

# Boston ElderINFO

LGBTQ Aging Resources



Updated June 2018



@BostonElderINFO

# Introduction

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## Welcome!

This booklet includes resources that provide programs, services and helpful information to the Lesbian Gay Bisexual Transgender Queer (LGBTQ) aging community in and around Boston. Inclusion into this resource guide does not imply endorsement of an agency's purpose, method, or quality of service. Consumers and caregivers are encouraged to evaluate and choose appropriate resources.

Programs included in this resource booklet provide information, education, advocacy, training, or referral for health and human services or related services. In order to reach a broader audience, most resources listed in this guide also have staff that speak multiple languages and offer translated materials on their programs and resources. More in depth details, events and activities on the organizations listed can be found on their social media sites (including ours!) such as, Facebook and Twitter.

We welcome and encourage everyone to contact our bilingual Information Specialists for a more comprehensive and personalized discussion on what may best meet the needs of the older LGBTQ adult or caregiver.

## USE IT, SHARE IT

It is our goal that members of the community use this resource guide and share it with others so that all may benefit from its contents.

The booklet is available for download at [www.elderinfo.org/resources/LGBTQ](http://www.elderinfo.org/resources/LGBTQ)

## Acknowledgements

With sincere gratitude, we want to thank the LGBT older adults and the LGBT Aging Resource Champions who participated in multiple focus groups; Michael Banville our inspirational volunteer Focus Group Facilitator for leading the discussions; & numerous community partners who met with us & participated in this project for sharing their insights, passion, & dedication for helping LGBT older adults & their allies.

**Thank you** Lisa Krinsky, LGBT Aging Project Director for training our Information Specialists on how to be more culturally inclusive.

**Thank you** to The Boston Foundation's Equality and Equity Fund for which this project would not have been made possible.

*A special shout out to our Advisory Committee Members:  
Lisa Clarke, Meg Hogan, Edward Linton, Dale Mitchell,  
Ray Santos, Emily Williams, & Lasitha Yahampath.*



## Who We Are

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Boston ElderINFO is the award-winning Information and Referral program of The Elder Care Alliance. The Elder Care Alliance is a not-for-profit collaboration of the 3 Boston home care agencies, also known as Aging Services Access Points (ASAPs):

**Boston Senior Home Care, Central Boston Elder Services, and Ethos.**

For more than 25 years, Boston ElderINFO has provided the information, guidance and support necessary to identify, plan and secure alternatives that help make living independently possible for older individuals with disabilities.

## Mission

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**It is the mission of Boston ElderINFO to be the resource that meets all the information needs of every Boston elder, person with a disability, and caregiver to live with dignity, safety, and independence in their communities.**



WHO WOULD YOU CALL FOR  
ELDER RESOURCES IN  
BOSTON?

For more than 25 years, Boston ElderINFO has provided the information, guidance and support necessary to plan for aging well at home.

[www.elderinfo.org](http://www.elderinfo.org) 617-292-6211

**Boston ElderINFO**



**ADVOCACY**

9-14

- AARP
- AIDS Action Committee
- Bisexual Resource Center
- Diverse Elders Coalition
- Human Rights Campaign
- LGBT Aging Issues Network (LAIN)
- LGBT Aging Project
- LGBT Senior Pride Coalition
- MassEquality
- Massachusetts LGBT Aging Commission
- Massachusetts Transgender Political Coalition
- National Gay & Lesbian Task Force
- Ombudsman Programs
- SAGE (Services & Advocacy for LGBT Elders)

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- The Conversation Project

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- Congregation Am Tikva at Temple Sinai
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- Emmanuel Church Boston
- Hebrew SeniorLife LGBT Seniors Initiative
- Keshet
- Metropolitan Community Church of Boston
- Temple Israel

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- Greater Boston Legal Services
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- Money Management Program
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- City of Boston Commission on Affairs of the Elderly
- Community Cafés
- Fenway Community Health
- Families for Depression Awareness
- Gay & Lesbian Alcoholics Anonymous
- GLMA (Gay & Lesbian Medical Association)



**Health, Wellness, & Community, continued**

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- National Minority AIDS Council
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# Resources

## ADVOCACY

AARP	
<b>Address</b>	One Beacon Street, Suite 2301, Boston, MA 02108
<b>Phone</b>	866-448-3621
<b>Web/Email</b>	<a href="https://local.aarp.org/boston-ma/">https://local.aarp.org/boston-ma/</a> MA@aarp.org
<b>Languages:</b> English, Spanish, Chinese	
<b>Services:</b> AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering all people 50 and older to choose how they live as they age. With a nationwide presence and nearly 38 million members, AARP strengthens communities and advocates for what matters most to families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. They offer A Prepare to Care Guide for Caregivers in the LGBT Community. To learn more, visit <a href="http://www.aarp.org">www.aarp.org</a> or follow @AARP and @AARPadvocates on social media.	

AIDS Action Committee	
<b>Address</b>	75 Amory Street, Roxbury Boston, MA 02119
<b>Phone</b>	617-437-6200 <b>AIDS Action Hotline: 800-235-2331</b> <b>Hepatitis Hotline: 888-443-4372</b>
<b>Web</b>	<a href="http://www.aac.org/">http://www.aac.org/</a>
<b>Languages:</b> English	
<b>Services:</b> The AIDS Action Committee provides services to all people in the Greater Boston area who are affected by or infected with AIDS or HIV disease. All services are confidential and free of charge. Services include: Access Teams, Case Management, mental health counseling and support groups, financial assistance, housing and legal services, and transportation. They have several SRO/transition/congregate housing sites around the Boston area for those living with HIV/AIDS. They provide rental assistance for eligible persons living in Massachusetts. The agency also advocates for those living with HIV and works to prevent new infections.	



<b>Bisexual Resource Center (BRC)</b>	
<b>Address</b>	29 Stanhope Street Boston, MA 02116
<b>Phone</b>	617-424-9595
<b>Web/Email</b>	www.biresource.org brc@biresource.net
<b>Languages:</b> English	
<b>Services:</b> The Bisexual Resource Center is an international organization providing education about and support for bisexual and progressive issues.	

<b>Diverse Elders Coalition</b>	
<b>Address</b>	305 Seventh Avenue 15th Floor, New York, NY 10001
<b>Phone</b>	646-653-5015
<b>Web/Email</b>	https://www.diverseelders.org info@diverseelders.org
<b>Languages:</b> English	
<b>Services:</b> Our member organization Services & Advocacy for GLBT Elders (SAGE) offers services & programs to LGBT elders through our national affiliate program, SAGENet. They advocate at the federal, state & local level for public policies that will improve economic security, community support, & health & wellness among LGBT older people. SAGE develops consumer resources for aging providers with critical knowledge and skills, & elder LGBT people with the information they need.	

Passionate elder care advocates from Boston Senior Home Care in front of the Massachusetts State House.



<b>Human Rights Campaign (HRC)</b>	
<b>Web</b>	<a href="https://www.hrcnewengland.org/">https://www.hrcnewengland.org/</a>
<b>Languages:</b> English	
<b>Services:</b> The Human Rights Campaign fights for LGBT equality in Massachusetts alongside state and local groups and lawmakers.	



<b>The LGBT Aging Issues Network (LAIN)</b>	
<b>Address</b>	833 Market Street, Suite 511, San Francisco, CA 94103
<b>Phone</b>	415-974-9641
<b>Web</b>	<a href="http://www.asaging.org/LAIN">www.asaging.org/LAIN</a>
<b>Languages:</b> English	
<b>Services:</b> A Constituent group of the American Society on Aging (ASA). Works to raise awareness about the concerns of LGBT elders. They provide a directory of resources on LGBT aging, a newsletter, and information on events & activities.	

<b>LGBT Aging Project</b>	
<b>Address</b>	Fenway Institute, Ansin Building, 1340 Boylston Street, Boston, MA 02215
<b>Phone</b>	857-313-6590
<b>Web:</b>	<a href="http://www.lgbtagingproject.org">www.lgbtagingproject.org</a>
<b>Languages:</b> English	
<b>Services:</b> A non-profit organization dedicated to ensuring that lesbian, gay, bisexual and transgender older adults have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors take for granted. They offer a variety of services such as community education seminars, cultural competency trainings and consultations, the LGBT Community Meals Program, bereavement groups, caregiver support groups, and they offer a monthly newsletter to stay updated on news and community programs. Call for more information and a schedule of events.	



