

November 2013

**COMMUNITY RESOURCE GUIDE TO SERVICES  
FOR  
ALZHEIMER'S DISEASE AND RELATED DISORDERS**

Brought to you by  
the West Suburban Area  
Alzheimer's Partnership

Serving the Communities of  
**Belmont, Brookline,  
Needham, Newton,  
Waltham, Watertown,  
Wellesley, and Weston**

### **Mission Statement**

The West Suburban Area Alzheimer's Partnership is a collaboration of families, healthcare and human service providers working to expand the efforts of the Alzheimer's Association MN/NH Chapter. The goal is to identify and serve the needs of individuals with Alzheimer's Disease and Related Disorders and their families by:

- Providing and promoting the education for diagnosed individuals in early stage dementia, all caregivers, medical professionals, and elder care providers;
- Improving accessibility and utilization of existing services through joint planning and the exchange of information;
- Promoting the development, better utilization, and increased awareness of new services;
- Supporting the advocacy efforts concerning legislation that impacts diagnosed individuals, caregivers, and the quality of services;

### **Disclaimer**

This is a *partial listing* of service providers, courtesy of the West Suburban Area Alzheimer's Partnership. The West Suburban Area Alzheimer's Partnership and the Alzheimer's Association, Massachusetts/New Hampshire Chapter, do not specifically license, endorse or recommend any specific service provider listed within this Guide. We apologize for any misprints or omissions. Organizations, agencies and individuals who are 2013 dues paying members of the West Suburban Area Alzheimer's Partnership are listed at the end of this Guide. Their dues helps make this Guide possible. Comprehensive lists of service providers are available through the Alzheimer's Association's 24/7 Helpline at 800-272-3900.

### **Choosing a Care Provider or Service**

This Guide is intended as a starting point for getting information about local services for a person with Alzheimer's Disease or a Related Disorder, and for their families. Finding the right provider or service to meet your particular needs is often a matter of doing some homework and asking the right questions. The Alzheimer's Association has many tools and checklists available to help you in this process that can be requested by calling the 24/7 Helpline at 1-800-272-3900.

### **Using this Guide**

The Guide is grouped by resource type (for example, all housing resources are listed together). The city of some of the resources are provided since the location might determine which resource you choose (such as the city of an assisted living). Resources listed without a city or town mean that the provider serves many communities in the west suburban area.

### **For More Information**

For more information about the West Suburban Area Alzheimer's Partnership, please go to [www.alz.org/MANH](http://www.alz.org/MANH).

Additional copies of this Guide may be downloaded at [www.springwell.com](http://www.springwell.com). Or to request a copy of the Guide, please contact the Information and Referral Department at Springwell by calling 617-926-4100 or by emailing your request to [infoeref@springwell.com](mailto:infoeref@springwell.com).

### **Alzheimer's Association, Massachusetts / New Hampshire Chapter 24/7 Helpline: 800-272-3900**

- Speak to a counselor to find answers about dementia and dementia care, get connected to resources in the community, and access all of the Association's programs offered at no cost, including in depth Care Consultation, support groups and education programs for caregivers and people in the early stages of dementia, and much more.

### **Wandering**

- Over 60% of individuals with Alzheimer's and related disorders at some point get lost. This can be life threatening. **Safe Return + Medic Alert** provides an identification bracelet and coordinates efforts to locate individuals who become lost. To register or get more information contact the 24/7 Helpline at 800-272-3900 or register online at [www.alz.org](http://www.alz.org)

### **Memory Diagnostic Centers**

- **Belmont:** McLean Hospital, Memory/Diagnostic Clinic, 617-855-2300
- **Boston:**
  - Beth Israel Deaconess Medical Center, Gerontology Department, 617-632-8696
  - Brigham & Women's Medical Center Behavioral Neurology Unit, 617-732-8060
  - Hebrew Senior Life, Memory Disorders Clinic, 617-363-8539
  - MGH, Memory Disorders Clinic, 617-726-1728
  - MGH, Neurobehavioral Clinic, 617-726-5571
  - Boston Medical Center, Neurology, 617-638-8456
  - Boston Center for Memory, 617-699-6927
- **Burlington:** Lahey Clinic, Dept of Neurology, 781-744-8000

