

## LEVERETT LISTINGS FOR SENIORS AND ALL OF US!

### LOCAL RESOURCES– Leverett/Franklin County/Mass

[FCHCC](#) –Services for Elders

[FCHCC](#) - Resources and Links Page

[List of Leverett Property Tax Exemptions](#)

[FCHCC \(Franklin County Home Care\)](#) – many many resources - Leverett’s Agency on Aging - an easy site to navigate to see what they offer seniors in Franklin County

[TRIAD](#) – The TRIAD Program of the Franklin County Sheriff’s Office is a crime-prevention and wellness initiative aimed at protecting the safety and welfare of senior citizens throughout the county.

[PVTA Dial-A-Ride](#) – Monday – Friday 8:30-4:30. Van service from your home to just about anywhere as long as it is not Franklin County! For 60+ and handicapped. Must call 24 hours ahead and can schedule up to two weeks in advance. 413-739-7436

[Walk Franklin County](#) – Maps, incentives

[Mass.gov](#) – Search “senior citizens” for varied topics

[MCOA Property Tax Relief for Seniors](#)

[FCHCC](#)- Benefits Counseling for Elders

[Amherst Survival Center](#) – Leverett is one of the towns they serve. Various resources and programs (including SNAP assistance)

[Community Action](#) – Fuel Assistance and Money Management programs. Community Action is dedicated to promoting economic justice and improving the quality of life for community members with low incomes.

[Western Mass Eldercare Professionals](#) - The mission of the Western Massachusetts Eldercare Professionals Association is to provide a forum that fosters a better understanding of all of the services available in Western Massachusetts for seniors.

[Mass Executive Office of Elder Affairs](#)

[The Amherst Senior Center Senior Spirit Newsletter](#) comes out 6 times a year and is full of info. \$10. Make check out to Senior Center Program Account and mail to Amherst Senior Center, 70 Boltwood Walk, Amherst, MA 01002. A copy is available both at the Leverett Library and downstairs at Town Hall.

[Hospice of Franklin County](#): Our mission is to support and care for those living with an advanced illness so they may live as fully and comfortably as possible. Our nurses, social workers, home health aides, spiritual counselors, and volunteers will provide information, resources and expert medical care to support you, your family and friends with caring hearts and hands. Bereavement services are available for surviving family members and friends as well as any other community members and are free of charge. Our Bereavement Team also offers community education programs and in-service training programs for professionals on the topics of grief and loss.

[Five College Learning in Retirement](#) offers several kinds of programs. Each spring and fall a set of peer-learning seminars are offered. These seminars are coordinated by members and are different every session. In addition to the seminars, we offer a series of presentations called Great Decisions and a set of special programs. Between the spring and fall sessions, we have a limited number of winter and summer programs.

[GCC Senior Symposia](#) offers intellectually stimulating topics in single or multi-session formats, held during the daytime hours and in a convenient, accessible location (GCC Downtown Center, 270 Main Street) for only \$10 per person.

[Franklin County Regional Housing and Redevelopment Authority](#) – as of 10/8/12, there are no funds available for deferred payment housing rehabilitation loans.

[Mass 2-1-1](#): Get Connected Get Answers - Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call.

[Massachusetts Senior Legal Aid](#) (from MCOA)

[Mass Senior Legal Helpline](#)

[Mass RMV Handicap Plate Form](#)

[Massachusetts Association of Older Americans](#): MAOA enriches the lives of all people through education, advocacy, and action on the issues that keep elders economically secure and engaged in life. MAOA seeks the active involvement of elders and socially conscious persons of all ages to join us to build a just, egalitarian and compassionate society.

[Mass Resources](#) ... an online resource for Massachusetts residents in need of basic services

## MISCELLANEOUS RESOURCES

[AARP Research Center](#): Browse AARP's database on Internet resources below, and link to more than 1,200 of the best sites for people age 50+.

[National Center on Senior Transportation](#): Our mission is to increase transportation options for older adults and enhance their ability to live more independently within their communities throughout the United States.

[The Beverly Foundation](#) – Our mission is to foster new ideas and options to enhance mobility and transportation for today's and tomorrow's older adults.

[What Do I Do Now: A Guide for Widows](#)

[Legal Advocacy and Resource Center](#) - Our services are for low income individuals and individuals who are 60 years old or older. Your income should not exceed 300% of the Federal Poverty Income Guidelines. (Elderly clients are not subject to the income guidelines.)

## HEALTH AND WELLNESS

[Use It or Lose It: Dancing Makes You Smarter](#)

[Go4Life](#), an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential elements of Go4Life.

[Are You Ready?](#) Answer five simple questions, and we can help you decide if a self-management workshop is right for you and which type of workshop would be the best fit. It takes just three minutes to see if you are ready.

