A community-wide effort to support the health and wellbeing of Billerica’s residents through its mission to:

- Engage
- Educate
- Energize

Join us on Facebook

facebook.com/groups/billericahealthandwellnessfair
Don’t tough it out.
Come on in.

Be seen by the region’s top physicians at Circle Health Urgent Care.
No one should have to wait and suffer through a bad allergy, sprain, cut, rash, or any other sudden injury or illness. With Circle Health Urgent Care, you don’t need to. Our convenient locations provide fast medical attention you can trust from the region’s top physicians, with expert follow-up care if needed. That’s Complete connected careSM.

Learn more at Circle-Health.org/UrgentCare.
A MESSAGE FROM THE TOWN MANAGER

Congratulations to the Planning Committee on another successful year! I want to also commend the committee on developing a handbook that informs and empowers residents with resources, health information, and educational opportunities.

The Health and Wellness Fair has served many residents over multiple decades. I believe this event is a valuable opportunity for families to gather an array of information on how to maintain good health. This is especially helpful during a time of information overload and conflicting advice. I look forward to attending and to continue learning about health and wellness in the community.
Health Fair Committee

Health and wellness continues to be an important focus in the Billerica community. There are so many facets to the term - both traditional and non-traditional as reflected in our annual Health Fair, in this Health Fair Guide book, and in the activities and support provided by the Health & Wellness Fair committee throughout the year. From that sprung our underlying mission - “Engage, Educate, and Energize.”

Our committee not only hosts the annual Health Fair. It also, beginning in 2018, hosts a fall event - the Fall Family Fair - that this year will be held on Saturday, October 19th from 10am to 1pm at the Billerica Town Hall with fun games and activities for the whole family - and quite possibly some cider donuts and apple cider thrown in.

The Committee supports a wide range of partnerships and activities in Billerica, including the SNAP program at the Billerica Farmers Market, the Billerica Community Pantry, the Billerica Public Library 5k Reader Run, Dementia Friendly Billerica, family movie night hosted by the Billerica Recreation Department, as well as the BCOA Veterans recognition, and others too numerous to name. We do all this thanks to the support we receive from our sponsors who believe in what we do and understand the many needs in the Billerica community that need to be met.

If you haven’t already, please be sure to join our facebook page - Billerica Health and Wellness Fair - to keep abreast of our activities, to get to know our sponsors and vendors, and to reach out to us with any questions.

Joan Parcewski  Billerica Lions - Chair
Shirley Smith  Pure Haven by Shirley Smith - Secretary
Doris Pearson  Treasurer
Julie Bagdonas  Benchmark Senior Living at Billerica Crossings
Jean Patel-Bushnell  Billerica COA
Elizabeth Meier  Billerica Public Library Outreach
Donna Hansen  Billerica Recreation
Brunilda Rijo  LifeCare Center of Merrimack Valley
Billerica Health & Wellness Fair Vendors 2019

A to Z Personal Fitness
Activemed Practices & Research Inc
Advanced Health Massage & Yoga
Alzheimer’s Association
American Parkinson Disease Association
Assisted Living Locators
Ayur Services
Benchmark Senior Living at Billerica Crossings
Billerica Cat Care Coalition
Billerica Chiropratic Office
Billerica Council on Aging
Billerica Emergency Management
Billerica Farmers Market/Billerica Garden Club
Billerica Fire Department
Billerica Interfaith Association
Billerica Lions Club
Billerica Lodge of Elks
Billerica Police Department/Substance Abuse
Billerica Public Library
Billerica Recreation
Billerica Recycling
Billerica Water Division
Brightview Concord River Assisted Living
Circle Health
Club Z
Community Teamwork
Createa Art - Lowell
Dementia Friendly Billerica
Disc Center of America – Wilmington (formerly Wilmington Chiropractic)
District 33N Lions Eyemobile
Eden Home Health Care
Elder Services of Merrimack Valley
Element Care
Empow Studios
Encompass Health Rehab Hospital of New England Outpatient Center of Billerica
Essentials Oils with Cindy Kilday
Fallon Health Summit Eldercare
Fisher Agencies
Future of Dentistry
Isagenix
Juice Plus
Lahey Health
Life Care Center of Merrimack Valley
Lions Organ Donor Awareness
Longhorn Financial
Lowell Association for the Blind
MK Boxing
Middlesex Community College – College for Kids
New You Hypnosis & Reiki
New England Forever Aloe
Organizing Works
Pure Haven by Shirley Smith
Reliv International
Right At Home
Sahaja Yoga Meditation
Sew Busy
Shawsheen Valley School of Practical Nursing
Soothing Serenity Therapeutic Massage
The Healing Power of Flowers Heaven & Earth
The Learning Garden
TOPS
Tours & More Travel
Unique Healing
Upper Merrimack Valley Medical Reserve Corps
Visiting Angels – Chelmsford
Voxx Life
Yankee Doodle Bike Path
Zippy’s Expresso Love
Billerica Health & Wellness Fair Sponsors 2019

Elite Community Health Sponsor
Circle Health
Future of Dentistry
Lahey Health

Community Health Sponsor
Billerica Lions Club
Billerica Lodge of Elks
LifeCare Centers of Merrimack Valley
Waste Management
Wicked Local/Billerica Minuteman

Health Living Sponsor
Billerica Access Television
Benchmark Senior Living at Billerica Crossings
Cabot Corp
Enterprise Bank & Trust (Pinehurst & No Billerica)
Fallon Health Summit Eldercare

Wellness Wise Sponsor
Billerica Alliance
Brightview Concord River Assisted Living
Element Care
FLIR
Lowell Sun Charities
Northern Bank & Trust
Salem Five
Zippy’s Expresso Love
The Billerica Alliance is a registered 501c-3 non-profit business and community support organization whose focus is solely on Billerica. One of our core objectives is to: Enhance quality of life for all Billerica citizens.