### **Driver Evaluation Programs**

- **Boston:** Beth Israel Deaconess Medical Center, DriveWise Program, 617-667-4074
- **Boston:** Spaulding Rehabilitation Center, Driver Evaluation Program, 617-573-2928
- **Newton:** Newton-Wellesley Hospital, Drive Safe Program, 617-243-6172
- **Wellesley:** Spaulding Rehabilitation Center, Driver Evaluation Program, 781-431-9144 x 1280

### **Elder Law Attorneys**

- National Academy of Elder Law Attorneys (NAELA-MA Chapter), [www.maNAELA.org](http://www.maNAELA.org), 877-367-6235
- Boston College Legal Assistance Bureau, Elder Law Clinic, 781-893-4793
- Law Office of William J. Brisk, 617-244-4373
- Golden Law Center, E. Alexandra Golden, Esq., 781-433-8665
- Hope Elder Law, John R. Hope, Esq., 617-926-8549
- Lannik Law, LLC, Your Elder and Estate Planning Law Firm, 617-658-2980
- Law Office of Timothy R. Loff, Esq., 617-332-7021
- Julie McQuade Ladimer, Esq. at the Law Office of Michael G. Gatlin, 508-788-0028
- Law Office of Andrea Natsios, Esq., MSW, LICSW, 781-899-3097
- Gary Zalkin, Esq., LICSW, 781-239-1113

### **Financial Matters**

- Christy M. Bean Leamy, CFP ®  
Financial Advocate for the Elderly, 617-964-6700
- Long Term Care Insurance Planning, Meredith Pensack, CLTC, 617-332-5901
- Money Management Program, Springwell, 617-926-4100
- National Association of Personal Financial Advisors (NAPFA), 800-366-2732
- Nancy B's Paper Management, Nancy Bernheimer, 617-312-2507
- Prime Life Assistance, Sally Dubrow, 617-527-4477

### **Advocacy /Mediation Programs for Nursing Home and Assisted Living Residents**

- Springwell's Long Term Care Ombudsman Program, contact Dan Goldberg at Jewish Family and Children's Services, 781-647-5327
- Massachusetts Assisted Living Ombudsman Program, contact the MA Executive Office of Elder Affairs, 1-800-AGE-INFO (800-243-4636)

### **Äging Services Access Point & Area Agency on Äging**

Subsidized **home care** services for elders, adults with disabilities, and caregivers as well as **Home Delivered Meals** for adults age 60 and over.

- **Springwell**, Information & Referral Department, 617-926-4100

### **Housing Options: Information**

- Jeanne Stolbach, Senior Housing/ Health Care Consultant, 781-234-2715
- Massachusetts Assisted Living Facilities Association , Consumer Information, 781-622-5999
- Massachusetts Extended Care Federation (rehab & skilled nursing facilities), 800-227-3367
- Senior Evolution, Judy Huber, 781-641-4369

### **Move Assistance & Household Organization**

- A Thoughtful Move, Joan Hoover, 617-285-4094
- C & Z Transitions, 781-662-7762
- Room To Improve, Lori Salzman, 617-413-2087

### **Assisted Living Facilities with Memory Impairment Units**

- **Brighton:** Chestnut Park 617-566-1700
- **Brighton:** Providence House 617-731-0505
- **Brookline:** Goddard House 617-731-8500
- **Dedham:** NewBridge on the Charles 781-234-9400
- **Jamaica Plain:** Rogerson House 617-983-2300
- **Jamaica Plain:** Springhouse 617-522-0043
- **Natick:** Whitney Place 508-655-5000
- **Needham:** AVITA 781-444-2266
- **Newton:** Evans Park 617-965-9400
- **Newton:** The Falls at Cordingly Dam, 617-928-0007
- **Waltham:** Waltham Crossings, 781-466-9912
- **Wayland:** Traditions of Wayland, 508-358-0700
- **Weston:** Sunrise Assisted Living, 781-893-2936
- **Weston:** EPOCH Senior Healthcare, 781-891-6100

