



# LGBT Resource Guide

Worcester Area, Massachusetts

Worcester LGBT Elder Network



## **Resource Topics**

**(Alphabetical order)**

**Cardiologists**

**Chiropractors**

**Community Health Centers**

**Electrolysis's**

**Financial Advisors**

**Homemaker/Personal Care and other Social Services**

**Infectious Disease Medicine**

**Legal Support**

**Mental Health Counselors**

**Physical Therapists**

**Physicians/PCP**

**Places of Worship**

**Psychiatrists**

**Psychotherapist**

**Realtors**

**Social Workers**

**Support for Survivors and Abusers of Domestic Violence**

**Support Services**

**Travel Agency**

**What is the Shine Program?**

WLEN is a program of Elder Services of Worcester Area, an Aging Services Access Point. As such it is our agency's responsibility to remain non-biased and not recommend any specific products, services or companies. The list of providers in this guide have been vetted by the WLEN editors and approved as LGBTQIA friendly.

If your business is interested in being listed in the WLEN Worcester Area LGBT Resource Guide, please contact WLEN at [wlen@eswa.org](mailto:wlen@eswa.org). All applicants are taken into equal consideration; however, since space and funding are limited, not all applicants make it to publication.

## Worcester Area

# LGBT RESOURCE GUIDE

### Cardiologist

Lawrence Rosenthal, MD. Cardiology 55 Lake Avenue North, Worcester, MA Phone: (774) 441-6649 Provider currently treats: lesbian, gay men, bisexual, and transgender people.

Richard Wholey, MD. 123 Summer Street, Suite 273 Worcester, MA Phone: (508) 363-6327 Provider currently treats: lesbian, gay men, bisexual, and transgender people.

John Tumolo, MD. FACC/FACP 100 South Street, Southbridge, MA Phone: (508) 765-0636 Fax: (508) 764-4219 Provider treats: lesbian, gay men, bisexual, and transgender people

### Chiropractor

William Fazzino, DC. Specialty (ies): Chiropractic and Muscle Therapy. Fazzino Chiropractic 202 Worcester Street, #10, Grafton, MA Phone: (508) 839-9100 Fax: (508) 839-9100 Office has unisex/gender non-specific bathrooms. Languages Spoken: English, some Spanish, some German. Provider currently treats: Gay men, lesbians, bisexuals.

John Kulig, DC. Specialty (ies): Chiropractic. Dr. Elizabeth Stefos and Associate, LLC. 122 Elm Street, Worcester, MA, 01609 Phone: (508) 754-6221. Office has unisex/gender non-specific bathrooms. Provider currently treats: Gay men and lesbians.

Daniel D. O'Day, DC. Specialty (ies): Chiropractic. 110 West Boylston Street, Worcester, MA, 01606 Phone: (508) 853-8400 Office has unisex/gender non-specific bathrooms. Provider currently treats: Gay men, lesbians, bisexuals, and transgender people.

### Community Health Centers (Sliding Scale or free services provided)

Community Healthlink, 72 Jaques Avenue, Worcester, MA 01610 Phone: (508)860-1000 and the Chandler Street Clinic, 162 Chandler Street, Worcester, MA 01610 Phone: (508)860-1057 Hours: Monday-Friday 8:00-5:00 pm

Languages: Portuguese, Spanish, English, and interpreters are available for all services.

Fees: Sliding and third party. Most insurance are accepted. [Community Healthlink, Inc.](#)

Community Healthlinks Homeless Outreach and Advocacy Project (HOAP) provides direct services to individuals who are homeless. Services include an array of outpatient primary care and urgent care, behavioral health-individual and group mental health and addiction treatment, psychopharmacology, case management services-assistance with applications for: health and financial benefits, housing, referral to detox and recovery

programs, etc., access to emergency assessment for homeless crisis, transitional housing and permanent supportive housing.

