



April 2017

Dear Residents,

Welcome to the Framingham Housing Authority Resource Guide. The Resident Service Department created this guide to assist residents with basic information and general questions about local resources. The Resident Service Departments role is to foster self-sufficiency, a healthy community and improve the quality of life for FHA residents.

This guide includes the not-for-profits or local resources that are frequently used by Framingham Housing Authority staff and residents. Some of the services do require a referral so individuals can contact the Resident Service Department at 508-879-7562 for either a referral or questions regarding these agencies.

Mention in this publication of any program is not an endorsement by FHA. Information is not meant to be exhaustive. Please contact the Resident Service Department for more in depth information.

Sincerely,

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BEHAVIORAL HEALTH SERVICES

Advocates-Services for elders, families and individuals with mental health challenges, chemical dependency, developmental and intellectual disabilities, autism-spectrum disorders, brain injuries and other life challenges
www.advocatesinc.org 508-628-6300

Wayside Youth and Family Support Network-Wayside Youth & Family Support Network provides a wide variety of mental health counseling and family support services to children, young adults and families in Massachusetts
www.waysideyouth.org 508-879-9800

SMOC Behavioral Health Services- Provides substance abuse and mental health outpatient services to individuals, children and families www.smoc.org 508-879-2250

Samaritans- 24 hour telephone suicide hotline. 508-875-4500 or 1-877-870-4673

United Way Call 2 Talk- This is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be in crisis
<http://www.uwotc.org/call2talk> call 211 and then option #25

Psychiatric Emergency Services-If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician. They are available to help 24 hours a day, every day
www.advocates.org/services/psychiatric-emergency-services 1-508-872-3333

Interface Mental Health Referral Service-Assists community members in finding mental health services for children, families and adults by helping to match location and insurance requirements www.mspinterface.org 617-332-3666

MassHousing Hoarding Resources- Includes information on hoarding, including what hoarding is, ways to approach it and a resource guide to take steps to improve a hoarding situation www.massachusetts+hoarding+resources

Houseworks- Sometimes a house needs more than routine cleaning. Getting ahold of the situation returns a sense of control. This Boston-based team has met every cleaning challenge imaginable with sensitivity and good judgment www.house-works.com 617-928-1010

Massachusetts Commission for Suicide Prevention-MCSP partners with other agencies and individuals to reduce the incidence of suicide and self-harm. They host meeting and trainings and have other related resources www.masspreventssuicide.org 508-370-4857

Learn 2 Cope-Is a support organization that offers education, resources, peer support and hope for parents and family members coping with a love one addicted to opioids or other drugs. They have weekly meetings in Framingham www.learn2cope.org 508-738-5148

Partnership for Drug Free Kids- Provides online resources for parents concerned about their children and drugs www.drugfree.org

SAMHSA Substance Abuse and Mental Health Services Administration- Comprehensive government resource guide and information www.samhsa.gov

NAMI National Alliance on Mental Illness-Provides free mental health family-based education, family and peer support and grassroots advocacy, as well as an array of mental health related information including treatment options and information on SSDI for mental health www.nami.org 508-875-1544

Genesis Counseling Services- Provides substance abuse counseling and treatment, DUI First Offenders Program, Project Parenting, Anger Management and Adolescent services www.genescounselingservices.org 508-620-2992

DEBT AND TAX MANAGEMENT

Consumer Assistance office-Metrowest, Inc-The CAO offers information on a variety of issues including auto sales, home improvement, landlord/tenant relationships, credit, debt and more www.consumermetrowest.org 508-651-8812

American Consumer Credit Counseling-Provides individual and group counseling covering credit and debt repair <http://www.consumercredit.com/> 800-769-3571

SMOC-Offers free tax preparation services for qualified individuals www.smoc.org 872-4853

Tax Relief Hotline-877-283-8580

DISABILITY SERVICES

Massachusetts Office on Disability- MOD has a wide range of information, technical assistance and advocacy for people with disabilities www.mass.gov/mod (V/TTY) 800-322-2020, 617-727-7440

Framingham Disability Commission- www.framinghamma.gov/Directory
508-532-5540

Center For Independent Living- Services for the hearing impaired and disabled. Advocates, educate clients on resources and referrals for a variety of programs based on eligibility ex., peer counseling, living skills, housing, healthcare, employment, computer skills, etc. www.mwcil.com 1-508-875-7853