### **Nursing Homes with Alzheimer's Special Care Units** (Memory Impairment / Dementia Unit)

- **Belmont:** Belmont Manor Nursing Center, 617-489-1200
- **Boston (Jamaica Plain):** Goddard House, 617-522-3080
- **Chestnut Hill:** EPOCH Senior Healthcare of Chestnut Hill, 617-879-2901
- **Needham:** Briarwood Healthcare & Rehab Center, 781-449-4040
- **Needham:** Avery Manor, 781-449-4670
- **Newton:** Newton Health Care Center, 617-969-4660
- **Newton:** Golden Living Center, 617-969-2300
- **Waltham:** Meadow Green Nursing & Rehab Center, 781-899-8600
- **Wellesley:** Kindred Nursing & Rehabilitation Newton Wellesley Alzheimer's, 781-237-6400

### **Adult Day Health Centers**

- **Arlington:** Cooperative Elder Services, 781-641-1070
- **Brighton:** Great Day for Seniors / HSL @ Wallingford Road, 617-912-8452 (Russian speaking)
- **Brighton:** Greater Boston Chinese Golden Age Center, 617-789-4289
- **Cambridge:** Sancta Maria Windsor House, 617-642-3899
- **Cambridge:** Windsor House, 617-547-7836
- **Concord:** Cooperative Elder Services, 978-318-0055
- **Framingham:** Windsor House Adult Day Health, 508-879-1771
- **Jamaica Plain:** Rogerson House, 617-983-2300
- **Lexington:** Cooperative Elder Services, 781-861-9863
- **Natick:** Whitney Place, 508-655-3344 x3905
- **Needham:** OTRADA Adult Day Program, 781-433-9855 (Eastern European Speaking)
- **Newton:** ZDROVIE, 617-795-0668 (Russian & English speaking)
- **Roslindale:** Great Day for Seniors at Hebrew Senior Life, 617-363-8515
- **Roslindale:** Rogerson Roslindale Dementia Day Program, 617-363-2329
- **Watertown:** Second Home Adult Day Health Care 617-924-5900 (Armenian), 617-924-1212 (Russian)
- **West Roxbury:** Deutches Altenheim German Centre for Extended Care, 617-325-9447

### **Hospice Services**

- Beacon Hospice, LLC, 617-242-4872
- Brookhaven Hospice, LLC, 508-820-4800
- Circle of Caring at Hospice of the Good Shepherd, 617-969-6130
- Evercare Hospice & Palliative Care, 781-472-8640
- HOSPICE SERVICES of Massachusetts, 877-500-4133
- Parmenter VNA & Hospice, 508-358-3000
- Steward/Good Samaritan Hospice, 617-566-6242
- Tippet House, 781-433-5800
- VNA Care Network, 781-455-6661

### **Counseling/Coaching Services**

- Brain Enhancement Services, Inc., Lynn Lazarus Serper, EdD, 800-240-3778
- Caring Resources, Dementia Care Specialists, Claire Henry, Med, CDP, 781-540-1526
- Crossroads Counseling, Linda L. Cohen, LICSW, 781-431-2277
- Janet Pozen, PhD, Alzheimer's Decision Support, Coaching, Support Groups, 617-964-6695
- National Association of Social Workers MA Chapter, 617-227-9635
- StilMee Alzheimer's Caregiver Coaching, 617-233-1145