Edward M. Kennedy Community Health Center, 19 Tacoma Street Worcester, MA 01605 (508) 852-1805  
Hours: M 8:30 AM-8:45 PM, Tue-Thurs 8:30am-7:00pm, Friday 8:30am-5:00 pm and Sat 8:30am-12:30 PM.

Languages: Portuguese, Spanish, English, and interpreters are available for all services.

Fees: Sliding and third party. Most insurance are accepted. Call for more information.

Services: Provides comprehensive primary health care services; including urgent care, general medical, dental, mental health, counseling, eye care, Mammography Van, podiatry, outreach, nutrition counseling and education, smoking cessation, outreach, and social services. Center has a Chronic Disease Program that is comprised of the medical provider, nurse, nutritionist and other specialists, works together with patients to manage their chronic disease. Now providing Transgender health care. Our teams focus on the following chronic diseases: asthma, diabetes, hypertension, cardiovascular disease, depression and HIV/AIDS. Unisex/Non gender bathrooms are available.

Family Health Center of Worcester, 26 Queen Street, Worcester, MA 01610 (508) 860-7700 (main number) (508) 860-7777 (Urgent Care) Hours: Mon-Wed-Fri 8:00 A.M. - 5:00 P.M Tues-Thurs 8:00 AM- 8:00; Walk in clinic Mon-Fri 8:00am-7:30pm Sat 9:00am-4:30 pm

Languages: Interpreters are available in 30 languages.

Fees: All insurances accepted; sliding scale for private pay.

Services provided are as follows: Services provided are as follows: Primary Care, walk in clinic, dental care, social services, pharmacy, laboratory, maternal and child health program. Unisex/non gender bathrooms available

St. Anne's Human Services, 130 Boston Turnpike Shrewsbury, MA 01545 (508)523-61617 (Main Number and Clinic Hours: Medical Clinic opens Tues. from 6:00-8:00 P.M

Languages: Spanish and Japanese

Fees: None

Urgent care services are provided to anyone with a medical need and little or no health insurance. Services are provided to any age and this includes physicals (no work physicals), immunizations, prescriptions, and mental health. No appointments needed.

Veteran's Administration Outpatient Clinic, 605 Lincoln Street, Worcester, MA 01605 (508) 856-0104  
1-800-893-1522 for appointments Website: <http://www.mass.gov/veterans/utility/local-veterans-service-officers-3.html> To obtain a list of veterans agents for any municipalities. Hours: Mon-Fri 8:00 A.M.-4:00 P.M.

Fees: Varies according to each individual's situation.

Services provided and arranged for through the Clinic: Primary Care physicians, Optometry, Cardiology, Mental Health, Neurology, Podiatry, Dermatology, Rheumatology, Geriatrics, Laboratory Test, Physical Therapy, Radiology, Rehabilitation Medicine, Nutrition Counseling, Preventive services such as annual flu and pneumonia shots, Electrocardiograms (EKGs), & Pharmacy. Shuttle service is available between the clinic and the West Roxbury Campus. How to enroll: In person or just complete an application and mail it in to the

Boston VA Medical Center, Patient Services (136), 150 South Huntington Ave, Boston MA 02130. You may also enroll on the Internet at: <https://www.1010ez.med.va.gov/sec/vha/1010ez/>.

Epworth United Methodist Church Free Clinic, 64 Salisbury Street (across from the Worcester Art Museum) Worcester, MA 01609 (508) 752-2376 (during clinic hours) Hours: Mon. 6:00 P.M.-8:00 P.M. (family walk-ins)

Comprehensive General Services: Physicals, immunization, pap tests, lab testing resource, acute illness treatment, and chronic illness care. Social worker on site, massage therapy, medications, specialists' referral

Fenway Community Health, 1349 Boylston Street, Boston, MA Behavioral Health Phone: 1-(617) 927-6202 (Counseling etc.) Therapist, Social Workers, Psychologists, and Psychiatrists on staff availability fluctuates. Provider currently treats: LGBT population regarding sexuality, sexual orientation, and transgender mental health issues. Office has unisex/non-gender bathrooms.