## LGBT Senior Pride Coalition

**Web** | <https://www.facebook.com/LGBTSeniorPride/>

**Languages:** English

**Services:** The LGBT Senior Pride Coalition is made up of several LGBT community groups that are dedicated to LGBT older adults. Annually, they march in Boston's Pride Parade and host the Pride Silver Dinner Dance for LGBT seniors and their friends.



**2018** marked the 48<sup>th</sup> Boston Pride Parade.

**Participants Dale Mitchell, Ethos CEO, Meg Barhite, Ethos Director of Counseling & Support Services, Emily Williams, Boston Senior Home Care Director of Community relations, & Murray!**

**proudly posing in front of Ethos' new Meals on Wheels Subaru.**

<b>Mass Equality</b>	
<b>Address</b>	14 Beacon Street, Suite 620 Boston, MA 02108
<b>Phone</b>	617-878-2300
<b>Web/Email</b>	www.massequality.org info@massequality.org
<b>Languages:</b>	English
<b>Services:</b> MassEquality is the leading statewide grassroots advocacy organization working to ensure that everyone across Massachusetts can thrive from cradle to grave without discrimination and oppression based on sexual orientation, gender identity, or gender expression. They do this by partnering across issues, identities and communities to build a broad, inclusive and politically powerful movement that changes hearts and minds and achieves policy and electoral victories.	

<b>Massachusetts LGBT Aging Commission</b>	
<b>Phone</b>	617-722-2810 Joint Committee on Elder Affairs
<b>Web</b>	<a href="https://www.facebook.com/MALGBTAgeingCommission">https://www.facebook.com/MALGBTAgeingCommission</a>
<b>Languages:</b>	English
<b>Services:</b> The Massachusetts Commission on LGBT Aging is the first statewide commission in the country to focus on the needs and unique barriers of LGBT seniors. The Commission meets quarterly to discuss recommendations as stated in the Special Legislative LGBT Aging Report: long term support services, housing, public health, senior centers and community engagement, and legal considerations.	

<b>Massachusetts Transgender Political Coalition (MTPC)</b>	
<b>Address</b>	P.O. Box 960784, Boston, MA 02196
<b>Phone</b>	617-778-0519
<b>Web/Email</b>	www.masstpc.org info@masstpc.org
<b>Languages:</b>	English and ASL
<b>Services:</b> MTPC is dedicated to ending discrimination on the basis of gender identity and gender expression. They provide training and resources to people of all ages for the transgender community. They also offer technical assistance, community workshops and programs, resources and referrals, public education campaigns, and legislative advocacy.	



<b>National LGBTQ Task Force</b>	
<b>Address</b>	1325 Massachusetts Avenue NW, Suite 600, Washington D.C. 20005
<b>Phone</b>	202-393-5177
<b>Web</b>	<a href="http://www.thetaskforce.org">http://www.thetaskforce.org</a>
<b>Languages:</b> English	
<b>Services:</b> Millions of LGBTQ people face barriers in every aspect of their lives: in housing, employment, healthcare, retirement, and basic human rights. The Task Force is a national LGBTQ civil rights and advocacy organization.	

<b>Services and Advocacy for GLBT Elders (SAGE)</b>	
<b>Address</b>	305 7th Avenue, 6th Floor, New York, NY 10001
<b>Phone</b>	212-741-2247
<b>Web</b>	<a href="http://www.sageusa.org">www.sageusa.org</a>
<b>Languages:</b> English	
<b>Services:</b> Founded in 1978 and headquartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBT older people and their caregivers. SAGE also advocates for public policy changes that address the needs of LGBT elders, provides education and technical assistance for aging providers and LGBT community organizations through its National Resource Center on LGBT Aging, and cultural competency training through SAGECare.	

**ABUSE      DOMESTIC VIOLENCE      NEGLECT      FINANCIAL EXPLOITATION**

<b>DOVE (Domestic Violence Ended)</b>	
<b>Address</b>	P.O. Box 690267, Quincy, MA 02269
<b>Phone</b>	Community Advocacy & Prevention Services 617-770-4065 <b>24 Hour Hotline:</b> 617-471-1234 or 888-314-DOVE (3683)
<b>Web</b>	<a href="http://dovema.org/">http://dovema.org/</a>
<b>Languages:</b> English	
<b>Services:</b> DOVE provides comprehensive direct services & support for victims of dating & domestic violence. DOVE's services include crisis intervention, danger assessment & safety planning, supportive counseling, emergency shelter, legal advocacy & representation, & community outreach, education, & training. They also conduct Outreach & Educational Presentations about domestic violence community groups; churches & faith-based organizations; schools, colleges & universities.	



<b>Massachusetts Adult Protective Service Programs (Abuse)</b>	
<b>Phone</b>	<b>Age 60+ 1-800-922-2275</b> <b>Under age 60 1-800-426-9009</b>
<b>Web</b>	<a href="https://www.mass.gov/report-elder-abuse">https://www.mass.gov/report-elder-abuse</a>
<b>Languages:</b> Multiple	
<b>Services:</b> Types of abuse include: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect.	
For all people over age 60 experiencing abuse, call the Massachusetts Elder Abuse Hotline at 800-922-2275.	
To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission at 1-800-426-9009.	
To report abuse of a person by nursing home or hospital, call the Department of Public Health at 800-462-5540.	
For ALL emergency or life-threatening situations call 911 or local police.	

<b>The Network/ La Red</b>	
<b>Address</b>	P.O. Box 6011, Boston, MA 02114
<b>Phone</b>	<b>Hotline 617-742-4911</b> 1-800-832-1901
<b>Web</b>	<a href="http://www.tnlr.org">www.tnlr.org</a>
<b>Languages:</b> English, Spanish	
<b>Services:</b> The Network/La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, SM, polyamorous, and queer communities. They strengthen communities through organizing, education, and the provision of support services.	
TNLR offers technical assistance for service providers in making their agency more accessible to LGBTQ individuals. In addition to their hotline, they offer LGBTQ support groups, advocacy, Safehome support, and safety planning. Call for details.	



<b>Ombudsman Programs in Boston</b>	
<b>Phone</b>	<b>Assisted Living Ombudsman 617-727-7750</b> <b>Long Term Care Ombudsman Program at Ethos 617-477-6615</b> <b>Community Care</b>
<b>Web</b>	Boston only: <a href="http://www.ethocare.org">www.ethocare.org</a> Massachusetts: <a href="https://www.mass.gov/service-details/ombudsman-programs">https://www.mass.gov/service-details/ombudsman-programs</a>
<b>Languages:</b>	Multiple
<p><b>Services:</b> An Ombudsman is an advocate. The ombudsman service offers a way for older adults to voice their complaints and have concerns addressed so they can live with dignity and respect. There are 3 types of Ombudsman programs in Massachusetts. They are as follows:</p> <p>The <b>Assisted Living Ombudsman</b> is an advocate and may act as mediator in an attempt to resolve problems that arise between an assisted living facility and one or more of its residents. Anyone can bring a complaint before the ombudsman. The complaint can be on behalf of a specific resident or on behalf of residents as a group. The ombudsman can provide you with information and concerns that have been filed against a residence. To contact an Assisted Living Ombudsman, call 617-727-7750.</p> <p>The <b>Long Term Care Ombudsman</b> is an advocate working to resolve problems related to the health, welfare and rights of individuals living in nursing or rest homes. Visiting facilities on a regular basis, Ombudsmen offer a way for residents to voice their complaints and work towards resolution with staff. Call 617-477-6615 to connect with the Ombudsman at Ethos.</p> <p>The <b>Community Care Ombudsman</b> helps elders who live in the community to review and resolve service complaints. They address concerns with services such as:</p> <ul style="list-style-type: none"> <li>- Home health care</li> <li>- Community-based MassHealth programs</li> <li>- Home care funded program</li> <li>- Federal private pay elder care programs</li> </ul> <p>Call the Massachusetts Community Care Ombudsman at 617-727-7750.</p>	



<b>Respond Inc.</b>	
<b>Address</b>	P.O. Box 555, Somerville, MA 02143
<b>Phone</b>	<b>24-Hour Crisis Hotline 617-623-5900</b>
<b>Web/Email</b>	<a href="https://www.respondinc.org/">https://www.respondinc.org/</a> info@respondinc.org
<b>Languages:</b>	English, Portuguese, French, Spanish
<b>Services:</b>	For over 40 years, RESPOND has provided an LGBT-friendly 24-Hour Crisis Hotline that offers emotional support, resource referrals, and information on legal options, statewide shelter availability, community LGBT support groups, individual counseling, access to safe shelter, training and education. Services are free, confidential, and available to all survivors and victims of domestic abuse.



