheimer’s unit.

**Maristhill Nursing & Rehab Center**  
66 Newton St, Waltham, MA 02453  
(781) 893-0240; maristhill.org  
Provides skilled nursing care, rehab, short-term and respite care.

**Meadow Green Rehab & Nursing Center**  
45 Woburn St, Waltham, MA 02452  
(781) 899-8600; meadowgreenrehabandnursing.com  
Short-term rehab and long term care, Alzheimer’s Unit.

**Pine Knoll Nursing Center**  
30 Watertown St, Lexington, MA 02421  
(781) 862-8151; longtermcentersgroup.com  
24 hour admissions, respite and hospice care.

**Riverbend of South Natick**  
34 South Lincoln St., S. Natick, MA 01760  
(508) 653-8330; rehabassociates.com/riverbend  
Provides short-term rehab, long term care, Alzheimer’s Unit.

**Rivercrest Wellness and Rehab**  
80 Deaconess Rd., Concord, MA 01742  
(978) 369-5151; newburycourt.org  
Skilled nursing facility, short-term rehab, respite.

**Rehabilitation Hospitals**  
**New England Rehabilitation Hospital**  
2 Rehabilitation Way, Woburn, MA 01801  
(781) 935-5050; healthsouthnewengland.com  
Provides comprehensive inpatient and outpatient rehabilitation services.

**Spaulding Rehabilitation Hospital**  
300 First Avenue, Charlestown, MA 02129  
(617) 952-5000  
Outpatient Services: (617) 952-6200  
TDD: (800) 439-2370; spauldingrehab.org  
Provides comprehensive inpatient and outpatient rehabilitation services.

**Rental/Subsidized Housing**  
**Lincoln Woods**  
50 Wells Rd., Lincoln, MA 01773  
(781) 259-0150  
Rental apartments, low and market rate.

**HUD**  
**Boston Office:** (617) 994-8200  
TTY: (617) 565-5453/ hud.gov/apps/section8  
Locates low rent apartments in MA.

**Mass Access**  
massaccesshousingregistry.org  
An online resource that helps locate affordable and accessible housing in MA.

**Section 8 Housing**  
(877) 868-0040; section8listmass.org  
Applicants can apply online or request an application from a participating housing authority.  
Name is then placed on a central waiting list.  
Check with any local housing authority for other housing options. See Appendix C.

**In-Home Care Management Information and Referral**  
**Lincoln Council on Aging**  
15 Bedford Rd., Lincoln, MA 01773  
(781) 259-8811; lincolntown.org  
Free assistance in evaluating in-home care needs and identifying and arranging for services, general information and referral, well-being checks, crisis intervention and more.

**Aging Information Center**  
**Minuteman Senior Services**  
(888) 222-6171; (781) 272-7177  
TTY: (781) 275-1285; minutemansenior.org  
Free information and referral to local, statewide, national resources.
Eldercare Locator
(800) 677-1116; eldercare.gov
Free referral to agencies nationwide for elders and those with disabilities.

Executive Office of Elder Affairs
(800) 243-4636; TTY: (800) 872-0166
(617) 727-7750; 800AGEINFO.com; massgov/elders
Free statewide information and referral for elder services.

Mass Options
(844) 422-6277; massoptions.org
Free statewide info and referral for elders, family members, caregivers and those with disabilities.

Mass 2-1-1 Information Line
Dial 211 or (877) 211-6277; TTY: (508) 370-4890
mass211.org
A resource for finding government benefits and services, non-profit organizations, and disaster/emergency information.

**Legal Services**

**Boston Bar Association**
Lawyer Referral Service
(617) 742-0625; bostonbar.org
Makes referrals to lawyers that specialize in various areas of the law like bankruptcy, estate planning and probate, real estate and family.

**Dial-A-Lawyer Program**
(617) 338-0610; massbar.org/for-the-public
Call on the first Wednesday of the month between 5:30p.m and 7:30p.m. to speak directly to a lawyer. Free.

**Disability Law Center**
11 Beacon Street, Ste. 925, Boston, MA 02108
(617) 723-8455; TTY: (800) 381-0577; dlc-ma.org
Provides information, referral, and legal representation to people with disabilities.

