



# At Your FINGERTIPS

***Elder Resource Guide  
Allston Brighton Neighborhoods***



***FriendshipWorks***

Fall 2016

*Warm Greetings to our Allston Brighton Neighbors!*

*For over 30 years, FriendshipWorks has matched volunteers with their older neighbors in Boston and Brookline. It is FriendshipWorks' ongoing mission to serve elders with the warmth and comfort that only a caring and dedicated friend can provide.*

*The neighborhood of Allston Brighton is home to many older adults, some of whom have lived here for many years, and others who are newer neighbors. In an effort to better serve older adults in Allston Brighton, we opened a neighborhood office there in 2014.*

*We hope that by creating and distributing this guide, we can connect elders not only with our own programs, but with all the other important services offered within the Allston Brighton community. Together, we can further improve the quality of life of elders within the neighborhood.*

*This guide will also be available on our website: [fw4elders.org](http://fw4elders.org). If you would like to update any information found in this guide, please contact our office.*

*In Friendship,*



Janet Seckel-Cerrotti  
Executive Director



Samantha Cowan  
Allston/Brighton Program  
Director

*P.S. For more info on free services from FriendshipWorks, turn to pages: 40-41.*

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# HOW TO USE THIS GUIDE



The following pages include information on many resources available to elders in the Allston Brighton community. However, we recognize that this is not a comprehensive list. If you are looking for a particular service and are unable to find it within this guide, we encourage you to call **Boston ElderINFO**.



## **Boston ElderINFO**

617-292-6211

89 South Street, Suite 501 Boston, MA 02111

[elderinfo.org/index](http://elderinfo.org/index)

Boston ElderINFO will listen to whatever question you have about elder resources and will point you in the right direction. Simply call and speak to one of their representatives, or leave a voicemail and someone will promptly call you back.



**Veronica B. Smith Multi-Service  
Senior Center, Inc.**

**617-635-6120**

20 Chestnut Hill Avenue, Brighton, MA 02135

[cityofboston.gov/elderly/center.asp](http://cityofboston.gov/elderly/center.asp)

8:30am to 4pm, Monday through Friday

The Veronica B. Smith Senior Center is open to all senior citizens of Boston and provides a comprehensive range of programs and services. Located in a wheelchair-accessible historic building in Brighton Center, they are a City of Boston designated cooling site, offering participants a comfortable lounge area, all purpose room for a hot lunch program, a beautiful sky-lit auditorium for large classes in dance, fitness, arts, and social events, a catering kitchen, and their own computer lab. Here, elders can access information and referral services, health and wellness programs, assistance with economic security, info on transportation, and more!

# Community Centers and Resources



## **Allston Brighton Veterans Advisory Council**

77 Warren St, Brighton, MA 02135

[www.boston.gov/veterans](http://www.boston.gov/veterans)

The Veterans Advisory Council is a volunteer group that meets to care for veterans memorials and squares, and lets non-veterans know about veterans in the community. They meet regularly on the 2nd-to-last Thursday of the month at Corrib Pub (396 Market Street, Brighton) at 7pm.



## **BCYF/Jackson Mann Community Center**

617-635-5153

500 Cambridge St., Allston, MA 02134

Monday - Friday 7am-10pm, Saturday 9am-5pm

This center hosts a variety of programs for children and teens, Adult Education programs (like HiSet prep classes, basic English classes, and citizenship classes), and Enrichment classes such as exercise classes, meditation, and other workshops.



## **Chinese Golden Age Center: Brighton House**

**617-789-4289**

677 Cambridge St., Brighton, MA 02135

<http://www.gbcbgac.org/senior-center.php>

8:30am- 4:30pm, Monday - Friday

CGAC is an organization with programs and services available to accommodate the needs of elders to maintain independence and wellness at home and in the community. They host communal meals, drop in social services, an Adult Day Health program, Tai Chi classes, Table Tennis, Chinese classes, English classes, and other recreational activities.