Executive Director
Christina McLaughlin
Billerica Alliance
12 Andover Road Suite 1 Billerica, MA 01821
978-667-4174
billerica-alliance.org

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Billerica Health and Wellness Fair

Please visit enjoy giveaways donated by these health partners

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WE ARE PLEASED TO SUPPORT THE BILLERICA HEALTH FAIR

Sunita Mahey
Branch Manager, Assistant Vice President
NMLS ID #753056
Office: 978.805.4226
smahey@nbtc.com

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billerica-alliance.org
Main Hall: The Main Hall can hold up to 360 people and is perfect for large functions. The hall has a large dance floor, bar, lobby and a coat room. We have an upper and lower parking lot, giving you ample parking space.

Rentals: If interested in booking any of our halls or the pavilion, or to tour the facilities, please call the manager to schedule a convenient time. Reservations fill fast and encourage you to call at your earliest convenience to ensure your function is booked.

FOR MORE INFORMATION:

MAIN HALL
SMALL HALL
PAVILION

PLEASE CONTACT US FOR MORE DETAILS

ELKSMANAGER@VERIZON.NET
(978) 667-9525
The Billerica Public Library is an open and welcoming gathering place for people of all ages that promotes literacy and learning through free and open access to diverse materials, innovative technology and programs that provide cultural and educational experiences, along with a capable and approachable staff to support users.

**At the Library**

- Borrow a book, DVD, music CD, magazine, audiobook, museum pass, or one of our many specialty items, such as cake pans, assistive devices, technology items, and crafting kits.
- Attend engaging programs for all ages, including story times for children, hands-on programs for teens, and educational and cultural programs for adults.
- Make use of our available rooms for public gatherings or study.
- Use our technology, which includes computers, printers, copiers, scanners, and a fax machine.
- Benefit from our specialty services, such as our notary services, one-on-one technology appointments, passport processing services, and reference services.

**Beyond the Library**

- Access our electronic resources, which include magazines, newspapers, encyclopedias, journals, and test preparation guides, from the comfort of your home or favorite device.
- Borrow and read e-books, e-audiobooks, downloadable music, and more using services like OverDrive, Freegal, and Freading.
- Apply for homebound delivery, if you are an individual unable to visit the library due to temporary or permanent illness or disability, to have library items delivered to your door for free.
- Take part in our numerous community services, which include visits to community events as well as programs at the Council on Aging, area assisted living facilities, and the Billerica Housing Authority.

The library is a proud participant and partner of the Billerica Health and Wellness Fair.
Who Are We?

The Billerica Recreation Department is your local resource for recreational opportunities. We strive to offer top notch services at an affordable price. We take great pride in offering a vast array of exercise/fitness programs, yoga programs, art/dance/enrichment programs, educational programs, culinary programs, and sports programs. In addition, we also have a popular “Leisure Club”, which is a program for people with disabilities that affords the opportunity for social and physical stimulation, while also helping teach healthy habits. Our hashtag of #FunInBillerica is more than just a tagline for our social media, it is our mission to keep our residents active and full of great programming opportunities year round!

Programs!

We are proud to offer a growing variety of programming for all! From Pre-K through Seniors, passive to active, and any ability level, we have you covered! We take great pride in making sure we’ll have something you’ll enjoy!

Special Events!

New this year is an emphasis to provide high quality, town-wide special events. We are proud to offer many of these at little to no cost to our residents! Make sure to follow our Facebook page for all special event announcements.

Want To Get Involved?

We are currently seeking new members to join our Friends of Billerica Recreation Department group! This group helps in planning special events and fundraisers, and volunteers their time at our events from time to time to ensure their success. If you’re interested in learning more, please contact Recreation Director, Dave Grubb.

#FunInBillerica
The Sunshine Gals

Started in 2010 this group of dedicated, kind hearted volunteers have been engaged in social and economic outreach to better the lives of Billerica residents, especially seniors. Each month on the 4th Saturday lunch is served to seniors at the First Parish Church. They serve meals at the Boys and Girls Club on Mondays and Wednesday weekly, 5-6 PM, throughout the school year. They also help the BCOA when needed such as with the Christmas lunch.

They need volunteers for about 2 hours a month. Some particular skills needed are computer and secretarial. To learn more please connect with Jo Leary, President of the Sunshine Gals’ board since 2010 at 978-270-4509 or t_joleary@yahoo.com.

