



springwell

125 Walnut Street Watertown, MA 02472

(617) 926-4100 w FAX (617) 926-9897 w TTY (617) 923-1562 w www.springwell.com

Springwell Title III Grants

October 1, 2009 – September 30, 2010

Title III grants are distributed by Springwell to community agencies in accordance with the Older Americans Act. These services are *available to all people aged sixty and over* living in: Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston. There are *no income guidelines or cost* for these services, but a voluntary, confidential donation is requested. Seniors interested in any of these services can call the agency directly. If anyone has any questions or concerns about any of these agencies or services, please call Kathy Siemionko at Springwell at (617) 926-4100.

Grantees providing services to Nursing Home Residents

Jewish Family & Children's Services

1430 Main Street

Waltham, MA 02451

781-647-5327

Dan Goldberg, Program Director

Nursing Home Ombudsman Program

This grant funds JFCS to run an Ombudsman program in all of the nursing homes and rest homes in Brookline, Belmont, Newton, Needham, Waltham, Watertown, Wellesley, and Weston. The Ombudsman is a volunteer who visits residents to help resolve disputes between the elder and the nursing home and to monitor overall quality of the home. Can also provide information & referral. Does not cover assisted living.

Grantees providing Legal Assistance

Boston College Legal Assistance Bureau

24 Crescent Street, Ste. 202

Waltham, MA 02453

(781) 893-4793

Paul Tremblay, Program Director

Legal Services

This program provides legal services to elders in need. This includes simple information and referral as well as direct representation. The program is staffed by law students and supervised by the program director (an attorney and professor of law at BC). Priorities for direct representation include evictions and denial of public benefits. Ask for the Elder Law Clinic. If you are calling on behalf of an older adult, please mention that when speaking with the Intake Worker.

Jewish Family & Children's Services

1430 Main Street

Waltham, MA 02451

Susan Tarlow, Program Director

781-647-5327

Guardianship

This grant provides technical assistance to families who need assistance in seeking guardianship/conservatorship for an incapacitated elder. Under this grant, JFCS is **NOT** providing the actual guardianship services, only the assistance to families to understand how the process works and what the family would need to do.

Grantees providing Mental Health Services to Seniors

Crossroads Counseling, Inc.

219 Washington Street
Wellesley, MA 02181
(781) 431-2277 x51
Linda Cohen

Mental Health Counseling

This program provides in-home mental health counseling (assessment, evaluation, and treatment) and information and referral. Counselors are all licensed independent clinical social workers. Crossroads will bill insurance first when appropriate. Will do home visits in all Springwell communities. Be sure to leave intake information on ext. 51.

Brookline Community Mental Health Center

41 Garrison Road
Brookline MA 02445
(617) 277-8107
Dr. Henry White, Clinical Director
Anne Donnelly, Coordinator

Caring Elders: Support for Older Adults caring for Adult Children

This program will provide educational, psychological, emotional and legal support to persons age 60 and over who are the primary caregivers of adult children under 60 who have a mental illness or developmental disability. Information, referral, and support groups will be offered.

Grantees providing services to seniors whose first language is not English

Arthritis Foundation, Mass Chapter

29 Crafts Street

Suite 450

Newton MA 02458

617-244-1800

Judith Levine, VP Health Education

Exercise Programs

Russian bi-lingual exercise classes and health education lectures will be offered in Newton. Call for exact dates and times of the class or to find out more about pre-registration. This program will be open to all senior area but transportation will not be available.

Arthritis Foundation, Mass Chapter

29 Crafts Street

Suite 450

Newton MA 02458

617-244-1800

Judith Levine, VP Health Education

Exercise Programs

Bi-lingual exercise classes and health education lectures will be offered in Waltham, targeted at the senior population from India and the surrounding regions. Call for exact dates and times of the class or to find out more about pre-registration. This program will be open to all seniors from the Springwell area but transportation will not be available.

Brookline Council on Aging

93 Winchester Street

Brookline, MA. 02446

(617) 730-2756

Ruthann Dobek, Executive Director

Russian Elder Outreach and the Russian Tea Room

The COA will provide weekly programs for Russian speaking elders, including translation services, cultural and social programs, ESL classes and health education. This program is open to seniors from all Springwell communities, although will primarily serve Brookline residents. Transportation to the Senior Centers only available to Brookline residents.

