

**WELCOME**  
**TO**  
**THE MANCHESTER-BY-THE-SEA COUNCIL ON AGING**  
**DIRECTORY OF SERVICES**

Our mission is to keep our elders as integral members of the community, to support them through community services, resources and intergenerational activities, and to endeavor to improve their well-being and enjoyment of life.

This directory provides listings for elder services in Manchester and surrounding communities.

We hope this information is helpful to you in finding services and programs for elders.

Edited February 2014

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## **Adult Day Health/Social Day Centers**

Catherine's Day, Inc. 50 Grove Street, Salem, MA 01970	978-745-9911
Day By Day Adult Care, Inc. 4R Blackburn Center, Gloucester, MA 01930	978-281-0252
Gloucester Council on Aging/Social Day Care 6 Manuel L. Lewis Street, Gloucester, MA 01930	978-281-9765
Roger B. Trask Center 79R Central Street, Peabody, MA 01960	978-531-2254
Spectrum Center—Alzheimer's Unit 600 Cummings Center, Suite 176X Beverly, MA 01915	978-921-5020 978-739-4627

## **Alzheimer's Disease Information**

Alzheimer's Association <a href="http://www.alzmass.org">www.alzmass.org</a> Massachusetts Chapter Watertown Headquarters	800-548-2111 617-868-6718
Alzheimer's Association (National) <a href="http://www.alz.org/manh">www.alz.org/manh</a>	800-272-3900
SeniorCare Alzheimer's Family Support Group	866-927-1050
Alzheimer's Assessment Clinic at Hunt Center	978-762-6262
Alzheimer's Disease Education & Referral Center	800-438-4380
Safe Return Program/Incident Line Registration Line	800-572-1122 800-572-8566

## **Cancer Information**

American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a>	800-227-2345
National Cancer Institute <a href="http://www.cancer.gov">www.cancer.gov</a>	800-422-6237
Mass General/North Shore Cancer Center 102 Endicott St, Danvers, MA 01923 <a href="http://massgeneralnorthshore.org/web/services/mgns_cancer_center">http://massgeneralnorthshore.org/web/services/mgns_cancer_center</a>	978-882-6060
Women Health Network-Dept of Public Health Information on breast & cervical cancer treatment program	877-414-4447

## Councils on Aging/Senior Centers

Beverly Council on Aging/Senior Center 90 Colon Street Beverly, MA 01915	978-921-6017
Essex Council on Aging/Senior Center Pickering Street Essex, MA 01929	978-768-7932
Gloucester Council on Aging/Senior Center 6 Manuel L. Lewis Street Gloucester, MA 01930	978-281-9765
Hamilton Council on Aging 299 Bay Road South Hamilton, MA 01982	978-468-5595
Ipswich Council on Aging/Drop-in-Center 25 Green Street Ipswich, MA 01938	978-356-6650
Manchester-by-the-Sea Council on Aging Town Hall, 10 Central Street Manchester-by-the-Sea, MA 01944	978-526-7500
Rockport Council on Aging/Senior Center 58 Broadway Rockport, MA 01966	978-546-2573
Topsfield Council on Aging Town Hall, 8 West Common Street Topsfield, MA 01983	978-887-1523 Van/Fax 978-887-6866
Wenham Council on Aging 4 School Street Wenham, MA 01984	Transportation 978-468-5534 Outreach 978-468-5529

## Disability Information

Commonwealth of MA Statewide Independent Living Council (MASILC) <a href="http://www.masilc.org">www.masilc.org</a>	508-620-7452
Disability Law Center <a href="http://www.dlc-ma.org">www.dlc-ma.org</a>	800-872-9992
Disabled Persons Protection Commission (MA) <a href="http://www.mass.gov/dppc">www.mass.gov/dppc</a>	617-727-6465
Independent Living Center of the North Shore/Cape Ann 27 Congress Street, Suite 107, Salem, MA 01970 <a href="http://www.ilensca.org">www.ilensca.org</a>	978-741-0077
Massachusetts Commission Against Discrimination <a href="http://www.mass.gov/mcad">www.mass.gov/mcad</a>	617-727-3990
Massachusetts Commission for the Blind <a href="http://www.mass.gov/eohhs/gov/departments/mcb/">http://www.mass.gov/eohhs/gov/departments/mcb/</a>	800-392-6450
Massachusetts Commission for the Deaf and Hard of Hearing <a href="http://www.mass.gov/eohhs/gov/departments/mcdhh/">http://www.mass.gov/eohhs/gov/departments/mcdhh/</a>	800-882-1155 617-740-1700 TTY
Massachusetts Network of Information Provider for People with Disabilities (MNIP) <a href="http://www.disabilityinfo.org">www.disabilityinfo.org</a>	800-642-0249 781-642-0122 Fax
Massachusetts Office on Disability <a href="http://www.mass.gov/mod">www.mass.gov/mod</a>	800-322-2020 617-727-7440
Massachusetts Rehabilitation Commission <a href="http://www.mass.gov/mrc">www.mass.gov/mrc</a>	800-223-2559
New England Home for the Deaf – Danvers <a href="http://www.nehd.org">www.nehd.org</a>	978-774-0445
North Shore ARC-Danvers <a href="http://ns-arc.org">http://ns-arc.org</a>	978-750-1048