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Maria Hamilton
Branch Relationship Manager, VP - North Billerica

Marie Tremblay
Branch Relationship Manager, VP – Billerica

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BILLERICA | 674 Boston Road
978-656-5764

NORTH BILLERICA | 223 Boston Road
978-656-5589

EnterpriseBanking.com
Billerica Lions Club  
Founded 1957  
“We Serve”

Message from the Billerica Lions Club President

The Billerica Lions Club, chartered in 1957, is a private, non-profit charitable organization whose mission is to serve the local community. Our Club is part of Lions Club International, (1917) with almost 1.5 million members in 190 countries throughout the world and is strictly all volunteers. All funds raised through our fundraising efforts are given back into our local community and international disaster relief programs. Lionism can be described in two words: “We Serve”.

With the generous support we receive, Billerica Lions are able to continue their charitable work, especially working toward our goal of eliminating preventable blindness and supporting diabetes research, humanitarian services, community outreach and youth programs.

We are seeking new members to help with this work.

Sincerely,  
Lou Cornano, President  
Billerica Lions Club

Our Focus Areas

VISION  
Sharing the Vision
Prevent future cases of unnecessary blindness through vision screenings and education events. Give the gift of sight through projects that benefit those who are blind or are living with low vision.

DIABETES  
Hating Diabetes
Prevent new cases of diabetes and improve life quality of life for those already diagnosed.

HUNGER  
Relieving the Hunger
Improve access to healthy food for vulnerable populations in your community.

ENVIRONMENT  
Protecting Our Environment
Protect and improve the environment to make your community a healthier place to live for everyone.

YOUTH  
Engaging Our Youth
Support youth in your community, or inspire the next generation of volunteers by inviting Leos and other local youth to serve on a project with you.

Where there’s a need, there’s a Lion

Billericaclubs.org

Be A Lion!
The Billerica Substance Abuse Prevention Committee (BSAPC)

The Committee is comprised of eleven members appointed by the Board of Selectmen, the Police Chief, the Fire Chief, the Billerica Public Schools Superintendent, the Board of Health and the Shawsheen Valley Technical High School Superintendent, continually works to achieve the vision and the mission of the committee. The Committee meets twice a month, once as a full committee and once as a smaller working group. In 2012-2013, the BSAPC organized several activities aimed at promoting substance abuse, culminating with the Town Forum, which was well attended by parents, students and community members.

BSAPC Vision: We envision in Billerica a community that embraces healthy choices, healthy lifestyles and healthy decisions so its families and its children may enjoy the peace and prosperity that accompanies a substance abuse free society.

BSAPC Mission: To increase awareness, promote education, and provide resources to the Billerica community in order to reduce community-wide substance abuse problems in Billerica.

Contact Us:

<table>
<thead>
<tr>
<th>Dede Galdston</th>
<th>Mike Higgins</th>
<th>Joann Michaud</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair, BSAPC</td>
<td>Substance Abuse Prevention Coordinator</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:dgaldston@billericak12.com">dgaldston@billericak12.com</a></td>
<td><a href="mailto:mhiggins@town.billerica.ma.us">mhiggins@town.billerica.ma.us</a></td>
<td><a href="mailto:michaud@vinfen.org">michaud@vinfen.org</a></td>
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<thead>
<tr>
<th>Carole Butze</th>
<th>Matt Keough</th>
<th>Mike Delucia</th>
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<tbody>
<tr>
<td><a href="mailto:cbutze@billericak12.com">cbutze@billericak12.com</a></td>
<td><a href="mailto:mkeough@billericak12.com">mkeough@billericak12.com</a></td>
<td><a href="mailto:deluciamike@yahoo.com">deluciamike@yahoo.com</a></td>
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<tr>
<th>Diane Deloge</th>
<th>Tara Connors</th>
<th>Brian West</th>
</tr>
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<tbody>
<tr>
<td><a href="mailto:ddeloge@billericafire.com">ddeloge@billericafire.com</a></td>
<td><a href="mailto:taraconnors@billericapolice.org">taraconnors@billericapolice.org</a></td>
<td><a href="mailto:bwest@billericapolice.org">bwest@billericapolice.org</a></td>
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The Billerica Commission on Disability

Stephen W. Strykowski, Chairman

This 7 member Board works to assist the Disabled Community. We are your local advocates, to provide assistance to those individuals discriminated against and denied services because of a disability. We work close with the Billerica Council on Aging and the Billerica PD, so that we can serve our community to the fullest. If you live, work or visit Billerica, and you are disabled, we are here to serve YOU. We can assist you in contacting the following, or getting applications for:

- Mass. Office on Disability
- Mass. Commission for the Blind
- MassEDP (Equipment Distribution Program)
  - Specialized phones for the blind & hearing impaired
- Mass. Disabled Persons Protection Commission
- United Spinal Assoc. of Mass.
- Home Modification Loan Program, MRC
- United Cerebral Palsy of Metro Boston
- Perkins School for the Blind
- LRTA RoadRunner
- Mass. RMV Handicap Placard Forms
- Medical Alerts like Safelink
- MASSMatch
  - Commonwealth’s initiative to Maximize Assistive Technology (AT) in Consumers’ hands
- Service Animal Training Locations
- And more