## **Harvard Ed Portal**

**617-496-5022**

224 Western Ave. Allston, MA 02134

[edportal.harvard.edu](http://edportal.harvard.edu)

Monday-Thursday: 10am-7pm, Friday: 10am-5pm

The Harvard Ed Portal presents educational, arts, wellness, and workforce development programs for the community in Allston Brighton. Call or go online for a list of upcoming programs!



## **Josephine Fiorentino Community Center**

**617-699-2883**

123 Antwerp St., Brighton, MA 02135

[charlesviewcommunity.org/community-center](http://charlesviewcommunity.org/community-center)

Call for hours

The center hosts a number of programs including Zumba Gold, occasional wellness clinics, other fitness classes, computer tutoring, and English as a Second Language classes. Call for more information.



## **Oak Square YMCA**

**617-782-3535**

615 Washington St. Brighton, MA 02135

[ymcaboston.org/oaksquare](http://ymcaboston.org/oaksquare)

Monday-Thursday: 5:30am-10:30pm,

Friday - 5:30-10pm, Saturday - 7am-7pm, Sunday - 8am-7pm

The YMCA empowers seniors to grow in mind, body, and spirit through activities like group exercise classes, social events, low impact water exercise, community education, and more. Seniors also have the opportunity to volunteer their time with kids and teens. Specialized fitness programs include the Partnership Program for adults needing assistance with exercise due to chronic health issues or disability.



**Presentation School Foundation  
Community Center**

**617-782-8670**

640 Washington Street, Brighton, MA 02135

[psf-inc.org](http://psf-inc.org)

The center hosts a variety of programs for the community, including cooking, exercise, CPR/First Aid classes, ESOL classes, occasional self-defense classes, and more. Call or go online for more information!

# Libraries



## Brighton Library

617-782-6032

40 Academy Hill Road, Brighton MA 02135

Monday: 12pm-8pm, Tuesday: 10am-6pm

Wednesday: 10am-6pm, Thursday: 12pm-8pm

Friday: 9am-5pm, Saturday: 9am-5pm

Closed Sunday

Opportunities include ESL Conversation groups, sudoku workshops, lectures, book discussions, concerts, and more.



## Honan-Allston Library

617-787-6313

300 North Harvard Street, Allston, MA 02134

Monday: 12pm-8pm, Tuesday: 10am-6pm

Wednesday: 12pm-8pm, Thursday: 10am-6pm

Friday: 9am-5pm, Saturday: 9am-5pm

Closed Sunday

Opportunities include book discussion groups, ESOL conversation groups, movie screenings, basic computer instruction (computers are available for use), and more.



## **Faneuil Library**

**617-782-6705**

419 Faneuil St. Brighton, MA 02135

Monday: 10am-6pm, Tuesday: 12pm-8pm

Wednesday: 10am-6pm, Thursday: 10am-6pm

Friday: 9am-5pm, Saturday: 9am-2pm

Closed Sunday

Opportunities include book discussion groups for adults, English conversation classes, public computers and free wifi, a summer reading club, special performances, open house programs, a fundraising auction, and more.

## **Food Access**



### **Project Bread's FoodSource Hotline**

**1-800-645-8333 (Toll-free)**

The FoodSource Hotline can help you find out if you qualify for SNAP (formerly known as Food Stamps) and help you apply over the phone. Counselors can also help connect you with other food resources in your area.



## **Peapod**

1-800-573-2763

[peapod.com](http://peapod.com)

Monday-Friday 7am-10pm,  
Saturday-Sunday 7am-3:30pm

For a fee, Peapod will deliver your groceries to your home.



## **Action for Boston Community Development (ABCD) Food Pantry**

617-903-3640

640 Washington St., Suite 203, Brighton MA 02135

Food pantry hours: Monday 11am-4pm,  
Tuesday - Friday 10am-4pm

ABCD operates a food pantry out of their Allston Brighton office in Oak Square, Brighton, serving the entire Boston community, Newton, and Brookline. Food is available once per month, with exceptions during food emergencies. Food pantry items include staples such as beans, rice, peanut butter, pasta, etc., as well as perishable items including fresh produce, a variety of meat options, soups, eggs, and sometimes cheese.