Planned Parenthood League of Massachusetts, 470 Pleasant Street, Worcester MA, (Gender-Affirming Hormone Therapy (800) 258-4448 to book appointments, or option 3 to learn more about from their counseling and hotline. (508) 854-3300 x11116. Other services available as well. All of these services are inclusive and affirming for people of all genders and sexual orientations.

## **Dentists**

Dong Mei Yang, DMD. Specialty (ies): Dentistry. 111 Elm Street, Worcester, MA, 01609 Phone: (508) 755-9231 Fax: (508) 791-9737 Email: [j\\_r\\_courtman@verizon.net](mailto:j_r_courtman@verizon.net) Office has unisex/gender non-specific bathrooms. Provider currently treats: Gay men, lesbians, bisexuals, and transgender and intersex people. Provider has experience with HIV+ patients.

Scott Siemen, DMD. Paxton Dental Care 672 Pleasant Street, Paxton, MA Phone: (508) 791-6140 Fax: (508) 791-3628 Office has unisex/gender non-specific bathrooms. Provider currently treats: Gay men and lesbians Provider has experience with HIV+ patients.

Dental Hygiene Clinic at Quinsigamond Community College 670 West Boylston Street Room 126A Worcester, MA 01606 Phone: (508) 854-4306. Hours: Call for appointment. During the academic year, the clinic is open to the general public as well as the College community for dental hygiene services. Treatment is provided by dental hygiene students under the supervision of licensed faculty members and a supervising dentist. A nominal fee is charged to defray the cost of supplies. Services include: Adults exams (age 13 and up), Children exams (ages 12 and under), Senior Citizens exams (62 and older), Full Mouth x-rays, Separate bite wing x-rays, par oral x-rays, pit and fissure sealants, tooth lightening, and athletic mouth guards.

The Esther M. Wilkins Forsyth Dental Hygiene Clinic (MCPHS University) Worcester Campus 10 Lincoln Street, Worcester, MA 01608 Phone: (774)243-3410 Provides comprehensive dental care at a low cost and is located on the bus line.

## **Electrolysis**

Donna Bayrouy, RE, ChT. Specialty (ies): Electrolysis, Laser Hair Removal. Laserderm Medi Spa 6 Gordon Road, Shrewsbury, MA 01545, Worcester, MA, 01602 Phone: (508) 752-7113 Fax: (508) 752-7114 Website: [laserdermmedispa.com](http://laserdermmedispa.com) Provider currently treats: Gay men, lesbians, bisexuals, transgender people.

## **Financial Services**

Brian Granville United Planners Phone: (774)-200-4655 Dedicated to providing services to the LGBT community.

Paul Burgess, MBA Abby Road Tax Service 44 Meola Avenue, Worcester, MA Phone: (508) 856-0655 Income tax preparations & consultations, ask him about: Senior Circuit Breaker credit? Even if you don't file income taxes!!

## **Homemaker/Personal Care and other Social Services**

Family Services of Central Massachusetts, 31 Harvard Street, Worcester, MA 01609 Phone: (508) 756-4696 Fax: (508) 791-4755 Family Services of Central MA has the tools, resources and professional staff to help you and your family, succeed at every stage of life with skilled, personalized support. Field Coordinator is Scott Spaulding contact him.

The Summit Elder Care, 10 Chestnut Place, Worcester, MA 01608 Phone: (800) 698-7566 A program of all-inclusive care for the elderly (PACE) provides compassionate, community based care that is individualized, responsive and caring. Also, supports caregivers who need help providing care. This could be an alternative to nursing home placement. Outreach Manager Mary Ann McArdle is the contact person.

The Arc of Opportunity, 564 Main Street, Fitchburg MA 01420 Phone: (978)343-6662 Fax: (978) 343-8852 This program is a Mass Health Program that provides support for the caregivers of people who cannot safely live alone and need daily assistance. Kathleen Kopitsky, Division director for the Arc and safe homes, her extension is 1010.