Call, or drop by 978-215-2000

Billericca Town Hall
365 Boston Road
Room #116
The Billerica Board of Health
Christine L. West, RN    Public Health Nurse

The Billerica Board of Health conducts various health screenings, vaccine immunization programs and clinics, and inspects sanitary regulations at establishments selling food and drinks. We inspect recreational camps run in town for children. We promote, implement and enforce tobacco regulations. Control of communicable diseases is done through case finding, referral and follow-up. We work closely with the Massachusetts Department of Public Health. Emergency preparedness protocols are reviewed on a regular basis. We work with the School Nurses regarding concerns/matters with students as well. We are dedicated to serving all Billerica Residents to promote a healthy lifestyle as well as environment. Our mission is to preserve and maintain the town’s public health standards.

Residents can call the Health Department to schedule an appointment for certain screenings or concerns:
- Blood Pressure
- Blood Sugar
- Cholesterol
- Tuberculosis Skin Testing
- Lead Testing for Children ages 1-6
- Well Child Physicals with our Town Pediatrician Dr. Guyetsky
- Immunizations
- Home Visits for Flu Shots
- Residents can call for assistance with minor dressing changes or questions/concerns about their condition/well-being
- Referrals/counseling provided (doctors, hospital, addiction)
- Community –based complaints/concerns
- Travel Clinics/immunizations

Medical Equipment Loan:
We lend out items such as wheelchairs, walking canes, and commodes

Medical Sharps Disposal if provided for Billerica Residents only. No Commercial drop off.
Many people today use syringes to manage health care needs at home. We accept sharps such as lancets, needles, and syringes. These sharps must be in a sharps container or a rigid plastic container such as a detergent bottle, not a thinner soda or bleach type bottle. The lid of the container must be reinforced with heavy-duty tape. Sharps containers can be purchased at most pharmacies, medical supply stores, or supplied through your insurance company. These containers must be ¾ to near full to be accepted. There is no fee at this time.

The hours for drop off are Monday through Friday 8:30am-10am and 3pm-4pm. Occasionally the Board of Health can offer free sharps containers, depending upon supply.
*We will need to verify proof of residency (license, or current bill, etc).

We have supplied defibrillators for various town facilities such as: Town Hall, Council on Aging, Wastewater Treatment Plant, Hallenborg Ice Rink, and Board of Health Office for Clinics. These are inspected twice a year.

The Health Department also tests the water at Micozzi Beach.
We are also responsible for environmental concerns such as Mosquito Control. Billerica partners with Central Massachusetts Mosquito Control Project @508-393-3055.

We keep up to date health topics and information on the Board of Health-Nurses Page of the Town of Billerica Website:

www.town.billerica.ma.us

365 Boston Road
Billerica, MA 01821
978-671-0932
cwest@town.billerica.ma.us
By 2025, the number of people in Massachusetts age 65 and older with Alzheimer’s disease is estimated to reach 150,000 — a 25 percent increase from the 120,000 age 65 and older affected in 2015.

An Initiative to Foster Dementia Friendliness Across the Community

Each segment of the Billerica community, including businesses, services and supports, faith communities, the health care sector, legal and financial services, government services and residential settings, can play a role in creating Dementia Friendly Billerica.

For more information, please contact a member of our leadership team at: dementiafriendlybillerica.com

Leadership Team:

Co-Chair: Jean Patel Bushnell, Director, Billerica Council on Aging
Co-Chair: Joan Parcewski, Chair, Billerica Health and Wellness Fair
Treasurer: Karisa Ajanel, Branch Service Manager, Enterprise Bank
Secretary: Daria Rabkin, Wellspring Village Director, Brightview Concord River
Liaison to Town of Billerica: Rob Anderson, Community Development Director, Town of Billerica
Memory Café Coordinator: Bonnie Courtemanche, Health and Community Program Coordinator, Billerica COA
Memory Café Coordinator: Lizzie Meier, Community Services Librarian, Billerica Public Library
Memory Café Liaison: Margaret Perras, Marketing Director, Right at Home
Memory Café Liaison: Diane Welch, Account Executive, Fallon Health Summit Eldercare
Purple Table Ambassador: John Carroll, Co-Founder, Tandem Care Associates
Communications: Kathy Young, Billerica resident
Joan DiOrio, Billerica Lions Club and 1st Vice Chair BCOA Board
Judy Mackey, Strategic Partnerships & Business Development Manager, Element Care
Brunny Mejia, Business Development Director, LifeCare of Merrimack Valley
Julie Bagdonas, Director of Community Relations, Benchmark, Billerica Crossings
Lauren Rigsby, Chaplain, Lowell General Hospital
Spirituality and Health

How is spirituality related to health?

No one really knows. However, it seems the body, mind and spirit are connected. The health of any one of those three seems to affect the health of the others. Some research shows that such things as positive beliefs, comfort and strength gained from religion, meditation and prayer can contribute to healing and a sense of well-being. Improving your spiritual health may not cure an illness, but it may help you to feel better, to prevent certain illnesses and to cope with illness or death.

