

GREAT MEADOWS PUBLIC HEALTH COLLABORATIVE

# RESOURCE GUIDE



A comprehensive community resource guide for the participating Great Meadows Public Health Collaborative municipalities of Bedford, Carlisle, Concord, Lincoln, Sudbury, Wayland, and Weston.

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



# INTRODUCTION



The Great Meadows Public Health Collaborative (GMPHC) was established through two grants awarded from the State of Massachusetts' Public Health Excellence program and Contact Tracing and Case Investigation funding. These grants give an opportunity for improvement in local public health capacity and is an investment in providing core public health services to the community for the future of local public health in Massachusetts. GMPHC is comprised of seven municipalities: Bedford, Carlisle, Concord, Lincoln, Sudbury, Wayland, and Weston. The mission of the Great Meadows Public Health Collaborative is to improve, promote, and protect the health and safety of residents in participating municipalities, with an emphasis on health equity. We achieve our mission through the formation of strong community, data-driven decision-making, and delivery of high-quality public health services.

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# HEALTH DEPARTMENTS

The **Great Meadows Public Health Collaborative** is comprised of the following health departments:

## **Bedford Health Department**

Town Center  
12 Mudge Way  
Bedford, MA 01730  
Phone: 781-687-6157

## **Concord Health Department**

141 Keyes Road  
Second Floor Concord, MA 01742  
Phone: 978-318-3275  
[healthdepartment@concordma.gov](mailto:healthdepartment@concordma.gov)

## **Sudbury Health Department**

Department of Public Works Building  
275 Old Lancaster Road  
Sudbury, MA 01776  
Phone: 978-440-5479  
Fax: 978-440-5404  
[health@sudbury.ma.us](mailto:health@sudbury.ma.us)

## **Weston Health Department**

Town Hall  
11 Town House Rd. Weston, MA 02493  
Mailing Address:  
P.O. Box 378 Weston, MA 02493  
Phone: 781-786-5030  
Fax: 781-786-5039  
[Pawluczzonek.k@westonma.gov](mailto:Pawluczzonek.k@westonma.gov)

## **Carlisle Health Department**

66 Westford Street  
Carlisle, MA 01741  
Phone: 978-369-0283  
Fax: 978-369-4521  
[boardofhealth@carlislema.gov](mailto:boardofhealth@carlislema.gov)

## **Lincoln Health Department**

16 Lincoln Road  
Lincoln, MA 01773  
Phone: 781-259-2614  
Fax: 781-259-8729  
[benalfewv@lincolntown.org](mailto:benalfewv@lincolntown.org)

## **Wayland Health Department**

41 Cochituate Road  
Wayland, MA 01778  
Phone: 508-358-3617  
Fax: 508-358-3619  
[health@wayland.ma.us](mailto:health@wayland.ma.us)



# SENIOR CENTERS & COUNCILS ON AGING

COA's provides local outreach, social and health services, advocacy, information, and referrals for older adults, their families, and caregivers.

**Bedford:** 12 Mudge Way, Bedford, MA 01730  
781-275-6825  
[www.bedfordma.gov/518/Council-on-Aging](http://www.bedfordma.gov/518/Council-on-Aging)

**Carlisle:** 66 Westford St. Carlisle, MA 01741  
978-371-2895  
[www.carlislecoahs.org/](http://www.carlislecoahs.org/)

**Concord:** 1276 Main St. Concord, MA 01742  
978-318-3020  
[www.concordma.gov/916/Council-on-AgingSenior-Services](http://www.concordma.gov/916/Council-on-AgingSenior-Services)

**Lincoln:** Bemis Hall, 15 Bedford Rd. Lincoln, MA 01773  
781-259-8811  
[www.lincolntown.org/132/Council-on-Aging-Human-Service](http://www.lincolntown.org/132/Council-on-Aging-Human-Service)

**Sudbury:** 40 Fairbank Rd. Sudbury, MA 01776  
978-433-3055  
[www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)

**Wayland:** 41 Cochituate Rd. Wayland, MA 01778  
508-358-2990  
<https://www.wayland.ma.us/council-aging>

**Weston:** 120 Alphabet Ln, Weston, MA 02493  
781-786-0280  
<https://www.weston.org/1506/Council-On-Aging>

# POLICE DEPARTMENTS

In life-threatening situations, call 911 for medical emergencies, fires, crimes, accidents with serious injuries, or threats to public safety.