## **Infectious Disease Medicine**

Mireya Wessolossky, MD. Specialty (ies): Infectious Disease, Internal Medicine. UMass Memorial Health Care 55 Lake Avenue North, Worcester, MA 01605 Phone: (508) 856-3158 Fax: (508) 856-5981 Email: [wessolom@umnhc.org](mailto:wessolom@umnhc.org) Languages spoken: English, Spanish, Portuguese. Interpreters are available. Provider currently treats: Gay men, lesbians, bisexuals.

Alwyn Rapose, MD., Med City ( St. Vincent's Hospital ) Specialty (ies) :Infectious Disease, 123 Summer Street, Suite 220 Worcester, MA Phone: (508) 368-3122 Languages spoken: English, Interpreter available. Currently treats lesbian, gay, bisexual, and transgender people.

Richard Ellison, MD., Clinic 7 UMass Memorial Infectious Disease, 119 Belmont Street, Worcester, MA Phone: (508) 334-5214, 119 Belmont St Worcester, MA Languages spoken: English and Spanish. Interpreters are available. Currently treats lesbian, gay, bisexual, and transgender people.



## Legal Support

Mirick O' Connell, Emily L. Crim ESQ 100 Front Street, Worcester MA 01608-1477 Phone: (508) 020-1650 Fax: (508) 983-6419 [ecrim@mirickoconnell.com](mailto:ecrim@mirickoconnell.com) Emily specializes in estate planning, wills, etc..... She works with the LGBT community.

Mediation Advantage Services, 19 Cedar Street, Worcester, MA 01609 Phone: (508) 795-1557 The Law Office of Polly A. Tatum is pleased to represent clients in the gay and lesbian community in matters concerning their families. Also offers divorce and family law mediation services to married partners or unmarried domestic partners as well as adoption services to parties wishing to adopt their spouse's children. They assist same sex couples with estate planning, relationship agreements and dissolution agreements. Settling divorce and family law matters does not have to be an adversarial or expensive process. Mediate, do not litigate — resolve disputes expeditiously and economically.

Legal Aid, 405 Main Street Worcester, MA 01608 Phone: (800) 649-3718 or (508) 752-3722 Terri Lacava LACCM provides free civil legal assistance to low-income and elderly residents of Worcester County, with over twenty advocates, LACCM specializes in elder law, government benefits, eviction defense, immigration law, housing and employment discrimination, and family law matters affecting domestic violence victims. Everyone is welcome.

Starr Vander Linden Law Firm, Laura Silver Traiger ESQ 7 State Street, Worcester, MA 01609 Phone:(508) 754-8882 Laura concentrates on the legal issues facing older and disabled clients, including estate and Medicaid planning, public benefits protection using special needs trusts, guardianships and estate administration.

Law Office of Leila J Wons, Leila J Wons ESQ 1900 West Park Drive, Westborough, Ma 01582 Phone:(508) 986-9406 Leila's concentrates on family law including: divorce, modifications, contempt, adoption, restraining orders, paternity and same sex domestic relations matters.

Lian, Zarrow, Eynon, and Spofford, Lian/Zarrow Attorneys at Law, 300 Main Street First Floor, Worcester, MA Phone:(508) 799-4461 Family law, Elder law, Estate planning, wills, and trusts. They were proud sponsors cc bisexuals.

## Physical Therapists

Jon Dooley, MSPT. Specialty (ies): Physical therapy. Greendale Physical Therapy, 120 Goldstar Boulevard, Worcester, MA, 01606. Phone: (508) 459-5000 Fax: (508) 495-5900 Website: [www.greendalept.com](http://www.greendalept.com) Email: [Info@greendalept.com](mailto:Info@greendalept.com) Office has unisex/gender non-specific bathrooms. Provider currently treats: Gay men, lesbians, and bisexuals.