- American Family Physician

Listing of places of worship in Billerica
 supplied by the Billerica Interfaith Association

<table>
<thead>
<tr>
<th>Place of Worship</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th Day Adventist Church</td>
<td>Matthew Vixie, 30 Pond St, Billerica, MA, 01821, 603-401-0426</td>
</tr>
<tr>
<td>Bay State Baptist Church</td>
<td>Bryan Spicer, 337 Boston Rd, Suite #1, Billerica, MA, 01821, 978-294-8115</td>
</tr>
<tr>
<td>Church of Jesus Christ of Latter Day Saints</td>
<td>Seth Johnson, Bishop, 70 Concord Rd, Billerica, MA, 01821, 978-667-4483</td>
</tr>
<tr>
<td>Community Congregational Church</td>
<td>Patty Doucette, 803 Boston Rd, Billerica, MA, 01821, 978-587-5252</td>
</tr>
<tr>
<td>Dwarkamai Temple</td>
<td>978-276-9724</td>
</tr>
<tr>
<td>First Congregational Church</td>
<td>Rev. Katherine Adams, 18 Andover Rd, Billerica, MA, 01821, 978-663-8433</td>
</tr>
<tr>
<td>First Parish Unitarian Church</td>
<td>Rev. Bruce Taylor, 7 Concord Rd, Billerica, MA, 01821, 978-663-2293</td>
</tr>
<tr>
<td>Jehovah’s Witness Billerica</td>
<td>Rev. Dr. Phil Wilks, 310 River St, Billerica, MA, 01821, 978-663-4773</td>
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<tr>
<td>Church Name</td>
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<tr>
<td>New Colony Baptist Church</td>
<td>30 River St</td>
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<td>Billerica, MA 01821</td>
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<tr>
<td>North Billerica Baptist Church</td>
<td>Old Elm &amp; Colson St</td>
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<td>North Billerica, MA 01862</td>
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<tr>
<td>Pentecost Church</td>
<td>4 Riverhurst Rd</td>
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<td></td>
<td>Billerica, MA 01821</td>
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<tr>
<td>SMVS Swaminarayan Mandir - Boston</td>
<td>9 Brick Kiln Rd</td>
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<td></td>
<td>Billerica, MA 01821</td>
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<tr>
<td>St Andrew’s Church</td>
<td>45 Talbot Av</td>
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<td>North Billerica, MA 01862</td>
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<tr>
<td>St Anne’s Episcopal Church</td>
<td>14 Treble Cove Rd</td>
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<td></td>
<td>North Billerica, MA 01862</td>
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<tr>
<td>St Mary’s Church</td>
<td>796 Boston Rd</td>
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<td></td>
<td>Billerica, MA 01821</td>
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<tr>
<td>St Theresa’s Church</td>
<td>466 Boston Rd</td>
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<td></td>
<td>Billerica, MA 01821</td>
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<tr>
<td>Victory Chapel</td>
<td>265 Boston Rd</td>
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<tr>
<td></td>
<td>North Billerica, MA 01862</td>
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Who We Are and What We Do
The Billerica Community Pantry, Inc. is a charitable organization that was formed by the Billerica Interfaith Association. We provide food for those individuals and families who are food insecure. Due to current space limitations, we are only open once a month. We seek to partner with the town, businesses, and other charitable organizations to provide food for those who are in need in our community.

How You Can Help
You are invited to support the good work of the Billerica Community Pantry, Inc. What is most needed is financial support. Please consider donating to Billerica Community Pantry, Inc., 70 Concord Road, Billerica, MA 01821. We purchase most of the food we give out. Monthly donations are appreciated. $5 can buy us a case of spaghetti sauce, $15 can buy us 30 dozen eggs.

Volunteer
Many hands make light work! This current pantry model is labor intensive. Volunteers will be needed on distribution Mondays to unload the truck and set up in the morning and to distribute food in the afternoon, and to break down and clean up. Any time you can share is appreciated, a few hours or all day. To volunteer, email or call Taryn Gillis at billericapantry@gmail.com or (978) 663-8433. We are also looking for CDL drivers to go into Boston with us, early on a Monday morning. We provide the truck and you wouldn’t go alone, but the pickup is much easier with the big truck.

2019 Schedule
Distribution will be at 70 Concord Road (The Church of Jesus Christ of Latter-day Saints) from 2:00 - 5:00 pm on the following dates:
April 29, 2019
May 20, 2019
June 24, 2019
Dates for the rest of 2019 will be announced later in the spring.

Registration
Pre-registration is encouraged. Mail a completed registration form to Billerica Community Pantry, Inc., 70 Concord Road, Billerica, MA 01821, or call (978) 663-8433. Registration forms can be found on our website and Facebook page.

Eligibility Guidelines
1. You must be a resident of Billerica.
2. All registered family members must live in the household.
3. Billerica Community Pantry has no income eligibility requirement and we strive to have a wide variety of food available for all. We do receive some donations through the USDA Food Assistance program that has federal income guidelines that we will ask if you are above or below. There may be a few items that you won’t be eligible for based on your income.

