

NEWS & VIEWS

WELCOME GUIDE

Andover Elder Services

July, 2018

The Senior Center at Punchard

Vision

To create an environment where age is a credential, not a barrier.

Mission Statement

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

Philosophy

Programs and Services are diverse and inclusive, promote dignity and well-being, support independence and encourage continued involvement in community life.

Purpose of the Welcome Guide

A document to explain the variety of resources available to individuals of all ages at the Senior Center at Punchard; as well as other useful resources offered through outside organizations.

Additional Information

We are currently working on updating several important aspects of the Center such as our: policies, processes, website, social media and printed materials. There are a lot of details involved in each of these projects so they are going to take some time to complete; however, we are fully committed to making these changes because they will allow the Center to operate more efficiently and better meet the needs of the community. If you have any questions about this please feel free to reach out to Annmary Connor, Director of Elder Services.

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Meet the Staff

- Andrew Flanagan– Town Manager
- Joseph Connelly- Director of Community Services Department
- Annmary I. Connor, LICSW- Director of Elder Services
- Kristine Arakelian, MPH,LCSW- Outreach Coordinator
- Renee Baker- Adult Program Coordinator
- Frank Melendez - Director of Nutrition Program / Chef
- Christine Marshall- Office Assistant
- Shawna McCloskey– Transportation Coordinator / Outreach
- Aimee Ciccariello - Senior Connections Program Coordinator
- George Perakis- Driver
- Susan Starbird- Kitchen Staff
- George Thomson- Driver
- Kelly Cameron- Driver
- Sharon Thomson, RN- Nurse in Senior Connections
- Officer Robin Cataldo – Andover Police Department
- Paul Ouellette- Custodian
- Josh Welch- Custodian

HOURS OF OPERATION:

- * **Monday - Friday, 8 a.m. - 4 p.m.**
- * **Thursday Evenings, 6 - 9 p.m.**
- * **Friday Evenings, 6:30-9:30 p.m.**

PHONE #: 978-623-8320

EMAIL: seniorcenter@andoverma.us

FOLLOW US ON SOCIAL MEDIA!



@SeniorCenterAtPunchard



@SeniorCenter_AtPunchard



@Center_Punchard

Ways to Get Information

Newsletter

Each month the Center creates and prints our newsletter, News and Views. Newsletters are mailed out 8 months out of the year. In order to receive newsletters in the mail you must complete your census form! EVERY month News & Views is uploaded to our website and it is also distributed throughout the community at different sites such as: Andover Town Offices, CVS & Memorial Hall Library.

TV Show

The Andover Chroniclers group at the Center produces a monthly show “There’s Something About Andover.” It airs on Sunday, Monday and Tuesday at 9 a.m., Wednesday and Saturday at 7 p.m. and Friday at 6:30 p.m. If you have Comcast it is on channel 8 and if you have Verizon it is on channel 47.

Website & Social Media

As mentioned on the first page our website and social media are two areas that we know are underutilized which we are working to improve upon. Our website is part of the Town of Andover’s website at: <http://andoverma.gov/227/Elder-Services-Center-at-Punchard>

The Center has Facebook, Twitter and Instagram accounts so if you use any of those platforms please follow us!

Voice Connect/ Automated Calls

A minimum of 1 time per month a recorded call is made from the Center with updates. This is done through My Senior Center which is the database we use, it is a great system but its capabilities are simple. We utilize the automated calls because it is the most effective way to quickly disseminate information to a large group of people. If you do not want to receive these calls we can remove your number from the system; however, if you do that then we will not have your number to make you aware of things like if a class is cancelled or that the Center is closed due to inclement weather.

Council on Aging Advisory Board

*Kenneth DeBenedictis,
Chair*

*Paul MacKay,
Vice Chair*

*Kimberly Rainen,
Secretary*

Molly Bicking

Joan Fox

Tana Goldberg

Jane Gifun

Margaret O'Connor

Thomas Rando

Meetings are held on
the 2nd Thursday of
each month at 8 a.m.
All are welcome to
attend!