## Physicians/PCP

*\*Please contact provider for availability.....*

Ronald Adler, MD. Specialty (ies): Hahnemann Family Health Center, 279 Lincoln Street, Worcester, MA, 01605 Phone: (508) 334-8830 Fax: (508) 334-8835 Office has unisex/gender non-specific bathrooms. Languages

Spoken: English, Spanish, and Portuguese. Interpreters available. Provider currently treats: Gay men, lesbians, bisexuals, and intersex people. Provider is willing to address transgender physical health issues and gender reassignment.

Michael Burdulis, MD. Specialty (ies): Family Medicine. Shrewsbury Family Medicine, 24 Julio Drive, Shrewsbury, MA, 01545 Phone: (508) 845-1436 Fax: (508) 842-3005 Office has unisex/gender non-specific bathrooms. Languages Spoken: English, Spanish. Provider currently treats: Gay men, lesbians, bisexuals, and intersex people. Provider is willing to address transgender physical health issues.

Gina D'Ottavio, MD. Specialty (ies): Family medicine, HIV. Edward Kennedy Community Health Center, 19 Tacoma St, Worcester, MA, 01605 Phone: (508) 852-1805 Fax: (508) 854-3248 Website: [www.greatbrook.org](http://www.greatbrook.org) Office has unisex/gender non-specific bathrooms. Languages Spoken: English, Spanish, Portuguese, Albanian, Somali. Interpreters are available. Provider currently treats: Gay men, lesbians, bisexuals. Provider is willing to address transgender physical health issues.

Melissa A. Fischer, MD. Specialty (ies): Internal medicine. UMass Memorial Health Care, 55 Lake Avenue North, Worcester, MA 01605 Phone: (508)334-2731 Interpreter available. Provider currently treats: Gay men, lesbians, and transgender people. Provider is willing to address transgender physical health issues and gender reassignment.

Ingrid Fuller, MD. Specialty (ies): Family medicine. Shrewsbury Family Medicine, 24 Julio Drive, Shrewsbury, MA, 01545 Phone: (508) 845-1436 Fax: (508) 842-3005 Office has unisex/gender non-specific bathrooms. Languages Spoken: English, Spanish. Provider currently treats: Gay men, lesbians, bisexuals, and intersex people.

George Groussis, MD. Specialty (ies): Internal medicine, preventive care. Aesclepion Health Care, 385 Grove Street, Suite 201, Worcester, MA, 01605 Phone: (508) 756-9200 Fax: (508) 756-9277 Office has unisex/gender non-specific bathrooms. Languages spoken: English, Greek. Provider currently treats: Gay men, lesbians, bisexuals.

Yan Li, MD. Specialty (ies): Internal Medicine. UMass Memorial Health Care, 55 Lake Avenue, North, Worcester, MA, 01605 Phone: (508) 334-2731. Interpreters are available. Provider currently treats: Gay men, lesbians, and transgender people.

M. Milman, MD. Specialty (ies): Internal medicine. UMass Memorial Health Care, 55 Lake Avenue North, Worcester MA, 01605 Phone: (508) 856-2731 Languages spoken: English, Yiddish. Interpreters are available. Provider currently treats: Gay men, lesbians, bisexuals, and transgender people. Provider is willing to address transgender physical health issues.

Sara Shields, MD. Specialty (ies): Family Medicine. Family Health Center, 26 Queen Street, Worcester, MA. Phone: (508) 860-7700 Fax: (508) 860-7855 Office has unisex/gender non-specific bathrooms. Languages spoken: English, Spanish, Portuguese, Vietnamese, Albanian. Interpreters are available. Provider currently treats: Gay men, lesbians and bisexuals.

Linda Rebecca Spanagel, MD. Specialty (ies): Internal Medicine. SVH Medical Group, 123 Summer Street, Worcester, MA Phone: (508) 363-5630 Office has unisex/gender non-specific bathrooms. Interpreters are available. Provider currently treats: Gay men, lesbians, and bisexuals.