## Education/Community Service

Explorer's Institute for Learning in Retirement of Salem State University An annual membership fee admits you to both academic terms a year <a href="http://explorerslli.org/">http://explorerslli.org/</a>	978-744-0804
Montserrat College of Art – 10% elder discount Over age 60 continuing education <a href="http://www.montserrat.edu">www.montserrat.edu</a>	978-922-8222 978-921-2356
North Shore Community College Elders 60+ receive free tuition for credit courses <a href="http://www.northshore.edu">www.northshore.edu</a>	978-762-4000
Northern Essex Community College (Haverhill) Elders receive \$25 waiver for credit courses <a href="http://www.necc.mass.edu">www.necc.mass.edu</a>	978-556-3000
Road Scholar (formerly Elderhostel)—Boston <a href="http://www.roadscholar.org">www.roadscholar.org</a>	800-454-5768 617-368-9800
University of Massachusetts, Boston/Gerontology Institute <a href="http://www.umb.edu/gerontologyinstitute">www.umb.edu/gerontologyinstitute</a>	617-287-7300

## **Elder Abuse/Domestic Violence**

Elder Abuse Hotline	800-922-2275
Healing Abuse, Working for Change (HAWC) Salem/Beverly Area Gloucester Area	Hotline 978-744-8552 978-283-8642
SeniorCare's Protective Service 49 Blackburn Center, Gloucester, MA 01930 (Protective Service caseworkers investigate claims of elder abuse, neglect and exploitation.)	(9am-5pm) 866-927-1050 800-243-4636 (Age Info Center)
North Shore Rape Crisis Hotline	800-922-8772

## **Emergency and Public Assistance**

American Red Cross (emergency food, shelter, clothing) Of Northeast Massachusetts	800-733-2767 978-922-2224
Catholic Charities (Cape Ann) Salem Office, 280 Washington Street, Salem, MA 01970	978-283-3055 978-740-6923
Department of Transitional Assistance – Salem Satellite Office Gloucester, 11-15 Parker Street	978-825-7300 978-282-1545
Fuel Assistance Beverly/Topsfield (NSCAP) Gloucester/Ipswich Region (Action)	978-531-8810 978-281-3900
Gloucester Fisherman's Family Center	978-283-2504
North Shore TAO Emergency Shelter Assistance 35 Congress St. Salem, MA 01970	978-825-7300
Salvation Army (Beverly) Salvation Army (Boston)	978-922-4522 617-542-5420
United Way of the North Shore (Beverly)	978-922-3966
Weatherization Service Gloucester (Action, Inc.)	800-696-9276 978-281-3900

## Financial Information

AARP Massachusetts State Office <a href="http://www.aarp.org">www.aarp.org</a> (Tax Aide Program)	617-723-7600
Massachusetts Division of Banks <a href="http://www.mass.gov">www.mass.gov</a>	617-956-1500 800-495-2265 X501
Better Business Bureau <a href="http://www.boston.bbb.org">www.boston.bbb.org</a>	508-652-4800
Consumer Credit Counseling Service <a href="http://www.credit.org/cccs">www.credit.org/cccs</a>	800-431-8157
Credit Reports: Equifax <a href="http://www.equifax.com">www.equifax.com</a> Experian <a href="http://www.experian.com">www.experian.com</a> Trans Union Consumer Relations <a href="http://www.transunion.com">www.transunion.com</a>	800-685-1111 888-397-3742 800-916-8800
H.O.M.E. (Homeowner Options for Mass. Elders) <a href="http://www.elderhomeowners.org">www.elderhomeowners.org</a>	800-583-5337
IRS Taxpayer's Assistance <a href="http://www.irs.gov">www.irs.gov</a>	800-829-1040
Massachusetts Attorney General <a href="http://www.mass.gov/ago">www.mass.gov/ago</a>	617-727-2200
MassHealth Enrollment Center <a href="http://www.mass.gov">www.mass.gov</a>	888-665-9993 800-408-1253
Mass Office of Consumer Affairs and Business Regulations <a href="http://www.mass.gov/ocabr">www.mass.gov/ocabr</a>	888-283-3757
National Fraud Information Center <a href="http://www.fraud.org">www.fraud.org</a>	800-876-7060
SeniorCare's Money Management Program (matches volunteers with low income elders who receive assistance with bill paying, checkbook balancing, etc.) <a href="http://www.seniorcareinc.org">www.seniorcareinc.org</a>	866-927-1050 978-281-1750
Social Security Office (for Essex County) Social Security Office of Salem <a href="http://www.ssa.gov">www.ssa.gov</a>	800-772-1213 866-248-2394
U.S. Bankruptcy Court for District of Mass. <a href="http://www.mab.uscourts.gov">www.mab.uscourts.gov</a>	617-565-6080