We encourage patrons as their circumstances change and they can be self-supporting, to be considerate and limit their own participation so that the limited resources we have can be used to assist others.
The Commodity Supplemental Food Program (CSFP)

The population of seniors in Massachusetts is growing rapidly. Seniors who struggle with food insecurity are more likely to experience depression and other health problems. In addition, decreased mobility, fixed incomes, and rising health care costs can make maintaining access to sufficient amounts of nutritious food challenging.

The BCOA works with the Greater Boston Food Bank on the CSFP. This is a monthly food distribution program for individuals 60 years old or older whose monthly income is less than 130% of the Federal Poverty line. Consumers complete a one page application providing proof of identity and age. They do not need to provide proof of income or residency.

The Program works to improve the health of low-income persons by supplementing their diets with nutritious USDA Foods. Food packages include a variety of foods, such as nonfat dry and ultra-high-temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.

For more information please contact the Outreach Department of the Billerica COA at 978 671 0916.
## HEALTH SYSTEMS

### Local Hospitals

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emerson Hospital</td>
<td>133 Old Road to Nine Acre Corner, Concord, MA 01742</td>
<td>978-369-1400</td>
<td><a href="http://www.emersonhospital.org/about-emerson">www.emersonhospital.org/about-emerson</a></td>
</tr>
<tr>
<td>Lahey Health</td>
<td>41 Mall Road Burlington, MA 01805</td>
<td>781-744-5100</td>
<td><a href="http://www.lahey.org/location/lahey-hospital-medical-center">www.lahey.org/location/lahey-hospital-medical-center</a></td>
</tr>
<tr>
<td>Lowell General Hospital</td>
<td>295 Varnum Avenue Lowell, MA 01854</td>
<td>978-937-6000</td>
<td><a href="http://www.lowellgeneral.org">www.lowellgeneral.org</a></td>
</tr>
<tr>
<td>Holy Family Hospital</td>
<td>70 East St., Methuen, MA 01844</td>
<td>978-687-0151</td>
<td></td>
</tr>
<tr>
<td></td>
<td>140 Lincoln Ave., Haverhill, MA 01830</td>
<td>978-374-2000</td>
<td></td>
</tr>
<tr>
<td>Edith Nourse Rogers Memorial Veterans Hospital</td>
<td>172 Kinsley Street, Nashua, NH 03060</td>
<td>603-882-3000</td>
<td><a href="http://www.stjosephhospital.com">www.stjosephhospital.com</a></td>
</tr>
<tr>
<td>Lawrence General Hospital</td>
<td>1 General St, Lawrence, MA 01841</td>
<td>978-683-4000</td>
<td><a href="http://www.lawrencegeneral.org">www.lawrencegeneral.org</a></td>
</tr>
<tr>
<td>Lowell General Hospital Saints Campus</td>
<td>1 Hospital Dr, Lowell, MA 01852</td>
<td>978-937-6000</td>
<td><a href="http://www.lowellgeneral.org/locations/lowell-general-saints-campus">www.lowellgeneral.org/locations/lowell-general-saints-campus</a></td>
</tr>
</tbody>
</table>

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## 5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

1. **Do I really need this test or procedure?** Medical tests help you and your doctor or other health provider decide how to treat a problem. And medical procedures help to actually treat it.

2. **What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?

3. **Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier food or exercising more.

4. **What happens if I don’t do anything?** Ask if your condition might get worse — or better — if you don’t have the test or procedure right away.

5. **How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.
Home Care Companies

Eden Home Health Care
Sunila Varnhese
100 Trade Center Suite G
Woburn MA 01801
978-875-3200

Right at Home Senior Care
Amy Gagne
60 Great Rd
Bedford MA 01730
781-275-1400

Visiting Angels
Carol Kilduff
111 Chehlmsford St
Chelmsford MA 01824
978-244-0200

Assisting Hands
John Benchoff
5 Middlesex Ave Suite 19
Wilmington MA 01887
781-400-8880

Humble Home Care Services
Paula Stewart
2 Meeting House Rd 2nd Flr Suite 4
Chehmsford MA 01824
978-710-3854

Guardian Angels Senior Services
Melanie Lewis
1 Survey Circle Suite 203
No Billerica MA 01862
978-667-2600

Home Instead Senior Care
139 Billerica Road
Chehmsford MA 01824
978-256-5950

America’s Choice in Homecare
Visiting Angels
978-244-0200

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267 Boston Road, Suite 20 • Billerica, MA 01862
978.663.9044 • Fax 978.663.0475

Encompass Health Rehabilitation Hospital of New England
2 Rehabilitation Way • Woburn, MA 01801
781.939.1875 • Fax 781.939.1879

Encompass Health Rehabilitation Hospitals
encompasshealth.com/newenglandrehab
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ASSISTED LIVING / HOUSING