Jarrold Faucher, MD. Specialty (ies): The Geriatric Clinic @ Saint Vincent Hospital, 123 Summer Street, Worcester, MA (508) 363-5630 Provider currently treats: Gay men

## **Places of Worship**

*(These are religious organizations that are known to be LGBT welcoming. Many have received their denominations' designation as welcoming.)*

Hadwen Park Congregational Church, 6 Clover Street, Worcester, MA 01603 Phone: (508) 752-7489  
[www.hadwenparkchurch.org](http://www.hadwenparkchurch.org) [www.macucc.org](http://www.macucc.org) [www.ucc.org](http://www.ucc.org)

Unitarian Universalist Church, 90 Holden Street, Worcester, MA Phone: (508) 853-1942 (Rev. Aaron Payson, Rev M. Lara Hoke).

Lake View UCC, 115 Coburn Avenue, Worcester, MA 01604 Phone: (508) 756-5857

Pakachoag Church, 203 Pakachoag Street, Auburn, MA 01501 Phone: (508) 755-8718

United Congregational Church, 6 Institute Road, Worcester, MA 01609 Phone: (508) 752-3785

Temple Emanuel Sinai, 661 Salisbury Street, Worcester, MA 01602 Phone: (508) 755-1257

First Congregational Church of Dudley, 135 Center Road, Dudley, MA 01571 Phone: (508) 943-7320

First Baptist Church of Worcester, 111 Park Avenue Worcester, MA Phone: (508) 755-6143

Worcester Fellowship "Church on the Common" Worcester Common (Pastor Liz Magill) Lunch served at 1:00pm Service at 1:30pm. Service is every Sunday.

Immanuel Lutheran Church, 346 Shrewsbury Street, Holden, MA 01520 Phone: (508) 829-4416

Mount Olivet Lutheran Church, 34 Prospect Street, Shrewsbury, MA 01545 Phone: (508) 842-2731

First Unitarian Church of Worcester, 90 Main Street, Worcester, MA Phone: (508) 757-2708

Trinity Church, 73 Lancaster Street, Worcester, MA 01609 Phone: (508) 753-2989

## **Realtor**

Jeff Burk RE/Max Vision 1 West Boylston Street, Worcester MA 01605 (508) 595-9900 x211 Works with buyers & sellers. Broker of his company. Great to work with extremely knowledgeable. [jeffburk@remax.net](mailto:jeffburk@remax.net)

Doreen Mullaly Real Living 451 Grove Street, Worcester MA 01605 Cell: (401) 374-4293, office (508) 852-4227 [doreenmullaly@gmail.com](mailto:doreenmullaly@gmail.com) Doreen has a MA & RI realtor's license. Buyer & Sellers agent. Goes the extra mile!!

Andrea Castinetti, Castinetti Realty 745 Main Street, Shrewsbury MA 01545 20+ years of experience! Call her for all your real estate needs. Office: (508) 719-8804 Cell: (508) 277-0063 [www.HomesByCRG.com](http://www.HomesByCRG.com)

Also, Founder of the Kindness Coalition of Massachusetts- a local non-profit helping people and animals in need.

## **Psychiatrists**

Mark Cutler, MD. Specialty (ies): Psychiatry and Group treatment. 55 Cedar Street, Worcester, MA, 01609 Worcester, MA 01608 Phone: (508) 757-2233 Fax: (508) 792-4026, Provider currently treats: Gay men, bisexuals, and transgender people. Provider is willing to address transgender mental health issues. Office has unisex/gender non-specific bathrooms.

## **Psychologists**

Dennis G. Canali, Ph.D. Specialty (ies): adult sex-offenders, HIV/AIDS, child abuse, anxiety, depression. Association of Independent Psychologists 390 Main Street, Ste 1049, Worcester, MA 01608 Phone: (508) 395-7577 Fax: (508) 792-4026 Provider currently treats: Gay men, bisexuals, and transgender people.

Mitchell D. Gurk, Ph.D., MFT. 16 Hastings Road, Spencer, MA, 01562 Phone: (508) 885-3861 Fax: (508) 885-5888 Office has unisex/gender non-specific bathrooms. Interpreters are available. Provider currently treats: Gay men, lesbians, bisexuals. Provider is willing to address transgender mental health issues.