Mass Rehabilitation Commission- MRC is responsible for vocational rehabilitation services, community services and eligibility determination for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs. All clients must be between the ages of 18-59.
<http://www.mass.gov/eohhs/gov/departments/mrc/> 508-370-4799

MWRTA The Ride- Provides door to door service available for those who cannot use fixed-route transit due to physical, cognitive or mental disability. Fares are \$3 each way when booked 1-14 days in advance www.mwrta.com 508-820-4650

Department of Developmental Services (DDS)-Provides case management and support services to all clients in program
<http://www.mass.gov/eohhs/gov/departments/dds/> 781-314-7500

Department of Mental Health (DMH)-Provides case management and support services to all clients in program
<http://www.mass.gov/eohhs/gov/departments/dmh/> 508-616-3500

Mass Commission for the Blind-Advocates for the legally blind. Provide case management, resources and funding. Evaluates living conditions and coordinates new techniques and equipment to better access independence and ensure safety. Check your local senior center for local Lo-Vision groups
www.mass.gov/eohhs/gov/mcb/ 1-800-392-6450

Special Low-Vision Phones at no cost-Mass equipment Distribution Equipment Program www.massedp.com 800-300-5658

DOMESTIC VIOLENCE

Voices Against Violence-Voices provides free and confidential services to victims and survivors of sexual and domestic violence in the MetroWest area. Services are provided in English, Spanish, and Portuguese and are available to everyone regardless of race, ethnicity, gender or sexual orientation. Services include a 24-hour hotline, crisis intervention, confidential short term emergency shelter, counseling and support groups, information and referrals, and medical, legal and criminal justice advocacy. Voices also offers Supervised Visitation services on a sliding fee schedule through KidSpace <http://www.smoc.org/voices-against-violence.php> 24 Hour HOTLINES: 1-800-593-1125 or 508-626-8686 (TTY-friendly)

Emergency Shelter-Safelink- 24 hour hotline: 800-799-7233 or 877-785-2020

Jane Doe: Mass. Coalition Against Sexual Assault and Domestic Violence-

Provides education, support, economic empowerment, prevention and social change to end sexual assault and domestic violence. Many resources to find help for different types of abuse and relationships www.janedoe.org 617-248-0922

EARLY CHILDHOOD AND FAMILIES

Dept. of Transitional Assistance-Provides food stamps for income eligible and other welfare assistance programs. www.mass.gov/eohhs/gov/departments/dta/ 1-508-661-6600

South Middlesex Opportunity Council (SMOC)-Offers numerous services including childcare/Head Start, counseling, resource, referral and career center www.smoc.org 508-620-2645

Early Childhood Alliance-Early literacy Play Learn and Grow Together groups, family education & support, **resource guide**, referrals, school readiness & transaction activities for families with young children prenatal to 8 years. They also offer a Parent-Child Home program for children ages 18 months to 3 years www.framingham.k12.ma.us/ecaaf 508-782-6932

The Framingham Community Connections Coalition- FCCC is a neighborhood-based and resident-driven coalition. FCCC builds upon the existing strengths of families and the community, facilitates partnerships with supportive resources and services for the purposes of strengthening families, eliminating child abuse and neglect, and building a healthier community. Monthly meetings held at the Pusan Rd. Community Center (3rd Wednesday of the month at 6:00 p.m.). They also provide summer work opportunities for youth ages 13-16 as well as other youth resources www.framcoal.org 508-879-6874

WIC Nutrition Program- WIC's goal is to help keep pregnant and breastfeeding women and kids under age 5 healthy. To do this, WIC provides: • Personalized nutrition consultations • Free, healthy food • Tips for eating well to improve health. www.mass.gov/wic 508-653-3081

Framingham Public Library-Story Time and more for all ages (infant-school age) www.framinghamlibrary.org 508-532-5570

Mass 2-1-1- Offers aid with childcare, workforce training, physical & mental health difficulties, food and more. <http://www.mass.gov/lwd/docs/dua/mass-assistance-programsdf> Dial 211

Child Care Resources-Assistance in locating local childcare, linkage to state financial assistance for childcare www.sevenhill.org 508-956-7930