## **Bedford Police Department**

2 Mudge Way, Bedford, MA  
781-275-1212

## **Concord Police Department**

218 Walden St. Concord, MA  
978-318-3400

## **Sudbury Police Department**

75 Hudson Rd. Sudbury, MA  
978-443-2121

## **Weston Police Department**

180 Boston Post Rd By-pass, Weston, MA  
781-786-6201

## **Carlisle Police Department**

41 Lowell St. Carlisle, MA  
978-369-1155

## **Lincoln Police Department**

169 Lincoln Rd. Lincoln, MA  
781-259-8113

## **Wayland Police Department**

38 Cochituate Rd. Wayland, MA  
508-358-4721





# **FIRE** DEPARTMENTS

## **Bedford Fire Department**

55 Great Rd. Bedford, MA  
781-275-7262

## **Concord Fire Department**

209 Walden St. Concord, MA  
978-318-3488

## **Sudbury Fire Department**

77 Hudson Rd. Sudbury, MA  
978-440-5301

## **Weston Fire Department**

394 Boston Post Rd. Weston, MA  
781-893-2372

## **Carlisle Fire Department**

80 Westford St. Carlisle, MA  
978-369-1442

## **Lincoln Fire Department**

169 Lincoln Rd. Lincoln, MA  
781-259-8111

## **Wayland Fire Department**

38 Cochituate Rd. Wayland, MA  
508-358-4747

## **POISON CONTROL CENTER**

A free 24-hour service provides professional medical advice to those exposed to poison: 800-222-1222.

# TRANSPORTATION

Explore transportation services in the Great Meadows Public Health Collaborative region. Please note that some of these services may be restrictive to residency in a particular municipality.

## Massachusetts Bay Transportation Authority (MBTA)

Provides fixed-routes and paratransit service in communities across Massachusetts: [www.mbta.com/](http://www.mbta.com/). For information on older adults/neurodivergent passes, please call 617-222-5976.

## MetroWest Regional Transit Authority (MWRTA) Dial-A-Ride

Provides services for residents who are 65 or older and for younger residents with a disability. MWRTA can be used for both medical and social destinations. Phone number: 508-820-4650.

[https://mwrta.com/application/files/5216/0199/0774/Dial\\_A\\_Ride\\_Information\\_Packet.pdf](https://mwrta.com/application/files/5216/0199/0774/Dial_A_Ride_Information_Packet.pdf)

## Tommy's Taxi

Tommy's Taxi is a private taxi company based in Framingham that serves the Great Meadows Public Health Collaborative region.

Tommy's Taxi can provide wheelchair accessible transportation with advance reservation. Phone number: 508-872-3500. For more information, visit: <https://www.tommystaxicab.com/>.

## MassHealth Transportation

MassHealth provides members with non-emergency medical transportation to and from MassHealth covered services when they are unable to access other forms of transportation. Services include but are not limited to doctors' appointments, counseling, and day habilitation. MassHealth provides non-emergency ambulance services if your medical condition requires an ambulance. To find out if you are eligible for transportation benefits, call the MassHealth Customer Service Center at 800-841-2900.

## Ride Shares (Uber and Lyft)

People with smartphones can download the Uber and/or Lyft app and start riding. To get an estimate on how much your ride will cost, check out the price estimator for Uber: [www.uber.com/us/en/price-estimate/](http://www.uber.com/us/en/price-estimate/) and Lyft: [www.lyft.com/fare-estimate](http://www.lyft.com/fare-estimate).

## Mass Ride Match

Mass Ride Match is a searchable database of public, private, and accessible transportation options in Massachusetts. Users can find transportation options that best fit their needs by entering their starting location, destination, the day and time of the trip, and any special needs that they may have. Visit Mass Ride Match's website at <https://massridematch.org/>.

## Mass 211

Mass 211 is a phone number that connects Massachusetts residents to health and human services in their area, including transportation resources. For more information, visit [www.mass211.org](http://www.mass211.org) or call 2-1-1.

# COMMUNITY-SPECIFIC TRANSPORTATION

## Bedford COA Wheels of Life Program

Provides transportation to Bedford seniors, 60 +, for the purpose of medical appointments only. Please call in advance: 781-275-6825.