## **Social Workers/LMHC/Psychotherapists**

Judith Shute, LICSW Specialty (ies): Currently provides services for older adults, couples, and family counseling. Also, sees clients for depression, PTSD, chronic diseases, anxiety, and aging issues relative to the LGBT community. 324 Grove Street Worcester, MA Phone: (508) 414-2459 Accepts Tufts, Fallon, Medicare, Blue Cross, and Beacon

Melissa DaSilver, LICSW EastCoastMentalWellness.com 1 Richmond Square Suite333w, Providence, RI 02906 (401) 497-8873 Agency accepts most MA insurances 13 clinicians, Get an appointment Right away!! Specialty (ies): LGBT issues of all types including transgender counseling. Also, have a resource guide specific to the transgender community.

Troy LeBlanc, LMHC, 486 Chestnut Street, Gardner, MA 01440 Also, has an office in Leominster at 71 Pleasant Street Phone: (978) 870-4393 Troy specializes in LGBT issues.

Andrew Knorr, MA, LMHC, 100 Grove Street, Suite 405 Worcester, MA 01605 Phone: (508)944-8534 Specializes in LGBT issues

## **Support for Survivors of Domestic Violence**

Helpline (for battered women) (508)-755-9030 Website: <http://ywcacentralfmass.org/domestic-violence/dvs-daybreak>

Pathways to Change, formally the Worcester Rape Crisis Center, Serves men and women. 24 hour Hotline 1-800-870-5905 or office phone: (508) 852-7600

National Domestic Violence Hotline serves men and women. Client services available at (800) 799-7233  
Website: <http://www.gmvdv.org>

Network la-Red 1(800) 832-1901 Survivor-led organizing to end partner violence

### ***For Abusers***

Emerge for males and females Office phone: (617) 547-9879 LGBT Abuser Programs and Anger Management Groups Website: <http://www.emergedv.com/>

## **Domestic Violence Shelters in Central Massachusetts**

Abby's House, 52 High Street, Worcester, MA. (508) 756-5486 Women and children only.

Daybreak Resources for Women and Children, YWCA PO Box 3093, Worcester, MA Hotline: (508) 755-9030  
Phone: (508) 755-5371 Female domestic violence survivors and their children. Capacity: 25 beds; 6 families.

## **Support Services/Group**

Elder Services of Worcester, 67 Millbrook Street, Suite 100 Worcester, MA 01606 (508) 756-1545 Elder Services provides elders, people of any age who has a disability and their caregiver with resources, support and services which will enable them to live independently with dignity and comfort in their own homes, preventing or postponing the need for institutional care. Services provided: case management, nutritional resources (meals on wheels and meal site options), protective services and a SHINE counselor for assistance with health insurance. Nutrition Phone: (508) 852-3205 Protective Services Phone: (508)856-9318

Information and Referral Services is the first contact point to access service and receive information on resources for consumers and professionals in the community. The staff maintains a database of information about community resources in order to provide consumers and professional with assistance needed. Phone: (508) 756-1545 x391, 396, 313

Worcester Elder Affairs/Worcester Senior Center, Director Amy Water (508) 799-1232 Waters, Amy [WatersA@worcesterma.gov](mailto:WatersA@worcesterma.gov) 128 Providence St Worcester, MA (508) 799-1232. The Senior Center is a bright, welcoming place for all seniors, their families and caregivers, elder service providers and the community at large. There is a strong emphasis on health and wellness programming, in addition to fitness, intergenerational events, support groups, arts & crafts classes, multi-cultural programs, computer classes and various other educational and recreational activities. Lunch is provided every day, as well as light fare at Bobby M's Diner, a Senior Center and Quinsigamond Community College Hotel & Restaurant collaboration. In addition to scheduled programs, elders enjoy a spacious library, computer lab practice, games, a gift shop, art exhibits and landscaped grounds. They also come to the Senior Center for assistance with personal matters, obtaining information and support from the staff of Elder Affairs as well as partnering organizations providing services such as, health insurance counseling, tax returns and individual client advocacy. Everyone is welcome.