## Hospice

Care Dimensions (formerly Hospice of the North Shore) <a href="http://www.caredimensions.org">www.caredimensions.org</a>	978-774-7566 888-283-1722
Hospice Federation of Massachusetts <a href="http://www.hospicefed.org">www.hospicefed.org</a>	800-962-2973 781-255-7077

## Hospitals

Addison Gilbert Hospital 298 Washington Street, Gloucester, MA 01930 <a href="http://www.beverlyhospital.org">www.beverlyhospital.org</a> then select locations and find AGH	978-283-4000
Beverly Hospital 85 Herrick Street, Beverly, MA 01915 <a href="http://www.beverlyhospital.org">www.beverlyhospital.org</a>	978-922-3000
Center for Healthy Aging (The Hunt Center) 75 Lindall St, Danvers, MA 01923 <a href="http://www.beverlyhospital.org/center-for-healthy-aging">www.beverlyhospital.org/center-for-healthy-aging</a>	978-646-7070
Lahey Clinic-Peabody 1 Essex Center Dr. Peabody, MA 01960 <a href="http://www.lahey.org/peabody">www.lahey.org/peabody</a>	978-538-4000
Salem Hospital 81 Highland Avenue, Salem, MA 01970 <a href="http://nsmc.partners.org">http://nsmc.partners.org</a>	978-741-1200

## Public Health Departments

Beverly	<a href="http://www.beverlypublichealth.org">www.beverlypublichealth.org</a>	978-921-8591
Essex	<a href="http://www.essexma.org">www.essexma.org</a>	978-768-7614
Gloucester	<a href="http://gloucester-ma.gov">http://gloucester-ma.gov</a>	978-281-9771
Hamilton	<a href="http://www.hamiltonma.gov">www.hamiltonma.gov</a>	978-468-5579
Ipswich	<a href="http://www.town.ipswich.ma.us">www.town.ipswich.ma.us</a>	978-356-6605
Manchester	<a href="http://www.manchester.ma.us">www.manchester.ma.us</a>	978-526-7385
Rockport	<a href="http://www.townofrockport.com">www.townofrockport.com</a>	978-546-3701
Topsfield	<a href="http://www.topsfield-ma.gov/health">www.topsfield-ma.gov/health</a>	978-887-1520
Wenham	<a href="http://www.wenhamma.gov/departments">www.wenhamma.gov/departments</a>	978-468-5522

## **Housing/Congregate**

### **Congregate Housing – Shared living for the elderly and/or disabled.**

Oak Hill Apartments 35 Central Street, Ipswich, MA 01938	978-356-1530
Robert H. Brooks House 121 Railroad Avenue, S Hamilton, MA 01982	978-468-5201
Upton Place 137 Bridge Street, Beverly, MA 01915	978-921-2408

### **Supportive Housing – Assisted living-like environment.**

McPherson Park 31 Prospect Street, Gloucester, MA 01930	978-282-3481
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## **Housing/Emergency Shelters**

Action, Inc. 370 Main Street, Gloucester, MA 01930	978-282-1000
Elderly Homeless Program SeniorCare, Inc. 5 Blackburn Center, Gloucester, MA 01930	866-927-1050
The Hillcrest Program 374 Washington Street, Gloucester, MA 01930	978-283-6645
The Inn Between 25 Holten Street, Peabody, MA 01960	978-532-2372
Inn Transition 42 Washington Street, Peabody, MA 01960	978-531-9775
Lifefridge (formerly Salem Mission) 56 Margin Street, Salem, MA 01970	978-744-0500
Wellspring 302 Essex Avenue, Gloucester, MA 01930	978-281-3221
The River House – Men Only 56 River Street, Beverly, MA 01915	978-921-1304

## Housing/Assisted Living Facilities

\* denotes they accept Mass Health (# of beds allocated)

Girdler House (elder women only) 78 Lothrop Street, Beverly, MA 01915	978-922-0346
Harborlight House 1 Monument Square, Beverly, MA 01915 * PACE (varies)	978-927-2121
The Herrick House 89 Herrick Street, Beverly, MA 01915	978-922-1999
Landmark at Oceanview 3 Essex Street, Beverly, MA 01915 * PACE (22)	978-927-4227
Brightview 50 Endicott Street, Danvers, MA 01923	978-750-6111
Emeritus at Cherry Hill 220 Conant Street, Danvers, MA 01923	978-882-4944
Putnam Farm at Danvers 9 Summer Street, Danvers, MA 01923	978-774-5959
Sunrise at Gardner Park 73 Margin Street, Peabody, MA 01960	978-532-3200
Aviv Assisted Living-Woodbridge 240 Lynnfield Street, Peabody, MA 01960 * All beds Mass Health Certified	978-532-4411
Brooksby Village 100 Brooksby Village Drive, Peabody, MA 01960 * After entrance deposit to be a resident there are 16 Mass Health Beds	978-536-7810
John Bertram House 29 N. Washington Street, Salem, MA 01970	978-744-1002

**Housing Authorities  
Section 8/Subsidized Housing**

Beverly	978-922-3100
Essex	978-768-6821
Gloucester	978-281-4770
Hamilton	978-468-3981
Ipswich	978-356-2860
Manchester	978-526-1850
Rockport	978-546-3181
Topsfield	978-887-8407
Wenham	978-468-1532