**Greater Boston Legal Services**
197 Friend St., Boston, MA 02114
(617) 371-1234; TDD (617) 371-1228; gbls.org
Legal services on housing, guardianship, benefits, and other issues for those who are eligible.

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

**Mass Bar Association Lawyer Referral Service**
(617) 654-0400; masslawhelp.com
There may be an initial fee of $25 for the first ½ hour consultation. The LRS will make up to three referrals per case, one at a time.

**Massachusetts Senior Legal Helpline**
(800) 342-5297
The Helpline is a project of the Volunteer Lawyers Project of Boston. It provides free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday through Friday 9 a.m. to 12:00 p.m.

**Metro Legal Services**
63 Fountain St., Ste. 304, Framingham, MA
(800) 696-1501; mwlegal.org
Free civil legal representation to low-income people.

**Woman’s Bar Foundation**
Elder Law Project
27 School St., Ste. 500, Boston, MA 02108
(617) 651-2357
wbawbf.org/wbf-projects/elder-law-project
Provides low-income women access to legal representation. Assists low-income seniors with simple wills and end of life documents.
Libraries

Lincoln Public Library
3 Bedford Rd., Lincoln, MA 01773
(781) 259-8465; lincolnpl.org
Delivers and retrieves books, videos, tapes from homebound Lincoln residents.

Emerson Hospital Library
(978) 287-3090; medicallibrary@emersonhosp.org
Health information and journals.

Perkins School for the Blind
175 North Beacon Street, Watertown, MA 02472
(617) 972-7240; TTY: (617) 972-7690
perkins.org/library
Provides free service to individuals who are unable to read printed material. Braille and talking book library. Application required. Call for eligibility.

Mediation Services

Community Dispute Settlement Center
60 Gore St., Ste. 202, Cambridge, MA 02141
(617) 876-5376; communitydispute.org
Provides affordable mediation services to the community and to the courts.

Medical Equipment

Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Loan of small durable medical equipment and supplies such as canes, walkers, commodes, and shower seats for Lincoln residents. Free.

H.E.L.P.
Hospital Equipment Loan Program
Masonry in Action
500 W. Cummings Park (Rear) Ste. 1150, Woburn, MA 01801
(781) 322-1052
Loans medical equipment including wheelchairs, hospital beds; accepts donations of used equipment. Saturdays only 9am to Noon. Free.

Belmont Medical Supply
185 Belmont St., Belmont, MA 02478
(617) 484-3888; belmontmedical.com
Sells and rents medical supplies including hospital beds, wheelchairs, canes and walkers.

Careway Wellness Center
508 Main St., Woburn, MA 01801
(781) 933-2345; carewaywellness.com
Offers medical equipment and supplies for assistance in daily living such as mobility aids, bathroom safety and orthopedic supports.

Medical - Urgent Care
Hospital-based Urgent Care Clinics
For Non-Life-Threatening Emergencies

Emerson Hospital Polo Emergency Care Center
133 ORNAC, Concord, MA 01742
(978) 287-3690; emersonhospital.org

Lahey Urgent Care Clinic
41 Mall Rd, Burlington, MA 01805
(781) 744-5400; lahey.org
Mon-Fri 5:00 pm-8:45 pm, Sat 8:00 am-3:45 pm, Sun 8:00-11:45 am. Call to confirm hours.

Newton-Wellesley Hosp. Walk-in Urgent Care Clinic
9 Hope Ave., Waltham, MA 02453
(617) 243-5590; nwh.org
Mon-Sat 9:00 am-7:00 pm, Sun 9:00 am to 2:00 pm. Call to confirm hours.

Mental Health Services

Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Limited short term counseling for Lincoln residents 60+. Free.

Boston Area Rape Crisis Center
(800) 841-8371 (24 hr.); barcc.org
Medical advocacy, legal services, counseling, and group support.

CareGroup Parmenter Home Care and Hospice
1 Arsenal Marketplace, Watertown, MA 02472
(833) 673-1700;
mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice
Hospice, visiting nurses, classes, creative arts and camp program for children who are bereaved.