**Lisa Clarke, Boston Senior Home Care Director of Care Management with seniors at the annual LGBT Aging Luncheon at the famed Venezia restaurant in Dorchester**



## CAREGIVING & SUPPORT GROUPS

### AARP Prepare to Care Guide for LGBTQ Families

<b>Phone</b>	877-333-5885
<b>Web</b>	<a href="https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2017/05/prepare-to-care-guide-lgbt-aarp.pdf">https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2017/05/prepare-to-care-guide-lgbt-aarp.pdf</a>
<b>Languages:</b> English	
<b>Services:</b> If you or your loved one identifies as lesbian, gay, bisexual or transgender (LGBT), you will likely face extra challenges around caregiving. This guide is a practical tool created to help you. Here you will find information, resources, and checklists to help get organized and find the support that you might need. The guide follows five important steps that will help see you through your caregiving journey.	

### Family Caregiver Support Program of Boston

<b>Address</b>	89 South Street, Boston, MA 02111
<b>Phone</b>	617-292-6211
<b>Web/Email</b>	<a href="http://www.bshcinfo.org/programs/familycaregiver.html">http://www.bshcinfo.org/programs/familycaregiver.html</a> bei@bshcinfo.org
<b>Languages:</b> English, Spanish, Portuguese, Russian, Cantonese, Mandarin, Vietnamese	
<b>Services:</b> The Family Caregiver Support Program of Boston offers LGBT caregivers assistance and support to ease the strain and reduce the challenges of caregiving. Caring for a loved one can often be difficult and frustrating and our goal is to enable all caregivers to provide the best possible care through enhancing their coping skills, increasing their knowledge, and minimizing the stress of caregiving. Get help by calling us for a referral to one of our experienced caregiver advisors.	

### Alzheimer's Association of Massachusetts

<b>Address</b>	309 Waverley Oaks Road, Waltham, MA 02452
<b>Phone</b>	617-868-6718 <b>24/7 Helpline: 800-272-3900</b>
<b>Web</b>	<a href="https://www.alz.org/MANH/">https://www.alz.org/MANH/</a>
<b>Languages:</b> English, Spanish, language line available	
<b>Services:</b> The Alzheimer's Association provides care and support for all those affected by Alzheimer's and other dementias. They provide services such as a 24/7 Helpline, face-to-face support groups, an LGBT telephonic support group, and educational sessions that connect people through their online message boards to answer questions, online resources, and more.	



## END of LIFE

<b>Care Dimensions Hospice</b>	
<b>Address</b>	75 Sylvan Street, Danvers, MA 01923
<b>Phone</b>	888-283-1722
<b>Web</b>	<a href="https://www.caredimensions.org/">https://www.caredimensions.org/</a>
<b>Languages:</b> English, Spanish, Chinese	
<p><b>Services:</b> Care Dimensions Hospice has been a driving force in expanding access to hospice and palliative care in Massachusetts. Today, Care Dimensions is the largest hospice in Massachusetts and they offer a continuum of clinical care for adult patients with advanced and life-limiting illnesses and provide support for their families and caregivers. Their nonprofit organization serves people of all ages, races, faiths, gender identity, sexual orientation, ethnic backgrounds and socio-economic standing and is committed to helping more individuals and families access care and receive support during one of the most challenging times in their lives. No one is denied care because of financial status, level of insurance coverage or ability to pay.</p>	

<b>Cranberry Hospice and Palliative Care</b>	
<b>Address</b>	36 Cordage Park Circle, Plymouth, MA 02360
<b>Phone</b>	508-746-0215
<b>Web</b>	<a href="http://www.bidplymouth.org/cranberryhospice">http://www.bidplymouth.org/cranberryhospice</a>
<b>Languages:</b> Multiple	
<p><b>Services:</b> Cranberry Hospice &amp; Palliative Care is a not-for-profit agency serving Plymouth County and the South Shore. They are part of Beth Israel Deaconess Hospital-Plymouth and the Beth Israel Deaconess Medical Center family of hospitals. Established in 1982 and licensed as an independent hospice in 1983, Cranberry Hospice and Palliative Care has provided end-of-life and bereavement care to adults and children for over thirty-five years. Their team believes deeply that while they must have great clinical skills, it's creating that human connection and acting with compassion that really makes the difference in who they are and the work that they do.</p> <p>They are an open, affirming and welcoming community of hospice and palliative care professionals who understand the unique needs of LGBTQ families. They offer a wide range of hospice and palliative care services, including diverse spiritual support and bereavement support groups for people of all ages.</p> <p>Call for a free, confidential consultation about your or your family's questions and concerns about palliative and end-of-life care.</p>	



<b>End With Care</b>	
<b>Address</b>	241 Country Club Road, Newton, MA 02459
<b>Phone</b>	617-686-0220
<b>Web/Email</b>	<a href="https://endwithcare.org/">https://endwithcare.org/</a> <a href="mailto:contact@endwithcare.org">contact@endwithcare.org</a>
<b>Languages:</b>	English
<b>Services:</b>	End With Care is a general educational resource delivering valuable information and access to care and service, assisting individuals, their loved ones and caregivers who are confronted with end-of-life challenges. Their goal is to bridge those in need to those who can provide care and support.

<b>Hebrew SeniorLife Hospice</b>	
<b>Address</b>	1200 Centre Street, Boston, MA 02131
<b>Web</b>	<a href="https://www.hebrewseniorlife.org/hospice">https://www.hebrewseniorlife.org/hospice</a>
<b>Phone</b>	781-234-9950
<b>Languages:</b>	English, interpreters available
<b>Services:</b>	At Hebrew SeniorLife (HSL) Hospice they celebrate diversity and welcome people of all religions, cultures, races, sexual orientation, gender expression, and class backgrounds. The goal of their LGBTQ Seniors Initiative is to ensure that LGBTQ seniors seeking HSL health services or homes in their senior living communities receive excellent care, feel comfortable and respected, and are able to be honest and open about who they are. They are dedicated to offering medical care aimed at easing a patients' pain and anxiety. At the same time, they help them achieve emotional and spiritual wholeness. They become the community within the community, standing by family members as they provide loving care. They support them through the confusing weeks and months of terminal illness and remain close by as family members and close friends begin to heal from their loss. They also offer a LGBTQ blog on spiritual care for LGBTQ elders.

<b>Honoring Choices</b>	
<b>Web</b>	<a href="https://www.honoringchoicesmass.com/">https://www.honoringchoicesmass.com/</a>
<b>Languages:</b>	English
<b>Services:</b>	Honoring Choices is a general consumer focused Massachusetts non-profit organization supporting the right of every adult to direct their health care choices for quality care today and everyday all through their lives. They provide up-to-date health care planning information, free Massachusetts care planning documents, and handy guides to start a planning discussion with care providers to match quality care to an individual's goals, values and choices.



<b>Good Shepherd Community Care</b>	
<b>Address</b>	90 Wells Avenue, Newton, MA 02459
<b>Phone</b>	617-969-6130
<b>Web/Email</b>	<a href="http://www.gscommunitycare.org/">http://www.gscommunitycare.org/</a> <a href="mailto:info@gscommunitycare.org">info@gscommunitycare.org</a>
<b>Languages:</b>	English, Spanish, Chinese, Russian
<b>Services:</b>	Good Shepherd Community Care is one of the most trusted health care organizations in Greater Boston focusing on hospice and palliative care. Founded as Hospice of the Good Shepherd in 1978, they are the original Massachusetts hospice. After decades of caring for the community, they continue to remain an independent, not-for-profit, non-sectarian organization. They are an LGBT-friendly hospice serving all people and their partners and allies.