## Bedford's Local Transit Bus (Bedford BLT)

Provides transportation for local needs, such as grocery stores, malls, and just about anywhere in Bedford. Please call 781-275-2255 for more details. <https://www.bedfordma.gov/283/Transportation>

## Carlisle Council on Aging

For transportation to medical appointments, shopping, or errands, contact the Council on Aging Transportation Line at 978-371-6690 or email [kbond@carlislema.gov](mailto:kbond@carlislema.gov) or [coaride@carlislema.gov](mailto:coaride@carlislema.gov). Please contact within 48 hours in advance. <https://www.carlislecoahs.org/transportation>

## Concord Council on Aging EVan

It provides transportation on a first-come-first-serve basis for your needs in Concord. The EVan runs Monday through Friday. For more information, please visit <https://www.concordma.gov/947/Transportation>.

## LINC- Lincoln Council on Aging

Rides to medical and other appointments, local shopping, and COA. Call Lincoln Concord Coach at (781) 259-8722 at least three days ahead.

## Sudbury Connection Van Services

Available to Sudbury residents 60 and older and residents who are 18 and older who are living with a disability. Contact the Sudbury Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) for information and to apply.

## Go Sudbury! Taxi Medical Rides Program

Available to Sudbury residents and those who work in Sudbury that are: 60 years of age or older, 18 years of age or older with a disability that limits driving, active duty military, Reserves, National Guard, or veteran of the armed forces or 18 years of age or older with financial need. Contact 987-639-3268 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) for an application.

## Wayland Council on Aging

The council provides a variety of transportation options for both medical and social needs. For more information, please call 508-358-2990.

## Weston Council on Aging

They offer several transportation options for residents. For more information, please contact [coa@westonma.gov](mailto:coa@westonma.gov).





# FOOD PANTRIES

## **Acton Food Pantry (serving Carlisle and Concord residents)**

235 Summer Road, Building #1, Boxborough, MA, 01719

978-635-9295 | [www.actonfoodpantry.org](http://www.actonfoodpantry.org)

Weds. 10am – 7pm and Thurs. 9:30am – 11:30am

## **Bedford Community Table and Food Pantry**

12 Mudge Way, Bedford, MA 01730

781-275-7727 | [www.bedfordfoodpantry.org/](http://www.bedfordfoodpantry.org/)

Thursday from 4pm-5:30pm

## **Sudbury Food Pantry**

160 Concord Rd. Sudbury, MA 01776

978-443-3168 | [www.sudburyfoodpantry.org](http://www.sudburyfoodpantry.org)

Wednesdays and Fridays from 12-2:15pm

## **SVdP Food Pantry of Lincoln and Weston**

142 Lincoln Road, Lincoln, MA 01773

781-899-2611 x4 | [www.svdplincolnweston.org](http://www.svdplincolnweston.org)

Open by appointment only.

## **Parmenter Food Pantry Good Shepherd Parish St. Ann's Church**

134 Cochituate Rd. Wayland, MA 01778

508-358-3001 | [www.parmenterfoundation.org](http://www.parmenterfoundation.org)

Open one Thursday a month from 9am-11am.

## **Celebration International Church Food Pantry**

6 Loker St. Wayland, MA 01778

508-318-4769 | [www.cicalive.org/food-pantry](http://www.cicalive.org/food-pantry)

The 1st and 3rd Thursday of each month from 7 - 8pm and Saturday following the 3rd Thursday from 9 to 10am.

## **Open Table Food Pantry**

Services Bedford, Carlisle, Concord\*, Lincoln, Sudbury, and Wayland (\*People who work in Concord that live outside this service area, may also qualify with proof of employment)

33 Main Street, Maynard MA 01754

978-369-2275 | [www.opentable.org](http://www.opentable.org)

Tuesdays 1-3pm (seniors 65+), Tuesdays 1-6:30pm, and Thursday 1-4:30pm

## **ADDITIONAL FOOD RESOURCES**

For up-to-date information on Healthy Incentives Program (HIP), The Women, Infants & Children (WIC) Program, The Pandemic-Electronic Benefits Transfer (P-EBT) Program, Meals on Wheels or the City of Boston Office of Food Justice, please visit [mass.gov/topics/food-assistance](http://mass.gov/topics/food-assistance). To learn more about and apply for SNAP (formally food stamps), visit [mass.gov/snap](http://mass.gov/snap).