## Legal/Consumer Advocacy Assistance

AARP Massachusetts State Office <a href="http://www.aarp.org/states/ma">www.aarp.org/states/ma</a>	617-720-5600 866-448-3621
Action, Inc., Gloucester, MA <a href="http://actioninc.org">http://actioninc.org</a>	978-283-7874
Attorney General's Office (elder hotline) 9am-5pm <a href="http://www.mass.gov/ago">www.mass.gov/ago</a>	888-243-5337
Consumer Affairs Office	781-286-8114
Consumer Protection Hotline	617-727-8400
Consumer Affairs Hotline	617-973-8700
Consumer Law Center, National	617-542-8010
Better Business Bureau <a href="http://www.boston.bbb.org">www.boston.bbb.org</a>	508-652-4800
Consumer Products Safety Commission <a href="http://www.cpsc.gov">www.cpsc.gov</a>	800-638-2772
Federal Trade Commission <a href="http://www.ftc.gov">www.ftc.gov</a> Bureau of Consumer Protection	202-326-3300
Lawyer Referral Service of the MA Bar Association <a href="http://www.masslawhelp.com">www.masslawhelp.com</a>	866-627-7577
Legal Advocacy and Resource Center Senior Legal Hotline <a href="http://www.larcma.org">www.larcma.org</a>	866-778-0939
Massachusetts Association of Older Americans <a href="http://www.maoamass.org">www.maoamass.org</a>	617-426-0804
Massachusetts Executive Office of Elder Affairs	617-727-7750
Massachusetts Elder Referral Line <a href="http://www.ma.gov/elder">www.ma.gov/elder</a>	800-AGE-INFO 800-243-4636
Massachusetts Senate & House of Representatives <a href="https://malegislature.gov">https://malegislature.gov</a>	617-722-2000
Massachusetts Senior Action Council (MSAC) <a href="http://www.masssenioraction.org">www.masssenioraction.org</a>	617-442-3330
National Academy of Elder Law Attorneys (to find an attorney) <a href="http://www.naela.org">www.naela.org</a>	703-942-5711
Neighborhood Legal Services (Lynn office) <a href="http://www.neighborhoodlaw.org">www.neighborhoodlaw.org</a>	781-559-7730

## **Long Term Care Ombudsman Program**

SeniorCare's Ombudsman volunteers investigate and resolve complaints made by nursing home residents, provide information on long term care issues, protect residents' rights and advocate to improve the quality of life in the state's long term care system. For more information call:

978-281-1750 \* 866-927-1050

“A consumer's guide to nursing and rest homes”, “Getting the care that's right for you in a nursing home”, and “A model nursing facility admission agreement”

To order these publications	800-882-2003 617-753-8140
To request nursing home ratings	800-493-8333 617-753-8000
National Citizen's Coalition for N.H. Reform <a href="http://www.theconsumervoice.org">www.theconsumervoice.org</a>	202-332-2275
Greater Boston Legal Services <a href="http://www.gbls.org">www.gbls.org</a>	617-371-1234

### **Mental Health**

National Alliance for the Mentally III (NAMI) Greater North Shore <a href="http://www.namimass.org">www.namimass.org</a>	800-370-9085 877-221-6264
Beverly Hospital <a href="http://www.beverlyhospital.org">www.beverlyhospital.org</a>	978-922-3000
Danvers Family Doctors (geriatric neuro-psychiatric evals.)	978-762-6262
Departments of Mental Health Beverly Site	978-281-6494
Health & Education Services, Inc. <a href="http://www.hes-inc.org">www.hes-inc.org</a> Gloucester Beverly	978-283-0296 978-921-1190
Mental Health Legal Advisors Committee <a href="http://www.mhlac.org">www.mhlac.org</a>	800-342-9092
Samaritans (suicide prevention) <a href="http://www.samaritanshope.org">www.samaritanshope.org</a>	978-688-6607 877-870-4673
Mental Health or Substance Abuse Crisis Intervention Health and Education Services (HES)	866-523-1216

## **Manchester Council On Aging Needs You!!**

**Do you have any time to give?**

**Volunteer Opportunities await you here at the COA!!**

You and your life experiences, accumulated skills and wisdom are priceless commodities, regardless of your background. There are always others in need and no gift of time is too small to offer. By helping others you will find that you benefit yourself. Volunteering has been shown to prolong life expectancy! It can introduce you to new people; new skills, new directions and can add a new depth of meaning to your life. Volunteering can also be a wonderful bridge in transitional times in your life, as when you retire or have a change in your life.