Children’s Room
1210 Mass Ave, Arlington, MA 02476
(781) 641-4741; childrensroom.org
Center for grieving children, teens, and families.

Compassionate Friends
(877)-969-0010; Carol @ 781-444-1091
compassionatefriends.org
Support for parents, grandparents, and siblings dealing with loss of a child of any age. Meets at Trinity Episcopal Church, 81 Elm Street, Concord, MA.

C.R.A.N.E
Sudbury Lincoln C.R.A.N.E - Community Resource Awareness Network
cranehelp.org
Provides Lincoln families with coordinated access to education, support, prevention, and intervention services that help raise healthy, resilient youth.

Eliot Community Mental Health Center
(978) 369-1113; eliotchs.org
Services for adults and families: individual and family treatment, group therapy, support groups, medication consultation. Call for locations. In some cases, the Town of Lincoln may help pay. For information, call the Board of Health at 781-259-2613.

Emerson Hospital
(978) 369-1400; emersonhospital.org
Support groups, fitness classes, health ed. classes. Call for schedule and locations.

Jewish Family & Children’s Service
1430 Main St., Waltham, MA
(781) 647-5327; jfcsboston.org
Interfaith programs, support groups, parenting classes, and adoption assistance.

MISS Foundation
(888) 455-6477; missfoundation.org
Grief support and information after miscarriage or stillbirth.

NAMI of Massachusetts
The Schrafft Center, 529 Main St Ste 1M17, Boston, MA 02129
Helpline (617) 580-8541;
Local Helpline: (781) 982-3318; namimass.org
Offers free mental health family-based education, family and peer support.

William James College Interface Referral Service
(888) 244-6843
A mental health and wellness referral line available to families in Lincoln and Sudbury communities as well as Boston families with children in the Lincoln and Sudbury schools. This free and confidential service is available to residents of all ages in member towns. Referrals are taken Monday- Friday 9 a.m. to 5:00 p.m.

Money Management

Money Management Program
Minuteman Senior Services
26 Crosby Dr., Bedford, MA 01730
(888) 222-6171; (781) 272-7177; TTY: (781) 275-1285
minutemansenior.org
Assist eligible seniors with writing checks, organizing their bills and balancing check books.

Consumer Credit Counseling Service
(866) 889-9347; creditcounseling.org
Counseling and other assistance to help reduce debt and learn about money management.
Local News

Lincoln Journal (weekly print and online news)
(888) 697-2737
To post an event: lincoln.events@wickedlocal.com
To submit an article or letter:
wickedlocal.com/lincoln

The Lincoln Squirrel (online news)
(617) 710-5542; news@lincolnsquirrel.com
Subscription. Free daily subscription available.

Lincoln Talk
lincolntalk.org
Mailing list and discussion of topics relating to Lincoln.

Nursing Home Services

Lincoln Council on Aging
(781) 259-8811; lincolntown.org
Information and referrals about local facilities and choosing a home. Free.

Minuteman Senior Services
(888) 222-6171; (781) 272-7177
TTY: (781) 275-1285; minutemansenior.org
Free pre-admission screening for Medicaid recipients or applicants and private pay screening for others.

Department of Public Health
Division of Health Care Quality
(617) 753-8000; mass.gov/dph/dhcq
“Report card” on all nursing homes in the state.

Minuteman Senior Services Ombuds Program
26 Crosby Dr., Bedford, MA 01730
(781) 221-7177; TTY: (781) 275-1285
minutemansenior.org/
Advocacy for nursing home residents and families who have complaints or concerns.

Parenting

Advocates for Home Education in Massachusetts
ahem.info

Astra Foundation
524 Main St., Acton, MA 01720
(978) 266-3700; astrafoundation.org
For parents of special needs children.

Autism Language Program
Boston Children’s Hospital
9 Hope Ave., Waltham, MA 02453
(781) 216-2209; childrenshospital.org

Center for Parents & Teachers
120 Meriam Rd., Concord, MA 01742
978-202-1143; centerforparentsandteachers.org
Parenting classes.

