

SENIORS

Adult Day Health Services

(A program of Gardner Visiting Nurses Association, Inc.)

1471 Main Street, Rear, Athol, MA 01331

Tel: (978) 544-5478

Contact: Louise Smith, Program Director

Website: http://www.gardnervna.org/adult_day.htm

The North Quabbin Adult Day Service is designed to meet the physical, functional and social needs of elders and disabled adults who are unable to live totally independently.



Athol Senior Center

416 Main Street, Athol, MA 01331

Tel: (978) 249-9001

Serving Athol, Phillipston, Royalston, Petersham.

Athol Council On Aging

584 Main Street, Athol, MA 01331

Tel: (978) 249-8986

Contact: Cathy Savoy

Email: coa@townofathol.org

Senior Activities

- ◆ **Senior Arts Program** - Mondays at the Athol Senior Center at 1:00 p.m.
- ◆ **Senior Fitness** - Tuesdays & Thursdays at the Athol Town Hall from 9 - 11 a.m.
- ◆ **Bingo!** - Tues., Wed., Thurs., & Fri., at the Senior Center from 1 - 3 p.m.
- ◆ **Winter Senior Walking** - Mon. - Fri. 3 - 5 p.m. at Athol High School
- ◆ **Computer Club** - 1st and 3rd Thursdays of the month at Athol Senior Center
- ◆ **AARP & Golden Ages Clubs** - for more information call Athol Council on Aging

Other Council on Aging Sponsored Programs

- ◆ **Meals on Wheels/Congregate Dining** - Monday - Friday
- ◆ **Foot Screenings** - call for an appointment
- ◆ **SHINE** - Health Insurance problems (978) 249-5634
- ◆ **Brown Bag** - 4th Wednesday of the month at the Athol Town Hall

- ◆ **Grandparents Raising Children**
- ◆ **Elder Peer Counseling** - Call Madeline (800) 362-5788
- ◆ **Free Legal Assistance**
- ◆ **Money Management** - (800) 732-4636
- ◆ **MEDRides** - for Chemo, Radiation, Dialysis, out of county MEDRides call in the morning (978) 544-1113
- ◆ **Senior Transportation** - Call (978) 249-7949
- ◆ **Serve Food Program** - CCD Center - for more information call (978) 249-3464
- ◆ **Free Blood Pressure Clinics** - Wednesdays. Call for time and place.

Elder Protective Services

(A program of Franklin County Home Care Corp)

330 Montague City Rd., Suite 1, Turners Falls, MA 01376

Tel: (978) 544-2259 or (413) 773-5555 Fax: (413) 772-1084

Elder Abuse Hotline 24/7 (800) 922-2275 V/TDD

Contact: Linda Puzan

Email: lpuzan@fchcc.org

Websites: www.fchcc.org or www.800ageinfo.com

The Elder Protective Service Program investigates reports of elder abuse, neglect, financial exploitation & self neglect. Protective service case work also includes counseling, safety planning & family intervention, homemaker/health aide services, transportation, housing, legal assistance and advocacy. Service area includes Franklin County & North Quabbin (*which includes 4 Worcester County towns: Athol, Phillipston, Royalston & Petersham*)

Family Friends

United ARC of Franklin & Hampshire Counties

111 Summer Street, Greenfield, MA 01301

Tel: (413) 774-5558 or (413) 774-2105 Fax: (413) 774-2071

Contact: Drenna Mahaney

Email: drennamahaney@unitedarc.org

Website: www.unitedarc.org

Wish you had more grandkids to play with or read to?

Want to share your wisdom and experience with today's parents?

Want to live a longer, fuller life?

Have we got a family for you!

Parents in Franklin County want to connect with local residents (age 55 and up) who have wisdom and life experience. We are looking for *part-time* grandparents to read with kids, play educational games, and offer ideas on parenting and raising kids in a loving and supportive home. Flexible schedule, training and on-going support, and reimbursement for some expenses, including mileage, are provided. NCOA studies show that people who volunteer live longer, happier lives than those who don't!



Meals on Wheels

Franklin County Home Care Corporation (FCHCC)
330 Montague City Road, Turners Falls, MA 01376
Tel: (800) 732-4636
Website: www.fchcc.org

Meals on Wheels provides a hot noon meal delivered Monday through Friday to homebound elders in need. Service area includes the North Quabbin.

Northwestern District Attorney's Office

District Attorney Elizabeth D. Scheibel

Serving the towns of: Amherst, Ashfield, Athol, Belchertown, Bernardston, Buckland, Charlemont, Chesterfield, Colrain, Conway, Cummington, Deerfield, Easthampton, Erving, Gill, Goshen, Granby, Greenfield, Hadley, Hatfield, Hawley, Heath, Huntington, Leverett, Leyden, Middlefield, Monroe, Montague, New Salem, Northampton, Northfield, Orange, Pelham, Plainfield, Rowe, Shelburne, Shutesbury, South Hadley, Southampton, Sunderland, Ware, Warwick, Wendell, Westhampton, Whately, Williamsburg, Worthington

Elders and Persons with Disabilities

Contact: Christy Geffin, Program Coordinator
Email: christy.a.geffin@state.ma.us

Hampshire County Office

One Gleason Plaza
Northampton, MA 01060
Ph: (413) 586-9225
Fx: (413) 584 3635

Franklin County Office

13 Conway Street
Greenfield, MA 01301
Ph: (413) 774-3186
Fx: (413) 773-3278

Consumer Protection

Contact: Janice Garrett, Director
Email: janice.garrett@state.ma.us
Northampton: (413) 586-9225 **Greenfield: (413) 774-5102**

Orange Council On Aging

135 E. Main Street, Orange, MA 01364
Tel: (978) 544-1113
Contact: Clifford Fournier

Orange Senior Center

Orange Armory, 135 East Main Street, Orange, MA 01364

Tel: (978) 544-1113

Serving New Salem, Orange & Warwick.

Serving Health Information Needs of Elders (SHINE)

Franklin County Home Care Corporation (FCHCC)

330 Montague City Road, Turners Falls, MA 01376

Tel: (800) 732-6566

Contact: Lorraine York

SHINE is a state program administered through local Councils on Aging to provide a network of volunteer health benefit counselors. Counselors provide information on:

- ◆ Medicaid
- ◆ Medicare
- ◆ HMO's
- ◆ Medigap plans
- ◆ SSI
- ◆ Other health insurance issues.

Stavros Center for Independent Living

55 Federal Street, Suite 210, Greenfield, MA 01301

Tel: (413) 774-3001 Fax: (413) 772-2556

Website: www.stavros.org

Their mission is to promote independence and access in the community for persons with disabilities and deaf people. For 30 years Stavros has been actively advocating for the civil rights of people with disabilities and provide services to residents in Franklin, Hampden and Hampshire Counties. Following are descriptions of many of the services provided:

- ◆ **Independent Living Services**
- ◆ **Stavros Transportation Services**
- ◆ **Personal Assistance Services**
- ◆ **Housing Services**
- ◆ **Deaf and Hard of Hearing Services**
- ◆ **Equipment Loan**
- ◆ **Massachusetts Assistive Technology**
- ◆ **Skills Training**
- ◆ **Verizon Program** - allowing residents of Massachusetts, with residential telephone service through Verizon and who have a disability that limits their abilities to use the telephone, to get assistive telephone equipment for free or at a reduced rate based on financial guidelines.