Department of Revenue-Provides assistance with child support orders. www.mass.gov/cse 800-332-2733

Department of Children and Family Services- Family support, child abuse prevention, crisis intervention www.mass.gov/dcf 508-424-0100

Jewish Family Service of Metrowest-Services include parent education/support, food assistance, citizenship and more www.jfsmw.org 508-875-3100

Criterion-Middlesex Early Intervention-Development evaluations, therapies and playgroups for children up to age 3. Parents can call directly without referral www.criterionchild.com 508-620-1442

South Bay Mental Health Early Intervention- Development evaluations, therapies and playgroups for children up to age 3. Parents can call directly without referral www.southbaymentalhealth.com 508-834-3100

The Diaper Project-Provides needy families with emergency supplies of diapers every 2 months and a referral is needed. www.aplacetoturn-natick.org.diaper-project 508-655-8868

Doc Wayne Youth Services- A free program which connects with youth through sports, utilizing sports-based therapeutic curriculum, *do the good*® (DtG). Our mission is to fuse sport and therapy to heal and strengthen at-risk youth. Presently running groups at Fuller Middle School and Wilson School www.docwayne.org Call Liz Corey at 617-600-6865 or your Resident Service Coordinator for a referral.

United Way of Tri-County Ready to Read Program-Provides free, new books to children ages 0-5 who have not yet entered kindergarten. This program is currently available for Framingham Housing Residents living in the Carlson Rd. neighborhood www.unwotc.org contact Jessica Friswell 508-370-4858 or your Resident Service Coordinator.

Parents Helping Parents-Offers Parent Support Groups at various locations and a 24 hour parental stress line. Meetings are held at the community center at 9 Pusan Rd. Framingham on Mondays from 6:00 p.m.-7:30 p.m. www.parentshelpingparents.org 800-632-8188

MetroWest YMCA- Pool, fitness center, sports classes, child care & preschool programs, school vacations and summer camps. Free entrance fee and transportation for middle school youth that reside in the Carlson Rd. neighborhood for the Saturday Night Y night. www.metrowestymca.org contact Lisa Mendozzi at 508-879-4420 or your Resident Service Coordinator for an application

Framingham Parks and Recreation Department- Offers a variety of activities offered to children and adults every season including lessons in all kinds of sports, kids crafts, family and adult trips www.framinghamma.gov/parks 508-532-5960

ELDERLY SERVICES:

Baypath (ASAP) Elder Services- *homemaking, home health services, case management, personal care, transportation and money management/Elder Community Care program, PCA and AFC program, caregiver programs. All clients must be 60 or older. Fees are based on income. www.baypath.org
508-573-7200

Meals on Wheels-Provides home delivered meals M-F. Requested donation is \$2.00/meal but will take less depending on income. Must be 60 or older.
www.baypath.org 508-573-7200

Council on Aging-Callahan Senior Center: Provides a variety of social and recreational activities on-site. They have an outreach worker on site that provides resources and referrals to all elders. They have educational and supportive workshops daily. They send out monthly newsletters to all members. They also have an Asian and Hispanic support group on site. The program is free to seniors 60 and older. Bi-lingual coordinators available. Contact your local senior center for calendar of events. www.framinghamma.gov/councilonaging 508-532-5980

Shine Program- Provides free health insurance information, assistance and counseling. They help seniors 60 and older or any age that has Medicare insurance with understanding their rights and benefits to ensure the best cost effective health insurance coverage. www.framinghamma.gov/councilonaging 1-508-532-5980

Jewish Family Services- Provides care planning/management, homemaking, personal care, counseling, geriatric psychiatry, friendly visitor program, citizenship, adoption, education/support groups and guardianship/conservator services. No age requirement. Fee's based on income. www.jfsmw.org 508-875-3100

Home Health/VNA (Visiting Nurse) Services-Provides skilled nursing, Occupational Therapy, Physical Therapy, Speech Therapy, Behavioral Nursing, Nutritionist and Personal Care. Services are mostly ordered by a Doctor but referrals may also be made directly through a concerned loved one. Services are contracted to the VNA for continuum of care in the home. Most insurance's

covered. **Some VNA's have an expertise with hoarders through their Occupational Therapists.** You have a choice of which VNA you would like services from. Contact your Dr.s office directly