## **Allston-Brighton Food Pantry**

**617-254-4046**

Brighton Allston Congregational Church  
404 Washington St., Brighton, MA 02135

On the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month between 10am-1pm, residents with a photo ID, proof of income eligibility, and a letter confirming their address are eligible to receive a food basket (a 3-4 day food supply for one household).



## **EMPath/Central Boston Elder Services**

**617-277-7416**

For residents who qualify for this service through Central Boston Elder Services, EMPath can provide weekday meal delivery. Please call for more details about this program.

# Community Meals



## Community Supper

(617) 254-4046

Brighton Allston Congregational Church  
404 Washington St., Brighton, MA 02135  
*Wednesdays at 6pm*

Dinner is open to everyone, free of charge.



## Veronica B. Smith Multi-Service Senior Center Weekday Lunch Program

617-635-6120

Monday - Thursdays, 12 noon  
20 Chestnut Hill Avenue, Brighton, MA 02135

Lunches consist of both hot and cold meals, and a \$2 donation is suggested.



**Senior Suppers  
at St. Elizabeth's Medical Center  
617-789-3000**

Quarterly, on the 2nd Thursday of the month, 3:30-5pm  
(12/8/16, 3/9/17, 6/8/17, 9/14/17)

St. Elizabeth's Medical Center's Senior Suppers are fun-filled events with delicious food. There is free parking in garage B with validation. If you are interested in joining the senior supper mailing list, call the number listed above and ask for Nikkie Mulkern.

# Farmers Markets



## **Oak Square Farmers Market**

640 Washington St., Brighton, MA 02315

Contact: Bernadette Reid, breid@psf-inc.org, 617-782-8670

June to October (call for dates and times)

SNAP/EBT, Bounty Bucks, Senior Coupons, and food prescriptions welcome. Vendors: seasonal produce, meats, eggs, coffee, baked goods, honey.



## **The Farmers' Market at the Harvard Ed Portal**

224 Western Avenue, Allston, MA 02134 (Harvard Ed Portal)

Jason Clark, 617-496-5022

jason\_clark@harvard.edu

June to October (call for dates and times)

SNAP, Bounty Bucks, WIC, and Senior Coupons welcome. Vendors: Fresh local produce, meats, jams, granola, and healthy cooking oils.

# Police and Fire Department



## Police, District 14

617-343-4260

301 Washington St., Brighton, MA 02135

For emergencies call: 9-1-1

For emergencies (when calling from a cell phone)  
you can also call: 617-343-4911

To report an anonymous tip, call: 1-800-494-8477



## Fire Department

617-343-3550

For information about fire safety, including smoke and carbon  
monoxide detectors, call or visit [cityofboston.gov/fire](http://cityofboston.gov/fire)

# Human Services



## **Action for Boston Community Development**

**617-903-3640**

640 Washington Street, Suite 203, Brighton, MA 02135

[bostonabcd.org/allston-brighton-noc.aspx](http://bostonabcd.org/allston-brighton-noc.aspx)

ABCD offers a range of services that allow community members, including elders, in the neighborhood to be healthy, financially stable, and live independently. Examples of programs are the food pantry, Food Dollars program, food stamp applications, computer literacy workshops, heat and energy assistance, and Foster Grandparents programs.



## **Central Boston Elder Services**

**617-277-7416** or to report elder abuse call **800-922-2275**

2315 Washington Street, Boston, MA 02119

[centralboston.org](http://centralboston.org)

Monday to Friday: 9am-5pm

CBES provides supportive services to elders who are in need of health and human services. Services offered include Adult Day Health, money management, chore and companion services, home delivered meals, protective legal services, a pharmacy program, home aides, and other programs. Every elder is assigned to a case manager.



## **City of Boston**

**Dial 311**

1 City Hall Square Boston, MA 02201

[cityofboston.gov](http://cityofboston.gov)

8:30AM-5PM

The City of Boston offers many services to elders, including transportation options like the Senior Shuttle, Taxi Discount Program, and The RIDE, as well as a nutrition program, Meals on Wheels, and caregiver support services.



