



## RESOURCE LIST

WWW.NATICKHA.ORG

### QUICK - Resource list:

**Natick Housing Authority:** (508) 653-2971. [www.natickna.org](http://www.natickna.org)

**Natick Service Council/Food Pantry:** (508) 655-1791 [www.natickservicecouncil.org](http://www.natickservicecouncil.org)

**Natick Community Senior Center:** 508-647-6540

**Natick Health Department:** (508) 647-6460

**Natick Police Department:** (508) 647-9500

**Natick Fire Dept** (508) 647-9550

**Jane Purser – NHA Resident Services Coordinator** 508-653-2971 ext. 206

**Natick Service Council:** The Natick Service Council provides resources/referrals to community programs and services including: Case Management, Food Pantry, Health & Wellness, Financial Assistance, Career Development, Harriet's Closet, Seasonal & Holiday programs, After school enrichment, birthdays for children 12 and under, paper goods, cake mix and gifts (small) are available, as well as backpacks of school supplies for families in need of financial assistance. Menstrual care, incontinence supplies, bras and underwear are available at the Natick Service Council, provided by Dignity Matters. 2 Webster Street. Call 508-655-1791

**Natick Human Services** – Provide services to help determine eligibility for public benefits and provide assistance with applications, identify resources and make referrals for home care services, counseling services, senior and subsidized housing, veterans' services, legal services, insurance issues and provide assistance with long term care options, provide caregiver and bereavement support referrals, advocacy and crisis intervention. 508-647-6540.

## FOOD, CLOTHING & HOUSEHOLD

**BayPath Elder Nutrition Program:** This program provides a Grab-n Go meal delivered for housebound seniors or for pick up at Cedar Gardens, Tuesday and Friday and at Coolidge Gardens, on Monday and Thursday. Call the Senior Center at 508-647-6540.

**Food Pantries:** Food pantries available to Natick residents

- **A Place to Turn** providing emergency food, diapers and personal care to the MetroWest community. Open Tuesday's and Thursdays from 9:30AM-12:30PM and Wednesdays 4:30-6:30PM. call 508-655-8868
- **Natick Service Council**, Help clients meet basic needs for food, housing, utilities, and programs for children with the goal of promoting self-sufficiency. Call for information and referrals. 2 Webster Street; 508-655-1791. Menstrual care, incontinence supplies, bras and underwear are available at the Natick Service Council, provided by Dignity Matters.
- **Celebration International Church**. Open 7-8:30PM, 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month to the public and Sundays by appointment. 6 Loker Street Wayland. 508-653-6864. If you desire

assistance on a monthly basis, you must fill out an application and meet the criteria set by the Boston Food Bank.

**SNAP (Food Stamps):** benefits allow you to purchase healthy food. Healthy Incentives Program (HIP), which gives you back \$1 for each dollar you spend on eligible fruits and vegetables purchased from a HIP vendor (up to a monthly maximum). HIP authorized vendors are at the Natick Winter Farmers Market. Eligibility for SNAP is based on income, household size and certain expenses. Call Debbie Budd at Natick Human Services, 508-647-6540, ext. 1906 with questions or to apply. "This institution is an equal opportunity provider".

**Natick's Open Door:** This program is an all-volunteer organization that provides a FREE evening meal every Thursday at 5 p.m. to anyone who wishes to attend. Meals are served at **The Sons of Italy**, 37 Washington Ave. Call 508-655-1708 for more information.

**Pay-As-You-Throw:** Bags are available from the town to residents who qualify for water /sewer discounts, and from the [Natick Service Council](#) 508-655-1791 for its clients.

**Salvation Army Vouchers:** For clothing and household goods; call Senior Center 508-647-6540. Salvation Army Thrift Store, 1202 Boston-Providence Turnpike, Norwood.

**FREE YMCA Grab & Go Breakfast & Lunch:** The MetroWest YMCA is offering a FREE grab n go nutritious breakfast and lunch for families, 18 years and younger. You don't have to be a YMCA member. 508-879-4420 x286 280 Pickup location: MetroWest YMCA, Old Connecticut Path, Framingham.

