

How do you start delivery of Meals on Wheels?
It's easy. Simply call:

Information and Referral
Greater Lynn Senior Services

781-599-0110
Toll free 1-800-594-5164
TDD 781-477-9632

E-mail: info@glss.net
Web site: www.glss.net

For more information about aging services in Massachusetts, call 1-800-age-info or visit www.800ageinfo.com.

GLSS values diversity and provides services and employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Elder Affairs and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at a number of Community Cafés or delivered to your home by Meals on Wheels.
- **Transportation.** Rides door-to-door, to medical appointments for people 60 and older; or to anywhere for anyone with a disability.
- **Housing.** Each year, GLSS finds safe and affordable housing for elders, including many who have lost their homes.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home.

**One number for everything:
Call GLSS at 781-599-0110**

We'll listen. We'll help.

Credits

Meals on Wheels and Community Cafés receive federal and state funds, as well as support from the City of Lynn, Elder Service Plan of the North Shore (PACE), Jewish Family Services, and client donations.

*Need help with cleaning? Shopping?
Personal care? Do you need a referral?
A reminder about your medicine?*



**Help with the
things you need
if you live in
Caggiano Plaza,
McGee House,
St. Mary's Plaza,
St. Theresa House,
or Saugus Housing**

Supportive Housing Program

**Serving
Lynn, Lynnfield, Nahant, Saugus, and Swampscott**



If you live in subsidized senior housing, there's help available 24 hours a day, so you can stay independent as long as possible.

Non-medical services available to all residents free of charge:

- Emergency assistance 24 hours a day
- A daily meal served in the dining room
- Help obtaining the government benefits and community resources you're entitled to
- Social activities
- Case manager on site 40 hours a week

Services we can help you with on a sliding scale fee:

- Clean your apartment
- Go grocery shopping
- Do your laundry
- Arrange transportation with or without escort for doctor's appointments or errands
- Provide your meals
- Help you with bathing, dressing, and getting in and out of bed
- Set you up with a personal emergency response system
- Help you with heavy chores or seasonal house cleaning
- Make referrals if you have a health concern
- Make referrals for emotional support or counseling
- Medication reminders

Are these support services really affordable?

Yes. All services are provided on a sliding scale. The lower your income, the less you pay. You only buy as much time as you need. For over-income individuals, you can buy as few as 15 minutes worth of help. Some people buy an hour of services daily, and break the time down into two to four visits.

For information on services and fees:

- At Caggiano Plaza in Lynn, call the GLSS Service Coordinator at 781-581-8751
- At McGee House in Lynn, call the GLSS Service Coordinator at 781-599-1362
- At St. Mary's Plaza and St. Theresa House in Lynn, call the GLSS Service Coordinator at 781-599-1677
- At Laurel Towers, Laurel Gardens, Sachem Manor, and Sweetser's Corner in Saugus, call the GLSS Service Coordinator at 781-231-5648



What kind of people find our support services especially useful?

People with...

- Frail health
- Disabilities of any kind
- Impaired vision
- Arthritis or other debilitating illnesses
- A recent hospitalization
- Memory loss
- Mental health problems
- A need for any type of home care
- Issues associated with isolation.

How we help

Trina is blind. When her husband passed away, everyone thought she would need to leave her apartment and move into a nursing home. But with help from supportive housing, she was able to stay in her home. Every day an assistant comes to prepare Trina's meals and remind her which medications to take. Total time required: one hour daily, divided into two to three visits.