Atria Marland Place, Andover .......................................................... 475-4225
Atria Merrimack Place, Newburyport ............................................. 462-7324
Ashland Farm, North Andover .......................................................... 683-1300
Assisted Living Center, Salisbury .................................................. 463-9809
Bayberry at Emerald Court, Tewksbury ........................................ 640-0194
Billerica Crossings, Billerica .......................................................... 667-0898
Blair House Assisted Living, Tewksbury ........................................ 851-3121
Brightview Concord River, Billerica ................................................ 262-1410
Chelmsford Crossings, Chelmsford ............................................... 250-8855
Elizabeth Calsey House, Amesbury ............................................... 388-0293
Grace Morgan House, Methuen ................................................... 682-4324
Greystone Farm at Salem, NJ .......................................................... 603-898-5393
Haverhill Crossings, Haverhill ...................................................... 556-1600
Meadow Lodge Drum Hill, Chelmsford ........................................ 458-0099
Methuen Village at Riverwalk Park, Methuen ............................... 685-2220
MI Residential Community, Lawrence ......................................... 682-7575
The Atrium at Drum Hill, Chelmsford ........................................... 934-0000
The Pines-Tewksbury ................................................................. 657-0800

Limited space prevents listing all resources in the Merrimack Valley. Inclusion of a specific agency/organization/business does not imply a recommendation or endorsement of a program, service or product. Every effort has been made to be accurate.
Life Care Center of Merrimack Valley

Rehab Success!

Our team created a treatment plan for Ms. DeFrancisco and we are pleased to say she reached all of her goals! It was a pleasure working with her. We are pleased to announce that Ms. DeFrancisco returned home on March 22nd, 2019.

"Physical therapy certainly did a wonderful job. They are the reason I am going home. The hairdresser was very nice too."

Congratulations, Ms. DeFrancisco!

- Short and Long Term Rehab
- In-House PT, OT and Speech Therapy
- 24 hour skilled nursing services
- Private and Semi-Private Rooms
- Certified Wound Care Specialists
- Parkinson’s Program

Come in for a tour!
Our Admissions Office is here to assist and answer any questions.

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978-667-2166

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Emily Degan, ADN, BS, CCRC
Clinical Research Coordinator

421 Merrimack Street
Suite 201
Methuen, MA 01844
P: 978.655.7155
F: 978.655.7144
degan@activmedresearch.com

Billerica Chiropractic Office
Honoi E. Kawut, D.C.
25 Bridge Street | Billerica, MA 01821 | 978.667.1962
info@billericachiro.com
Brightview Concord River

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Memory Care
Enhanced Care

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Billerica, MA 01821
Phone: (978) 262-1410

NURSING & REST HOMES
Berkley Retirement & Nursing Center, Lawrence................................. 682-1614
Blaire House Tewksbury........................................................................ 851-3121
Colonial Heights/Sunbridge Health Care, Lawrence.............................. 682-5281
D’Youville Senior Care, Lowell............................................................... 569-1000
Fairhaven Health Care Center, Lowell............................................... 458-3388
German House, Lawrence................................................................. 682-5593
Glenwood Care & Rehab Center, Lowell............................................. 454-5444
Heritage Nursing Care Center, Lowell................................................ 459-0546
Horn Home for the Aged, Lowell....................................................... 452-9571
Life Care Center Merrimack Valley, N. Billerica................................. 667-2166
Lowell Health care Center, Lowell...................................................... 454-5644
Merrimack River Valley House, Lowell................................................ 452-6071
MI Nursing & Restorative Center, Lawrence...................................... 685-6321
Northwood Rehab & Health Care Center, Lowell............................... 458-8773
Palm Manor, Chelmsford..................................................................... 256-3151
Sunny Acres Nsg. & Rehab Center, Chelmsford.................................. 256-0231
Town & Country Health Care Center, Lowell..................................... 454-5438
Westford House Genesis Eldercare, Westford..................................... 392-1144
Willow Maner, Lowell...................................................................... 454-8086
Wood Mill Care & Rehab, Lawrence.................................................. 686-2994
Kenneth L. Buffum 1928 - 2019

Mr. Buffum has served the Town of Billerica as the Director of Veteran's Services for 41 years. Thank You Ken

Veterans Department
Provides comprehensive professional veterans services to Town of Billerica veterans and their dependents in compliance with state law (Mass. G.L. Ch. 115)

Department: informs veterans and their dependents regarding their eligibility for benefits; provides background information; and assists veterans in completing applications.

Administers veterans’ benefits and coordinates benefit provision. Benefits include retirement benefits, compensation, hospitalization, outpatient treatment, education, and burial benefits.

Processes applications: investigates eligibility of claimants; and authorizes benefit payments.

Organizes and coordinates memorial activities of veterans; inspects and oversees the care of veterans’ graves, and arranges for placement of flags at all veterans’ graves on appropriate holidays.

Prepares reports to account for funds; reports to state agencies to acquire reimbursements and maintains appropriate records.

Develops, manages and monitors the department’s annual operating budget.

Attends trainings, meetings and maintains any required certifications for Veterans Services Officers.

Work with veterans to provide access to social services as needed.

