



**DEPARTMENT OF HEALTH AND HUMAN SERVICES
OFFICE OF THE BOARD OF HEALTH**

Town of Arlington

27 Maple Street
Arlington, Massachusetts 02476

Christine Connolly Sharkey, MPH, CHO
Director of Health and Human Services

Tel: 781 316-3170
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ARLINGTON'S SAFETY NET

ARLINGTON FOOD PANTRY

Open 9:30 am to 11:30 am second Tuesday and last Saturday of each month. Held at Church of our Savior, 21 Marathon Street, Arlington. Must be a resident of Arlington; show proof of residency. No income requirements. A family may come to the Food Pantry once a month. Amount of food received depends on family size.

Information:

Leon Cantor, Director, Youth Services
781-316-3251, lcantor@town.arlington.ma.us
Lyz Carey, Administrative Assistant
781-316-3264, lcarey@town.arlington.ma.us

FOOD STAMPS

www.gettingfoodstamps.org – internet access information for getting food stamps. Download an application, locate your local food stamp office, get all the information you need for food stamps.

ARLINGTON ASSISTANCE PROGRAM

Financial assistance to subsidize utilities, may be used for special circumstances. Proof of income and proof of residency required. Proof of State Fuel Assistance application necessary before help with heating bills will be given. Low and moderate income guidelines apply. One time in any 12 month period. Maximums: \$200 for electricity, \$400 for heat of any kind.

For more Information:

Leon Cantor, Director, Youth Services
781-316-3251, lcantor@town.arlington.ma.us
Lyz Carey, Administrative Assistant
781-316-3264, lcarey@town.arlington.ma.us

State Fuel Assistance office:

Rose Sheridan
781-643-2358
27 Maple St., 2nd floor (In the Senior Center building)
(Local office open November 1 through April 30 each year)

WIDOWS' TRUST FUND

Financial assistance for widows only. Primarily used for health needs, basic life necessities, one-time needs or short term needs. Examples include wheelchairs, hearing aids, dentures, Lifeline Program, etc. Income eligibility and residency requirement.

Information:

Christine Sharkey, Director of Health & Human Services
781-316-3170, csharkey@town.arlington.ma.us

WIC –WOMEN, INFANT, & CHILDREN'S PROGRAM

A nutrition program available to pregnant mothers, nursing mothers, and their children, ages 0 through 5. Family receives infant formula and food coupons. WIC meets in Arlington every Tuesday from 9 am to 5 pm at Alewife Brook Community Pediatrics. Income eligibility required.

Information:

Alewife Brook Community Pediatrics
29 Massachusetts Avenue, Arlington, Ma. 02474
781-646-2032

HEALTH ACCESS PROJECT

Information on access to the various affordable health care programs provided by the state, including MassHealth, Family Assistance, The Insurance Partnership, and the Children's Medical Security Plan (CMSP). This project is sponsored by The Child Care Resource Center.

Information:

617-547-1063 x271

LOW-INTEREST LOAN PROGRAM

A low-interest loan program (1 point above prime), no collateral required, low-income levels acceptable. Small amounts of money may be borrowed. Program offered through Cambridge Savings Bank. A good credit rating is required. Proof of income necessary and **applications must have a screening interview with Christine Connolly, Director of Health & Human Services, or her designee.**

Information and application:

Christine Sharkey, Director of Health & Human Services
781-316-3170, csharkey@town.arlington.ma.us

WEATHERIZATION/HOME REPAIR PROGRAM

Program for homeowners to weatherize and repair their homes, including new heating systems, new storm windows, insulation, roofing and gutters, plumbing and electrical systems, porches and walks. Program is offered through the Town of Arlington and is for low and moderate-income families. This is a low-interest loan program. The interest rate is related to income level.