The Council can be
reached via email at:
first.last@andoverma.us

Volunteer Opportunities

Volunteering at the Senior Center empowers Andover's older residents to contribute to their personal health and well-being as well as the health and well-being of their fellow citizens. We have an array of volunteer opportunities including but not limited to:

- Conducting Intergenerational Activities
- Assisting With Office Work
- Helping the Kitchen With Meal Preparation
- Delivering Meals on Wheels
- Providing Medical Transportation
- Creating Arts & Crafts for the Holiday Fair
- Working as a Program Instructor
- Assisting with Activities in Senior Connections
- Tending to the Community Garden
- Producing our monthly Cable TV show, "There's Something About Andover"

Volunteers are essential to the work we do; we would not be able to operate such a vibrant Center without our volunteers. Please share your talents and skills by getting involved and giving back to your community!

SCRIPT

Senior Citizen Real Estate Property Tax Work Off provides an abatement on the real estate tax in exchange for a certain number hours of community service. Applications are accepted in month of June /July only for FY 19. Volunteer 100 hours and earn \$1,100 off your property taxes. Stop by the Center to learn more about this program and the eligibility criteria.

Senior Connections Social Day Program

We provide an individualized package of programs and services designed to enhance the quality of a senior's life by participating in a variety of activities in a community setting! Some of our daily activities include but are not limited to:

Exercise and Activity programs, Art and Music therapy, Daily Lunch and Snacks, Health Monitoring, Respite for Caregivers, Outings and Special Events

Senior Connections is a great program for individuals who are *isolated, in need of more socialization and/or experiencing memory changes.*

A free trial day is available to anyone who is interested in the program!

For more information please contact:
Aimee Ciccariello, Senior Connections
Program Coordinator
at 978-623-8320

Hours of Operation:
Monday through Friday 8-4

Rates:
Andover Residents:
\$40 Full day
\$31 Half Day (3 hrs or less)

Non-Andover Residents:
\$42 Full Day
\$33 Half Day (3 hrs or less)

Transportation
Andover Residents:
\$5 each way

Non-Andover Residents:
Call for information

*Contracted with
Elder Services of the
Merrimack Valley, Inc. &
Mystic Valley Elder
Services!*

COMING SOON!
*The Woodlands Inn
at Edgewood*

Construction is underway for *The Woodlands Inn at Edgewood* in North Andover and is based on the Small Home Model design. It will specialize in Enhanced living – Edgewood's unique take on assisted living – and Memory Support. The Woodlands Inn is now taking reservations and is opening this summer.

Please call 978-494-6944 for more information.

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EOEA Certification Pending

Medication & Syringe Disposal

Medication disposal is available at the Andover Police Department.

Syringe disposal is available at the Center & at the Andover Police Department Public Safety Building at 35 Main St. If you have any questions call the Andover Police Department at 978-475-04111.

TRIAD

A joint collaboration between the Andover Senior Center, the Andover Police & Fire Department & the Essex County Sheriff's Office. TRIAD identifies senior-related issues in the community & uses a multi-team approach to address these unique community needs.

Meetings are held September through June on the 2nd Thursday of the month from 10-11 a.m.

Social Services

The Center at Punchard is a community resource for both seniors and their families. Whether you are a senior yourself, you have older adult relatives living in Town, or you live in Town and are "a long distance caregiver" the Center should be your first stop in trying to navigate the elder network to identify available resources. Sometimes just knowing what questions to ask can help to make the process much easier!

Our Outreach Coordinator can provide information and referrals on a variety of community support services and resources such as:

- *Housing*
- *Fuel Assistance*
- *Homemaking and Personal Care*
- *SNAP (Supplemental Nutrition Assistance Program)*
- *Meals on Wheels*
- *Brown Bag Program*
- *Neighbors in Need Pop Up Pantry*
- *SHINE (Serving Health Information Needs of Everyone)*
- *Durable Medical Equipment*

The following Support Groups are offered at the Center:

- *Parkinson's– Held on the 2nd Thursday of each month from September through June.*
- *Bereavement– Held on the 1st Thursday of the month year round.*
- *Pain Management– Held on the 2nd Monday of each month from September through June.*

Additional Outreach Services:

- *In collaboration with Andover Home for Aged People, Family Services, Inc. & Andover Public Health the Center is able to have a nurse Sharon Thompson, RN on staff. This is an excellent resource for Andover residents so if you feel you could benefit from meeting with Sharon please call the Center.*
- *We always have student interns throughout the year to add even more support services for older adults in Andover.*

For more information please contact:

Kristine Arakelian, LCSW, MPH,
Outreach Coordinator
at 978-623-8320

Health & Wellness

Breath, Balance & Body - Improve breathing through exercise, balance through strengthening & lifestyle health.