Divorce Center
(888) 434-8787; divorcenter.org
Parents Apart classes in Waltham
Lawyers, mediators, therapists, counselors, and financial counselors. Parenting classes.

Families First Parenting Programs
9 Galen St., Watertown, MA 02472
(617) 868-7687; families-first.org
Parenting support at various community locations.

First Connections
310 Baker Ave., Concord, MA 01742
(978) 429-8284; firstconnections.org
Parent education, support group, home visiting, play groups. Birth to age 8.

Friends for Tomorrow
131 Weston Rd., Lincoln, MA 01773
(781) 259-8909; friendsfortomorrow.org
Therapeutic horse riding program for children facing mental or physical challenges.

Lincoln Parent Teachers Association
lpto.org
Provides enrichment and learning opportunities for students, teachers, and parents.
Lincoln Family Association
lincfam.org
Social networking, programs, and events for Lincoln families.

Lovelane Special Needs Riding Program
40 Baker Bridge Rd., Lincoln, MA 01773
(781) 259-1177; lovelane.org
Therapeutic children’s horseback riding program.

MA Dept. of Early Education and Care
Locator for licensed child care in MA. Financial assistance applications and Head Start links.

Minute Man Arc Early Intervention
1269 Main St., Concord, MA 01742
(978) 287-7950
Minutemanarc.org
Provides services to children birth to age three who have or are at risk of having developmental delays or disabilities.

New Mother’s Support Group
310 Baker Ave., Concord, MA 01742
(978) 429-8284; firstconnections.org

New Mothers Group: Beth Israel
482 Bedford St., Lexington, MA 02420
(617) 667-2229; bidmc.org
Free classes for new mothers. Call to register.

Parents Helping Parents
(617) 926-5008
Parental Stress hotline (24hr) (800) 632-8188
parentshelpingparents.org
Support groups, information, abuse prevention.

Pet Care
Phinney’s Friends
(617) 979-8705; phinneysfriends.org
Helps individuals who may be faced with an illness or other hardship care for their pets.

Prescriptions
S.H.I.N.E. Program
Minuteman Senior Services
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Provides counseling on health care coverage and related benefits, including prescription coverage.

Acton Pharmacy
563 Mass Ave, Acton, MA 01720
(978) 263-3901; actonpharmacy.com
Prepares monthly bubble packs for medications. Monthly fee.

Andrews Pharmacy
235 Weston Rd, Wellesley, MA 02482
(781) 235-1001; andrewspharmacy.com
Prepares weekly bubble packs for medications. No charge, but small shipping fee.

MCPHS-Pharmacy Outreach Program
25 Foster St., Worcester, MA 01608
(866) 633-1617; massmedline.com
A confidential help line that helps seniors with any questions they may have about their medications. Available to all Massachusetts residents. Free.

Medication Disposal Drop-Box
Lincoln Police Department
169 Lincoln Rd., Lincoln, MA 01773
(781) 259-8113; lincolntown.org
Dispose of unused or expired medications in secure drop-box in the lobby of police station.

Needy Meds
Helpline: (800) 503-6897; needymeds.org
Provides information on patient assistance programs. Free.

Prescription Advantage
(800) 243-4636; prescriptionadvantagema.org
Prescription Advantage is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts.
**Walgreens**
397 Boston Post Rd., Weston, MA 02493
(781) 894-3785; walgreens.com
Delivers to Lincoln Monday through Friday
Must have credit card on file.

**West Concord Pharmacy**
1212 Main St., Concord, MA 01742
(978) 369-3100; westconcordpharmacy.com
Pharmacy delivers to Lincoln. Call to see if pharmacy delivers to your area.

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**Respite Care**

**Minuteman Senior Services**
(781) 272-7177; TTY: (781) 275-1285
minutemansenior.org
In-home care; Call for eligibility, costs.

**Atria Longmeadow Place**
42 Burlington Mall Rd., Burlington, MA 01803
(781) 995-2842; atrialongmeadowplace.com
Respite, short term in-patient care; Call for eligibility, costs.

**Billerica Crossings**
20 Charnstaff Ln., Billerica, MA 01821
(978) 600-8503; billericacrossings.com
Respite, short term in-patient care.