## **City of Boston Commission on Affairs of the Elderly (Elderly Commission)**

**617-635-4366**

**1 City Hall Square, Room 271 Boston, MA 02201**

**8:30 AM to 5:00 PM**

**[boston.gov/elderly](http://boston.gov/elderly)**

The Commission on Affairs of the Elderly is dedicated to keeping Boston's older adults engaged, informed and connected to resources. Through their roles as Boston's Area Agency on Aging (AAA) and Council on Aging (COA) and in their Age-Friendly Boston Initiative, they set the course for successful aging programs, policy, and practices in Boston.

They also provide a number of general aging services including benefits counseling and application, information and referral services, free transportation and Discounted Taxi Coupons, as well as assistance with navigating and accessing the many unique benefits offered by the City like home repair and senior property tax exemptions. In addition to connecting seniors to services, they also promote active participation in the community through their volunteer programs and special events.



## **DEAF, Inc.**

617-254-4041 TTY/V, 617-505-4823 VP/V

215 Brighton Avenue, Allston, MA 02134

Deaf, Inc. provides support for Deaf, DeafBlind, Hard of Hearing or Late Deafened individuals in the community, including assistive technology evaluation and support, peer counseling, advocacy, skills training, and support related to health insurance/medical care and housing.



## **Greater Boston Legal Services**

617-371-1234, 800-323-3205 (Toll Free)

617-371-1228 (for the Deaf)

197 Friend Street, Boston, MA 02114

[gbls.org](http://gbls.org)

9am-5pm, Monday - Friday

Provides free legal noncriminal assistance to low income residents in Boston. They can assist with defending seniors against evictions from public and subsidized housing, ensuring the provision of Social Security/SSI benefits, ensuring that you have access to healthcare coverage and services, representing elders in nursing home eviction cases, and assisting with elder abuse prevention including financial exploitation cases.



## **Elder Services Plan of Harbor Health Services**

617-533-2400

[elderserviceplan.org](http://elderserviceplan.org)

Elder Services Plan of Harbor Health Services is a **Program of All-Inclusive Care for the Elderly (PACE)** committed to helping elders maintain good health and personal independence. In 2016 Harbor Health **ESP** is celebrating 20 years of service to the elders of our community.

The PACE model of health care began over 30 years ago in California when the San Francisco community saw the pressing needs of families whose elders needed long term care services. From these beginnings, the PACE Model has become a nationally known program that provides a full range of care to adults over age 55 with chronic care needs while allowing them to remain in their own homes and communities for as long as possible.

The Elder Service Plan (ESP) is a unique managed care benefit for frail elderly provided by Harbor Health Services, a not-for-profit healthcare organization headquartered in Mattapan, MA. ESP offers a comprehensive medical and social service delivery system using an interdisciplinary team approach in an adult day health center that is supplemented by in-home and referral services in accordance with participants' needs.

## **Elder Service Plan (PACE) benefits:**

- Comprehensive service package provided and covered by the PACE program, customized for individual needs.
- Provided and case managed by our interdisciplinary team of ESP's own geriatric professionals.
- All health care services fully covered by Medicare and Medicaid, with no deductibles.
- Coordination of home care, assisted living, hospital, and nursing home care.
- Care is provided in our ESP day center, transportation included, or participant's home as needed.
- A long-range solution, providing elders who need assistance with the best quality of life.



## **Senior Care Options**

Older adults on MassHealth Standard may be eligible for free transportation, as well as dental care, prescription coverage, and other preventative care services at no cost, through Senior Care Options plans (SCOs). The six SCO programs available in Suffolk County (inclusive of Allston Brighton) are:

- Boston Medical Center HealthNet Plan: 1-855-833-8124
- Commonwealth Care Alliance: 1-866-610-2273
- NaviCare: 1-877-255-7108
- Senior Whole Health: 1-888-566-3526
- Tufts Health Plan: 1-800-890-6600
- UnitedHealthcare: 1-855-611-4112

# Medical



## St. Elizabeth's Medical Center

617-789-3000

736 Cambridge St., Brighton, MA

[www.semc.org](http://www.semc.org)

Emergency room is open 24 hours.

Call for a new appointment with a primary care provider or to get a referral to a specialist.