The Adult Day Health Center- A weekday community program offering: Health Supervision, Social/Educational/Recreational activities, Counseling, Support groups, Coordination of care and ancillary health services per doctor's orders. Must be 18 and older. MassHealth insurance required or private pay. Whitney Place Natick www.ssalconhealth.com 508-655-9767
Windsor House Framingham www.windsorhouse.org 508-879-1771

SMOC Resource Center- Provides referrals and resources for housing, financial assistance through FEMA funds, fuel assistance, counseling and employment. Their services are free to anyone 18 and older. www.smoc.org 1-508-620-2630

MetroWest Legal Services-Provide free or affordable legal advice and/or legal representation to anyone 18 and older pertaining to Family Law, Education, Senior Citizens, Housing, Government Benefits, Immigration, Unemployment, Divorce, Bankruptcies and wills. Fees are based on income. www.mwlegal.org
1-508-620-1830 or 1-800-696-1501

Dept. of Transitional Assistance-Provides food stamps for income eligible and other welfare assistance programs. www.mass.gov/eohhs/gov/departments/dta/
1-508-661-6600

Framingham Veterans Office-Provides direct and indirect support services to all veterans and their families. Programs include counseling, advocacy, health care assistance, housing information and educational and employment assistance. Provide financial assistance to veterans and spouses of veterans.
www.framinghamma.gov/veterns 1-508-532-5515

Social Security Administration- Administration of social security and SSI programs. www.socialsecurityhop.com 1-508-875-5047 (Framingham) or 1-800-772-1213

Smart911-A personalized database shared with first responders regarding yourself, family members, your home, pets, and even vehicles that will automatically be displayed on the 9-1-1 call takers screen when you make an emergency call. It's private and secure and you control what information is in your profile. These

details can save valuable seconds or even minutes during an emergency. Free to sign up www.Smart911.com or have your Resident Service Coordinator assist you.

MassHealth-Consumers of MassHealth may receive transportation, long term care, PCA program, Group Adult foster care program, Frail elder waivers, Elder Community Care and free government assistance programs for free (lifeline, smart phone, etc.) Approvals are based on type of MassHealth insurance and level of needed care. For more information on the multitude of programs available. www.mass.gov/eohhs/gov/departments/masshealth Over 65- 1-800-408-1253 or under 65- 1-800-841-2900

Group Adult Foster Program (GAFC) - A Licensed Masshealth program that pays for personal care and homemaking services up to 7 hours per week for seniors and the young disabled (22 yrs older) who live in housing (10+ unit development). Agency providers www.massafc.org/provider-list

Personal Care Assistance Program- Must be on Mass Health Standard and need assistance with activities of daily living (ADL's) and LDL's. Can receive up to 40 hours of in home services to assist consumer with independence. The Consumer hires their own people to provide the services and they are paid through the program biweekly. Surrogates can be used to oversee the hiring and payroll of staff providing services but surrogates cannot provide service. Anyone can be hired except the spouse or a legal guardian of the consumer www.mass.gov/pca

Adult Foster Care Program- Must be on Masshealth standard, need assistance with ADL's/LDL's and must require a live-in caregiver or can move into someone else's residence that will provide the caregiving services. The caregiver receives a tax free stipend based on level of care provided from this program. For more information or a list of AFC licensed providers you can contact www.mass.gov/masshealth/AFC

Springwell Protective Services-Investigates and prosecutes all cases involving elder abuse; physical, sexual, emotional, financial exploitation, caretaker and self-neglect. Client must be 60 years or older. www.springwell.com 1-617-926-4100

Mass Medline- This is a public-private partnership. Pharmacists and Case managers are available to help access prescription medications by providing information on assistance programs and lower costing alternative medicines.