The following are volunteer positions that the COA needs to fill:

Friendly Visitor

Office Volunteer

Telephone Reassurance Volunteer

Errand and Shopping Volunteer

Medical Appointment Driver

School/Reading Volunteer

Newsletter Volunteer

**If you are interested in becoming a volunteer, please call the Council On Aging at:**

**978-526-7500**

## Nursing Homes

Blueberry Hill, Kindred Transitional Care and Rehabilitation, 75 Brimbal Avenue, Beverly, MA 01915 <a href="http://www.blueberryhillrehab.com">www.blueberryhillrehab.com</a>	978-927-2020
Essex Park Rehabilitation & Nursing Center 265 Essex Street, Beverly, MA 01915 <a href="http://www.healthbridgemanagement.com/essex-park">www.healthbridgemanagement.com/essex-park</a>	978-927-3260
DenMar Rehabilitation and Nursing Center 44 South Street, Rockport, MA 01966 <a href="http://www.denmarrnc.com">www.denmarrnc.com</a>	978-546-6311
Golden Living Center 272 Washington Street, Gloucester, MA 01930 <a href="http://www.goldenlivingcenters.com">www.goldenlivingcenters.com</a>	978-281-0333
Hunt Nursing and Rehab Center 90 Lindall Street, Danvers, MA 01923 <a href="http://www.huntnursinghome.org">www.huntnursinghome.org</a>	978-777-3740
Ledgewood Rehabilitation & Skilled Nursing Center 87 Herrick Street, Beverly, MA 01915 <a href="http://www.ledgewoodrehab.com">www.ledgewoodrehab.com</a>	978-921-1392
Masconomet Healthcare Center 123 High Street, Topsfield, MA 01983 <a href="http://www.whittierhealth.com/nursing_homes/masconomet.html">http://www.whittierhealth.com/nursing_homes/masconomet.html</a>	978-887-7002
Seacoast Nursing & Retirement Home (Kindred) 292 Washington Street, Gloucester, MA 01930 <a href="http://www.seacoastrehab.com">www.seacoastrehab.com</a>	978-283-0300

## **Nutrition Resources**

### **Food/Grocery Resources**

ACORD, Hamilton (emergency groceries) 69 Willow Street, Hamilton, MA 01982 <a href="http://www.acordfoodpantry.org">www.acordfoodpantry.org</a>	978-468-7424
Beverly Bootstraps Food Pantry 371 Cabot Street, Beverly, MA 01915 <a href="http://www.beverlybootstraps.org">www.beverlybootstraps.org</a>	978-927-1561
The Open Door Food Pantry Buck a Bag program-every Friday 1:00 PM Cape Ann "SERVE" -monthly discount food package <a href="http://www.foodpantry.org">www.foodpantry.org</a>	978-283-6776
Food Stamps (SNAP) – Salem Office 35 Congress St. Salem, MA 01970 <a href="http://www.gettingsnap.org">www.gettingsnap.org</a>	978-825-7300 800-848-0056
Food Source Hotline/Project Bread (Mon-Fri 8am-7pm)	800-645-8333
Salvation Army Food Pantry 50 Elliott Street, Beverly, MA 01915 <a href="http://www.essexcountyhungerrelief.org">www.essexcountyhungerrelief.org</a>	978-922-4522
SeniorCare "Meals on Wheels" Program Home Delivered Meals, 10 Congregate meal sites Nutrition consultation/assessment <a href="http://www.seniorcareinc.org">www.seniorcareinc.org</a>	866-927-1050
SERVE New England (Food Program) <a href="http://www.bostonresourcenet.org/assistance/food-serve">www.bostonresourcenet.org/assistance/food-serve</a>	888-742-7363

## **Nutrition Resources**

### **Meal Sites**

First Parish Unitarian Church, 225 Cabot Street, Beverly, MA 01915 (Tuesday Evenings)	978-922-3968
First Baptist Church, 221 Cabot Street, Beverly, MA 01915 (Monday Eve) White Whale (Tues. & Sat. Lunch) 9 Hale St. Beverly, MA 01915	978-922-3295
Interfaith Harvest Committee (serves meals) St. John's Episcopal Church, Gloucester (Tuesday)	978-283-1708
Trinity Congregational Church, Gloucester (Friday 5-6pm)	978-283-1442
Lifebridge 56 Margin St, Salem, MA 01970 Daily meals 7 days: Breakfast: 7-8:30am Lunch Mon/Wed/Fri/Sat/Sun: 12:30pm Dinner: 6:30pm	978-744-0500
Memorial United Methodist Church, 2 Dane Street, Beverly, MA 01915 (Suppers on Wed)	978-927-1066
North Shore Outreach Ministries (serves meals in Beverly) Beverly Church of the Nazarene, 556 Cabot Street (Thursday Evenings)	978-927-2314
Open Door (Mon., Wed., Thurs., Sat 5-6pm, Sun 4-5pm.) Rear 28 Emerson Avenue, Gloucester, MA	978-283-6776
Salvation Army/Salem Meals 93 North Street, Salem, MA 01970 Meals Tues and Thurs 12-12:30pm Office hours 8:30am-4:00pm Food Pantry M/W/F 9:30am & 11:30am,	978-744-5181
St. Peter's Episcopal Church 4 Ocean St. Beverly, MA 01915(Fri./Sun. Eves)	978-922-3438