### **Home Delivery Meal Service Options:**

- **Mom's Meals** – 1-877-508-6667. Food delivered to your door. Choose from a menu. Check with your health insurance to see if you have a Home delivered benefit for Medicare and Medicaid for free meals. Self-pay options are also available \$6.99 per meal plus delivery, 10 meals minimum with order.
- **Heart to Heart Home Meals:** Quick and delicious meals with seniors in mind. 160 meal choices delivered to your door. \$6.99-\$11.99 per meal Meals come frozen - simply heat them up in your oven or microwave.

## **FAMILY RESOURCES**

**DENTAL, Give Kids A Smile,** children can receive free oral health education, screenings, preventive care, and/or treatment from volunteer dentists and other volunteer dental professionals. call 844.490.GKAS (4527).

**Teen Center:** The Teen Center is a drop-in program open to middle and high school students living in Natick or attending Natick schools. <https://www.natickma.gov/1511/Teen-Center>

**[Natick Community Organic Farm](#):** Programs for all age children – preschool through teens.

**[Natick 180](#)** is a community coalition that brings together a wide range of people and resources from around Natick to address the factors that contribute to addiction and to build up the community characteristics that protect against it, fostering community conversations about substance use and mental health that are driven by empathy. 508-647-6623.

**MetroWest YMCA – [PROJECT ABC](#):** HELPING FAMILIES ADVOCATE, BELONG AND CONNECT. Project ABC's **free** playgroups will help to guide your child's social-emotional development, language and communication, cognitive development and physical health and well-being and get them ready for school. (508) 435-9345 x113

Parents/Caregivers who live in Natick with children ages 0-8

**Camp Wonderland Vouchers:** The Salvation Army provides vouchers for summer programs for youth and seniors; call Senior Center at 508-647-6540.

**[Natick Recreation and Parks](#):** Offer scholarships for year-round programs and summer camp for eligible residents. (508) 647-6530

**[S.P.A.R.K.](#):** Successful Positive Authentic Resilient Kids. A local organization who supports families, schools, organizations, coaches, artists, faith and community leaders in building a culture that empowers youth and promotes kindness and respect. FREE programming

**[Natick Service Council](#):** Provides an array of services to help families. (508) 655-1791. Provides limited financial assistance to Natick youth interested in camperships and after-school enrichment activities.

**[Kids Connect](#):** This program offers tutoring, after-school programs and workshops for grades 2-12. Call 508-652-4211

**School Fee Exemptions:** Fees for school-related services such as lunch, transportation and programs may be waived or reduced. Call school business office at (508) 647-6493

**[Natick Early Childhood Network \(NECN\)](#):** The Natick Early Childhood Network (NECN) resources and refers individuals to community programs and services, including financial assistance for childcare, preschool and many other programs to help families with young children. Call 508-655-2557.

**[Vaccines](#)** Vaccine schedules by age.

### **Other Teen Links**

[Morse Library Tween & Teen Programs](#)

[Metrowest YMCA Teens](#)

[Framingham Teen Library](#)

[Wayland Teen Library](#)

[Newton Teen Library](#)

[MetroWest Boys and Girls Club](#)

[New England Aquarium Teen Programs](#)

## **INCOME TAX PREPARATION**

**AARP Foundation Tax-Aide Program:** Available free to taxpayers with low and moderate income, with special attention to those over 60. Call Council on Aging at (508) 647-6540

## **PROPERTY TAX RELIEF**

**Property Tax Exemptions:** Natick offers tax exemptions for seniors, veterans, legally blind and other qualifying taxpayers. Requirements vary for each exemption. Assessor's Office (508) 647-6420

## **FINANCIAL LITERACY**

Online tutorials Providing the tools and knowledge you need to achieve economic security now and in the future. <https://myfinanciallifema.org/>

## **TRANSPORTATION**

**Natick Connector:** COA shuttle bus offering local door to door transportation with Natick area for seniors and residents with disabilities Offering rides 5 days/week 508-647-6540

**JFK Taxi** –cab transportation to non-COVID related medical appointments for seniors to destinations outside of MetroWest, 60 and over, please call the Center at 508-647-6540 at least 3 business days in advance of your appointment.

