

# Our Services

- Information & Referral
- Care Management for Everyone
- Caregiver Support & Respite
- Meals on Wheels
- Senior Dining Sites
- In-Home Services  
Personal Care, Laundry,  
Grocery Shopping and More
- Elder Protective Services
- Options Counseling
- SHINE Medicare Counseling
- Bill Paying Assistance
- Healthy Living Workshops
- Nursing Home Ombudsman

# Our Mission

is to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence.

Please help us help others.

We depend on the generosity of individuals and businesses to achieve our mission. You can help by making a cash donation, remembering us in your future gift planning, and/or becoming a program volunteer.



Contact us today.  
888-222-6171



**Minuteman Senior Services**  
One Burlington Woods Drive, Suite 101  
Burlington, MA 01803  
[www.minutemansenior.org](http://www.minutemansenior.org)  
[elderinfo@minutemansenior.org](mailto:elderinfo@minutemansenior.org)  
MassRelay: 711

For statewide resources:  
[www.massoptions.org](http://www.massoptions.org) • 800-243-4636



# Minuteman

SENIOR SERVICES



*Know us before you need us.*

## We can empower you to live and age with dignity—safe, healthy, independent.

With over 45 years of experience serving older adults, adults with disabilities and caregivers, Minuteman Senior Services knows how to help you find the help you need when and where you need it. Our goal is to empower you to meet the challenges of aging, disability and caregiving head on—with information, assistance and support—so you can stay in control of your life and make informed choices.

## We simplify the system.

Just think of us as a “one stop resource.” One call can lead you to information about in-home and residential care options, caregiver support, public benefits, health insurance and prescription drug coverage, and much more. We explain the details so that you understand your options. Our goal is to bring you peace of mind by helping you find solutions to everyday issues.



toll free 888-222-6171  
[www.minutemansenior.org](http://www.minutemansenior.org)

## We offer practical and affordable solutions.

As a non-profit organization we are driven by our mission to help you connect with resources that fit within your means. Depending on your circumstances, many of our services are free, others are available on a sliding fee scale or on a fee basis. Our programs are funded in part by the Massachusetts Executive Office of Elder Affairs and the Older Americans Act.

## Our staff are knowledgeable, compassionate, and responsive to your needs and concerns.

Whether you are contacting us for yourself or someone close to you, we will do our best to help you by bringing our expertise to your home and community. You can count on us—we care about you and want you to feel at ease contacting us as your needs change.

## We have a solid reputation for excellence.

The people who use our services and our professional colleagues give us top marks for delivering high quality services. We work closely with primary care physicians, hospitals, home health agencies, transportation providers, councils on aging, senior centers, assisted living and long-term care facilities, and others so whether you are seeking one-time assistance or ongoing support we can connect you with the right information and the right people.

## We have local, statewide, and national resources.

Whether you are looking for help in your community or anywhere across the country, we can help. Information is free and just a phone call or email away. Our primary service area is:

Acton  
Arlington  
Bedford  
Boxborough  
Burlington  
Carlisle  
Concord  
Harvard  
Lexington  
Lincoln  
Littleton  
Maynard  
Stow  
Wilmington  
Winchester  
Woburn



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