

- **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 Outreach Coordinator, Beth Wright, for more information.
- **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.
- **Open Door Ipswich Food Pantry** – Located at #00 Southern Heights in Ipswich near the Housing Authority Office, open Tuesdays 11am-5pm, Wednesdays 11am-7pm and Thursdays 11am-5pm.
- **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 John Clogston at 978-356-3131 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 978-922-1305, ext. 202.
- **Cable Gardens Apartments** – To find information about senior housing at 126 County Road, call 978-356-1199.