

Ride Match

Need a ride? This directory connects you to public, private, and accessible transit options throughout

Massachusetts

massridematch.org

211

SHINE Program Health Insurance Counseling

SHINE (Serving Health Insurance Needs for Everyone) provides free insurance counseling for those on Medicare and their caregivers

mass.gov/health-insurance-counseling

1-800-243-4636

Social Security

Sign up for Social Security and Medicare, estimate your benefits, and check the status of your application

ssa.gov

Well Connected

Enter your zipcode and be connected to social services in your area

wellconnected.net



978-640-4490 x207



reference@tewksburypl.org



tewksburypl.org

Sign up for our newsletter today



@TewksburyLib

Tewksbury Public Library
300 Chandler Street
Tewksbury, MA 01876

Updated 4/9/24

Resources for Older Adults

Learn about services for healthy aging, arts & culture, transportation, nutrition, and benefits!



TPL Tewksbury PUBLIC LIBRARY

AARP

Find resources on Medicare, social security, caregiving, and avoiding scams and frauds, among other things

aarp.org

AgeSpan - Nutrition

Meal delivery, including medically tailored and culturally appropriate meals, and mobile markets

agespan.org/solutions/nutrition-and-food-security

1-800-892-0890

Art Pharmacy

Participating medical providers can make a "Social Prescription" for access to arts engagements to improve mental health

artpharmacy.co

833-ART-HEALS

Benefits Check Up

Resources from the National Council on Aging that connects you with benefits programs you may be eligible for

benefitscheckup.org

1-800-794-6559

City of Boston's Creative Aging Program

Virtual classes on drawing, collage, and social ballroom dancing

boston.gov/departments/age-strong-commission/creative-aging-program

CDC: Alzheimer's and Healthy Aging

Learn how to maintain brain health, lower your risk of memory loss, and find resources on memory loss

cdc.gov/aging

Cyber Seniors

1-on-1 tech help calls, webinars, and advice for avoiding scams

844-217-3057

Elder Index

Learn how much income is needed for elder adults to live on in your area

elderindex.org

MassOptions

Be connected to local social services online or over the phone

massoptions.org

1-800-243-4636

National Council on Aging Work & Retirement

Get help building your resume, getting training, and use their job skills check up tool

ncoa.org/older-adults/money/work-retirement

OUTstanding Life

Virtual senior center for LGBTQIA+ elders, run in partnership with the

Fenway Institute
outstandinglife.org

Perkins Library

If you or a loved one have vision loss or mobility issues that makes holding a book difficult, Perkins can give you a

Talking Book player and other assistive devices for free

perkins.org/library

1-800-852-3133

Ready.gov: Older Adults

Emergency preparedness tips tailored specifically for older adults

ready.gov/older-adults