Veterans Services Billerica,
Marie O’Rourke, Head Clerk
365 Boston Road, Office #201, Billerica, MA 01821,
Ph: 978-671-0968, Fx: 978-670-5547
Hours Monday - Friday 8:30 a.m. - 4 p.m.
Billerica Council on Aging (BCOA) – since 2004 helping local seniors remain in the community for as long as possible with the supports they need to lead full lives

BCOA Director, Jean Patel Bushnell        jbushnell@town.billerica.ma.us       978 671 0916

What We Deliver With Excellence

- An environment that encourages social connections and engagement
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- Activities providing a sense of involvement, contribution, and achievement
- Support for family caregivers
- Strong collaboration with town departments and community partners to foster aging in place

Our Departments

- Health and Wellness Programs  X 2010
- Life Quality Activities and Volunteer Management  X 2020
- Nutritional Programs  X 2023
- Outreach  X 2026
- Community Transportation  X 2003
- Systems and Administration  X 2017

Phone: (978) 671-0916
Fax: (978) 671-1347
25 Concord Road, Billerica, MA 01821
Twitter: Billerica COA
Facebook: Billerica Council on Aging
www.town.billerica.ma.us
www.nextdoor.com
Our network
Referrals to each other keep Seniors safe and happy in Billerica.

Call one of us to help you!

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>Billerica Council on Aging</td>
<td>978-671-0916</td>
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<tr>
<td>Billerica Substance Abuse Prevention</td>
<td>978-671-0943</td>
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<tr>
<td>Commission on Disability</td>
<td>978-251-2000</td>
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<td>Billerica Fire Department</td>
<td>978-671-0940</td>
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<tr>
<td>Billerica Board of Health</td>
<td>978-671-0931</td>
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<tr>
<td>Billerica Police Department</td>
<td>978-671-0900</td>
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<tr>
<td>Billerica Animal Control</td>
<td>978-671-0909</td>
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<tr>
<td>Billerica EMS</td>
<td>978-671-0900</td>
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</table>
AGE INFORMATION DEPT (Elder Services) 800-892-0890

ADULT DAY HEALTH PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
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<tbody>
<tr>
<td>All Care Adult Day Health Ctr., Chelmsford</td>
<td>251-0367</td>
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<tr>
<td>Blaire House of Tewksbury</td>
<td>851-3121</td>
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<tr>
<td>Castle Hill ADH, Lowell</td>
<td>323-7811</td>
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<tr>
<td>Community Family Adult/Alz. Day Health</td>
<td>458-4844</td>
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<td>D’Youville ADH Center, Lowell</td>
<td>569-1000</td>
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<td>Harborside Adult Day Health, Newburyport</td>
<td>465-1980</td>
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<td>Home Away From Home, Lowell</td>
<td>453-4663</td>
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<tr>
<td>La Casa de Maria Inmaculada, Lawrence</td>
<td>685-2727</td>
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<td>La Casita, Lawrence</td>
<td>620-1493</td>
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<tr>
<td>Lowell Elder Care, Lowell</td>
<td>596-1111</td>
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<td>MI Adult Day Health, Lawrence</td>
<td>682-7575</td>
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<td>Nevins Adult Day Health Ctr., Methuen</td>
<td>686-2807</td>
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<td>Nevins Alzheimer Family Care Ctr., Methuen</td>
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<td>New England Community Care, Lowell</td>
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<td>Oasis Adult Day Health, Lowell</td>
<td>989-9897</td>
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<td>Sarah’s Place, Haverhill</td>
<td>374-2175</td>
</tr>
<tr>
<td>Spectrum Adult Day Health, North Andover</td>
<td>688-3248</td>
</tr>
</tbody>
</table>

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**MyPlate for Older Adults**

**Fruits & Vegetables**
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

**Healthy Oils**
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

**Herbs & Spices**
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

**Fluids**
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

**Grains**
Whole grains and fortified foods are good sources of fiber and B vitamins.

**Dairy**
Fat-free and low-fat milks, cheeses and yogurts provide protein, calcium and other important nutrients.

**Protein**
Protein-rich foods provide many important nutrients. Choose a variety including meats, beans, fish, lean meat and poultry.

Remember to Stay Active!
As a caregiver, it is critical for you to take good care of yourself while you are taking care of your aging loved one.

To learn more about the program or to schedule a complimentary in-home assessment, contact the Health and Community Program Coordinator at (978) 671-0916.
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HEALTH & BENEFITS COUNSELING
SHINE/SMP – Call Elder Services ................................................................. 800-892-0890
Mass Division of Medical Assistance
- MassHealth Customer Service .......................................................... 800-841-2900
- MassHealth-TTY Customer Service ............................................. 800-497-4648
- MassHealth Enrollment Center ...................................................... 888-665-9993
- MassHealth Enrollment Center – TTY ....................................... 888-665-9997
Medicare Part A & B ........................................................................... 800-633-4227
OMBUDSMAN PROGRAM................................................................... 800-892-0890

SOCIAL SECURITY
Lawrence ............................................................................................... 877-669-3127
Lowell ..................................................................................................... 877-746-9850

STATE AGENCIES
Department of Public Health ................................................................. 617-624-6000
Elder Affairs ......................................................................................... 617-727-7750
Health & Human Services ................................................................. 617-573-1600
MA Commission for the Blind ............................................................. 800-392-6450
MA Commission for the Deaf & Hard of Hearing
- Voice .................................................................................................. 800-882-1155
- TTY .................................................................................................. 800-530-7570

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