## **Project Bread FoodSource Hotline: 800-645-8333**

Provides free, expert assistance with finding food resources, understanding SNAP eligibility and providing application assistance in 180 languages.

## **211HELPSteps**

Mass211's online platform allows individuals to search and then connect to local health and human service resources, such as food security. Visit [www.helpsteps.org](http://www.helpsteps.org).

# HEALTHCARE RESOURCES

## **MA Health Connector**

Massachusetts health insurance marketplace that helps MA residents find affordable health and dental plans:

[mahealthconnector.org](https://mahealthconnector.org).

(877) 623-6765 and TTY: (877) 623-7773

## **Medicare**

Provides health coverage for in-patient and outpatient care for those 65 years old and meet eligibility requirements: [medicare.gov](https://medicare.gov).

(800) 633-4227 and TTY: (877) 486-2048

## **MassHealth/Medicaid Mass Office of Health and Human Services:**

Provides health coverage for costs not paid by Medicare for those who meet income and other eligibility requirements:

[mass.gov/masshealth](https://mass.gov/masshealth).

(888) 665-9993 and TTY: (888) 665-9997

## **QMB/SLMB (Senior Buy-In) MA Office of Health and Human Services:**

QMB and SLMB programs pay Medicare premiums, co-pays, and deductibles for those who meet eligibility guidelines:

[mass.gov/masshealth](https://mass.gov/masshealth).

(888) 665-9993 and TTY: (888) 665-9997





# MENTAL HEALTH

In the case of a mental health emergency, suicide or mental health crisis call **988 immediately**.

## **Massachusetts Behavioral Health Helpline: 833-773-2445**

Connects Massachusetts residents directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- Call or text: (833) 773-2445
- Live chat available at: [www.masshelpline.com](http://www.masshelpline.com)
- Available 24 hours per day, 7 days per week, 365 days per year (including holidays)
- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages
- Deaf or hard of hearing? Contact MassRelay at 711.

## **Advocates Psychiatric Emergency Services: 800-640-5432**

Provides mobile crisis intervention to assess emergency mental health needs of both children and adults at home, schools, or in the community. Assesses needs and can refer to additional services. Call (800) 640-5432, 24 hours a day, 365 days a year.

**For additional mental health resources, visit:**  
[www.greatmeadowspublichealth.org/mental-health](http://www.greatmeadowspublichealth.org/mental-health).

# SUBSTANCE USE

Substance use and addiction resources for individuals looking for resources in the area.

- **Mental Health or Substance Use Crisis:** Call 988.
- **MA Substance Use Helpline:** Help understanding the treatment system and options. Call 800-327-5050 or go to <https://helplinema.org/>.
- **MA Behavioral Health Helpline:** Guidance and assistance connecting to clinical help. Call or text (833) 773-2445 or go to [www.masshelpline.com/](http://www.masshelpline.com/).
- **Community Behavioral Health Centers:** An alternative to emergency department visits for mental health & substance use crisis and urgent care. Go to [www.mass.gov/community-behavioral-health-centers](http://www.mass.gov/community-behavioral-health-centers).
- **Substance Abuse and Mental Health Services Administration Helpline:** A variety of resources including referral services. Call (800) 662-4357 or go to [www.samhsa.gov/find-help](http://www.samhsa.gov/find-help).
- **Massachusetts Organization for Addiction Recovery:** A resource list of services in MA: [www.moar-recovery.org/resources](http://www.moar-recovery.org/resources).
- **INTERFACE Referral Services Helpline:** Free consultation with a mental health professional about resources for those living in participating communities. Call (888) 244-6843 or go to <https://interface.williamjames.edu/>.
- **Learn to Cope:** A support group for parents and family members coping with a loved one addicted to opiates or other drugs: [www.learn2cope.org/](http://www.learn2cope.org/)

**You are not alone. Help is available.  
Speak with someone today.**

# FINANCIAL ASSISTANCE

Please note that eligibility criteria may apply to these programs, and the availability of specific programs and resources may change over time.

## **Massachusetts Department of Transitional Assistance (DTA):**

Offers programs such as SNAP (food stamps), TAFDC (cash assistance for families), and EAEDC (emergency aid to older adults, disabled, and children). Learn more on the DTA website:

[www.mass.gov/orgs/departments-of-transitional-assistance](http://www.mass.gov/orgs/departments-of-transitional-assistance).