Pharmacists are available to answer questions and drug interactions. www.mcphs.edu/patient-clinics/pharmacy-outreach-program.com 1-866-633-1617

Mass Chapter of the National Academy of Elder Law Attorneys-A non-profit association of attorneys specializing in legal issues affecting the elderly in Massachusetts. Areas of specialty include, legal/financial services (Guardianship/Conservatorship/Power of Attorney/Representative Payee) estate planning, social security, health and retirement benefits, government benefits (Medicaid, SSI) and disputes involving nursing homes. www.massnaela.com 1-877-367-6235

Philips Lifeline Emergency response- An emergency response system that is filtered through a 24 hour call center for emergencies when a button is pushed on either a watch or necklace equipment. Calls are screened from the call center and pertinent medical information is on file should first responders need to be contacted. There is a government program that offers this service for free if the consumer is on any government aided program. www.lifeline.phillips.com 1-800-543-3546 or government # 1-800-368-2925

Verizon Lifeline service- Any consumer that receives government assistance is able to apply for discounted phone service and no charges for installation of services. They must be on a government program or be under the income limits to receive discount. Applications must be completed and reviewed annual for program www.verizonwireless.com/solutions-and-services/lifeline 1-800-306-6175.

Safelink government phone-Free wireless phone with up to 250 free minutes and 1000 texts. Eligible if on government assistance and income limits can apply as well. www.safelinkwireless.com. Can be ordered on-line by calling 1-800-977-3768.

Call2Talk of the United Way of Tri-County- 24/7 hotline providing free confidential non-judgmental support to people in emotional distress or crisis through peer-supported talk therapy. www.uwotc.org/call2talk call 211 and then hit option #25

CareGiving Metrowest- Baypath Elder services launched a website devoted to meeting the needs of caregivers in metrowest. Will provide caregivers and elders

in 25 MetroWest communities access to information, connections to resources and enhanced support www.caregivingmetrowest.org. 508-573-7204

Money Follows Person Program (MFP)- Is a federal funded project that assists elders and people with disabilities who want to move from a nursing facility who have lived there 90 consecutive days and want to move to a community living setting. Must be 18 years of age or older and disabled, or age 65 or older and be a masshealth member. MFP provides and covers the expenses for a full range of services to support successful transition to the community. A case manager will coordinate the transition and will provide the collaboration of in home health services as well as the purchases of goods and services ranging from household furniture, linens towels, security deposit, moving expenses, home modifications peer support and ongoing case management. Individuals are enrolled in MFP for 365 MFP days but will continue to receive long term services and supports. visit www.mass.gov/masshealth/MFP Call 1-617-573-1647 or call Baypath Elder Services at 508-573-7200

EMPLOYMENT ASSISTANCE

Employment and Training Resources-This is a one stop Career Center providing information, training, education, scholarships, resumes, interviews and job seeking. Your Resident Service Coordinator can make a referral to have an Employment Specialist contact you, or visit www.etrcc.com 508-766-5700

SMOC- MetroWest Career Center- Provides a broad range of career and employment services. The Career Center is open to the public on a self-service walk-in basis. Customers may access the Computer Resource Room, Internet, Job Listings, Workshops, and other employment resources. Career Center is free. Hours of Operation are Monday through Friday from 9am to 4pm. www.smoc.org/metroWest-career-center.php (508) 620-2677

Job Quest- On line job search for Massachusetts, training locator and employment events www.mass.gov/jobquest

Mass Career Information System-Internet-based career guidance system. MassCIS contains career education, and workforce information, as well as many career exploration tools free for Mass. Residents www.masscis.intocareers.org

EMPLOYMENT AND CAREER PLANNING FOR OLDER YOUTH AND YOUNG ADULTS

Career Connections- This is a young adult and training program for young adults ages **17-24** offering HiSet preparation, career exploration, tuition assistance, support services, paid internships, cover letter/resume writing and interviewing skills. Framingham High School seniors can access services Tuesday, Wednesday and Fridays at the High School in the College and Career office. Must meet federal eligibility to receive some services www.etrcc.com/youth-career-connections.php 508-782-7528 or 774-258-8237

Partnerships for a Skilled Workforce- Provides the Youth Working Forward Website that contains a wealth of information for young adults. Free resume template, pre-employment assessments, career exploration, education, interviews, networking, internships and job search <http://ywforward.org/resume-wizard> 508-281-6910

TEMPO Young Adult Resource Center Framingham- Tempo is a one-stop resource center for young adults with extra challenges such as substance abuse, mental health issues, DCF involvement etc. They focus on achievement, employment, education, healthy relationships and practical skills to reach future goals. Young adults learn to be leaders, learners, workers and role models www.tempyoungadults.org 508-879-1424