**Sunrise of Weston**
135 North Ave., Weston, MA 02493
(781) 893-2936; sunrise seniorliving.com
Offers assisted living and short term stays.

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**Safety**

**Public Safety and Fire Prevention**

**Lincoln Police Department**
169 Lincoln Rd., Lincoln, MA 01773
911 emergencies
(781) 259-8113 non-emergencies
lincolntown.org
Well-being checks, home security checks; assistance with concerns about crime.

**Lincoln Fire Department**
169 Lincoln Rd., Lincoln, MA 01773
911 emergencies
(781) 259-8113 non-emergencies
lincolntown.org
Provides fire services and emergency medical care.

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**Emergency Response Systems**

**Mount Auburn Lifeline**
330 Mt Auburn St., Cambridge, MA 02138
(617) 499-5525; mountauburnhospital.org
Offers a personal response system with a personal help button. A monthly fee.

**Philips Lifeline**
111 Lawrence St., Framingham, MA 01702
(800) 543-3546; (508) 625-3780; lifeline.philips.com
Provides medical alert and support services to seniors, enabling them to maintain their independence.

**Alzheimer’s Association**

**Medic Alert and Safe Return**
Enrollment Tel: (888) 572-8566
Report a missing person:
(800) 625-3780; alz.org
A 24 hour nationwide emergency response service for individuals with Alzheimer’s or dementia who wander or have a medical emergency. There is a yearly fee.

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**Social, Cultural and Recreational Programs**

**General**

**Lincoln Council on Aging**
15 Bedford Rd., Lincoln, MA 01733
(781) 259-8811; lincolntown.org
Social events, trips, classes, groups.

**Lincoln Public Library**
3 Bedford Rd., Lincoln, MA 01773
(781) 259-8465; lincolnpl.org/
Lectures, book discussions, music and other programs.
Lincoln Recreation Department
(781) 259-0784; lincolnrec.com
A wide variety of fitness and other activities.

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

Art
ArtsBoston
(617) 262-8632; artsboston.org
Online arts and entertainment calendar.

Friends of Modern Architecture
PO Box 348, Lincoln, MA 01773
fomalincolorg
Education and preservation.

Concord Art Association
37 Lexington Rd., Concord, MA 01742
(978) 369-2578; concordart.org
Lectures, workshops, life-drawing; exhibitions

Lexington Arts & Crafts Society
130 Waltham St, Lexington, MA 02421
(781) 862-9696; lacsma.org
Classes in metalwork, weaving, basketry, ceramics, woodworking

Munroe Center for the Arts
1403 Mass. Ave., Lexington, MA 02420
(781) 862-6040; munroecenter.org
Classes in dance, music, art, theater, and martial arts.

Umbrella Community Arts Center
40 Stow St, Concord, MA 01742
(978) 371-0820; theumbrellaarts.org
Workshops, classes, theatre, exhibitions.

Boats
Lincoln Town Launch
Rt 117 West before Lee’s Bridge, Concord, MA 01742
sudbury-assabet-concord.org

Concord River - view routes on website.

Fitness
Codman Pool
Ballfield Rd. behind Brooks School, Lincoln, MA 01773
(781) 259-0221; lincolnrec.com

Beede Swim & Fitness Center
498 Walden St., Concord, MA 01742
(978) 287-1000; concordma.gov/pages/ConcordMA_

Gardens
Codman Estate Italianate Garden
34 Codman Rd., Lincoln, MA 01773
(617) 994-6690; historicnewengland.org

Garden in the Woods
180 Hemenway Rd., Framingham, MA 01701
(508) 877-7630; newfs.org

Station Park
Lincoln Road - Opposite Post Office
lincolngardenclub.org
Maintained by the Lincoln Garden Club.

Tower Hill Botanic Garden
11 French Dr., Boylston, MA 01505
(508) 869-6111; towerhill.org

Hiking and Bike Trails
Lincoln Conservation Commission and LLCT
16 Lincoln Rd., Lincoln, MA 01773
(781) 259-2612; lincolnreservation.org
Lincoln maintains 60 miles of trails including Mt Misery and Walden Pond. Trail maps are on-line or a paper copy ($10) and a Trail Guide ($18) are available at the Lincoln Library, Exchange, Something Special, and Conservation offices. Trail walks offered Weds 10:00 am-Noon, Sept. through May. Check with the Conservation Department for starting location.