### **Geriatric Care Managers**

- AZA Care Management & Home Care, 617-254-9800
- CRW Care Management, 781-835-5157
- FD Kerchner & Associates, Fran Kerchner, MSSW, ACSW, LICSW, 781-235-2173
- Gail Leichtman, LSW, 781-861-2106
- Generations, All About Elders, Sue Lewin, LICSW, CMC, 617-739-4639; Esther Rothkopf, MS, CMC 617-791-6094
- Kaitz & Siegel, Sally Kaitz, 978-376-5316 and Matt Siegel, 617-365-7012
- LivHOME, Inc, Martha Bass, 781-416-2000
- Overlook C.A.R.E., Jennifer Warren, 781-837-7444
- SeniorBridge, 617-332-6800
- Sharon F. Whittemore, MSSW, LICSW, C-ASWCM, 508-872-7798
- Suzanne Modigliani, LICSW, CMC, 617-566-0926
- Springwell, ask for I&R, 617-926-4100
- Your Elder Experts Geriatric Care Management, a program of JF&CS, 781-693-5052

## **Private Home Care & Home Health Care Agencies**

*Key to Type of Insurance Accepted:*

PI = Private Insurance accepted

NPI = No Private Insurance accepted

LTCI = Long Term Care Insurance accepted

NOMM = No Medicare or MassHealth (Medicaid) accepted

MM = Medicare and MassHealth (Medicaid) accepted

- BAYADA Home Health Care, 617-332-7600
- CARE Resolutions, Inc., Vicky Hunt, NPI, MassHealth, 508-359-4675
- CareGroup Homecare, PI, MM, 617-673-1700
- Geriatric Resource Centre, Inc. Gerri Aron, NPI, LTCI, NOMM, 617-332-7610
- Griswold Home Care, Roberta Seligman, NPI, NOMM, LTCI, 781-449-0402
- Home Instead Senior Care, NPI, NOMM, LTCI, 781-314-0153
- HouseWorks, NPI, NOMM, 617-928-1010
- Jewish Family & Children's Services, Homecare Intake, PI, MM, 617-227-6641
- Parmenter VNA & Hospice, PI, MM, 508-358-3000
- Partners Healthcare at Home, LTCI, 800-698-2628
- Renee Parris Brown & Associates, MS, RN, 781-835-5158
- Right at Home, NPI, NOMM, LTCI, 617-597-1500
- SeniorBridge Family, NPI, NOMM, LTCI, 617-332-6800
- Senior Homecare Solutions, Pam Sidell. NPI, NOMM, LTCI, 617-431-1165
- Sostek Home Care, NPI, NOMM, LTCI, 617-244-8560
- Suburban Home Health Care, PI, MM, 617-264-7100
- Visiting Angels, NPI, NOMM, 617-795-2727
- VNA Private Care, NPI, NOMM, 781-431-1484

## **Councils on Aging / Senior Centers**

Contact names listed are the Executive Directors. You can also ask for the Outreach Worker or Social Worker. COAs offer a wide variety of services and programs.

- **Belmont** COA, Nava Niv-Vogel, 617-993-2975
- **Brookline** COA, Ruthann Dobek, 617-730-2777
- **Needham** COA, Jamie Gutner, 781-455-7555
- **Newton** Department of Senior Services, Jayne Colino, 617-796-1660
- **Waltham** COA, Marybeth Duffy, 781-899-7228
- **Watertown** COA, Caryl Leslie Fox, 617-972-6490
- **Wellesley** COA, Gayle Thieme, 781-235-3961
- **Weston** COA, Eileen Bogle, 781-786-6280

### **Support Groups**

*Groups are available for caregivers as well as for persons who have been diagnosed with Alzheimer's. Call for more details or visit [www.alz.org/MANH](http://www.alz.org/MANH) for groups meeting in other communities.*

- **Belmont:** Nava Niv-Vogel, 617-993-2975
- **Brookline:** Elaine Yanowitz, 617-713-0420
- **Brookline:** Susan Kanian-Andriole, 617-730-2754
- **Cambridge:** Alice McCarter, 617-547-3543x24
- **Cambridge:** Penny Brigham, 617-771-8195
- **Cambridge:** Ruth Gordon, 617-491-1815
- **Jamaica Plain:** Victoria Ruff (Lewy Body Dementia Caregivers), 800-539-9767
- **Natick:** Kelly Payne (Early Stage Patients & Carepartners), 508-655-5000 x3999
- **Needham:** Noelle Martignette, 781-444-2266
- **Newton:** Ann Peck, 617-332-0697
- **Newton:** Janet Pozen, 617-964-6695
- **Newton:** Lissa Kapust, 617-667-5150
- **Somerville:** Lindsay Brennan (Adult Children of Parents with Early Onset Dementia), 617-440-2066
- **Waltham:** Maureen Baglio, 781-314-3301
- **Watertown:** Nicole McGurin, or Susan Moor (Early Stage, Early Onset Patients & Carepartners), 617-868-6718
- **Weston:** Candice Steingisser 781-786-6280 or Emily Hutcheson, 781-891-8046
- **West Roxbury:** Sarah Meeks, 617-325-1230