The MetroWest College Planning Center- Provides training, tutoring, mentoring and advising to youth and non-traditional adult learners and guide them on their desired educational pathway to higher education. Framingham Housing residents that live in the Carlson Rd. neighborhood are provided with transportation to the center 2x per week. Participants are advised on attending college, paying for college, career pathways and managing debt www.metrowestcpc.org Drop in hours Tuesday-Friday 3:30-7:30 and Saturdays 10:00-2:00 or call 508-215-5600 to book an apt. A referral for transportation can be obtained from your Resident Service Coordinator

Framingham Community Connections Coalition- Provides a 6 week summer employment program for low and moderate income families, youths ages 13-16 as well as other resources for youth employment. They host a Community

Connections meeting monthly at the Pusan Rd. Community Center (3rd Wed. of the month 6:00 p.m.) where Framingham residents meet to be connected to community resources, receive trainings, parental support etc. www.framcoal.org 508-879-6874

FOOD ASSISTANCE/FURNITURE BANKS/CLOTHING

:

A Place To Turn- Provides food and clothing need a referral (social service agency, school personnel or healthcare professionals). You can come in once every 60 days and select food and clothing. Hours are Monday, Tuesday and Thursday 9:30am-12:30pm and Wednesday 11:00am-12:30pm. Wednesday 5:00-7:00pm www.aplacetoturn-natick.org 1-508-655-8868, 99 Hartford Street, Natick, MA 01760

United Way Pearl Street Café at Park St.- Referrals are needed. Pantry hours M-W-F 9:00 a.m-1:00 p.m. and Wednesdays 5:00 p.m-7:00 p.m.. They also serve free hot meals Tuesdays and Thursday from 5:30pm-7:30pm. Call 508-879-2063 ext. 202 for details. 46 Park St., Framingham.

St. Bridgette's Church Food Pantry- Mon-Wed-Fri from 11:30am-12:30pm. Can go weekly. 508-875-5959 15 Wheeler Ave., Framingham

New Bethel Baptist Church Food Pantry- Open Mondays 6:00 p.m.-8:00 p.m. 617-970-9472 11 Beech St. Framingham

SNAP- (Supplemental Nutrition Assistance Program) Department of Transitional Assistance <http://www.mass.gov/eohhs/gov/departments/dta/food-assistance.html> 866-950-FOOD

WIC- (Woman Infant and Children)- WIC's goal is to help keep pregnant and breastfeeding women and kids under age 5 healthy.

To do this, WIC provides: • Personalized nutrition consultations • Free, healthy food • Tips for eating well to improve health

<https://www.smoc.org/pdf/English%20WIC%20brochure%202016.pdf> 800-wic-1007

United Way Distribution Services Store- Provides gently used or overstocked household items. They are located at 29 Bishop St. in Framingham and are open Tuesdays and Thursdays from 9-3. You can get a referral from the Resident Service Coordinator www.uwotc.org/uwds 508-309-3509

Con't.

HGRM of Acton Massachusetts- Provides free household items. A referral is needed by a human service agency. Site will show you items you can pick from and will have you list personal information. You must provide your own transportation to pick up goods. www.householdgoods.org 978-635-1739

Central Massachusetts Housing Alliance-Donation Clearinghouse Worcester- Must have a referral or letter from shelter, housing or other agency confirming need. You set up an appointment and bring with you a means to transport items you select. www.cmhaonline.org 508-791-7265 ex. 22

HEALTH

Framingham Board of Health- The department enforces State and local statutes and regulations relative to the protection of public health, the control of disease, promotion of sanitary living conditions and the protection of the environment from damage and pollution. <http://www.framinghamma.gov/290/Health-Department> 508-532-5478

Metro West Medical Center- Local Area Hospital in Framingham. Offers assistance in applying for Mass Health on select days and times www.mwmc.com 508-383-1000

Edward Kennedy Community Health Center- Offers medical, dental and behavioral health care as well as a low-cost pharmacy, regardless of an individual's ability to pay at 2 locations. They also help individuals find appropriate insurance plans www.communitychc.org 508-270-5700 32 Concord St., 508-270-5700 72 Union Ave.