Bedford Narrow-Gauge Rail-Trail
3 mile trail begins at South Rd at Bedford Depot.
Concord Trails
cordma.gov/pages/ConcordMA
Maps can be viewed online or purchased at the Concord town offices. Maps have canoe launch sites.

Massachusetts Bicycle Coalition
(617) 542-2453; massbike.org
Biking trail Resources and Paths in Massachusetts.

Minuteman Bikeway
120 South Rd. at the corner of Loomis St, Bedford, MA 01730
minutemanbikeway.org
11 mile paved trail from the Bedford Depot to Alewife T stop with connecting trails at both ends.

Minuteman National Park
nps.gov/mima
5 miles of unpaved trails.

Reformatory Branch Trail
bedforddepot.org
4 mile unpaved trail: Bedford Depot to Concord center.

Weston Trail Walk
(781) 891-8035; westonforesttrail.org
Monthly walks on the first Sunday at 2 pm. Trail maps and guides available at the Weston Conservation Comm. at Town Hall. See website for starting locations.

Lectures
Bemis Lectures
lincolntown.org
Free. Spring and Fall

Lincoln Historical Society
PO Box 6084, Lincoln, MA 01773
lincolnhistoricalsociety.org
Preserves the town’s rich history by offering educational lectures, historical publications and exhibits.

Museums
Codman House
34 Codman Rd., Lincoln, MA 01773
(617) 994-6690; historicnewengland.org
Guided tours.

DeCordova Sculpture Park and Museum
51 Sandy Pond Rd., Lincoln, MA 01773
(781) 259-8355; decordova.org
Tours and lectures.

Gropius House
68 Baker Bridge Rd., Lincoln, MA 01773
(781) 259-8098; historicnewengland.org
Guided tours.

Lincoln Library
3 Bedford Rd., Lincoln, MA 01773
(781) 259-8465; lincolnpl.org
Offers passes to 22 museums

Minuteman National Historic Park
250 N Great Rd., Lincoln, MA 01773
(978) 369-6993; nps.gov/mima

Concord Museum
Cambridge Turnpike at Lexington Rd., Concord, MA 01742
(978) 369-9763; concordmuseum.org

Discovery Museums
177 Main St., Acton, MA 01720
(978) 264-4200; discoverymuseums.org
Science museum for older and younger children.

Scottish Rite Masonic Museum & Library
33 Marrett Rd., Lexington, MA 02124
(781) 861-6559; nationalheritagemuseum.org

Orchard House, home of Louisa May Alcott
399 Lexington Rd., Concord, MA 01742
(978) 369-4118; louisamayalcott.org
Guided tours.

Rose Art Museum
415 South Street, Brandeis University, Waltham, MA 02453
(781) 736-3434; brandeis.edu/rose

Nature and Farming
Drumlin Farm
208 South Great Rd., Lincoln, MA 01773
Parks
Valley Pond
(781) 647-7174
Valley Pond Corp., Box 195, Lincoln, MA 01773
Lincoln residents may join. Write to be added to
the wait list.

Walden Pond
Rte. 126, Lincoln, MA 01773
(978)369-3254; mass.gov
Life guards from Mem Day to Labor Day. $8
parking. See Library Passes.

Great Meadows National Wildlife Refuge
73 Weir Hill Rd., Sudbury, MA 01776
Senior MassParks Pass
Available to Massachusetts residents 62 years of
age or older and is valid for the lifetime of the pass
holder. Pass covers day use parking fees for
vehicles occupied by the pass holder whether
passenger or driver. There is a one-time nominal
fee for the Senior MassParks Pass of $10.00. The
pass is available for purchase at all parks that
charge a parking fee during the period the fees are
charged. Not valid at Quabbin Reservoir.

Theater & Music
Lincoln Library Open Mike Night
3 Bedford Rd., Lincoln, MA 01773
(781) 259-8465; lincolnpl.org
Open Mike second Mon 7:00-10:00 pm.