## Personal Emergency Response

HEALTHWATCH Personal Response of Jewish Family Services of the North Shore	978-741-7878
Health Watch Personal Response System Affiliate of VNA Care Network	800-521-5539 x5459
“Lifeline” Personal Emergency Response System Beverly Hospital	978-921-1967
Lifeline at Partners Home Care (referrals) Salem Hospital (all other inquires)	800-910-4225 978-236-1396
Response Link	888-873-6337 978-372-3447

## Prescription/Health Insurance Information

Department of Public Health (healthcare quality line)	800-462-5540
Healthcare for All	800-272-4232
Massachusetts Board of Registration In Medicine for Drs.	800-377-0550
Massachusetts Dental Society	800-342-8747
Massachusetts Department of Transitional Assistance (Salem) (Gloucester)	978-825-7300 978-282-1545
MassHealth Enrollment Center	800-665-9993
MassHealth Customer Service Center	800-841-2900
MassPRO Medicare Information Hotline	800-252-5533
Medicare Advocacy Project & Elder Unit Intake	617-603-1776
Medicare Information Line <a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
Prescription Advantage (age Info Line – Prescription drug benefits or elders/disabled persons) TTY	877-610-0241
PhRMA Patient Assistance Directory Line	800-762-4636
SHINE (Age Info Line) Manchester COA - Shine Counselor	800-882-2003 978-526-7500

## **SeniorCare Retired and Senior Volunteer Program (RSVP)**

RSVP needs individuals, especially those individuals who are 55 years of age or older, who would like to volunteer.

There are many volunteer opportunities in the North Shore/Cape Ann area.

### **Volunteers are needed to:**

- Transport elders to and from their local medical appointments
- Deliver Meals-on-Wheels
- Provide friendly visiting, companion or shopping services to home-bound elders
- Be a Money Manager
- Be a Long Term Care Ombudsman
- Help at Congregate Meal Sites
- Help at Food Pantries and Thrift Shops
- Be a Hospital or Hospice Volunteer
- Be a Tax Aide
- Be a Reading Coach for children
- Be an ESL Tutor
- Be a GED Tutor
- Be a Telephone Caller
- Be a Collator/Office Helper
- Be an Entertainer
- Be an Usher
- Be a Knitter and more...

# **SeniorCare, Inc.**

## **Our Mission**

**SeniorCare provides and coordinates services to elders, enabling them to live independently at home and remain part of their community.**

## **Services Include:**

- Information, Referral & Advocacy
- Care Management
- Home Care services such as Homemaking, Personal Care, and Chore Services
- Meals on Wheels & Nutrition
- Adult Protective Services
- Elder Care Advice/Caregiver Support
- Supportive Living/Housing Assistance
- Money Management
- Nursing Home Advocacy
- Nursing Services/Nursing Home Screening
- RSVP of the North Shore-Volunteers aged 55+ providing a variety of services
- Transportation
- My Life, My Health-Healthy Living/Peer Support Groups
- Pawsitive Connections-Information, referral & advocacy on elder/pet issues.
- Veteran Services

SeniorCare, Inc.  
5 Blackburn Center  
Gloucester, MA 01930-2259  
1-800-AGE-INFO  
[www.seniorcareinc.org](http://www.seniorcareinc.org)

## Prevention

AIDS Hotline (Oasis) <a href="http://www.aidsoasis.org">www.aidsoasis.org</a>	800-235-2331
Center for Disease Control and Prevention <a href="http://www.cdc.gov">www.cdc.gov</a>	800-CDC-INFO 800-232-4636
Department of Mental Health Benefits Advocates available to help with social security benefits.	978-863-5071
Healthquarters <a href="http://www.healthq.org">www.healthq.org</a> A provider of confidential reproductive healthcare, prevention, and education services	800-927-7738
North Shore Health Project 5 Center St. Gloucester, MA 01930 <a href="http://www.healthproject.org">www.healthproject.org</a> Promoting wellness in people living with HIV/AIDS and Hepatitis C	978-283-0101
VNA Care Network Smoking Cessation Program	800-457-8999

## Alcohol & Substance Abuse

CAB Health & Recovery Services <a href="http://www.cabhealth.org">www.cabhealth.org</a> 27 Congress Street, Salem, MA 01970	800-334-5512 978-740-1500
Health and Education Services <a href="http://www.hes-inc.org">www.hes-inc.org</a> Outpatients/Addiction Services – Ipswich HIV/Substance Abuse Program – Gloucester Methadone Treatment Program – Gloucester Beverly Clinic Gloucester Clinic TCB (Substance abuse transitional service for families) 64 Eastern Point Road, Gloucester, MA 01930	978-356-1776 978-927-4506 978-283-0000 978-927-4506 978-927-4506 978-281-3328
Twelve Step Programs Al-Anon Family Groups <a href="http://www.mass-al-anon-alateen.org">www.mass-al-anon-alateen.org</a> Alcoholics Anonymous <a href="http://www.aaboston.org">www.aaboston.org</a> Mass. Council on Compulsive Gambling <a href="http://www.masscompulsivegambiling.org">www.masscompulsivegambiling.org</a> White Whale – 12 step meetings 9 Hale Street, Beverly, MA 01915 Mon-Fri & Sun 5:30pm-6:30pm, Fri 10:30pm-12, Sat&Sun 2-3pm, Sat 10:30pm-12,	508-366-0556 617-426-9444 800-426-1234
Massachusetts Substance Abuse Helpline <a href="http://www.helpline-online.com">www.helpline-online.com</a>	800-327-5050

## Support Groups

### **Manchester:**

#### Low Vision Group located at the Plains

The Low Vision group meets every 2<sup>nd</sup> Monday of the Month at 1:00pm. Transportation is available through the Council on Aging. Please call 978-526-7500.