**MetroWest Regional Transit Authority (MWRTA)** – Public bus transportation available in the MetroWest. \$2.00 per ride with the Framingham/Natick area. 508-820-4650

**MWRIDE** – Transportation to travelers with disabilities. Need to apply for Disabilities. Call 508-820-4650

## **UTILITIES/HEATING**

**Eversource Electric:** Reduced rates to eligible households. (800) 592-2000

**Home Heating:** Many households qualify for help with home heating costs. Call Human Services at (508) 647-6540

**Natick Service Council:** Provides limited financial assistance to eligible residents for home heating fuel and utilities. Call (508) 655-1791

**LEAN** – Fuel/Utilities energy assistance program 866-537-7267

<https://www.masssave.com/saving/income-based-offers/income-eligible-programs>

## **Covid-19 Funeral Assistance**

### **FEMA covering \$9000 of Funeral Costs for COVID-19 deaths**

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. You can now call into the Funeral Assistance hotline to apply for the program. **844-684-6333**

## **HEALTH SERVICES**

**BayPath Elder Services:** Provides advocacy, resources and in-home services for seniors, disabled individuals and caregivers. (508) 573-7200

Natick Community -Senior Center  
Susan Ramsey, Director

508-647-6540

Debra Budd, LSW Social Worker  
Teri Checket, MS LSW, Social Worker  
SHINE Counselors

**Certified Application Counselors:** Assist with [MassHealth](#) and [MA Health Connector](#) insurance plans. Call Edward Kennedy Community Health Center, Framingham 508-270-5700

**[Metrowest Meds](#):** Assessment of eligibility for prescription drug subsidies and low and no cost medication. (508) 653-3081

**Mass Assoc for the Blind and Visually Impaired (MABVI) empowers** individuals to continue to lead full lives, whether you are experiencing vision loss or have been blind since youth. [Vision rehabilitation](#), [access technology training](#), [volunteer help](#), [counseling](#), and [peer support services](#) are comprehensive, cost-effective, high-quality services that are often life-altering. Call 857-443-6636.

**[Natick Board of Health](#):** Provides flu shots at local flu clinics. The Public Health RN makes home visits to home-bound residents. (508) 647-6460

**SHINE:** (Serving the Health Insurance Needs of Everyone) Provides insurance counseling for elders and Medicare recipients. Call [Council on Aging](#) at (508) 647-6540

**The Nurse is in:** Free, 15-minute private health education/consultation meetings at the Community-Senior Center. (508) 647-6540.

**Let's Talk Natick** is a community initiative encouraging Natick residents 18 and older to talk with one another about aging, mortality, and their personal values for quality of life - throughout life. Let's Talk Natick provides resources and support to ensure individuals prepare the necessary documents that will support their wishes in the event of a medical emergency in which they cannot speak for themselves. 508-647-6540

### **Dental:**

MA Dental Society 800.342.8747

<https://www.massdental.org/Public/Access-to-Care/Community-Health-Centers-and-Dental-Clinics>

The Edward Kennedy Center in Framingham (800) 853-2288 <https://www.kennedychc.org/>

BU Dental Health Center: [617-358-8300](tel:617-358-8300)

Tufts School of Dental Medicine: 617-636-6998 <https://dental.tufts.edu/patient-care>

### **HOUSING**

**Affordable Housing:** Rental/ownership opportunities are available for eligible households. Call Selectmen's Office at (508) 647-6410

**Home Modification Loans:** [Mass. Rehab Commission](#) offers home modification loans for eligible households. (508) 620-2682

**Housing Subsidies:** [Natick Housing Authority](#) (508) 653-2971, South Middlesex Opportunity Council (508) 620-2335 and Sherwood Village (508) 651-1811 offer state/federal, elderly, disabled or Section 8 programs.

**[Natick Service Council](#)**: Provides limited financial assistance for rent to eligible Natick residents. Call (508) 655-1791

## **WATER / SEWER ASSISTANCE**

**Water/Sewer discount**: You may be eligible for assistance with your water/sewer rates. Contact the Assessor's Office for information. (508) 647-6420

## **VETERANS SERVICES**

Veterans Services offers referrals and assistance to veterans of Natick and their dependents for many programs, benefits and services. It assists in filing for [Veterans Benefits Program](#) or filing for [federal benefits](#), such as, Veterans Affairs (VA) service-connected or non-service connected disabilities or compensation. Call Senior Center 508-647-6540.