Grantees providing services to seniors whose first language is not English

Brookline Council on Aging

93 Winchester Street
Brookline, MA. 02446
(617) 730-2756

Ruthann Dobek, Executive Director

Asian Elder Outreach

This program of bilingual services to Chinese elders will be offered at the Brookline Senior Center through a partnership with the Greater Boston Chinese Golden Age Center. Translation services, outreach, ESL, and staff consultation will be provided. This program is open to Chinese elders from any community, not just Brookline. Transportation to the Senior Center is only available to Brookline residents.

Brookline Council on Aging

93 Winchester Street
Brookline, MA. 02446
(617) 730-2756

Ruthann Dobek, Executive Director

Spanish Immersion Program

This program of bilingual services to Spanish speaking elders will be offered at the Brookline Senior Center. Translation services, outreach, ESL, and staff consultation will be provided. This program is open to Spanish speaking elders from any community, not just Brookline. Transportation to the Senior Center is only available to Brookline residents.

Greater Boston Chinese Golden Age Center

677 Cambridge Street
Brighton, MA 02135
(617) 426-1628

Lili Mei, Program Coordinator

Outreach and Programming – Belmont Senior Center

This project will provide bi-lingual programming and help with translation/interpreting weekly at the Belmont Senior Center. This program is open to Chinese elders from any community. Transportation is available to the Center only for Belmont residents.

Greater Boston Chinese Golden Age Center

677 Cambridge Street
Brighton, MA 02135
(617) 426-1628

Lili Mei, Program Coordinator

Outreach and Programming – Needham

This project will provide bi-lingual programming and help with translation/interpreting weekly at the Needham Housing Authority and other community locations. This program is open to Chinese elders from any community.

Grantees providing Health & Wellness Services

Arthritis Foundation, Mass Chapter

29 Crafts Street
Suite 450
Newton MA 02458
617-244-1800

Judith Levine, VP Health Education

Exercise Programs at the Belmont Senior Center

Exercise classes and health education lectures will be offered at the Belmont Senior Center. Call for exact dates and times of the class or to find out more about pre-registration. This program will be open to all seniors from the Springwell area but transportation to the Center will only be available to seniors living in Belmont.

Greater Boston Chinese Golden Age Center

677 Cambridge Street
Brighton, MA 02135
(617) 426-1628

Lili Mei, Program Coordinator

Medication Management Education & Assistance

This project will provide both group and one-on-one education to older adults about taking their medications safely and correctly. Staff is bi-lingual in English and Chinese and all seniors are welcome to participate. Call for more information about upcoming seminar dates and locations or to request a home visit for personalized assistance.

Jewish Community Centers of Boston

Various Locations in Brookline, Newton and Brighton
(617) 558-6596

Susan Rubin

Kosher Community Dining Sites

Springwell and Jewish Community Centers of Boston offer several kosher community dining sites. Call Susan Rubin at the JCC at 617-558-6596 to find out which days lunch is served at the various locations. You can also call Susan to make reservation or to ask about transportation.

Newton Department of Senior Services

345 Walnut Street
Newton MA 02460
617-796-1671

Jayne Colino, Director

Home Contractor Referral Program

This program will assist Newton elders in locating and hiring pre-screened providers and contractors for home repairs, maintenance, adaptations and snow removal. You can call if a senior needs a referral to a pre-screened contractor, or if you would like more information about the pre-screening process, or the types of contractors that will be referred to under this project.

Grantees providing Regional Medical Transportation Services

Busy Bee Transportation, Inc.

43 Nickerson Road

Ashland, MA. 01721

(800) 427-0230 – for seniors and families

Speak with any Dispatcher or Reservationist

Linda Pinnelle Ross, CEO

Regional Medical Transportation

This program provides medical transportation to seniors living in Brookline, Newton, Needham, Watertown, Wellesley and Weston only. The program transports elders only to destinations outside of their community (i.e. Boston hospitals). This is a dial a ride system, riders must call and reserve their space. The vehicles are handicapped accessible and escorts are allowed. Reservations accepted weekdays between 9am and 3pm.

Suburban Med Ride

1050 Commonwealth Avenue, Boston, MA 02215

1-866-MEDRIDE (1-866-633-7433) *(for use by elders and their families)*

Speak with any Dispatcher or Reservationist

Vice President Mike Roper

Regional medical transportation

This service is identical to the one that Busy Bee provides. This provider serves elders residing in Belmont and Waltham only, who need a medical ride outside of the Towns of Belmont and Waltham.