### **Gloucester:**

#### Breast Cancer Support Group at Addison Gilbert Hospital (AGH)

The Breast Cancer Support Group at AGH meets on the third Tuesday of each month from 6:30-8PM in the Longan Room, located inside the Washington Street entrance of AGH, 298 Washington St. in Gloucester. There is no fee or pre-registration required. AGH's main number is 978-283-4000.

#### General Cancer Support Group at Addison Gilbert Hospital (AGH)

The Cape Ann Cancer Support Group meets on the fourth Tuesday of each month from 4:30-6PM in the Longan Room, located inside the Washington Street entrance of AGH. Pre-registration is not required. AGH's main number is 978-283-4000.

#### Cancer Survivor Support Group at Annisquam Church

Our friends at the Annisquam Church began a cancer survivor support group. The group is intended to help individuals who have been through cancer treatment and are in remission to talk about their thoughts and fears and the challenges they may be facing in daily life after recovery. Those who are interested in joining or would like further information are welcome to call 508-826-2288.

#### Gloucester Stroke Club

The Gloucester Stroke Club that meets monthly at Addison Gilbert Hospital, 298 Washington Street, Gloucester. The group meets on the first Thursday of each month from 2-3 p.m. in the Healy Room located inside the Washington Street entrance. The group is held free of charge and pre-registration is not necessary. For further information, please call (978) 978-283-3968.

#### Widowed Persons' Support Group

The Widowed Persons' Support Group meetings are held at Addison Gilbert Hospital, 298 Washington Street, Gloucester, in the Longan Room (inside the Washington Street entrance), from 3-5 p.m. The group meets every other Wednesday. There is no fee or pre-registration required. Those wishing further information may call 978-283-7102 or 978-879-437

### Loss of a Child Support Group - Addison Gilbert Hospital

Loss of a Child Support Group is available to parents who have experienced the loss of a child at any age. The group will meet at Addison Gilbert Hospital, 298 Washington Street, Gloucester, on the third Wednesday of the month at 6 p.m. in the Longan Room (Washington Street entrance). There is no fee. Pre-registration is requested by calling the facilitator Judi Dagle-Ernest at 978-879-9718.

### Learn to Cope

Learn to Cope: The Gloucester Cape Ann Chapter of Learn to Cope has moved its day and location. Learn to Cope will be meeting on Wednesday Evenings 7-9 p.m. at St. John's Episcopal Church in the Thompson Room 48 Middle St. Gloucester. Learn to Cope is a peer led support group for anyone struggling with a loved one's addiction. For more info on Learn to Cope call 508-801-3247 or visit [www.learn2cope.org](http://www.learn2cope.org).

### **Beverly:**

#### North Shore Neuropathy Support Group

The North Shore Neuropathy Support Group meets in the Lecture Hall at Beverly Hospital, 85 Herrick Street from 10 a.m. to 12 Noon and welcomes those affected by neuropathy, their family members, friends and care-givers.

For more information, please contact group leader Werner Paster at 978-479-4339 or via email [Wswpaster@gmail.com](mailto:Wswpaster@gmail.com)

#### Breast Cancer Support Group at Beverly Hospital

The Breast Cancer Support Group at Beverly Hospital meets on the third Tuesday of each month from 7 - 8:30 p.m. at The Herrick House located on the upper campus of Beverly Hospital. Pre-registration is not required. For further information, please contact the Community Relations Department at 978-283-4000, ext. 585.

## Transportation

American Red Cross N.E. Chapter 100 Cummings Center, Beverly, MA 01915	978-922-2224
American Cancer Society (hospital trips)	800-227-2345
Beauport	978-281-6955
Beverly Council on Aging (van service)	978-921-6078
Beverly Chamber (City Shopper/Commuter Shuttle)	978-232-9559
Cape Ann Transportation Authority (CATA) (Essex, Gloucester, Ipswich, Magnolia & Rockport)	978-283-1886
CATA Dial-A-Ride for elders/disabled	978-283-7916
CATA MassHealth Transportation	978-281-3849
Essex COA (monthly shopping trips to the malls)	978-768-7932
Hamilton COA (van service)	978-468-5595
Ipswich COA (volunteer drivers/van service)	978-356-6650
Manchester COA (van service)	978-526-7500
MBTA Information Center	800-392-6100
MBTA The Ride For those who can't use public transportation due To a physical or mental disability.	800-533-6282
SeniorCare Volunteer Drivers (for transportation to medical appointments)	866-927-1050 X 377
Topsfield COA (van service)	978-887-6866
Wenham Senior Van	978-468-5534