Line Dancing - Do you enjoy dancing? Have you always wanted to be able to dance at weddings? Easy line dancing set to different styles of music, appropriate for beginner to intermediate dancers.

Men & Women in Motion - Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building exercises. Cool down with deep relaxing stretches on the floor.

Sit & Get Fit - Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits. The atmosphere is relaxed, friendly & fun. All exercises are done with the benefit of a chair.

Strength Training - The use of resistance bands & hand weights increases muscular strength & endurance. Improve joint stability by focusing on specific muscle groups which helps prevent injury & increase bone density. This class is appropriate for beginners & intermediate students. *Instructor: Pat Dumont*

Strengthen & Stride - This class mixes low impact aerobics with muscle conditioning, as well as working on balance. Great for both beginners & those with a more active lifestyle.

Tai Chi - Tai Chi is a mind/body discipline with its roots in both traditional Chinese martial arts & medicine. Today most people practice for the many health benefits, including stress reduction, body awareness, balance & movement, & relaxation. Students engage their minds as they learn the Yang style Short Form with emphasis on moving in a slow, relaxed manner.

Tap Dancing - Learn the vocabulary of sounds, counting rhythm & memorizing steps. Tap routines encourage you to relax while also improving balance, coordination & posture.

Yoga For All - Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility

Yoga Beginners - A gentle, pleasurable experience for beginners or those returning to yoga. Positions modified for a chair.

Yoga Advanced Beginners - Some prior experience suggested for this gentle yoga practice. The flowing movement is more active & precise.

Belly Dancing - Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels.

Energize with Exercise - Fun aerobics and weight training workout.

Massage & Reflexology - We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment.

Mindfulness Meditation - Great way to relieve stress and become more relaxed. All are welcomed.

Living Healthy Series - Many health and wellness topics are presented on Thursday evenings.

Foot Care - Call the Center to schedule an appointment. Services are available for homebound residents.

Wellness Clinics—Blood Pressure, Cholesterol, Flu - Stop in to meet with one of our trained nurses who will check your blood pressure, pulse, monitor your weight, review medications, discuss health questions, nutrition information, lab results and help you prepare for your doctors visit.

Evidenced Based Programs - Different workshops, such as Healthy Eating, Chronic Disease Self Management, Matter of Balance run during the year.

Men's and Women's Outdoor Adventure - These groups meet at the Center and go on outdoor adventures at different locations throughout the year.

Kayaking & Canoeing - Meet at Pomp's Pond to kayak and canoe.

Nature & Bird Walks - Explore local trails and view wildlife.

Nordic Walking - Get outside and enjoy this fun activity.

Walk with Me Pet Therapy - Join Delta the Dog and Beth Hempstead in this therapeutic program.

Kayaking & Canoeing

In partnership with the Recreation Department we will be starting a kayaking & canoeing program for older adults this Summer at Poms Pond. This group will meet at the pond every week & participants will be able to take out a kayak or canoe to enjoy & explore the pond. Some experience is helpful but not necessary. Life jackets will be provided & lifeguards will be on duty. If you are interested in participating but do not have transportation please call the Center so we can try to arrange a ride for you. *Instructor: Shawna & Renee | Tuesdays, June 26th-August 7th | 9:30 a.m. | To attend you must register in advance (there are a limited number of kayaks & canoes) | Cost: FREE*

Veteran Services Coffee Hour

Mondays, July 2nd & 23rd 11:00 a.m. | Cost: FREE

Stop by the side café to meet Alicia Reddin, Director of Veterans' Services. The VSO office provides a program of direct financial and medical assistance for eligible veterans and their dependents. Qualifying veterans and their dependents receive financial assistance for food, shelter, heating costs, housing supplies and medical care. Additional Services include but are not limited to: Federal VA Claims, Bonuses, Discharge Upgrades, Burial Benefits, Property Tax Abatement Applications. Contact Alicia Reddin, USN at 978-623-8380 or email: alicia.reddin@andoverma.us with any questions.

Star Spangled Sing Along & 4th of July Cookout

Sunrise Singers and Rhythm-Aires will perform and cookout is part of the congregated lunch.