<b>LGBT Bereavement Support Group</b>	
<b>Phone</b>	Bob Linscott 857-313-6578
<b>Web/Email</b>	<a href="https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/programs-support-groups/">https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/programs-support-groups/</a> <a href="mailto:blinscott@fenwayhealth.org">blinscott@fenwayhealth.org</a>
<b>Languages:</b>	English
<b>Services:</b>	The LGBT Bereavement Support Group is funded by the Mass Department of Public Health and facilitated by the LGBT Aging Project. All groups are free, run for 8 weeks and are open to people of all ages. Bereavement groups require preregistration.

<b>The Conversation Project</b>	
<b>Address</b>	53 State Street, 19th Floor Boston, MA 02109
<b>Web/Email</b>	<a href="http://www.theconversationproject.org">www.theconversationproject.org</a> <a href="mailto:conversationproject@IHI.org">conversationproject@IHI.org</a>
<b>Languages:</b>	English
<b>Services:</b>	The Conversation Project is a general public engagement initiative with a goal that is both simple and transformative: to have every person's wishes for end-of-life care expressed and respected. They offer kits, tools, guidance, and resources to begin talking with loved ones about your and their wishes.





**LGBT  
Aging  
Resource  
Champions**

**FAITH-BASED**

<b>Arlington Street Church</b>	
<b>Address</b>	351 Boylston Street, Boston, MA 02116-3303
<b>Phone</b>	617-536-7050
<b>Web/Email</b>	<a href="http://www.ascboston.org/">http://www.ascboston.org/</a> <a href="mailto:Office@ASCBoston.org">Office@ASCBoston.org</a>
<b>Languages:</b>	English
<b>Services:</b>	<p>From their website:            We are a diverse, welcoming congregation.            We are old and young.            We are heterosexual, gay, lesbian, bisexual and transgendered.            We are city-dwellers and suburbanites.            We are affluent and just getting by.            We are single and living in many different types of families.            We are a congregation of a few colors that would like to be a congregation of many colors.            We come together from many different religious backgrounds.            Founded in 1729, we continue the tradition of creating a sacred space for all.            We are an active member of the Unitarian Universalist Association, an organization that encourages a religious life of action as well as contemplation. Office Hours:            Monday through Friday, 9:00 AM to 5:00 PM</p>



<b>Congregation Am Tikva</b>	
<b>Address</b>	P.O. Box 990441, Boston, MA 02199
<b>Phone</b>	617-383-9539
<b>Web/Email</b>	<a href="http://www.amtikva.org">http://www.amtikva.org</a> <a href="mailto:info@amtikva.org">info@amtikva.org</a>
<b>Languages:</b>	English
<b>Services:</b> Am Tikva brings together people who identify as LGBT and who are Jewish, in the Boston area. All are welcome, even people who are not from Boston and those who do not identify as LGBT. Every first and third Friday of each month and one Saturday morning a month, traditional, and modern services are held.	

<b>Congregation Eitz Chayim</b>	
<b>Address</b>	136 Magazine Street, Cambridge, MA 02139
<b>Phone</b>	617-497-7626
<b>Web</b>	<a href="http://www.eitz.org/">http://www.eitz.org/</a>
<b>Languages:</b>	English
<b>Services:</b> They hope you will visit in person on a Friday night, join them for the High Holy Days or festivals, study with them, or attend a Meah Select Class taught by Hebrew College experts. Eitz Chayim is fully inclusive, drawing families of all configurations and individuals from diverse backgrounds and varied identities.	

<b>Dignity Boston</b>	
<b>Address</b>	P.O. Box 170428, Boston, MA 02117
<b>Phone</b>	617-421-1915
<b>Web/Email</b>	<a href="http://boston.dignitychapter.org/">http://boston.dignitychapter.org/</a> <a href="mailto:info@dignityboston.org">info@dignityboston.org</a>
<b>Languages:</b>	English
<b>Services:</b> Dignity Boston is a progressive and inclusive Catholic community for people of all sexual orientations, genders and gender identities, including gay, lesbian, bisexual, transgender, queer and intersex persons, our family, friends and supporters. All are welcome. They are part of a much larger organization, DignityUSA, a national organization with chapters and members all across the country. They offer a liturgy and social hour every Sunday at 5:00 pm at St. Stephen's church at 419 Shawmut Avenue. While we do not have office hours, anyone is welcome to call us any time and leave a message or to email us -- we will respond as promptly as possible!	



<b>Emmanuel Church Boston</b>	
<b>Address</b>	15 Newbury Street, Boston, MA 02116
<b>Phone</b>	617-536-3355
<b>Web</b>	<a href="https://www.emmanuelboston.org/">https://www.emmanuelboston.org/</a>
<b>Languages:</b> English	
<b>Services:</b> Emmanuel Church, a parish in the Episcopal Diocese of Massachusetts, serves the community of greater Boston as a dynamic center for spiritual discovery and renewal. They are the home of the very first LGBT Community Café every Thursday. See page 25 for details.	

<b>Hebrew SeniorLife LGBTQ Seniors Initiative</b>	
<b>Address</b>	1200 Centre Street, Boston, MA 02131
<b>Web</b>	<a href="https://www.hebrewseniorlife.org/hospice">https://www.hebrewseniorlife.org/hospice</a>
<b>Phone</b>	781-234-9950
<b>Languages:</b> English, interpreters available	
<b>Services:</b> At Hebrew SeniorLife (HSL), they celebrate diversity and welcome people of all religions, cultures, races, sexual orientation, gender expression, and class backgrounds. The goal of their LGBTQ Seniors Initiative is to ensure that LGBTQ seniors seeking HSL health services or homes in their senior living communities receive excellent care, feel comfortable and respected, and are able to be honest and open about who they are. They are dedicated to offering medical care aimed at easing a patients' pain and anxiety. At the same time, they help them achieve emotional and spiritual wholeness. They become the community within the community, standing by family members as they provide loving care. They support them through the confusing weeks and months of terminal illness and remain close by as family members and close friends begin to heal from their loss. They also offer a LGBTQ blog on spiritual care for LGBTQ elders.	

<b>Keshet</b>	
<b>Address</b>	284 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-524-9227
<b>Web/Email</b>	<a href="https://www.keshetonline.org/">https://www.keshetonline.org/</a> info@keshetonline.org
<b>Languages:</b> English	
<b>Services:</b> Keshet is an inclusive Jewish community for LGBT Jews in Greater Boston. The organization develops leadership for change among LGBT Jews and allies to affect changes in Jewish Institutions policies and cultures. Keshet also creates opportunities for GLBT Jews to come together, celebrate, and explore Jewish identities in an affirming environment.	



<b>Metropolitan Community Church of Boston</b>	
<b>Address</b>	Old West Church, 131 Cambridge Street, Boston, MA 02114
<b>Phone</b>	617-973-0404
<b>Web/Email</b>	<a href="http://www.mccboston.org">http://www.mccboston.org</a> <a href="mailto:church@mccboston.org">church@mccboston.org</a>
<b>Languages:</b>	English
<b>Services:</b>	A human rights church ministering to the lesbian, gay, bisexual, transgender, and queer communities.

<b>Temple Israel</b>	
<b>Address</b>	477 Longwood Avenue, Boston, MA 02215
<b>Phone</b>	617-566-3960
<b>Web/Email</b>	<a href="http://www.tisrael.org/">http://www.tisrael.org/</a> <a href="mailto:info@tisrael.org">info@tisrael.org</a>
<b>Languages:</b>	English
<b>Services:</b>	<p>Their mission: Living Judaism together through discovery, dynamic spirituality, and righteous impact. From their website, "We are a warm and thriving community, devoted to the Jewish ideals of Torah, worship, and acts of loving-kindness. Whether your interest is study, worship, Jewish culture, or social contact with other Jews, you will find a diverse array of opportunities to explore at Temple Israel."</p> <p>They encourage new LGBT members to come to Qabbalat Shabbat (welcome to Shabbat) Service, which is their main weekly congregational service. It takes place at 6:00 p.m. every Friday and lasts until about 7:15 p.m. The new member's entire family is welcome to join as they celebrate Shabbat with song and prayer.</p>

