

COA-Based Resources

- **Fuel Assistance Program** (Project Warm Home) - For those that qualify, the Friends of the Ipswich Elderly can offer assistance with home heating costs. Contact Beth Wright for an application and further information.
- **Library Books Delivered To Homebound Seniors** - Call the Ipswich Public Library to reserve your books and our COA van will pick up and deliver them to your home. If you have Internet access at home, you can [check the library catalog](#) online.
- **Ipswich Rotary Club Offers Helping Hands** – Local Rotarians will offer help with small chores around your home. Call Beth Wright, Outreach Coordinator, at the Senior Center. She will fill out the necessary form and pass it along to the Rotarians.
- **Senior Center Van Transportation** - A 14 passenger handicapped-accessible van is utilized by Ipswich seniors Monday - Friday 9 a.m. to 4 p.m. for in-town transportation. Call the senior center 24 hours in advance to schedule a ride. A donation of \$2 per round trip is suggested. Special shopping trips and scenic rides are offered throughout the year. Please review our Van Schedule and Policy.
- **Volunteer Transportation** – If you are in need of out-of-town transportation, it is offered through our Outreach Program. A corps of volunteers is available to transport you to your out-of-town medical appointments. Please contact Beth Wright, Outreach Coordinator, at 978-356-6650, if you have questions.
- **Outreach Program** – Friendly home visits, daily reassurance telephone calls and assistance in obtaining needed at-home services are available through our program. Our Outreach Coordinator can also meet with you individually to discuss insurance questions and other pertinent issues you may have. Call Beth Wright at 978-356-6650 for more information.
- **Caregivers' Support Group** – This group meets the 3rd Thursday of the month at 1 p.m. Call group facilitator, Beth Wright, at 978-356-6650 for more information.
- **TRIAD Council** - TRIAD's ongoing programs consist of File of Life, 911, a photo ID program, yellow dot program, shredder program, free batteries and

installation of smoke detectors, lockbox program and a house numbering service for senior citizens. All of this is free of charge. These programs could save a life. Call firefighter and TRIAD member Jeremy Dalton for further information at 978-356-4321. The group meets the 1st Wednesday of every month beginning at 2:30 p.m. All are welcome to attend.

- **Shredder Available** - Please limit shredding to a 30 minute session. The shredder is available most days.
- **SHINE Counseling** - Information and guidance regarding health insurance information, assistance for any Medicare beneficiaries including MassHealth, and help with prescription plans every Friday at the Council of Aging from 10 a.m. to 1 p.m. Call 978-356-6650 for an appointment.
- **Notary Service** - The Town Clerk and Assistant Town Clerk are certified Public Notaries and have offered to provide this service to Ipswich seniors. They are able to notarize most documents that require notarization. Please bring your unsigned documents and proper identification to the Town Clerk's Office.
- **Pet Care Project** - The COA has received a donation to help needy senior citizens take good care of their household pets. Grants can be used for routine medical care, especially spaying / neutering and shots. If food and litter supplies are needed, you may apply for those, as well. For more information, contact Beth Wright at the Senior Center at 978-356-6650.
- **Senior CharlieCard Pass** - Apply at the Senior Center for a senior rate (65+) pass which can be used for discounted travel on all MBTA transportation services. Call Sheila Taylor at 978-356-6650 to schedule an appointment to complete the application. Please bring a photo ID and your current CharlieCard if you have one.
- **Mr. & Mrs. Fix-it** - If you need any light alterations, buttons replaced, mending, etc. you can leave them in a special basket at the Senior Center, clearly labeled with your name, phone number and a brief description of the work to be done. Mrs. Fix-it will work her magic for a nominal fee and contact you when the project is complete. If you have a small appliance or engine that needs repair or a handyman job to be completed, you can call Mr. Fix-it at 978-998-1585 and he will stop by your home to give you an estimate before accepting your project.

- **Mobile Market** - Sign up for this program to receive free monthly produce and groceries. Come to the Senior Center on the 3rd Friday of each month from 10 a.m. - 11 a.m.