## **Veteran Services**

Bedford Veterans' Hospital	781-687-200 800-838-6331
Boston Veterans' Hospital – Boston Campus W. Roxbury Campus	617-232-9500 617-323-7700 800-865-3384
Department of Veterans' Services	617-210-5480
Department of Veterans' Affairs	800-827-1000
Soldiers' Home in Chelsea	617-884-5660
Veterans' Services (for widows & widowers too)	
Beverly	978-921-6018
Essex, Hamilton, Ipswich, Wenham	978-356-3915
Gloucester	978-281-9740
Manchester	978-526-2014
Rockport	978-546-5007
Topsfield	978-887-2277
Veteran's Guide to Benefits, Secretary of the Commonwealth	617-727-7030

## **Veterinary/Animal Care**

Cape Ann Animal Aid-Gloucester	978-283-6055
Canine Consulting, Inc., Training Center-Rowley	978-948-5353
Feline Rescue of Cape Ann	978-282-1837
Friends of Animals (low cost spay/neuter)	800-321-7387
Mass. Board of Registration, Veterinarians	617-727-3074
MSPCA Law Enforcement	800-628-5808
ASPCA Animal Poison Control Center Hotline	888-426-4435
NEADS, Inc. (Service/Assistance Dogs) Voice/TDD	978-422-9064
National Association of Pet Sitters	800-296-7387
New Meadows Tails Up (cat Rescue & adoption)	978-887-3445
Northeast Animal Shelter – Salem	978-745-9888
Pet Loss Counseling, Cheryl Nahas, MA, LMHC	781-438-1425
SeniorCare, Inc. Pawsitive Connections	978-281-1750

**Visiting Nurse Associations/  
Private Home Health Care  
Corporations**

Marblehead Swampscott VNA 1 Widger Road, Marblehead, MA 01945	781-631-1900
Multicultural Home Care, Inc. 330 Lynnway, #103, Lynn, MA 01901	781-593-7174
North Shore Community Action Program (NSCAP) 98 Main Street, Peabody, MA 01960	978-531-0767
North Shore P.R.N., Inc. 600 Cummings Center #270X, Beverly, MA 01915	978-922-7062
Professional Profiles 85 Constitution Lane, #100D, Danvers, MA 01923	978-774-0022
Right At Home 15 Elliott Street, Beverly, MA 01915	978-232-0202
Seraphic Springs Health Care, Inc. 425 Western Ave, Lynn, MA 01904	781-780-6515
TLC @ Home, LLC 57 Eastern Ave, Gloucester, MA 01930	978-282-5575
Partners Home Care, Inc. 152 Conant Street, Beverly, MA 01915	800-823-4862 978-236-1300
VNA Care Network 8 Angle Street, Gloucester, MA 01930 5 Federal Street, Danvers, MA 01923	800-728-1862 978-283-2020 978-777-6100

**Visiting Nurse Associations/  
Private Home Health Care  
Companies**

Action, Inc. Homemaker Service of Greater Cape Ann 180 Main Street, Gloucester, MA 01930	978-283-2700
All Care Visiting Nurse Association, Inc. 210 Market Street, Lynn, MA 01901	800-287-2454
All Care Resources, Inc. 16 City Hall Square, Lynn, MA 01901	781-598-2454
Associated Home Care, Inc. 495 Cabot Street, Beverly, MA 01915	978-922-0745
Best Home Care 159 Elliott Street, Danvers, MA 01923 (Beverly Office)	978-777-6009 978-927-1800
Harborlight Care Services, Inc. 221 Cabot Street, Beverly, MA 01915	978-922-2780
Houseworks 53 Mason Street, Suite 204, Salem, MA 01970	978-744-4570
Intercity Homemaker Services, Inc. 84 Highland Avenue, Salem, MA 01970	978-745-7842

## **Websites**

### **Additional Elder Resources**

- [www.800ageinfo.com](http://www.800ageinfo.com) – For Massachusetts elders and their families. Find resources that meet your needs.
- [www.benefitscheckup.org](http://www.benefitscheckup.org) – Find benefit programs that can help you pay for medications, health care, food, utilities and more.
- [www.caregiver.org](http://www.caregiver.org) – Family Caregiver Alliance – National Center on Caregiving is the public voice for caregivers.
- [www.elderweb.com](http://www.elderweb.com) – Award winning online eldercare sourcebook.
- [www.endoflifecommission.org](http://www.endoflifecommission.org) – Information about end of life resources available in communities throughout Massachusetts.
- [www.igrandparents.com](http://www.igrandparents.com) – Blog dedicated for grandparents.
- [www.medlineplus.gov](http://www.medlineplus.gov) – Health information.
- [www.netgrocer.com](http://www.netgrocer.com) – Groceries and more delivered to your door.
- [www.nolo.com](http://www.nolo.com) -Law for All Estate Planning Assistance
- [www.seniorlaw.com](http://www.seniorlaw.com) - Information about elder law, Medicare, Medicaid, Medicaid planning, guardianship, estate planning, trusts and the rights of the elderly and disabled.