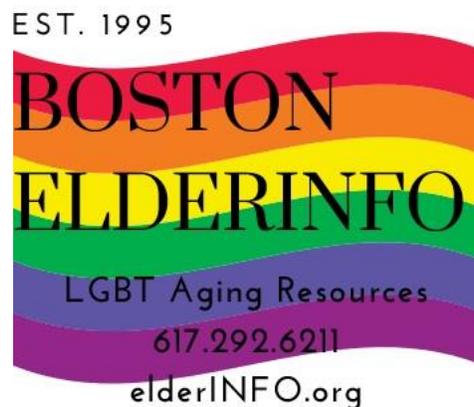
## FINANCIAL & LEGAL

<b>GLAD (Gay &amp; Lesbian Advocates &amp; Defenders)</b>	
<b>Address</b>	18 Tremont Street, Suite 950 Boston, MA 02108
<b>Phone</b>	617-426-1350 <b>Hotline: 800-455-GLAD (4523)</b>
<b>Web/Email</b>	<a href="http://www.glad.org">www.glad.org</a> <a href="mailto:gladlaw@glad.org">gladlaw@glad.org</a>
<b>Languages:</b>	English and Spanish
<b>Services:</b>	GLAD's legal information helpline, <i>GLAD Answers</i> is available from 1:30pm to 4:30pm, Monday through Friday. <i>GLAD Answers</i> is staffed by trained and compassionate volunteers who can provide callers with information about the rights of LGBTQ people as well as people living with HIV/AIDS in the 6 New England States on issues ranging from family law to anti-discrimination protections. <i>GLAD Answers</i>



also provides referrals to LGBTQ and HIV knowledgeable and affirming civil and criminal attorneys in private practice on a wide range of issues.

<b>Greater Boston Legal Services</b>	
<b>Address</b>	197 Friend Street, Boston, MA 02114
<b>Phone</b>	617-371-1234 Toll Free: 800-323-3205
<b>Web</b>	www.gbls.org
<b>Languages:</b> English	
<b>Services:</b> GBLS provides legal services to persons of all ages living in the Greater Boston area. They offer a legal assistance program for LGBT elders for same sex marriages and to address legal issues that may arise. Staff will make home visits to elders who are homebound or in nursing homes. They provide information about Medicare/Medicaid rights, denials and benefits; assistance with legal issues surrounding housing landlord/tenant problems, SSI, Social Security and Veterans Benefits. Hours of operation are Monday through Friday 9am-5pm.	



<b>Lambda Legal Defense and Education Fund</b>	
<b>Address</b>	120 Wall Street, 19th Floor, New York, NY 10005
<b>Phone</b>	212-809-8585
<b>Web</b>	www.lambdalegal.org
<b>Languages:</b> English and Spanish	
<b>Services:</b> A national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work.	



<b>Massachusetts LGBTQ Bar Association</b>	
<b>Address</b>	16 Beacon Street, c/o Boston Bar Association Boston, MA 02108
<b>Phone</b>	617-742-0615
<b>Web/Email</b>	www.masslgbtqbar.org Administrator@masslgbtqbar.org
<b>Languages:</b> English	
<b>Services:</b> The Massachusetts LGBTQ Bar Association is a voluntary state-wide professional association of LGBTQ lawyers providing a visible LGBTQ community presence within the Massachusetts legal community. Law students, paralegals and other members of the legal profession are encouraged to become non-voting associate members. The association provides advocacy and education services as well as a support network in all areas of professional practice.	

<b>Boston Money Management Program at Ethos</b>	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	<a href="https://www.ethocare.org/money-management/">https://www.ethocare.org/money-management/</a> lgbt@ethocare.org
<b>Languages:</b> Multiple	
<b>Services:</b> The money management program is a free in-home service in which trained LGBT friendly volunteers assist eligible low-income elders who have difficulty writing checks, balancing checkbooks and/or managing household finances. This service can help an individual maintain independence and stay living in one's own home.	

<b>Transgender Emergency Fund</b>	
<b>Address</b>	85 Green Street, Worcester, MA 01604
<b>Phone</b>	508-755-3773
<b>Languages:</b> English	
<b>Services:</b> Financial Assistance program for low-income transgender people.	



AgeWell West Roxbury	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web</b>	<a href="https://www.ethocare.org/agewell-west-roxbury/">https://www.ethocare.org/agewell-west-roxbury/</a> <a href="mailto:lgbt@ethocare.org">lgbt@ethocare.org</a>
<b>Languages:</b>	English
<b>Services:</b> AgeWell West Roxbury is an Ethos-sponsored initiative that promotes the development of an age-friendly inclusive community. Ethos AgeWell classes and workshops are offered to seniors free of charge to give participants the skills and confidence to manage their health and either prevent or delay chronic conditions and live healthier, more active lives.	



**Boston Senior Home Care outreach staff celebrated aging in community the summer of 2018 with Age-Friendly Boston, UMASS Boston's Gerontology program, & AARP Massachusetts.**



**The Age-Friendly Boston initiative was led by the Elderly Commission in May 2017 when they released an action plan to address social isolation, outdoor spaces, health services, & other issues that directly impact the health of all older adults & caregivers in Boston.**



<b>City of Boston Commission on Affairs of the Elderly</b>	
<b>Address</b>	City Hall, 1 City Hall Avenue, Boston, MA 02108
<b>Phone</b>	617-635-4366
<b>Web/Email</b>	<a href="https://www.boston.gov/departments/elderly-commission">https://www.boston.gov/departments/elderly-commission</a> aging@boston.gov
<b>Languages:</b> Multiple	
<b>Services:</b> The Elderly Commission facilitates full and equal participation in all aspects of life by older adults in Boston. Their services include assistance in applying for government benefits and community-based services, discount programs, housing advice, social activities and events, transportation options, advocacy, volunteer programs, and info and referral.	

<b>Community Cafés in Boston</b>	
<b>Address</b>	Various neighborhoods in Boston
<b>Phone</b>	617-522-6700
<b>Web</b>	<a href="https://www.ethocare.org/community-cafes/">https://www.ethocare.org/community-cafes/</a>
<b>Languages:</b> English	
<p><b>Services:</b> Ethos is proud to be the sponsor of Café Pride, Out4Supper, Café Emmanuel and Out2Brunch. They are safe, affirming environments for LGBT seniors to make friends, strengthen their support circles, rebuild resiliency, and nutrition. Below is a schedule of Boston's Community Cafes. There are over 18 LGBT social cafés across Massachusetts. For a complete list, please visit: <a href="https://www.meetup.com/LGBT-Aging-Events-Programs/">https://www.meetup.com/LGBT-Aging-Events-Programs/</a></p> <p><b>Café Emmanuel</b> is a weekly luncheon for Lesbian, Gay, Bisexual, and Transgender Seniors and their friends. It features a rich entertainment program that follows each meal, including recitals from the New England Conservatory and Boston Conservatory as well as, a wide variety of guest speakers.</p> <p><b>WHEN:</b> Every Thursday from 11:00 a.m. to 1:00 p.m.  <b>WHERE:</b> 15 Newbury Street, Boston, MA  <b>RSVP:</b> <a href="mailto:cafeemmanuel@ethocare.org">cafeemmanuel@ethocare.org</a> or call 617-477-6606  <b>Suggested Donation:</b> Seniors \$1.75 (\$5.00 adults under 60)</p> <p>Sponsored by Ethos &amp; The LGBT Aging Project and the City of Boston's Commission on Affairs of the Elderly Commission.</p>	



**Out4Supper** is the first “Supper Club” in Boston for LGBT elders and their friends. A varied program of entertainment, speakers and discussion groups accompany the meal, making each event a memorable experience. Out4Supper features a gourmet menu, prepared on-site by the chefs at Mount Pleasant Home, with entrees such as: swordfish with pineapple relish; seafood linguine with lobster sauce; and breaded pork chops. The location is easily accessible by public transportation and includes plenty of on-site and street parking.

**WHEN:** First Tuesday of every month, from 6:00 p.m. to 8:00 p.m.

**WHERE:** Mount Pleasant Home, 301 South Huntington Ave., Jamaica Plain, MA

**RSVP:** Call 617-522-6700

Out4Supper is made possible by the Ethos Equality Fund, the first private fund in New England dedicated solely to supporting the development, implementation, and expansion of programs and services for LGBT elders and their support circles. Additional support comes from the Boston Commission on Affairs of the Elderly and Out4Supper’s host, Mount Pleasant Home.

**Café Pride** is Ethos’ latest supper club for LGBT elders of color, their friends and allies. Many LGBT elders of color enter retirement age without the supports necessary for healthy aging. And a lifetime of discrimination has adversely affected LGBT elders of color, based on multiple aspects of their identities, including racial inequality, anti-LGBT discrimination, challenges based on immigration status, and more.