Information:

Weatherization Office
Jack Jones or Jack Collins
781-316-3430, jjones@town.arlington.ma.us

RECREATION SCHOLARSHIPS

All recreation programs in Arlington, including the Arlington Recreation Department, the Arlington Boys' & Girls' Club, and Fidelity House receive Community Development Block Grant money to subsidize families needing help with recreational program fees. School based sports programs will negotiate athletic fees on a case-by-case basis upon request from the parent. Income verification is required.

Information:

Recreation Department, Joe Connelly, 781-316-3881, jconnelly@town.arlington.ma.us
Arlington Boys' & Girls' Club, Dan Brosnan, 781-648-1617, dbrosnan@abgclub.org
Fidelity House, Ed Woods, 781-648-2005, fidelityhouse@rcn.com
Arlington Athletic Department, Ted Dever, 781-316-3551, tdever@arlington.k12.ma.us

COUNSELING

Arlington Youth Consultation Center provides individual, group, and family counseling to Arlington residents. AYCC is a licensed mental health clinic that accepts most insurances (MassHealth, BC/BS, Harvard Pilgrim) and has a sliding fee scale. A support group for women leaving violent home situations is available. A support group for grandparents with custody or primary caretaking responsibilities of grandchildren is available. Consultation and referrals.

Information:

Leon Cantor, Director

781-316-3255, lcantor@town.arlington.ma.us

Intake Worker of the Day, AYCC, 781-316-3255

CHILDCARE

Communities United (Head Start) provides various childcare resources in Arlington. These include Head Start at the Calvary Methodist Church and at the Dallin School. Income eligibility and residence eligibility required. A complete listing of day care programs in Arlington is maintained at the Robbins Library, Children's Department.

Information:

Head Start

Director/Coordinator 781-648-0515

Arlington Preschool Council, any director of an Arlington preschool.

Arlington Public Schools, Preschool Team, 781-316-3178

Robbins Library, Children's Department, 781-316-3235

Childcare Resource Center provides childcare information and referral. Listings of licensed day care facilities and licensed family daycare providers are available. Some referral services are free, others are provided on a sliding fee scale or at low cost.

Information:

Child Care Resource Center, 130 Bishop Allen Drive, Cambridge, Ma. 02139

617-547-1063 x71

Parent INFOLine, 9 am to 3 pm, Monday through Friday.

Visiting Mom's Support Groups

"This Isn't What I Expected" – Postpartum Adjustment Support Group

Tuesdays 10:00 am – 11:00 am

Calvary United Methodist Church, 300 Mass. Ave., Arlington

To register please call Karen Brenner or Liz Tyler at

781-647-5327 x2208

Mother' Support Group (Mothers and Babies under 1 year)
Friday's 9:30am – 11:00 am
Calvary Methodist Church, 300 Mass Ave., Arlington
For information call Andrea Insoft 781-647-5327 x1967

HOUSING

The Arlington Housing Authority provides subsidized housing for elderly, low-income families, and disabled persons. Both housing project models and subsidized apartment models are available. The Housing Authority does not provide emergency shelter. Application is made at the Arlington Housing Authority office at 4 Winslow Street, Arlington. A waiting list usually exists for subsidized housing.

Information:

John Griffin, Director
781-646-3400 x16

Arlington Affordable Housing Program

The Town of Arlington in conjunction with the Housing Corporation of Arlington provides affordable housing for residents. Subsidized rentals are available, as well as subsidized purchase of homes.

Information:

Laura Wiener, Director of Housing, Planning Department
781-316-3091, lwiener@town.arlington.ma.us

David Levy, Executive Director, Arlington Housing Corporation
781-316-3429, dlevy@housingcorporarlington.org

Somerville Young Adult Residential and Case Management Program provides housing and case management services to homeless young adults in recovery-ages 18 to 24. They must show a demonstrated commitment to recovery and have developed a foundation of stability in sobriety.

Information:

617-623-6111

Caritas Communities, Inc.

Caritas Communities, Inc. manages 12 rooming houses in the Greater Boston area, two of which are in Arlington. One is on Russell Terrace and one is on Appleton Street. The home office for Caritas is in Braintree. Residents are expected to have references for good rental history and good character.

