



RESOURCE LIST

WWW.NATICKHA.ORG

QUICK - Resource list:

Natick Housing Authority: (508) 653-2971. www.natickna.org

Natick Service Council/Food Pantry: (508) 655-1791 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

- **Springwell Elder Nutrition Program:** Offers Meals on Wheels for home-bound seniors delivered daily. (617) 926-4100.
- **Grab-n Go meals** are delivered to housebound seniors or for pick up at Cedar Gardens, Tuesday and Friday and at Coolidge Gardens, on Monday and Thursday. Applications are available in the Cedar Garden Community Hall or call Jane 508-653-2971 X206.

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. 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 1st and 3rd Thursday of each month from 7:00 - 8:00PM and Saturday following the 3rd Thursday from 9:00 to 10:00 AM. 6 Loker Street Wayland. 508-653-6864. Anyone who comes for emergency assistance will be served. No appointment needed, just walk-in at the next scheduled distribution day. First time patrons must complete a registration application. Please provide a photo ID at your first visit.
- **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 community meal and social event every Monday at 5 p.m. to anyone who wishes to attend. Meals are served at **The Elks Lodge**, 95 Speen Street. Call 508-479-1049 for more information.
- **Sudbury Community Food Pantry** Everyone is invited to shop at the food pantry once per week, regardless of what town you live in. Pantry hours - Wednesdays and Fridays from 12:00-2:15pm. Distribution of groceries begins If you have never used the Sudbury Community Food Pantry, please complete the registration form below as it will speed up the process. If you are unable to complete the registration in advance, you will be able to do it when you arrive. Download a registration form in [English](#), [Spanish](#) or [Portuguese](#).

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.

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

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. www.sparkkindness.org

[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

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

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>

HEALTH SERVICES



Your hub for health and social services 1-844-528-6800

Help with connecting you to the best services for yourself or your family member.

- Mental Health
- Substance use
- Primary Health Care
- Social Services
- And more

For more information go to: www.mwcareconnection.info

Available in many languages.

COMMUNITY BEHAVIORAL HEALTH CENTER When you or a loved one are experiencing emotional, mental health, or substance use challenges, it can be difficult to access and coordinate the support you need. Advocates Community Behavioral Health Center (CBHC) makes it easier, providing routine appointments, same-day access for urgent issues, and 24/7 crisis intervention for people of all ages. The CBHC locations in Framingham and Waltham, caring and compassionate team will provide you with skilled, culturally competent care. Whether you are seeking routine counseling or an emergency room alternative, our Community Behavioral Health Center can help!



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

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.

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. 866-500-5599.

[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

Natick Housing Authority Monthly Newsletter - NHA distributes a monthly newsletter to all residents. If you would prefer it in another language, please contact Jane Purser 508-653-2971 X 206

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) 647-6540.
- **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
- **OUT METROWEST** OUT MetroWest has been operating programs for LGBTQ+ youth for more than a decade, and we've grown in response to community needs. [\(508\) 875-2122](#)
- **[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](#)
- **Voices Against Violence** 508-820-0834
Emergency Hot Line 508-626-8686, (Toll Free) Hot Line 800-593-1125

PHARMACIES THAT DELIVER PRESCRIPTIONS

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

GROCERS that DELIVER

Peapod, a Stop & Shop service. Order online

www.peapod.com

Roche Bros.

www.rochebros.com

Wegmans, Natick Mall

https://shop.wegmans.com/search?search_term=delivery

800-573-2763

781-694-5442

508-960-0100

All information is subject to change at any time.

Updated 12/23

TRANSPORTATION services are listed on the next page.

TRANSPORTATION

The following services are available for Natick residents.



Natick COA Medical Appointments The Natick COA will schedule taxi service for residents to medical appointments outside of the MetroWest area. Availability is limited, please call as soon as possible. There is currently no charge for this service. Call the COA at (508) 647-6540 to schedule a taxi at least five (5) business days in advance of your appointment.



Natick Connector Door-to-door transportation for seniors and residents with disabilities who need local rides to medical appointments, grocery shopping, or other personal needs. The Connector is available Monday through Friday from 9:00 am - 4:00 pm and operates in the following areas: Natick, Framingham, Wellesley, Wayland, and Sherborn (the Ashland Market Basket and Newton Wellesley Hospital by special request only). Call the MWRTA at (508) 820-4650 to set up an account and schedule a ride.

MWRTA Ride Paratransit door-to-door, shared ride transportation for eligible individuals who cannot drive or use bus service due to temporary or permanent disability. Call the MWRTA at (508) 935-2222 or the Natick Information & Referral Line at (508) 647-6519 for an application or assistance. There is currently no charge for this service. Call the MWRTA at (508) 935-2222 to schedule a ride.



MWRTA Catch Connect On-demand door-to-door transportation is available within Natick and Framingham on Saturdays and Sundays from 8:00 am - 6:00 pm. On-demand transportation is available from the Natick Community Senior Center to any location within Wellesley and to Newton Wellesley Hospital on Monday through Friday from 6:45 am to 6:45 pm. There is currently no charge for this service. Rides can be scheduled using the MWRTA Catch App on your device or by calling the MWRTA at (508) 283-5083.

MassHealth MassHealth members may be eligible for transportation services. Call the Customer Service line at (800) 841-2900.

MWRTA Boston Hospital Shuttle Door-to-door service is available on Tuesdays, Wednesdays and Thursdays to several Boston hospitals. This service runs on a schedule and a completed application is required. There is currently no charge for this service. Call the MWRTA at (508) 820-4650 for an application, schedule information, and assistance.



springwell

Springwell (previously BayPath Elder Services) clients may be eligible for transportation to medical appointments. Call your Springwell/BayPath case manager to discuss your options.

Senior Parking Permits Come into the CSC with a copy of your driver's license to get your permit today. Permits are \$3.00 and allow you to park at any metered spot for 2 hours in town. Residents must be 65+ years old at time of purchase. Good for calendar year 2023; permits for 2024 will be available in

JFK Taxi –cab transportation to 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.