Accepts MassHealth	Yes
Languages	Over 204 languages and dialects available by in-person medical interpreters and 24-hour telephonic interpretations (video remote interpretation available in some languages)



## Charles River Community Health

(formerly Joseph M. Smith Community Health Center)

(617) 783-0500

495 Western Ave, Brighton, MA 02135

[charlesriverhealth.org](http://charlesriverhealth.org)

Monday/Tuesday/Thursday: 8:30am-9:00pm

Wednesday/Friday: 8:30am-5:00pm, Saturday 8:30am-1:00pm

Sunday: Closed

Primary care providers are accepting new patients with priority given to those living in Allston, Brighton, Waltham, and Watertown. In addition to primary care for adults and children, CRCH offers dental, vision/optometry, and mental health/counseling services. CRCH also has a pharmacy and optical shop on site.

Accepts MassHealth	Yes
Languages	Medical Interpretation provided in: Spanish, Portuguese, Haitian-Creole, and Vietnamese. For other languages, phone interpretation is available.

# Pharmacies



## Brighton Pharmacy

388 Washington St., Brighton, MA 02135 / 617-322-0077

Accepts MassHealth	Yes
Languages	English, Hebrew, Korean, Russian



## Central Pharmacy Boston

1349 Commonwealth Ave, Allston, MA 02134 / 617-254-5900

Accepts MassHealth	Yes
Languages	English, Russian



## Charles River Community Health Pharmacy

495 Western Avenue, Brighton, MA 02135 / 617-783-0500

Accepts MassHealth	Yes
Languages	Medical Interpretation provided in: Spanish, Portuguese, Haitian-Creole, and Vietnamese. For other languages, phone interpretation is available.



## CVS Pharmacy

1927 Beacon St., Brighton, MA 02135 / 617-738-6820

Accepts MassHealth	Yes
Languages	English, Spanish on site, and others through a language line.



### CVS Pharmacy

427 Washington St., Brighton, MA 02135 / 617-783-2577

Accepts MassHealth	Yes
Languages	English on site, and others through a language line.



### CVS Pharmacy

207 Market St., Brighton, MA 02135 / 617-254-0358

Accepts MassHealth	Yes
Languages	English on site, and others through a language line.



### Health First Pharmacy

1670 Comm. Ave., Brighton, MA 02135 / 617-206-3233

Accepts MassHealth	Yes
Languages	Chinese (Cantonese and Mandarin), English, Russian.



## Melvin Pharmacy

1558 Comm. Ave., Brighton, MA 02135 / 617-566-2281

Accepts MassHealth	Yes
Languages	English, Chinese (Cantonese and Mandarin), Russian, Spanish, Vietnamese.



## OSCO Pharmacy

370 Western Ave, Brighton, MA 02135 / 617-782-1628

Accepts MassHealth	Yes
Languages	A variety of languages through a language line.

# Dental



## Allston Dental Associates

196 Harvard Ave. #1, Allston, MA 02134 / 617-783-2468

Accepts MassHealth	No
Languages	English, Spanish, Portuguese



## Arandia & Meola Dental Group

1576 Commonwealth Ave., Brighton, MA 02135 /  
617-232-7399

Accepts MassHealth	Yes
Languages	English, Russian



## Boston University Dental Health Center

930 Commonwealth Ave., Boston, MA 02215 / 617-358-1000

Accepts MassHealth	No
Languages	English



### Brighton Family Dental Group

77 Warren St., Brighton, MA 02135 / 617-562-5210

Accepts MassHealth	No
Languages	Spanish, Vietnamese, English



### Charles River Community Health Dental Office

495 Western Avenue, Brighton, MA 02135 / 617-783-0500

Accepts MassHealth	Yes
Languages	Medical Interpretation provided in: Spanish, Portuguese, Haitian-Creole, and Vietnamese. For other languages, phone interpretation is available.