### **Police: Community Service / Alzheimer's Resources**

- **Belmont:** Lt. Richard Santangelo, Community Service Division, 617-993-2552
- **Brookline:** Officer Jim Reardon, Community Service Division, 617-730-2786
- **Needham:** Community Services Office, Carl Harmon, 781-455-7570 x213
- **Newton:** Elder Affairs Officer, Eric Rosenbaum, 617-796-2116
- **Waltham:** Jon Bailey, TRIAD Officer, 781-314-3153
- **Watertown:** Sergeant George Demos, Community & Staff Development, 617-972-6529
- **Wellesley:** Elder Affairs Officer, Evan Rosenberg, 781-235-1212
- **Weston:** Community Services Officer, Kellie Connarton, 781-893-4803



## **Veterans Agents**

- **Belmont:** John Maguranis, 617-993-2725 or 617-908-7479
- **Brookline:** William McGroarty, 617-730-2112
- **Needham:** Stanley Spear, 781-489-7509
- **Newton:** John MacGillivray, 617-796-1092
- **Waltham:** Michael S. Russo, 781-314-3415
- **Watertown:** Gina Rada, 617-972-6416
- **Wellesley:** Stanley Spear, 781-489-7509
- **Weston:** Stanley Spear, 781-489-7509

## **2013 Dues Paying Members of the West Suburban Area Alzheimer's Partnership**

- A Thoughtful Move
- Avita of Needham
- Brain Enhancement Services, Inc
- Briarwood Healthcare & Rehab Center
- C&Z Transitions,LLC
- Cahoon Care Associates, LLC
- Care Consultant, Howard Block
- Christy M. Bean Leamy, Financial Advocate for the Elderly
- Cooperative Elder Services
- Epoch of Weston
- Geriatric Resource, Inc
- Golden Law Center
- Hope Elder Law
- Hospice of the Good Shepard
- Jewish Family & Children Services, Your Elder Experts
- Kaitz & Siegel Geriatric Care Management
- Lannik Law, LLC
- Life Care Directions
- Long Term Insurance Planning
- Mary Polacke
- Mature Caregivers
- Newton Dept of Senior Services
- Newton Wellesley Alzheimer's Center
- North Hill
- Northbridge Burlington Assisted Living
- Older Adult Companionship Services
- Overlook C.A.R.E.
- Providence House Senior Living Community
- Rogerson House
- Sancta Maria's Windsor House
- Senior Home Care Solutions
- Senior Housing Health Care Consultant, Jean Stolbach
- Sharon F, Whittemore, LICSW, C-ASWCM

- Sostek Home Care
- Springhouse Senior Living
- Springwell
- Susan Modigliani, Geriatric Care Manager
- The Residence at Watertown Square
- Traditions of Wayland
- Visiting Angels
- Whitney Place

### **From The Alzheimer's Association:**

Learning how to cope with the effects of Alzheimer's Disease - on both the person diagnosed and on the family caregiver—helps families provide the best possible care while maintaining their own health and well being.

### **Tips for Coping**

- Take one day at a time, but prepare for the future.
  - Recognize what you can and cannot do.
  - Be realistic about your loved one's changing abilities.
- Understand that your relationship with the person you are caring for will be different, but can be meaningful and rewarding.
  - Find out what resources are available and take advantage of them.
    - Accept and ask for help.
  - Keep your sense of humor and be forgiving of yourself.