

- **Benefits Checkup** - There are over 2,000 federal, state and private benefits programs available to help seniors. Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. After answering questions, you will get a report created just for you that describes the programs from which you may get help. You can [apply for many of the programs online](#) or you can print an application form. If you need help with this process, you can meet with Outreach Coordinator, Beth Wright.
- **Executive Office of Elder Affairs** - This is a state agency that coordinates all of the state-funded elder service programs. This [website](#) offers a lot of information for senior citizens.
- **Food Stamps** – For low-income single people and families. For qualification information and an [application](#) call 1-800-645-8333.
- **Free Installation of Smoke and Carbon Monoxide Detectors** – The Ipswich Fire Department will provide free installation of smoke and carbon monoxide detectors for any senior citizen in Ipswich. Please call Jeremy Dalton at the Ipswich Fire Department at 978-356-6631 for more information. The homeowner must supply the detector or detectors.
- **Fuel Assistance** – If you are in need of financial assistance with your home heating bills, please contact the Fuel Assistance Program ([Action Energy](#)) at 978-281-3900. Also contact Beth Wright, Outreach Coordinator, to see if you qualify for other assistance programs.
- **Ipswich Food Pantry** – The Ipswich Food Pantry is located in the lower level of the United Methodist Church, at 31 North Main Street in Ipswich. The Food Pantry is open every Thursday from 5 p.m. to 7 p.m. If you are in need of food, please drop by. Elders with no means of transportation, please call Beth Wright, Outreach Coordinator, at 978-356-6650.
- **Legal Services** – [Massachusetts Legal Services](#) provides free legal assistance on bankruptcies, divorce and other issues to low-income consumers. Call the Legal Advocacy Resource Center at 1-800-342-5297.
- **Meals on Wheels** – The traveling meals program offers a nutritionally balanced lunch to Ipswich senior residents who are unable to prepare their own. If you are in need of this service, please contact SeniorCare's [Meals on Wheels Program](#) at 978-284-1750 or 1-866-927-1050.

- **Congregate Meal Site** – Daily meals are served in the function room at Caroline Avenue housing at Noon each weekday. A \$2.00 donation is requested. Any senior is welcome to attend by calling (978) 356-2481 by 10:00am the day before the meal to reserve a spot.
- **Veterans Services** – Contact Georgia Gadbois in the Veterans Services office at 978-356-3915 if you are a veteran or widow(er) of a veteran to see if you qualify for any veteran benefits.
- **Ipswich Dinner Bell** - Community meal sponsored by local churches and community organizations. Every Monday from 5:00 – 6:00pm at the Masonic Hall, 70 Topsfield Road. All are welcome free of charge.
- **Used Medical Equipment** – The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheel-chairs. Call George Wallich at 978-697-3920 or the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.
- **Ipswich Housing Authority** – To find information about affordable senior housing please call the Ipswich Housing Authority at 978-356-2860.
- **Oak Hill Apartments** – Call for info and application for affordable housing at Oak Hill Apartments in downtown Ipswich at 978-356-1530. Rents are based on 30% of adjusted income.
- **Whipple Annex Housing** – To find information about senior housing at 27 Green Street, call 978-356-0690.
- **Cable Gardens Apartments** – To find information about senior housing at 126 County Road, call 978-356-1199.