According to a study by the Seattle Institute for Multigenerational Health, more than half of LGBT older adults have been told by a doctor that they have depression; 39% have seriously thought of suicide; and 53% feel isolated from others.

In addition to providing a hot, nutritious meal and information about available programs and resources, Cafe Pride is safe and welcoming environment for LGBT elders of color to connect with each other and opportunity to celebrate the diversity in New England’s LGBT community.

**WHEN:** Second Wednesday of the month, from 4:00 p.m. to 7:00 p.m.

**WHERE:** Whittier Street Health Center, 1290 Tremont St., Conference Room 2nd Floor

**RSVP:** Call 617-477-6606 or email [meals@ethocare.org](mailto:meals@ethocare.org)

**SUGGESTED DONATION:** \$5.00

Café Pride is made possible by the Ethos Equality Fund, the first private fund in New England dedicated solely to supporting the development, implementation, and expansion of programs and services for LGBT elders and their support circles. Additional support comes from the Boston Commission on Affairs of the Elderly and Whittier Street Health Center.



**Out2Brunch** is a monthly brunch and social for older lesbian, bisexual and transgender women and their friends and allies. The brunch is held on the first Saturday of every month at Roslindale House in Roslindale as well as, the third Saturday of the month at Goddard House in Brookline. Out2Brunch at Roslindale House and Goddard House are fully handicap accessible and feature plenty of free parking. Each Out2Brunch meal is followed by entertainment, presentation or discussion.

Out2Brunch in Roslindale

**WHEN:** First Saturday of every month from 11:00 a.m. to 1:00 p.m.

**WHERE:** Roslindale House, 120 Poplar Street, Roslindale, MA

**RSVP:** [outtobrunch@gmail.com](mailto:outtobrunch@gmail.com) or call 617-522-6700 x306.

**SUGGESTED DONATION:** Seniors \$1.75 (\$5.00 adults under 60)

Out2Brunch in Brookline

**WHEN:** Third Saturday of every month, from 11:00 a.m. to 1:00 p.m.

**WHERE:** Goddard House, 165 Chestnut Street, Brookline, MA 02445

**RSVP:** Email [meals@ethocare.org](mailto:meals@ethocare.org) or call 617-522-6700 x306

**SUGGESTED DONATION:** Seniors \$1.75 (\$5.00 adults under 60)

Out2Brunch is made possible by the Ethos Equality Fund, the first private fund in New England dedicated solely to supporting the development, implementation, and expansion of programs and services for LGBT elders and their support circles. Additional support comes from the City of Boston Commission on Affairs of the Elderly; the Brookline Council on Aging; Out2Brunch's host, the Roslindale House, Goddard House Assisted Living; and the LGBT Aging Project.





▲ The monthly gathering at the Mount Pleasant Home has room for a table or two and up to 50 diners.

### Go Out for Dinner

To combat isolation, LGBT older adults are invited to supper

When Dale Mitchell, the executive director of Ethos, a nonprofit serving older adults in the Jamaica Plain neighborhood of Boston, Massachusetts, was thinking about how he could provide the gay, lesbian, bisexual and transgender community with a supportive and safe way to socialize, he hearkened back to the smoky, boozy bygone tradition of supper clubs.

Popular in the late 19th and early 20th centuries, supper clubs brought groups together in a private setting for themed evenings of food, wine and entertainment. In 2012, Mitchell revived the dining experience — minus the smoking and drinking — with **Out4Supper**, the Boston area's first LGBT-friendly supper club.

The experiment, which began with a handful of participants, now attracts up to 50 LGBT older people and their friends each month. A primary reason for Ethos's launching of the program was to combat social isolation, a particular and potentially lethal danger among LGBT elders.

"These seniors are less likely to be partnered, and too often are estranged from their own families," says Mitchell, a longtime advocate for

the community. With events like Out4Supper, LGBT elders can "commune with each other in a safe and inviting environment."

The dinners take place in a spacious, private dining area provided by the Mount Pleasant Home, a nonprofit residential care center for people age 62 and over. The gourmet menu, prepared by the home's chefs, has included such entrées as swordfish with pineapple relish and seafood linguine with lobster sauce.

Entertainment has come courtesy of acclaimed pianists and a capella singers from Boston University. There are also speakers on such topics as depression management and long-term care.

The diversity of the diners is a big part of the fun. Whereas some Ethos gatherings previously drew only gay men, or only lesbians,

Out4Supper is marketed to appeal to all.

"We found that there had been some self-segregation at earlier events," says Ethos community relations director Ray Santos. "We tailored marketing of Out4Supper to ensure participation among men and women and we also schedule it in the evening to include seniors who are still working."

The result, says Santos, is more than a nice meal: "Out4Supper has many regulars, different ages, and it's really nice to see that people have made lasting connections." ■

ETHOS

**AARP publication  
Where We Live,  
Communities for All  
Ages featuring Ethos'  
Out4Supper  
community café at  
Mt. Pleasant Home in  
Jamaica Plain**

<b>Fenway Community Health</b>	
<b>Address</b>	1340 Boylston Street, Boston, MA 02215
<b>Phone</b>	617-267-0900 <b>Helpline: 888-340-GLBT (6pm - 11pm)</b> Violence Recovery Program: 800-834-3242
<b>Email</b>	www.fenwayhealth.org
<b>Languages:</b>	English, call for more information on other languages
<b>Services:</b>	They provide counseling and mental health, substance use treatment, primary care, holistic health, acupuncture, detoxification, smoking cessation groups, a helpline, services for AIDS/HIV, support groups for symptomatic men & women with HIV, and for people who recently tested HIV-positive. They specialize in the LGBT



community as well as Fenway area neighborhood residents and students from area colleges. They also offer groups for gay men over 40 and lesbians with cancer. Fenway Health partners with Boston's Long-Term Survivors Support Group (LTSSG). LTSSG welcomes diversity and currently seeks new members. Meetings occur on the first and third Tuesday evenings of each month in the Copley Square area. There is no charge to participate.  
 For more information contact Ethan at [ethan\\_herschman@yahoo.com](mailto:ethan_herschman@yahoo.com).

<b>Families for Depression Awareness</b>	
<b>Address</b>	391 Totten Pond Road, Suite 101, Waltham, MA 02451
<b>Phone</b>	781-890-0220
<b>Web/Email</b>	<a href="http://www.familyaware.org">www.familyaware.org</a> <a href="mailto:info@familyaware.org">info@familyaware.org</a>
<b>Languages:</b> English	
<b>Services:</b> Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. They focus on family members and friends of those who are depressed, and caregivers that usually operate with little or no guidance or support. They promote depression awareness through communications programs, run by experienced experts who have been touched by depression in their family or profession. They offer additional LGBT resources for depression and mental health.	

<b>Gay &amp; Lesbian Alcoholics Anonymous</b>	
<b>Phone</b>	617-426-9444
<b>Web</b>	<a href="http://www.oocities.org/dallasuapace/aa.html.tmp">http://www.oocities.org/dallasuapace/aa.html.tmp</a> <a href="https://www.aa.org/assets/en_US/P32_AAandtheGayLesbianAlcoholic.pdf">https://www.aa.org/assets/en_US/P32_AAandtheGayLesbianAlcoholic.pdf</a>
<b>Languages:</b> English	
<b>Services:</b> Listing of gay-friendly meetings in and around Boston.	

<b>GLMA (Gay &amp; Lesbian Medical Association)</b>	
<b>Address</b>	1133 19th Street, NW Suite 302 Washington, DC 20036
<b>Phone</b>	202-600-8037
<b>Web/Email</b>	<a href="http://www.glma.org">www.glma.org</a> <a href="mailto:info@glma.org">info@glma.org</a>
<b>Languages:</b> English	
<b>Services:</b> Health Professionals Advancing LGBT Equality (previously GLMA) works to ensure equality in healthcare for lesbian, gay, bisexual, and transgender individuals and healthcare providers. They offer a directory for patients to connect with LGBT welcoming providers. The LGBT health agenda includes breast and cervical cancer, hepatitis, mental health, substance abuse, tobacco use, depression, access to care for transgender persons and other concerns.	