Lincoln Musical Theater
16 Lincoln Rd., Lincoln, MA 01773
(781) 259-0784
lincolnrec.com
Theater program for grades 1-5.

Lincoln-Sudbury Civic Orchestra
Lincoln-Sudbury High School
390 Lincoln Rd, Lincoln, MA 01773
lscivicorchestra.org

Concord Players
51 Walden St., Concord, MA 01742
(978) 369-2990; concordplayers.org

Concord Youth Theater
358 Baker Ave, Box 652, Concord, MA 01742
(978) 371-1482; concordyouththeater.org

Hovey Players: Waltham Community Theater
Abbott Memorial Theater
9 Spring St, Waltham, MA 02451
(781) 893-9171; hoveyplayers.com

Lexington Players
453 Concord Ave., Lexington, MA 02421
(781) 910-8114; lexingtonplayers.org

Lexington Youth Summer Theater
Lexington Youth Parents Co-op
summertheater.org

Reagle Music Theater
617 Lexington St., Waltham, MA 02452
(781) 891-5600; reaglemusictheatre.com

Regis College Fine Arts Center
235 Wellesley St., Weston, MA 02493
(781) 768-7070;
https://www.regiscollege.edu/about-regis/fine-arts-center

Sudbury Savoyards
L-S High School, 390 Lincoln Rd., Sudbury, MA
01776
(978) 443-8811; sudburysavoyards.org
Gilbert & Sullivan performances in summer.

Weston Drama Workshop
235 Wellesley St., Weston, MA 02493
(781) 768-7070; westondramaworkshop.org

Weston Friendly Society of the Performing Arts
1 Townhouse Rd., Weston, MA 02493
(781) 893-9883; westonfriendly.org

Umbrella Community Arts Center
40 Stow St., Concord, MA 01742
(978) 371-0820; theumbrellaarts.org
Theater performances and music venues.

**Trips**
Lincoln COA and Friends of the Lincoln COA
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Day trips for Lincoln residents 60+.

Road Scholar
(800) 454-5768; TTY: (877) 426-2167
roadscholar.org
Trips for those 55 and older.

**Youth**
Lincoln Recreation and Parks Department
16 Lincoln Rd., Lincoln, MA 01773
(781) 259-0784; lincolnrec.com
Exercise classes. Links to in-town sports programs: soccer, baseball, basketball, and lacrosse.

Boy Scouts of America: Troop 127
lincolns scouts.org

Drumlin Farm 4-H Club
(781) 259-2200; massaudubon.org

Girl Scouts USA
hdeprofio@girlscoutseasternmass.org

**Social Security**
Social Security Administration
135 Beaver St., Waltham, MA 02452
(800) 772-1213; TTY: (800) 325-0778; ssa.gov
Cash benefit to retirees who meet age and working qualifications.

Supplemental Security Income
Social Security Administration
(800) 772-1213; TTY: (800) 325-0778; ssa.gov/ssi
Supplement to Social Security for Social Security recipients who meet income requirements.

**Support Groups**
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Discussion groups on various topics.

Minuteman Senior Services
26 Crosby Dr., Bedford, MA 01730
(781) 272-7177

CareGroup Parmenter Home Care and Hospice
1 Arsenal Marketplace, Watertown, MA 02472
(833) 673-1700; mountauburnhospital.org/locations/caregroup-parmenter-home-care-hospice
Bereavement support groups.

Emerson Hospital
133 ORNAC, Concord, MA 01742
(978) 369-1400; emersonhospital.org
A variety of support groups.

Lahey Clinic
41 Mall Rd., Burlington, MA 01803
(781) 744-3496; lahey.org/socialservices
Offers a variety of support groups.

**Telephone Discount Programs**
Assurance Wireless
(888) 898-4888; assurancewireless.com
Free cell phones. 500 free minutes for the first 4 months, and 350 free minutes each month with unlimited texts for those who are income eligible.

Safe Link Wireless
(800) 723-3546; safelinkwireless.com
Provides a free cell phone. 500 free minutes for the first 4 months, and 350 free minutes each month with unlimited texts for individuals who are income eligible.