## **MassHealth:**

Massachusetts' Medicaid program provides healthcare coverage to eligible low-income individuals and families. You can apply for MassHealth through the Massachusetts Health Connector:

[www.mass.gov/orgs/masshealth](http://www.mass.gov/orgs/masshealth).

## **Fuel Assistance (LIHEAP):**

Assists with heating costs for low-income households during winter. Apply through your local Community Action Agency or visit the Massachusetts LIHEAP website for more information: [www.mass.gov/info-details/learn-about-home-energy-assistance-liheap](http://www.mass.gov/info-details/learn-about-home-energy-assistance-liheap).

## **Unemployment Insurance:**

If you've lost your job, you can apply for unemployment benefits through the Massachusetts Department of Unemployment Assistance (DUA):

[www.mass.gov/orgs/departments-of-unemployment-assistance](http://www.mass.gov/orgs/departments-of-unemployment-assistance).

## **MA Department of Housing and Community Development (DHCD)**

Offers various housing assistance programs, including emergency shelter assistance, rental assistance, and more: [www.mass.gov/orgs/executive-office-of-housing-and-livable-communities](http://www.mass.gov/orgs/executive-office-of-housing-and-livable-communities).



# LEGAL ASSISTANCE

Offers professional legal support and guidance for individuals.

## **Massachusetts Legal Aid**

Provides free or low-cost legal services to low-income individuals and families. Local legal aid organizations can be found through the Massachusetts Legal Resource Finder:

<https://www.masslegalhelp.org/find-legal-aid>.

## **Massachusetts Court System Self-Help Center**

Provides information, forms, and guidance for individuals representing themselves in civil cases. You can access resources online or visit a self-help center at your local courthouse:

<https://www.mass.gov/self-help>.

## **Massachusetts Legal Assistance Hotline**

Offers legal assistance and advice for low-income individuals:

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



# NATIONAL HOTLINES

## **National Child Abuse Hotline: 800-422-4453**

Provides assistance and support for reporting child abuse or neglect.

## **National Disaster Distress Helpline: 800-985-5990**

Offers crisis counseling and support for those affected by natural or human-made disasters.

## **National Domestic Violence Hotline: 800-799-SAFE (800-799-7233)**

Offers support, information, and resources for those experiencing domestic violence or abuse.

## **National Human Trafficking Hotline: 888-786-2929**

Offers assistance and resources for victims of human trafficking and those who suspect trafficking.

## **National Sexual Assault Hotline: 800-656-HOPE (800-656-4673)**

Offers confidential support for survivors of sexual assault.

## **National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255)**

Offers confidential support for survivors of sexual assault.

## **National Veterans Crisis Line: 800-273-8255 (Press 1)**

Provides support to veterans in crisis or emotional distress.

## **Substance Abuse and Mental Health Services Helpline: 800-662-4357**

Referral and information service for individuals and families facing mental and/or substance use disorders.

# MASSACHUSETTS HOTLINES

## **Massachusetts 2-1-1**

Connects residents to information about critical health and human services, including housing assistance, food programs, and more.

## **The Trevor Project Lifeline (for LGBTQ+ Youth): 866-488-7386**

Offers crisis intervention for LGBTQ+ youth.

## **Samaritans Helpline: 877-870-HOPE (877-870-4673)**

Provides emotional support and a listening ear for those in crisis.

## **Department of Children and Families (DCF) Hotline: 800-792-5200**

For reporting child abuse or neglect.

## **Massachusetts Youth Crisis Hotline: 800-439-2370**

Offers crisis intervention and support for youth and families facing various challenges.

## **Massachusetts Department of Public Health Immunization Hotline: 800-873-1447**

Provides information and resources on vaccinations and immunizations.

## **Massachusetts AIDS Hotline: 800-235-2331**

Provides information, resources, and support related to HIV/AIDS.

## **MA Elder Abuse Hotline: 800-922-2275**

For reporting suspected elder abuse or neglect.