Tuesday, July 3rd 11:30 a.m. lunch at 11:45 a.m. | To attend you must register in advance | Cost: Performance FREE; lunch: suggested donation

Socialize &/or Walk With Delta the Dog

Beth Hempstead & her dog Delta, a registered therapy dog team that volunteer through the organization Pet Partners will be visiting the Center on a regular basis! For the first half hour of their visit they will just be hanging out socializing then for the second half hour they will head outside to take a short walk. "Walk With Me" is a new special initiative within the Therapy Animal Program to help promote physical activity within communities & we are excited to start this new program in Andover! Participants are welcome to socialize &/or walk with Beth & Delta. *Tuesdays, July 10th, 24th & 31st 110 a.m. | Cost: FREE*

Doctor Discussions

This is a new program that will run on the 1st and 3rd Friday of every month. Doctors from different specialties will be coming to the Center to speak on a particular subject and answer questions that participants have. *Friday, July 6th & Friday, July 20th 110:30 a.m. | To attend you must register in advance | Cost: FREE*

Effective Communication Techniques

Come learn ways to communicate with individuals who have memory impairments. Offered by Bridges by Epoch.

Wednesday, July 11th 110:30 a.m. | To attend you must register in advance | Cost: FREE

Chinese Painting Class

Chinese Brush Painting is the art of using simple strokes of a brush to capture a single object or an entire scene. Materials will be provided. Space is limited.

Thursday, July 12th 110:00 a.m. | To attend you must register in advance | Cost: FREE

Grill Nights

Special on the 12th is steak tips & there will be a surprise summer activity. Special on the 26th is shrimp kabobs & there will be an ice cream Sunday bar!

Thursdays, July 12th & 26th 15:00 p.m. | To attend you must register in advance | Cost: Hot dog \$6, Hamburger \$7, Grilled Chicken \$8, Steak Tips \$11, Shrimp Kabob \$12 | price includes assortment of salads, drink and dessert

Spinners Game

To attend must register at the Center. Bus leaves at 5 p.m., game starts at 6:35 p.m. There are 80 FREE tickets for seniors and \$5 FREE Spinner Bucks! The bus will leave to return at the end of the 10th inning beginning of the 11th.

Thursday, July 19th | 5:00 p.m. | To attend you must register in advance | Cost: FREE

Happy Birthday to You!

We celebrate birthdays on the third Friday of the month as part of the congregated lunch program.

Friday, July 20th | 11:45 a.m. | To attend you must register | Cost: Suggested donation

Ask the Lawyer

Monday, July 23rd | 9:30 a.m. To attend you must register in advance | FREE

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Town of Andover
Assessor's Office

Summary of Statutory Exemptions- FY2018

A tax exemption is a release from the obligation to pay all or a portion of a tax. Applications should be filed with the Board of Assessors every fall. The deadline for filing an application is three months to the day after the third quarter actual bills are mailed. The deadline is usually during the end of March. If you have any questions, please call the Assessor's Office at (978) 623-8265, Monday through Friday, between 8:30 a.m. and 4:30 p.m. More information can be found at www.andoverma.gov.

Trustee with a Beneficial Interest OR Joint Owner OR Tenants in Common OR Life Estate

Clause Program	Exemption amount	Requirements
41A Real Estate Tax Deferral	<ul style="list-style-type: none"> The entire tax bill may be deferred with certain long-term limitations Total amount cannot exceed 50% of the value of your property Deferred amount incurs interest at 5%, payable with the deferred amount on release of a lien filed against your home 	<ul style="list-style-type: none"> A. Own and occupy home on July 1st. B. Domiciled in Massachusetts for the preceding 10 years. C. Owned and occupied real estate in Massachusetts as you domicile for at least 5 years. D. Must have gross receipts from all sources in preceding year not exceeding \$40,000.
41 C	<ul style="list-style-type: none"> Initial amount is \$1,000 per year Maximum amount is \$2,000 per year 	<ul style="list-style-type: none"> A. Owned and occupied the property on July 1st. B. Continuously domiciled in MA for the 10 years preceding the application. C. Owned and occupied the property or other property in MA for 5 years. D. Annual gross receipts (income) cannot exceed: Single: \$20,000. Married: \$30,000. E. Whole estate (not including home value unless home is 4+ apartments) cannot exceed: Single: \$40,000*. Married: \$55,000*.
17 D	<ul style="list-style-type: none"> Initial Amount is \$175.00 per year. Maximum amount is \$350.00 per year. 	<ul style="list-style-type: none"> A. Surviving spouse (on or before July 1st) who owns and occupies the property as their residence. B. Person 70+ (on or before July 1st) has owned and occupied the property as residence for at least 5 years. C. A minor child of a deceased parent D. Whole estate (not including home value unless home is 4+ apartments) cannot exceed: \$40,000*
<p>All applications for tax exemptions require the following documents: Birth certificate, death certificate, evidence of home ownership and occupancy, and income tax returns or IRS response to Form 4506 filing.</p>		