For those qualified the Veterans Northeast Outreach Center assists with rental and utility assistance, needed vehicle repairs, stability furnishings and housing advocacy. Please call 508-460-9993.

## **COMMUNICATION**

***The Natick Sentinel*** – A publication of the Natick Council on Aging (508) 647-6540

**[Natick Talks](#)** Facebook: This group is for open discussion by Natick residents, and others with close community connections, to discuss local issues. Discussion about broader issues should have a Natick connection.

**[Natick Pegasus](#)** is the public access corporation serving the town of Natick. They provide public access programming, education programming and coverage of government meetings.

**[MetroWest Daily News](#)**: Daily local news online and in print.

## **ADDITIONAL RESOURCES**

- **Advocates Community Counseling** (508) 661-2020
- **Alzheimer's Association** (800) 272-3900
- **Ask an Attorney by phone** Ask your legal questions to an experienced elder law attorney (508) 647-8540.
- **Behavioral Health Partners** (844) 528-6800
- **Call2Talk Emotional support line** (508) 532-2255
- **Care and Prepare Emergency** preparedness call for seniors and disabled residents (508) 647-6540
- **Department of Children and Families** (617) 748-2000
- **Elder Protective Services** (800) 922-2275
- **Ellebogen Assistive Technology Center**: Assistance for the Blind and Visually Impaired (857)443-6636
- **[Embrace a Family](#)** – helping Natick residents battling with cancer.
- **Emergency & Advanced Care planning** Lindsay Quillen 508-647-6540 x 1917
- **Family Promise MetroWest** for homeless families (508) 318-4820

- [File for Life Form](#) – Place information on your refrigerator and provide medical information of allergies, medications and more to emergency medical providers
- **Interface Counseling** Referral Helpline (888) 244-6843
- **LGBTQ Outreach** (508) 647-6540
- **[Mass 2-1-1](#)** If you need financial, medical, or social service referrals please dial 2-1-1. [Mass 2-1-1](#) is an information resource for emergency food, rent, help paying your heating and utility bills, health programs, public health and safety services, child care referrals, job resources, and other help for individuals, parents and families. Please dial 2-1-1 (just like 9-1-1) or 877-211-6277
- **MetroWest Center for Independent Living** (508) 875-7853
- **MetroWest Free Medical Program** (508) 656-0740
- **MetroWest Legal Services** (508) 620-1830
- **MetroWest Regional Transit Authority** (508) 935-2222
- **The Ride** (508) 820-4650
- **[Neighbor Brigade](#)** - helping neighbors in need.
- **Opioid Prevention and Outreach** (508) 647-6623
- **Social Security Administration** (844)-587-1390
- **[South Middlesex Opportunity Council, Inc SMOC](#)** providing services; educating the community; building a community of support. 7 Bishop Street, Framingham, (508) 872-4853
- **ZOOM – youtube tutorial on using zoom** <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>
- **[Senior Chair Yoga](https://www.youtube.com/watch?v=9Sg0q8hD7kM)** <https://www.youtube.com/watch?v=9Sg0q8hD7kM>

## **PHARMACIES THAT DELIVER PRESCRIPTIONS**

V-Care Pharmacy 151 Cochituate Rd. Framingham	<b>508-202-9993</b>
MetroWest Pharmacy 214 Union Ave. Framingham	<b>508-405-0609</b>
CVS Pharmacy, 137 West Central Street, Natick	<b>508-655-2272</b>
Pine Hill Pharmacy, 19 North Main St. Sherborn	<b>508-545-0946</b>

## **GROCERS that DELIVER**

Peapod, a Stop & Shop service. Order online <a href="http://www.peapod.com">www.peapod.com</a>	<b>800-573-2763</b>
Roche Bros. <a href="http://www.rochebros.com">www.rochebros.com</a>	<b>781-694-5442</b>
Wegmans, Natick Mall <a href="https://shop.wegmans.com/search?search_term=delivery">https://shop.wegmans.com/search?search_term=delivery</a>	<b>508-960-0100</b>

All information subject to change at any time.

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