<b>Healthy Aging Classes at Ethos</b>	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web</b>	<a href="https://www.ethocare.org/healthy-aging-classes/">https://www.ethocare.org/healthy-aging-classes/</a>
<b>Languages:</b> English, Spanish	
<p><b>Services:</b> Healthy Aging Classes puts an older adult in control of their health. Regular physical activity, healthy eating, staying smoke-free, preventing falls, and staying socially connected are essential for living healthier lives. General classes and workshops are offered free of charge to give participants the skills and confidence to manage their health and either prevent or delay chronic conditions and live healthier, more active lives. Call for a list of classes.</p> <p>Mental Health Program:            Healthy IDEAS (<b>I</b>dentifying <b>D</b>epression <b>E</b>mpowering <b>A</b>ctivities for <b>S</b>eniors) is an intervention to detect depression and reduce the severity of depressive symptoms in at-risk older adults. Each Ethos staff member is trained in LGBT cultural competency.</p>	

<b>Health Insurance - SHINE</b>	
<b>Phone</b>	SHINE Counselor at 800-243-4636, press 3 or press 5 if calling from cell phone
<b>Web</b>	<a href="https://www.mass.gov/health-insurance-counseling">https://www.mass.gov/health-insurance-counseling</a>
<b>Languages:</b> English	
<p><b>Services:</b> The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.</p>	
<b>Meals on Wheels/Nutrition</b>	
<b>Phone</b>	617-292-6211
<b>Web/Email</b>	<a href="http://www.elderinfo.org">http://www.elderinfo.org</a> bei@bshcinfo.org
<b>Languages:</b> Multiple	
<p><b>Services:</b> Serves those 60 years of age, and older. Home Delivered Meals program (Meals on Wheels) brings a meal right to the door for homebound elders. There is also a <i>Healthy Eating for Successful Living in Older Adults</i> workshop available. Menus are designed by nutrition experts to meet the needs of older adults and are prepared by a professional caterer. Cardiac, chopped, and puréed meals are available, for those with special dietary requirements.</p>	



<b>Substance Use Helpline</b>	
<b>Phone</b>	<b>800-327-5050</b>
<b>Web</b>	<a href="https://helplinema.org/">https://helplinema.org/</a>
<b>Languages:</b> English, call for other languages	
<b>Services:</b> The Helpline is the only statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. They have caring, trained Specialists will help you understand the treatment system and your options. Seeking treatment and support is the first step toward recovery. Being in recovery means a life of greater freedom and possibility. Helpline hours: M–F 8am–10pm Weekend 8am–6pm	

## HIV/AIDS

<b>AIDS Action Committee</b>	
<b>Address</b>	75 Amory Street, Roxbury, MA 02119
<b>Phone</b>	617-437-6200 <b>AIDS Action Hotline: 800-235-2331</b>
<b>Web/Email</b>	<a href="http://www.aac.org/">http://www.aac.org/</a> <a href="mailto:info@aac.org">info@aac.org</a>
<b>Languages:</b> English	
<b>Services:</b> The AIDS Action Committee provides services to people who are affected by or infected with AIDS or HIV disease. All services are confidential & free of charge. The services include Client Advocacy, case management, mental health counseling & support groups, Hepatitis C Resource Guide, substance use needs, finding health insurance, financial assistance, housing & legal services, & transportation. They have several transition housing sites around the Boston area for those living with HIV/AIDS.	

<b>Boston Living Center</b>	
<b>Address</b>	29 Stanhope Street, Boston, MA 02116
<b>Phone</b>	617-236-1012
<b>Web</b>	<a href="http://www.vpi.org/boston">www.vpi.org/boston</a>
<b>Languages:</b> English and Spanish	
<b>Services:</b> They are a community drop-in center for people living with HIV/AIDS. They offer peer support through group meetings, congregate meals, arts, educational seminars, social activities, nutritional supplements, information and referral exchange and alternate health care including massage therapy, Reiki, podiatry, meditation, craniosacral therapy, and reflexology.	



<b>Community Servings</b>	
<b>Address</b>	18 Marbury Terrace, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-7777
<b>Web</b>	www.servings.org
<b>Languages:</b> English, Spanish	
<b>Services:</b> This nonprofit meal delivery service provides home-delivered meals and nutrition services to individuals and families living with critical and chronic illnesses. Their made-from-scratch meals are medically tailored – meaning they are customized to meet the nutritional and medical needs of their clients who are fighting illnesses like HIV/AIDS, diabetes, cancer, kidney disease, and many others. They provide meals for the client and family members including a caregiver (parent/spouse), and children under the age of 18. Food heals.	

<b>Fenway Community Health</b>	
<b>Address</b>	1340 Boylston Street, Boston, MA 02215
<b>Phone</b>	617-267-0900 <b>Helpline: 888-340-GLBT (6pm - 11pm)</b> <b>Violence Recovery Program: 800-834-3242</b>
<b>Email</b>	www.fenwayhealth.org
<b>Languages:</b> English, call other languages	
<b>Services:</b> They provide LGBT counseling & mental health, substance abuse treatment, primary care, holistic health, acupuncture, detoxification, smoking cessation groups, a helpline, services for AIDS/HIV, support groups for symptomatic men & women with HIV, & for people who recently tested HIV-positive. Fenway Health partners with Boston's <b>Long-Term Survivors Support Group (LTSSG)</b> . LTSSG welcomes diversity and currently seeks new members. Meetings occur on the first and third Tuesday evenings of each month in the Copley Square area. There is no charge to participate. For more information contact Ethan at ethan_herschman@yahoo.com	



<b>GLAD (Gay &amp; Lesbian Advocates &amp; Defenders)</b>	
<b>Address</b>	30 Winter Street, Suite 800 Boston, MA 02108
<b>Phone</b>	617-426-1350 <b>Hotline: 800-455-GLAD (4523)</b>
<b>Web/Email</b>	www.glad.org gladlaw@glad.org
<b>Languages:</b> English and Spanish	
<b>Services:</b> GLAD's legal information helpline, GLAD Answers is available from 1:30pm to 4:30pm, Monday through Friday. GLAD Answers is staffed by trained and compassionate volunteers who can provide callers with information about the rights of LGBTQ people as well as people living with HIV/AIDS on issues ranging from family law to anti-discrimination protections. GLAD Answers also provides referrals to LGBTQ and HIV knowledgeable and affirming civil and criminal attorneys in private practice.	

<b>Lambda Legal Defense and Education Fund</b>	
<b>Address</b>	120 Wall Street, 19th Floor, New York, NY 10005
<b>Phone</b>	212-809-8585
<b>Web</b>	www.lambdalegal.org
<b>Languages:</b> English & Spanish	
<b>Services:</b> A national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work.	

<b>Multicultural AIDS Coalition, Inc.</b>	
<b>Address</b>	31 Heath Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-442-1622
<b>Web/Email</b>	www.mac-boston.org
<b>Languages:</b>	English
<b>Services:</b> The Multicultural AIDS Coalition (MAC) mission is to mobilize communities of color to end the HIV epidemic. MAC supports broader efforts to eradicate conditions that fuel the epidemic, including substance abuse, sexually transmitted infections, lack of healthcare access, homelessness, incarceration, and discrimination based on race, sex, ethnicity, sexual orientation and gender identity.	

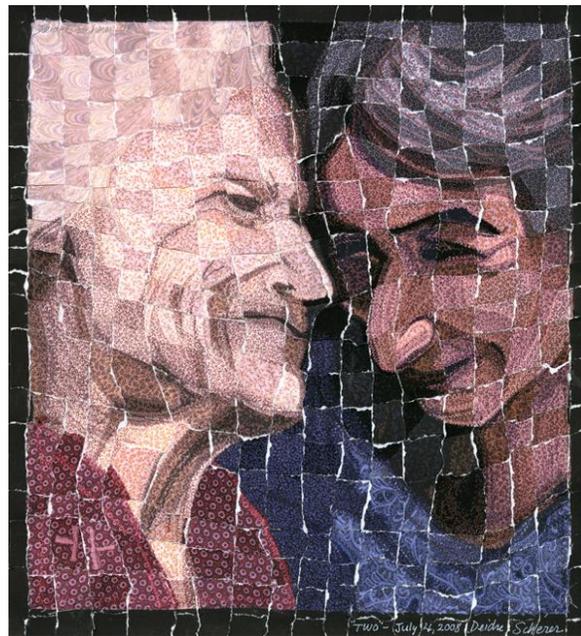


<b>National Minority AIDS Council</b>	
<b>Address</b>	1000 Vermont Avenue, NW, Suite 200 Washington DC 20005-4903
<b>Phone</b>	202-853-0021
<b>Web/Email</b>	www.nmac.org info@nmac.org
<b>Languages:</b> English	
<b>Services:</b> A national organization dedicated to developing leadership within communities of color to address the challenges of HIV/AIDS.	