*This amount includes all money in checking or savings accounts, CD's, mutual funds, stocks or bonds, etc.

The following is a list of other statutory exemptions offered by the Town of Andover. If you think you are qualified for any of the exemptions, please contact the Assessors' Office at (978) 623-8265, Monday through Friday, between 8:30 a.m. and 4:30 p.m.

22 Veterans	<ul style="list-style-type: none"> Initial amount is at least \$400.00 per year Maximum amount is at least \$800.00 per year 	<ul style="list-style-type: none"> Applicants must certify through the Veterans Administration at least a 10% disability connected with war service.
37 Blind Persons	<ul style="list-style-type: none"> Initial amount is \$500.00 per year Maximum amount is at least \$1,000 per year 	<ul style="list-style-type: none"> Applicants must be declared legally blind as of July 1st and provide proof by a certificate issued by the Massachusetts Division of the Blind.

Applicants can only qualify for one exemption per fiscal year with the exception of 41A.

Andover Senior Community Friends, Inc.

The Andover Senior Community FRIENDS (ASCF) is a non-profit organization whose purpose is to promote, support, and sponsor programs at the Senior Center at Punchard. By becoming a Member of the FRIENDS you will contribute to the Center and as an added bonus you will receive a \$2 discount on the any bus trips sponsored by the FRIENDS! Please join us by sending in your tax deductible contribution.



PROUD
to partner with
the Center at
Punchard

For more information call 1
-800-933-5593,
or visit our website at
HomeHealthVNA.org.

The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

NAME: _____
ADDRESS: _____
CITY: _____ STATE _____ ZIP CODE _____
TELEPHONE: _____ CELL PHONE: _____
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To Register Online

- Must have been signed up at The Center and have a “MySeniorCenter” key tag.
- Go to www.MyActiveCenter.com to set up your account.

There are a few things that will not be available for online registration. Grill Nights and the FRIENDS trips are examples. Periodically there may be other programs as well. These events will be noted in the newsletter.

To Register “off-line” (no computer)

- Contact us so we can set up your account.
- Once set up, you can register in person or over the phone.
- When registering over the phone, please have your “My Senior Center” swipe card number ready.

Payments can be made:

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card
- Payments must be made within 3 business days to reserve your spot.

Punch Cards

- Punch cards are available for 6 classes.

Drop-In Groups

- Registration not required, but suggested.
- By registering you will be contacted if a program is cancelled.

Cancellations

- You will be notified if a class is cancelled due to under-enrollment.

Inclement Weather Policy

When Andover Public schools are closed due to poor/unsafe driving conditions, the Senior Center at Punchard is closed to programming. If there are unusual circumstances, such as a high volume of snow, but it has stopped and the issue is snow removal, the Center will try to open to provide meals on wheels and other services. Please check the information Line for updates. Also when possible an automated call will be generated by the director to relay any urgent information. Info Line 978-623-8302.

Intake Forms & Scan Cards

All older adults who participate in any programming, drop-ins, groups, activities, events or trips through the Center must complete an Intake Form so you can be entered into our database. Once this is completed you will receive a scan card that we ask you to use every time you enter the Center. Tracking how many individuals utilize the Center is VERY important for us because those numbers determine our budget and allow us to apply for other funding through grants, donations, etc.

Disclaimer: *The Center at Punchard, Andover Council on Aging and Town of Andover do not endorse, suggest or advocate any views or positions presented. They disclaim any responsibility and any liability with respect to the advocacy, adoption, use or implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.*



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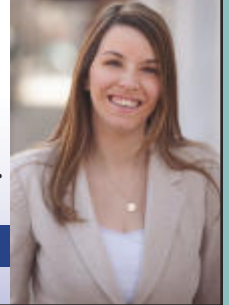
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Drop-In Groups & Other Activities

Duplicate & Social Bridge– Several different groups are available to intermediate and beginner players.