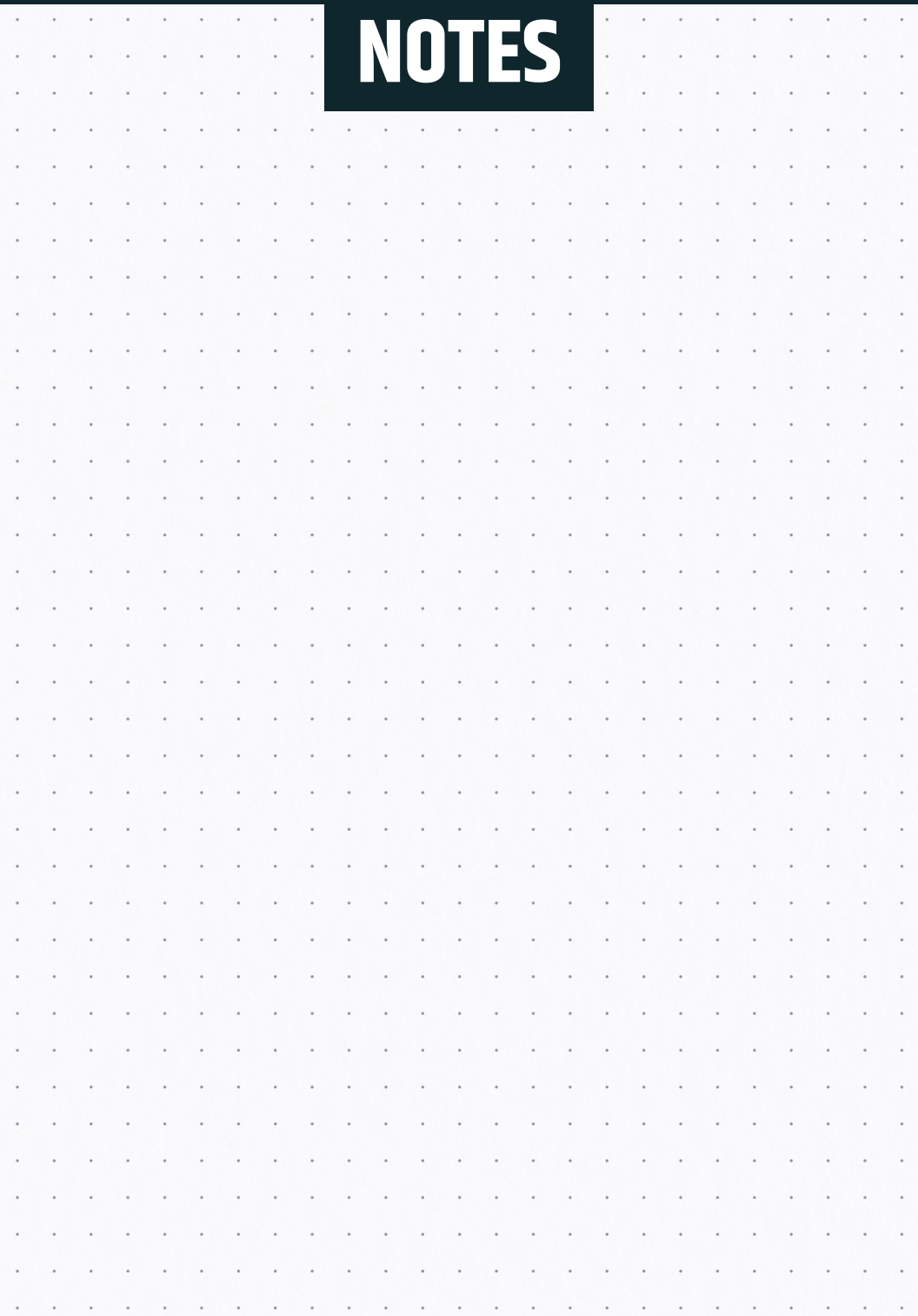
## **Massachusetts Substance Use Helpline: 800-327-5050**

Referrals for alcohol and other substance use problems.

## **Massachusetts SafeLink Domestic Violence Hotline: 877-785-2020**

For those experiencing domestic violence or abuse.

# NOTES



# NOTES



# NOTES



# OUR TEAM



**KELLI M. CALO**, SHARED SERVICES COORDINATOR  
**LAURA DUFF**, REGIONAL PUBLIC HEALTH NURSE  
**ANN LOREE**, REGIONAL PUBLIC HEALTH INSPECTOR  
**BRANDON GULNICK**, PROGRAM MANAGER  
**KATHERINE RINES**, REGIONAL PUBLIC HEALTH NURSE  
**ANN BAUER**, REGIONAL EPIDEMIOLOGIST