V-Care Pharmacy- Offers prescription pick up and delivery options, as well as medication refill reminders 1 week before the next refill is needed. Staff work with resident providers and insurance companies to get medications covered. 24 hour care is provided by pharmacists www.myvcarepharmacy.com/home/v-care-pharmacy/ 508-202-9993

Metrowest Free Medical Program- Provides free Women's health and vision care by appointment only at 110 Edgell Rd.

www.metrowestfreemedicalprogram.org Framingham (Vision Appointments) 508-656-0885 (Gynecology) 508-656-0834

Mass Health/Medicaid- Health coverage for costs not paid by Medicare for those who meet income and other eligibility requirements. Call Mass Health for an application www.mass.gov/eohhs/gov/departments/masshealth/ 800-841-2900. Dental customer service 800-841-2900

OUT Metrowest- Provides enrichment for the LGBTQ community through programming, support, education and advocacy www.outmetrowest.org 508-875-2122

Massachusetts Dental Society- The link below provides a list of community health centers offering low cost dental care www.massdental.org

The Latino Health Insurance Program- Offers a community based, culturally-specific program for health insurance enrolment and maintenance to minority residents and connect clients to the appropriate health care services www.lhiprogram.org 508-875-1237

LITERACY PROGRAMS

Framingham Adult ESL-Offers free classes in ESL levels 1-6, Citizenship, ABE, High School Equivalency www.faesl.org 508-626-4282

Joan Brack Adult Learning Center SMOC- Free High School Equivalency, ESL and Young Parents program www.smoc.org/joan-brack-adult-learning-center 508-620-2677

Framingham Public Library Literacy Unlimited - Free 1:1 tutoring for adults in basic education, reading, writing, GED, ESL and drop in conversation groups www.framinghamlibrary.org 508-532-5574

Natick Literacy Program- Drop in, small group English tutoring and 1:1 tutoring literacy@morseinstitute.org 508-647-6400 ext. 1583

LEAP Learn English for Adults Program-Offers free ESL and Citizenship Prep evabenda@verizon.net 508-872-7125

Keefe at Night- \$\$ Offering ESL and HiSET (High School Equivalency)

Framingham State University- \$\$ Offers intensive English and Community ESL Programs www.framingham.edu/esl 508-626-1510

MassBay Community College- \$\$ Offers beginner to advanced level ESL, Pronunciation, TOEFL prep www.massbay.edu/communityESL 781-239-2700

MIRA-The Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA) is the largest organization in New England promoting the rights and integration of immigrants and refugees www.miracoalition.org 617-350-5480

TRANSPORTATION

Metrowest Regional Transit Authority- MWRTA is responsible for fixed bus routes (fares are \$1.50 one way, .75 cents for elderly and disabled, children under 6 are free) and para-transit routes, which mimic the normal bus routes, but provide a smaller bus with lift capability for the disabled and physically challenged individual. Para-transit transportation is a shared ride, origin to destination service required by the Americans with Disabilities Act (ADA) www.mwrta.com 508-935-2222

The Ride Transportation- Is the MWRTA's transportation service for persons with disabilities. Door to door service and will assist individuals in wheelchairs, Fares are \$3.00 or \$5.00 for each trip. <http://www.mwrta.com/> Framingham 1-508-820-4650 or 1-617-337-2727

Boston Hospital Shuttle This service runs on Tuesday, Wednesday and Thursdays only for \$4.00 (registration required). If living in Natick or Framingham, you will be picked up at your residence. <http://www.mwrta.com> 508-820-4650

Callahan Senior Center- The Social Services Department at the Callahan Center has recruited several volunteers to accompany seniors to various appointments. These volunteers may be available to take seniors to shopping trips, social events or medical appointments. If you are a Framingham resident over the age of 60 and need transportation to an appointment, call 508-532-5980 ask for Sam or Lisa to see if your appointment matches the schedule of one of the volunteers. Some will do local trips, others will travel beyond Framingham.

Please call with at least one week's notice of your need.

Patient Navigator Program- Caring volunteers who are carefully screened and trained by JFS of Metrowest . The volunteers review patient medical history and questions before doctor's appointment. They accompany the patient to and from medical appointments. They help to facilitate doctor/patient communication, review instructions and help schedule follow up visits. They compile a written record of the appointment and share with family and caregivers. This is a free service but you must be 60 or older. www.jfsmw.org 1-508-3100 ext. 110

ITNGreater Boston- Community based transportation alternative for older adults and the visually impaired. Promotes choice, independence and dignity while remaining mobile www.itngreaterboston.org 508-309-7375