WLEN (Worcester LGBT Elder Network) works collaboratively to promote access to education, support, resources, and social opportunities for LGBTIQ older adults and caregivers. WLEN is a joint effort of Elder Services of Worcester Area Inc., Central Massachusetts Agency on Aging and the Worcester Senior Center, with ongoing collaboration with the LGBT Aging Project in Boston.

Alcoholic Anonymous Worcester Gay Group St. Matthew's Church, 695 Southbridge St Worcester, MA  
Mondays 7:30pm

Senior Connection/Central Massachusetts Agency on Aging 360 West Boylston Street, West Boylston, MA 01583 Phone: (508) 852-5539 or (800) 244-3032 E-mail: [CMAAging@seniorConnection.org](mailto:CMAAging@seniorConnection.org) The agency strives to enhance the quality of life for area older persons and caregivers; they provide leadership, resources, coordination of services and advocacy. This service system does assist older persons in leading independent, meaningful and dignified lives in their homes and communities for as long as possible. Call for more information on how they may be able to assist you.

Hadwen Park Congregational Church (HPC) Belongs to the LGBT Asylum Support Task Force dedicated to supporting and empowering LGBT individuals who are seeking asylum or refuge in the U.S. For assistance Phone: (508) 752-7489 Pastor Judy Hanlon

Mass. Transgender Political Coalition Phone: (617) 778-0519 A Community Advocate Program which is a statewide organization with national recognition which promotes social and legislative justice for all transgender individuals.

## **Travel Agency**

TNT Travel Tom Hansen, ACC and Ted Goulet, ACC Air, Land, Tour, Cruise & Group Specialists Phone: Toll Free (855) 589-4391 The internet is for looking, An agent is for booking!

## **What is the SHINE Program? Assistance with Medicare and Health Insurance.....**

The SHINE program provides free, unbiased and up-to-date health insurance information, counseling and assistance to Medicare beneficiaries of all ages and their caregivers. The SHINE counselors help older persons (and younger disabled Medicare beneficiaries) understand their Medicare benefits and other health insurance options.

The Massachusetts Executive Office of Elder Affairs administers the SHINE Program throughout the state. CEMACA (Central Massachusetts Association of Councils on Aging) hosts the program here in Central Massachusetts. The Central Massachusetts Agency on Aging is a SHINE Member Site.

## **Where Can I Find a SHINE Counselor?**

The SHINE Program in Central Massachusetts provides services to 63 cities and towns. SHINE Counselors are available at Area Agencies on Aging, Councils on Aging, Senior Centers and Aging Service Access Points (ASAP). Counselors work in many local hospitals, housing centers and libraries. SHINE Counselors are also available for homebound individuals.

Central Massachusetts Agency on Aging is proud to be a SHINE Member Site. Several days a week SHINE Counselors come into our office and provide counseling. Our Counselors address the needs of our consumers by counseling them over the phone as well as during scheduled appointments. Consumers are dealt with on a first come first served basis. The vast majority of cases can be dealt with over the telephone. It is not unusual for materials to be mailed to the consumer. Appointments at our West Boylston office can be scheduled by contacting CMAA Monday through Friday at (508) 852-5539 V/TDD or 1-800-244-3032 V/TDD.

To locate a SHINE Counselor in your community please contact the Central Massachusetts Association of Councils on Aging at the Milford Senior Center Phone: 1-800-AGE-INFO / 1-800-243-4636.





***This document, in its original format, was created by AIDS Project Worcester. It has been dissected and added to by WLEN in order to create a document geared toward LGBT older adult in the Worcester area. Our thanks go out to Jesse Pack at AIDS Project Worcester.***

Disclaimer: This resource comes as a courtesy from Elder Services of Worcester. You are hereby notified that Elder Services of Worcester does not recommend, guarantee or assume liability for the performance or lack thereof, for any of the resources listed.

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