**Berlin Information**

**Durable Medical Equipment**

contact Lori Fearebay (coa@townofberlin.com) or Victoria Flynn (978-838-2750) to make your request. You will be contacted promptly. Pick up instructions will be given to you. Equipment is accepted as is. (this is from the town of Berlin website)

Public Health Nurse Visits

If you have any health concerns you can  or if you are homebound you can call and request a home visit.

Tamara Bedard BSN, RN Public Health Nurse Nashoba Associated Boards of Health, 978-772-335 Ext 340 or [email](https://www.townofberlin.com/user/54/contact)

**Aging Services of Northcentral MA**/ formerly Montachusettshome Care 978-537-7411

In home assistance for residents 60+, I&R for residents, caregivers with aging related questions, concerns.

* Home care
* I&R

**Meals on Wheels**/( 60+, suggested donation only)MOC in Fitchburg provides the meals, 978-345-7040.

**SNAP**/formerly Food Stamps <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

* Farmers Market/ SNAP benefit <https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip>

**Berlin Food Pantry** 774-245-8320 <https://berlinfamilyfoodpantry.org/>

**Tools for volunteer meal programs**

* [www.Lotsahelpinghands.com](http://www.Lotsahelpinghands.com)
* [www.signupgenius.com](http://www.signupgenius.com)
* [www.mealtrain.com](http://www.mealtrain.com)

**Health Connector**/Assistance with Health Insurance for residents under the age of 65

* <https://www.mahealthconnector.org/>

Health Connector Customer Service Call Center

1-877-MA-ENROLL (1-877-623-6765), or TTY 1-877-623-7773 for people who are deaf, hard of hearing, or speech disabled.

* **Monday–Friday:** 8:00 a.m. to 6:00 p.m.

**SHINE**

Unbiased help with Medicare insurance matters

SHINE Information Regional SHINE office- 60 N Bow Street Milford 508-422-9931

Appointments with SHINE counselors at the Northborough Senior Center can be arranged by calling 508-393-5035

 **MassOptions** 800-243-4636

Assistance and resources for residents dealing with disability

<https://www.mass.gov/service-details/options-counseling-program>

**Contractors**

Word of mouth is best.

<https://www.nahb.org/other/consumer-resources> National Assn. of Home Builders information for consumers.

[www.taskrabbit.com](http://www.taskrabbit.com) search for specific types of help on this site. Read reviews, check hourly rates, etc.

 [https://www.joincake.com/](https://www.joincake.com/%22%20%5Ct%20%22_blank)

Cake is just one example of websites that can help people organize their affairs if they are ill or not.

Elder Law and Estate Planning ([https://www.naela.org/)](https://www.naela.org/%29is%22%20%5Ct%20%22_blank)

 Not only do Elder Law attorneys help with estate planning they help people get their important papers in order.