Rhythm-Aires– Tambourines are used to play a variety of tunes, no experience is necessary just willingness to learn & have fun!

Sunrise Singers– Sing your heart out with this group, no experience required!

Wood Carving– Try a new skill and meet a nice new group of friends.

Arts & Crafts Group-Help to make items for the Holiday Fair.

Fiber Arts- Create a variety of interesting projects.

Fun & Games - Come play Mahjong, chess, cribbage, etc.

Knit Wits– Join a social group of beginner and intermediate knitters.

Model Building– A very active group who build air planes, cars & boats using different mediums such as balsam and bass wood and plastic.

Open Studio Art– Artists bring their own materials and work individually on projects.

Ping Pong– This is a exciting game to join!

Quilting– Work on individual and group projects.

Comfort Critters (formally SHOP)- Make stuffed animals for children local hospitals and the Holiday Fair.

Andover Chroniclers (cable group)- Come produce a television shows for the Center at Punchard. Explore and develop new skills, no experience necessary, all training provided.

Book Club - Meetings to discuss the monthly book selection.

Computer Users Group - Meet at the Memorial Hall Library to learn different technologies.

ESL Classes

Mondays at 1 pm, off-site at Frye Circle and Fridays at 1 pm, on-site

本中心的《英文月报》(News & Views)另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。

若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即 email to: chris.marshall@andoverma.us Translation of above statement. We offer a brief summary of our monthly newsletter for you in Chinese. These will be distributed to housing, on our web site or you can send an email to (chris.marshall@andoverma.us) to sign up for the Chinese summary.

Transportation

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required if it is a local ride and two weeks advance notice is required for a long distance ride.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

Daily Ride to The Center

Daily trips to and from the center are FREE, suggested donation.

Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 3:00 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

- ⇒ ***One week advance notices, service is curb to curb and transportation is not guaranteed so you should have a back up plan! Seasonal day trips and trips to Walmart are also taken regularly.***
- ⇒ ***For scheduling, costs and more detailed information see the Transportation brochure and/or call the Center. Please note if you do not get to speak to a staff member in Transportation leave a message with your name and contact information and someone will return your call in 2-3 business days.***

Nutrition

Congregate Meal

A nutritious hot meal (providing 1/3 of your daily nutritional needs) is available Monday through Friday at noon. Advance registration is required by 2:00 p.m. the day before you want to have lunch. There is a suggested donation of \$2.50. Federal funding through the Older Americans Act, as granted by Elder Services of the Merrimack Valley provides partial funding for this program.

Meals on Wheels

This program provides a nutritionally balanced lunch time meal for persons over 60 living in Andover. Persons who are unable to prepare meals for themselves or do not have assistance from a caregiver may be eligible. This program is designed to serve the most frail, needy elders in the community who are homebound. Eligibility is determined through a home visit with the Center's Outreach Coordinator.

Holidays & Special Events

Throughout the year we celebrate holidays such as Thanksgiving, Christmas and St. Patrick's Day by having parties that include lovely luncheons cooked by our wonderful Kitchen Staff.

Lunch Box

Our Chef and Kitchen Staff also operate the Lunch Box which provides a daily menu of breakfast and lunch items including egg sandwiches, wraps, salads, hot meals, beverages and desserts. They also provide catering services so you can order trays of sandwiches, large salads, cookie platters and pies. The Menu can be found on the website and at the Lunch Box. All proceeds go to supporting our Nutrition Program! If you have any special requests call the Center and ask to speak to our Chef Frank.

Important Organizations

Andover Fire Department	1-978-475-1281
Andover Police Department	1-978-475-0411
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Team Work	1-978-459-0551
Elder Abuse Hotline	1-800-922-2275
Elder Services of the Merrimack Valley, Inc. (ESMV)	1-800-892-0890
Greater Lawrence Community Action Council	1-978-681-4950
Masons Durable Medical Equipment Program	1-781-322-1052
Mass Options	1-844-422-6277
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Merrimack Valley Regional Transit Authority (MVRTA)	1-978-469-6878 Option 3
Northeast Independent Living	1-800-855-6457
Social Security	1-800-772-1213

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