[Better Choice Better Health](#) –This online workshop can help you get the support you need and find practical ways to deal with pain, fatigue, and stress. You'll discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor and family about your health. From the Stanford Chronic Disease Self Management Program.

[NCOA - Improve Health](#). Good health means a good quality of life. But staying healthy as we age can be a real challenge. Chronic conditions, falls, depression, and other concerns can be costly and painful. We give older adults the tools they need to stay healthier longer.

[National Center for Alternative and Complementary Medicine](#) - The mission of NCCAM is to define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health and health care.

[Sit and Be Fit](#) links on healthy aging

[Weight Control Information Network](#) provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

[National Eye Health Education Program](#): See Well for a Lifetime is an educational series designed to help educate older adults about eye health

[AUDIENT](#) is a nationwide program that helps those in need obtain hearing aids at a reduced cost. Candidates are qualified for the program based on their annual household income.

[Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging](#)

[The US EPA Aging Initiative](#) (Protecting the Health of Older Americans): The principal goal of the Building Healthy Communities for Active Aging Award program is to raise awareness across the nation about healthy synergies that can be achieved by communities combining Smart Growth and Active Aging concepts.

[The Arthritis Foundation](#): The Arthritis Foundation offers information and tools to help people live a better life with arthritis. Whether it's advice from medical experts to specialized arthritis self-management or exercise classes, the Arthritis Foundation has your solution.

[CDC – Healthy Aging for Older Adults](#)

[Taking Care of Myself – A Guide for When I Leave the Hospital](#)

[EASY \(Exercise and Screening for You\)](#): Answer these 6 questions to find exercise that is right for you.

[Mayo Clinic First Aid Guide](#)

[WebMD](#): WebMD has created an organization that we believe fulfills the promise of health information on the Internet. We provide credible information, supportive communities, and in-depth reference material about health subjects that matter to you. We are a source for original and timely health information as well as material from well known content providers. The WebMD content staff blends award-winning expertise in journalism, content creation, community services, expert commentary, and medical review to give our users a variety of ways to find what they are looking for.

[HealthFinder.gov](#): Welcome to healthfinder.gov, a government Web site where you will find information and tools to help you and those you care about stay healthy. When making decisions about your health, it's important to know where to go to get the latest, most reliable information. healthfinder.gov has resources on a wide range of health topics selected from over 1,600 government and non-profit organizations to bring you the best, most reliable health information on the Internet

[Berkeley Wellness Letter](#) (News and Expert Advice from the School for Public Health): Rather than simply reporting quick health stories of the day, the *Wellness Letter* puts the news in perspective and evaluates it. It constantly reviews the latest research to give you the edge in your quest to live the best life you can. In particular,

it clarifies the often conflicting and superficial health information presented by the popular media. It doesn't promote faddish diets or other anecdote-based regimens. Nor does it simply repeat conventional medical advice from mainstream health organizations or pharmaceutical companies.

### [Harvard Medical School Health Publications](#)

[National Institute on Aging](#): NIA, one of the 27 Institutes and Centers of [NIH](#), leads the federal government in conducting and supporting research on aging and the health and well-being of older people. The Institute seeks to understand the nature of aging and the aging process, and diseases and conditions associated with growing older, in order to extend the healthy, active years of life.

[The SCAN Foundation](#) is an independent, non-profit public charity devoted to transforming health care for seniors in ways that encourage independence and preserve dignity. We envision a future where high-quality, affordable health care and supports for daily living are delivered on each person's own terms, according to that individual's own choices and needs.

[National Council for Patient Information and Education](#) – “Educate before you medicate.”

## MONEY and BENEFITS and OTHER PAPERWORK

[My Money.gov](#) - the U.S. government's website dedicated to teaching all Americans the basics about financial education. Whether you are buying a home, balancing your checkbook, or investing in your 401(k), the resources on MyMoney.gov can help you maximize your financial decisions. Throughout the site, you will find important information from 20 Federal agencies and Bureaus designed to help you make smart financial choices.

[Advanced Directives for Massachusetts](#): This online pdf contains a legal document that protects your right to refuse medical treatment you do not want, or to request treatment you do want, by appointing an agent to act on your behalf in the event you lose the ability to make decisions yourself. Massachusetts does not have a statute governing the use of living wills, therefore there is no living will for the state of Massachusetts.

[Being a Health Care Agent](#): Your healthcare agent needs to know about the quality of life that is important to you and when and what medical treatments you would want. Talking to your agent means discussing values and quality-of-life issues as well as treatments and medical situations.