Information:

Caritas Communities
100 Grandview Road, Suite 303
Braintree, Ma. 02184, 617-843-1242

Russell Street, Arlington, Ma.
781-646-6176

Other housing resources are listed below:

Bristol Lodge Individual Shelter for Men and Women
25 Lexington Street, Waltham, Ma. 781-903-0108

Bristol Lodge Family Shelter, 781-647-9957

Bristol Lodge Single Women Shelter
205 Bacon Street, Waltham, Ma. 781-894-1225

TRANSPORTATION

The Arlington Council on Aging runs a transportation program for elders and disabled residents. Two transportation programs are available, Dial-a-Ride Taxi program, and a handicapped-accessible van program. Additionally the COA manages several grant programs providing transportation subsidies for medical appointments.

Eligibility requirements include age, disability, residency, and income.

Information:

John Jope, Director, Council on Aging, 781-316-3401, jjope@town.arlington.ma.us

ACCESSIBILITY

For residents who are physically challenged and need help with accessibility a Home Modification Program has been established. The loan program will help families with improved access to their homes, thus enabling them to live independently in the community. The loan amounts range from \$1,000 to \$25,000. Two types of loans are offered depending on family income. One type is a deferred-payment loan and the other is an amortizing loan.

Information:

South Middlesex Opportunity Council (Framingham)
508-620-2682

Local information and help for ADA concerns (Americans with Disabilities Act) is available through Arlington's ADA office:

Information:

Jack Jones, ADA Coordinator, 781-316-3430, jjones@town.arlington.ma.us

E911-Emergency Telephone Service

E911 is an emergency telephone listing service for frail persons and physically challenged persons. Citizens must be registered with the Community Safety Department for this service. Once registered, if an emergency (911) call is placed from that citizen's telephone, the computer system will automatically flash on the screen the name and address and the particular disability. When the police and fire department arrive, they know whether someone in the building is blind, deaf, in a wheelchair, etc. They can respond accordingly and appropriately. Registration forms for E911 are available in several locations in Arlington.

Information:

Arlington Police Department, 212 Mystic Street, Arlington, Ma.
781-643-1212

Arlington Council on Aging, 27 Maple Street, Arlington, Ma. 02476
781-316-3400

Arlington Disability Commission, 27 Maple Street, Arlington, Ma. 02476
781-316-3430

Lifeline Program

Lifeline is a beeper device (usually worn around the neck) available to elders, shut-in's, and handicapped people needing an emergency safety system at home. When the lifeline device is pushed, a call to E911 is triggered, and the emergency response team is sent to that house. The Council on Aging manages a grant program to subsidize the cost of Lifeline. Lifeline is managed by Local Hospitals.

Information:

Council on Aging, 781-316-3400

VETERANS' SERVICES

Wartime veterans are entitled to emergency services and financial aid, including living expenses and medical expenses. Information on eligibility and processing of applications is done through the town Veterans' Services office. Information and assistance with claims to the federal Veterans' Administration Program are also offered.

Information:

William McCarthy, Veterans' Agent, 3rd floor, Town Hall Annex
781-316-3166, wmccarthy@town.arlington.ma.us

MISCELLANEOUS NEEDS

Little Fox Thrift Shop

The Little Fox Thrift Shop is a volunteer-run shop both accepting and then re-selling used clothing, children's toys, and various household items. The proceeds of the thrift shop are donated to the Fox Branch Library for programs and to keep the branch open.

The items donated are carefully screened for cleanliness, good repair, and safety.

Little Fox Thrift Shop
175 Mass. Ave., Arlington, Ma. 02474- first floor of the library
Open Wednesdays 2 pm-8 pm

Please call Leon Cantor with any miscellaneous needs. There is a superb network in Arlington to help with various and sundry needs, from hand-me-down refrigerators to airconditioners. We can only expand the safety net.

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