### Dr. Dental

127 Harvard Ave., Allston, MA 02134 / 617-789-4200

Accepts MassHealth	Yes
Languages	English, Spanish, Portuguese



### **Gentle Dental Brighton**

320 Washington St., Brighton, MA 02135 / 617-562-1100

Accepts MassHealth	No
Languages	English, Russian, Portuguese, Spanish



### **Dr. Norman Katzman**

60 Leo M Birmingham Pkwy., Brighton, MA 02135 /  
617-783-1822

Accepts MassHealth	No
Languages	English, Spanish



### **Soft Touch Dentistry**

599 Cambridge St., Allston, MA 02134 / 617-782-9250

Accepts MassHealth	No
Languages	English

# Mental Health



## St. Elizabeth's Outpatient Psychiatry Clinic

736 Cambridge St., Brighton, MA 02135 / 617-789-2102

Accepts MassHealth	Yes
Languages	Over 204 languages and dialects available by in-person medical interpreters and 24-hour telephonic interpretations (video remote interpretation available in some languages).



## Charles River Community Health

495 Western Ave., Brighton, MA 02135 / 617-783-0500

Accepts MassHealth	Yes
Languages	Medical Interpretation provided in: Spanish, Portuguese, Haitian-Creole, and Vietnamese. For other languages, phone interpretation is available.

# Optometry



## Charles River Community Health Vision Center

495 Western Avenue, Brighton, MA 02135 / 617-783-0500

Accepts MassHealth	Yes
Languages	Medical Interpretation provided in: Spanish, Portuguese, Haitian-Creole, and Vietnamese. For other languages, phone interpretation is available.



## Optimum Vision Care

9 Henshaw St., Brighton, MA 02135 / 617-903-3538

Accepts MassHealth	No
Languages	English, Mandarin

# Taxi Coupons



**617-635-4366**

In Boston, seniors can purchase coupon books at a 50% discount rate (\$5 buys \$10 worth of cab fare). Boston residency is a requirement for eligibility. All licensed taxis in Boston are required to accept these coupons. Coupons are distributed by Boston City Hall, but can be purchased at various sites throughout the city. For more information and for taxi company phone numbers, please call.

# Private Pay Options



## Client Care Solutions Inc.

Monday - Friday, 6am-4pm / 781-593-2532

**Eligibility:** Clients only. Must be on MassHealth.

**Standard Cost:** Varies

**Advance Notice:** 3 business days or more

**Social Events:** No

**Escort Provided:** No

**Wheelchair Access:** Yes

**Languages:** English, Russian



## Guardian Medical Companions

Guardianrides.com / 617-964-7433

Monday - Friday: 6:30am-7:00pm. Weekends vary.

Provides door-through-door service.

**Eligibility:** Must be ambulatory

**Cost:** First hour- \$45. Additional hours - \$40.

Rates differ for one-way rides.

**Advance Notice:** 1-2 weeks recommended

**Social Events:** Yes, with adequate notice

**Escort Provided:** Yes

**Wheelchair Access:** No

**Languages:** English



## HouseWorks LLC

House-works.com / 8am - 7pm / 1-800-928-3393

Round-trip rides only.

Accepts new clients for transportation requests.

**Eligibility:** Clients only.

**Cost:** \$40 per hour, \$.56 per mile. Parking additional.

**Advance Notice:** 48 hours

**Social Events:** Yes

**Escort Provided:** Yes

**Wheelchair Access:** No

**Languages:** English, Haitian Creole



## MBTA Reduced Fare Program

(Massachusetts Bay Transportation Authority)

Requires Senior CharlieCard / 617-222-3200

**Eligibility:** 65+ or disabled

**Cost:** Local Bus - \$.80. Subway - \$1.05

50% off commuter rail and boats



## REM Services, LLC

781-275-2800

24/7

Cannot accommodate oversized wheelchairs.

**Eligibility:** Not restricted

**Cost:** \$25.00 pick up. \$1.50 per mile

**Advance Notice:** Prior day

**Social Events:** No

**Escort Provided:** Yes

**Wheelchair Access:** Yes

**Languages:** Spanish, Portuguese, Russian, Armenian



## The RIDE

(MBTA - Massachusetts Bay Transportation Authority)

5am - 1am / 877-765-7433

**Eligibility:** Clients who cannot use general transit due to disability.

**Cost:** One-way fare: \$3.00

**Advance Notice:** 1-14 days

**Social Events:** Yes

**Escort Provided:** No

**Wheelchair Access:** Yes

**Languages:** Varies

# Free Options



## **Boston Elderly Commission Senior Shuttle**

Monday - Friday, 8am - 4pm / 617-635-3000

Includes curb-to-curb service and pre-scheduled pick-up and drop-off times.