[My Medicare Matters](#) website designed to help individuals learn more about the Medicare Prescription Drug Coverage. (The National Council on Aging (NCOA) and the Access to Benefits Coalition (ABC) sponsor the site, with support from AstraZeneca)

[A Guide For Elders: Planning that Protects You and Your Assets](#). From the UMass Gerontology Institute. Includes Massachusetts info non Power of Attorney, Health Care Proxies, Wills, Consumer Rip-Offs, When to Enter a Nursing Home and Alternatives, Guardians and Conservators, What is Elder Abuse.

[NCOA - Enhance Economic Security](#). More than 13 million seniors live in or near poverty—struggling every day just to pay for food, medicine, and a place to live. We help them find benefits, jobs, support, and more, so they can stay independent.

[NCOA: Use Your Home to Stay at Home](#): Reverse Mortgage Counseling

[NCOA Benefits CheckUp](#): BenefitsCheckUp is free service of the [National Council on Aging](#) (NCOA), a nonprofit service and advocacy organization in Washington, DC. Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

[SNAP \(Food Stamps\)](#) - In 2008 and 2009, USDA approved several waivers to make it easier for seniors to apply for and receive SNAP. These include a standard medical deduction; longer recertification periods; and waivers of asset limitations and interview requirements for certain elderly/disabled households.

[IRS – Senior and Retiree Info](#)

## SAFETY and HOME

[FEMA](#) – Ready! Plan, prepare & mitigate – before, during and after a disaster

[Senior Emergency Preparedness](#) – Red Cross

[CDC – Personal Preparedness for Older Adults and Their Caregivers](#)

[GCTV](#) – Search terms “senior” and “save money”

[Greening Greenfield](#) – Saving money by saving energy. Use search term “save.” At this site you can also find a useful excel spreadsheet that can be used to assess how energy efficient your home is today.

[8 Myths about Reverse Mortgages](#) - Reverse mortgages can be a useful financial tool for older homeowners, but they're not for everyone. Before considering one of these loans, it pays to know the myths and facts.

[Mass Rehab Commission – Home Modification Loan Program](#) The state-funded Home Modification Loan Program provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. Such modifications allow people to remain in their homes and live more independently in their communities.

## SUPPORT & CARE

[Dementia Caregiver Support Group](#) – FCHCC

[Caregiver Grants](#) – FCHCC – and many other caregiver resources

## [Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts](#)

[Caring Connections](#): Caregivers provide support to someone who needs help. It doesn't matter how many hours per week are spent providing support. Caring for a family member or friend is not easy, nor is it something most of us are prepared to do. Learning about being a caregiver may help you provide the care your friend or loved one needs.

## [The Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts](#)

Financial Planning and Management

Home Health Care & End of Life Care

Caregiver Support

[National Care Planning Council](#) : An extensive resource for eldercare (senior care) and long term care planning anywhere. The [articles](#) and [books](#) will help you learn about long term care planning and the [providers and services](#) listed under "[Eldercare Services](#)" are here to help you with your eldercare needs.

## COMMUNITIES and AGING

[National Center for Creative Aging](#): Dedicated to fostering an understanding of the vital relationship between creative expression and quality of life for older adults, the National Center for Creative Aging is the national clearinghouse at the nexus of creativity and aging. NCCA focuses its efforts within three target areas: [Health and Wellness](#); [Lifelong Learning](#); and [Community Engagement](#). At NCCA we focus on providing technical assistance, education, research, and advocacy through a variety of programs with the overarching goal of ensuring that all people have an opportunity to participate in high quality arts engagement programs.

[Aging in Place 2.0: Rethinking Solutions to the Home Care Challenge](#). Most Americans over age 45 wish to remain in their homes even when assistance with daily activities is needed. This report explores steps that need to be taken to develop a care delivery system to meet the future care need of individuals who wish to age in place.

## [The Maturing of America: Communities Moving Forward for an Aging Population](#)

### [Maturing of America II: Getting America's Communities on Track for the Baby Boomers:](#)

The age 65-plus population is expected to double by 2030. How are local communities preparing for this change? The American Planning Association is partnering with the National Association of Area Agencies on Aging to undertake a MetLife Foundation-funded survey that will look closely at the progress under way in every aspect of community life, including land use and zoning, housing, transportation, social services, and civic engagement.

[Terra Nova Films](#): Our mission is to foster a greater understanding of life in its later years through the media of film and video. Now on demand.

[Village to Village Network](#): Village to Village Network (VtV) is a national peer to peer network to help establish and continuously improve management of their own villages whether in large metropolitan areas, rural towns or

suburban settings. The mission of VtV is to enable communities to establish and effectively manage aging in community organizations initiated and inspired by their members.

Administration on Aging - The mission of AoA is to develop a comprehensive, coordinated and cost-effective system of home and community-based services that helps elderly individuals maintain their health and independence in their homes and communities.