Verizon–Landline
(800) 837-4966; verizon.com/lifeline
Offers a discount on telephone service. Call for eligibility requirements.
Transportation

LINC
Lincoln Council on Aging
15 Bedford Rd., Lincoln, MA 01773
(781) 259-8811; lincolntown.org
Rides to medical and other appointments, local shopping, and COA. Call Lincoln Concord Coach at (781) 259-8722 at least three days ahead.

MBTA Commuter Rail
(617) 222-3200; mbta.com
Fitchburg-North Station Line stops at Lincoln Station.

MBTA Senior Pass
Downtown Crossing Station
Underground Concourse
7 Chauncy St., Boston, MA 02111
(617) 222-3200; TTY: (617) 222-5854; mbta.com
Available at the CharlieCard store during normal business hours. You can renew a lost, damaged, or expired card by calling the store and requesting that a new card be mailed.

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

THE RIDE-Eligibility Center
(617) 337-2727; (617) 222-5123
TTY: (617) 222-5415; mbta.com/theride
Wheelchair accessible rides and those with disabilities who qualify. An in-person confidential interview with a Mobility Coordinator is now required for all new and recertifying applicants to the RIDE.

MASSPORT
Massport.com
Boston Logan International Airport
(800) 235-6426
Hascom Field
(781) 869-8000
Worcester Regional Airport
(888) 359-9672

American Cancer Society
Road to Recovery Program
(781) 894-6633; (800) 227-2345; cancer.org
Offers rides by volunteers to cancer treatment centers. Call the ACS.

Carleton-Willard at Home
(781) 276-1910; cwathome.org
Transportation. Membership fee.

Palms Pride, Inc.
Wellesley, MA 02482
(781) 373-3460; palmsprideinc.com
Provides non-emergency medical, ambulatory and wheelchair accessible transportation services.

Utility Discount Programs

National Grid (Electric)
(781) 907-1000; www1.nationalgridus.com
Offers discounts and other payment options. Call for eligibility requirements.

National Grid (Gas)
(781) 907-1000; www2.nationalgridus.com/
Offers discounts and other payment options. Call for eligibility requirements.

Eversource
(800) 592-2000; TTY: (800) 322-8242
eversource.com
Offers discounts and other payment options. Call for eligibility requirements.

Mass. Good Neighbor Energy Fund
(800) 334-3047; magoodneighbor.org
Available to Massachusetts residents who, because of temporary financial difficulty, cannot meet a month’s energy expense and are not eligible for state or federal energy assistance. Income must be between 60 and 80 percent of the state’s median income levels.
Veterans Services

Veterans Services Officer
Peter Harvell
(781) 259-8811; lincolnveterans@lincolntown.org
For assistance with veterans benefits and other VA issues.

Retiree Activity Office
Hanscom AFB
(781)225-1310
hanscom.af.mil/rao
Assistance with military retiree benefits.

Boston Bar Association
Military Legal Help Line
(617) 742-0625; bostonbarlawyer.org
Refers lawyers familiar with the legal issues or needs of military personnel.

Jewish Family & Children’s Service
Shoulder to Shoulder
1430 Main St., Waltham, MA 02451
(781) 647-5327; jfcsboston.org
Provides military families, Active Duty, National Guard, Reserve and Veterans with unique home-based support services and connections to community resources.
APPENDIX A

Some Questions to Ask When Selecting a Home Health Care Agency

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

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

Does the agency require a minimum number of service hours?

What is the cost of the requested services?

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

How does the home health care agency screen potential employees?

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

Have the employees received training in dementia care?

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

Who should be contacted regarding concerns about the provided services?

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

Types of Home Care Assistance Available

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

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

**Companion/Homemaking**
Medication reminders
Transportation
Socialization
Meal Preparation
Light housekeeping
Laundry Assistance
Organization
Errands and Shopping
Alzheimer’s and Dementia Care
Respite care for family caregivers
APPENDIX C: Local Housing Authorities That Will Accept Section 8 Applications

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

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

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

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

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

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

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

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