**Eligibility:** 60+ and Boston residents

**Advance Notice:** 3 business days or more.

First-come, first-served

**Social Events:** Yes, priority for medical appts.

**Escort Provided:** No

**Wheelchair Access:** Yes

**Languages:** English



## **FriendshipWorks Medical Escort Program**

fw4elders.org / 617-482-1510

Monday - Friday, 9am-5pm

Provides door-through-door service.

Does NOT provide transportation, just accompaniment.

**Eligibility:** 60+

**Advance Notice:** 2 weeks

**Social Events:** No

**Escort Provided:** Yes

**Wheelchair Access:** No restrictions

**Languages:** English, Spanish



## **Little Brothers Friends of the Elderly**

Littlebrothers.org / 617-524-8882

Monday - Friday, 9am-5pm

Provides door-through-door service

**Eligibility:** 70+, ambulatory.

**Advance Notice:** 2 weeks

**Social Events:** Yes, for LBFE events or small tasks

**Escort Provided:** Yes

**Wheelchair Access:** Lightweight wheelchairs only

**Languages:** English



## **MassHealth Prescription for Transportation (PT-1)**

1-800-841-2900

**Eligibility:** MassHealth members

**Advance Notice:** Must schedule in advance

**Social Events:** No

**Escort Provided:** No

**Wheelchair Access:** Yes

**Languages:** Varies



## American Cancer Society

Cancer.org / 1-800-227-2345

24/7

Transports to cancer-related appts. only.

**Eligibility:** Ambulatory or with a companion

**Advance Notice:** 4 business days

**Social Events:** No

**Escort Provided:** No

**Wheelchair Access:** Varies

**Languages:** English

- *Would you enjoy making a new friend?*
- *Are there times when you wish someone could accompany you on a doctor's visit?*
- *Would some of your home projects, like gardening or organizing, be easier with a helping hand?*

FriendshipWorks has trained, dedicated volunteers looking to making connections with older adults in their neighborhood. Our volunteers are ready to lend a hand, an ear, and a heart to you! You can also make a difference in a volunteer's life by sharing your story and time with them.



**FriendshipWorks**

[www.fw4elders.org](http://www.fw4elders.org)

**Main Office - 617-482-1510**

105 Chauncy St., Suite 801, Boston, MA 02111

**Allston/Brighton Office - 617-823-7050**

640 Washington St., Suite 103, Brighton, MA 02135

FriendshipWorks' mission is to decrease social isolation, enhance the quality of life, and preserve the dignity of elders in the Greater Boston Area. We offer an array of programs free of charge through our network of trained volunteers:

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<b>Friendly Visitors</b>	Visit with elders in their homes to provide companionship, and assist with simple household tasks or errands. Volunteers and elders can enjoy the benefits of exercise by walking together, if they wish.
<b>Friendly Helpers</b>	Assist with one-time, short-term, non-medical tasks such as packing for a move or going to the barber.
<b>Medical Escorts</b>	Provide personalized support for those whose age or disability makes it difficult to get to medical appointments alone.
<b>PetPals</b>	Friendly animals and owners who are screened and trained to visit residents in long-term care facilities.
<b>La Cadena de Amistad</b>	Is our Jamaica Plain neighborhood office, providing all our services bilingually and biculturally in Spanish and English.
<b>MusicWorks</b>	Part of the Friendly Visitors program in Jamaica Plain, provides opportunities to connect volunteers and elders with the joy of music appreciation.



The Allston Brighton Resource Guide  
was produced by:

**FriendshipWorks**

In partnership with:



**St. Elizabeth's  
Medical Center**

A STEWARD FAMILY HOSPITAL



With assistance from:



**Boston College School of Public Health students**

Laura Evonne Steinman, hand in hand arts  
and the noun project