<b>New England Association on HIV Over Fifty</b>	
<b>Address</b>	38 Chauncy Street, #500 Boston, MA 02111
<b>Web</b>	<a href="https://www.facebook.com/nehof">https://www.facebook.com/nehof</a>
<b>Languages:</b> English	
<b>Services:</b> NEAHOF is a nonprofit organization working to bring healthcare equality and to build vibrant, productive lives for positive elders.	



<b>Ryan White Planning Council Boston</b>	
<b>Address</b>	Boston Public Health Commission 1010 Massachusetts Ave, 6th Floor, Boston, MA 02118
<b>Phone</b>	617-534-5395
<b>Web/Email</b>	<a href="http://www.bphc.org/whatwedo/infectious-diseases/Ryan-White-Services-Division/boston-planning-council/Pages/Boston-Planning-Council.aspx">http://www.bphc.org/whatwedo/infectious-diseases/Ryan-White-Services-Division/boston-planning-council/Pages/Boston-Planning-Council.aspx</a> info@bphc.org
<b>Languages:</b>	English
<b>Services:</b>	The Ryan White Planning Council is an independent federally required planning body that works to organize, evaluate, prioritize, and allocate Ryan White Part A HIV funding in the Boston Eligible Metropolitan Area (EMA). The Council is appointed by the Mayor of Boston and works with staff of the Boston Public Health Commission Division of HIV/AIDS Services to administer the Part A grant. The Ryan White Act was created to fill gaps in existing medical and supportive HIV services and contains several parts. Part A provides the funding for the Boston EMA and other urban areas most heavily impacted by the HIV & AIDS epidemic.



***TWO***

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**“Time and good friends are two things that become more valuable  
the older we get.”**

***Anonymous***

## HOME CARE

<b>Boston ElderINFO</b>	
<b>Address</b>	89 South Street, Boston, MA 02111
<b>Phone</b>	617-292-6211
<b>Web/Email</b>	www.elderinfo.org      bei@bshcinfo.org
<b>Languages:</b> Multiple	
<p><b>Services:</b> Since 1995, we have been providing exceptional culturally competent information and referral services to all residents, caregivers, allies, partners, and friends of Boston. We are the intake helpline for the 3 Boston home care agencies Boston Senior Home Care, Central Boston Elder Services, and Ethos.</p> <p>Call us with questions and referrals Monday through Friday 9am – 5pm. If we miss your call, please leave a message on our secured voicemail and we will return your call within 1 business day.</p>	

<b>Boston Senior Home Care</b>	
<b>Address</b>	89 South Street, Boston, MA 02111
<b>Phone</b>	617-451-6400
<b>Web/Email</b>	www.bshcinfo.org      info@bshcinfo.org
<b>Languages:</b> Multiple	
<p><b>Services:</b> Since 1974, Boston Senior Home Care has been helping seniors live independently, and with dignity. Extensive in-home services, ranging from personal care to home delivered meals are available. Eligibility for services is based on a sliding scale and is determined by age, income and need.</p> <p>Boston Senior Home Care provides LGBTQ inclusive care management and support services to individuals, 60 years of age and older, and disabled individuals, 16 years of age and older, who wish to remain in their community but may require some assistance to do so. They also provide respite scholarships, support services and resources to those acting as caregivers and educational initiatives for those interested in controlling illness and maintaining a healthy lifestyle.</p> <p>Their mission: Boston Senior Home Care is dedicated to ensuring that culturally diverse elders and disabled adults, particularly those of limited means, can remain in their homes or in other supportive settings with dignity and independence.</p>	



<b>Central Boston Elder Services</b>	
<b>Address</b>	2315 Washington Street, Roxbury, MA 02119
<b>Phone</b>	617-277-7416
<b>Web/Email</b>	www.centralboston.org      info@centralboston.org
<b>Languages:</b> Multiple	
<p><b>Services:</b>            Central Boston Elder Services, a non-profit corporation, helps Boston area seniors remain in their homes by providing LGBTQ inclusive short and long-term care. Programs and services are offered to help seniors remain self-sufficient.</p> <p>The mission of Central Boston Elder Services is to provide high quality, responsive, supportive services and programs to the elderly and the disabled in need of health and human services. Central Boston Elder Services seeks in its philosophy to provide services in a manner which reinforces dignity and worth of the individuals and also acknowledges and respects cultural sensitivity, gender and other differences, while serving the community with vision and integrity.</p>	

<b>Ethos</b>	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	www.ethocare.org      info@ethocare.org
<b>Languages:</b> Multiple	
<p><b>Services:</b>            Ethos is a private, not-for-profit organization that promotes the independence, dignity, and well-being of the elderly and disabled. Ethos achieves its mission through the coordination and delivery of high-quality, affordable home and community-based care. In all aspects of its work Ethos supports family caregiving, fosters social interaction and respects cultural diversity.</p> <p>They offer many LGBTQ inclusive services such as, homemaking, personal care, home delivered meals, home health services, chore, adaptive housing, personal emergency response system, companion care, adult day health, transportation, supportive housing, respite care, habilitation therapy, money management, options counseling, ombudsman services, community cafés, the Personal Care Attendant program, and so much more.</p>	



Home Care Outside of Boston – Mass Options	
<b>Phone</b>	800-AGE-INFO or 800-243-4636 TTY: MassRelay 711 844-422-MASS
<b>Web/Email</b>	<a href="https://800ageinfo.com">https://800ageinfo.com</a> <a href="https://www.massoptions.org/massoptions/">https://www.massoptions.org/massoptions/</a> Webmaster@MassOptions.org
<b>Languages:</b>	Multiple
<p><b>Services:</b> They are the statewide Information &amp; referral helpline and database to help people find:</p> <ol style="list-style-type: none"> <li>1. Local elder service agencies and caregiver services</li> <li>2. The Prescription Advantage prescription drug assistance program</li> <li>3. Health insurance assistance or a SHINE counselor</li> <li>4. Report Elder abuse, neglect and financial exploitation</li> <li>5. Service complaints and the Main Office at the Executive Office of Elder Affairs</li> </ol>	



## HOUSING

<b>City of Boston Commission on Affairs of the Elderly</b>	
<b>Address</b>	City Hall, 1 City Hall Avenue, Room 271, Boston, MA 02108
<b>Phone</b>	617-635-4366 Teletype: 617-635-4599
<b>Web/Email</b>	<a href="https://www.boston.gov/departments/elderly-commission">https://www.boston.gov/departments/elderly-commission</a> aging@boston.gov
<b>Languages:</b>	English
<b>Services:</b>	They facilitate full and equal participation in all aspects of life by older adults in Boston. They assist with issues including home repairs and homecare services, landlord responsibilities, subsidized senior housing, legal matters, property taxes, homeowner financial options, heating or utility problems, homelessness, foreclosures and evictions, and housing options.

<b>Options Counseling</b>	
<b>Phone</b>	617-292-6211
<b>Web/Email</b>	<a href="http://www.elderinfo.org">www.elderinfo.org</a> <a href="mailto:bei@bshcinfo.org">bei@bshcinfo.org</a>
<b>Languages:</b>	Multiple
<b>Services:</b>	Options Counseling is a free program that provides all people information on housing to help them live independently in their community, regardless of age or income. Options Counseling is a service offered by Elder Care Alliance members Boston Senior Home Care, Central Boston Elder Services, and Ethos. Trained Option Counselors provide advise on housing options such as shared living, home sharing, adult family care, independent and assisted living, affordable and market rate rental apartments, housing with services, and so much more. Call us for a referral.



Project Q Boston	
<b>Phone</b>	617-997-1690
<b>Web/Email</b>	www.ProjectQBoston.org      Paul.Duffy@ProjectQBoston.org
<b>Languages:</b>	English, French, Arabic, Portuguese
<p><b>Services:</b> Their mission is to create a diverse and inclusive community within the City of Boston which provides a platform for healthy aging in all its dimensions. Through innovative partnerships and a thorough engagement in the cultural and intellectual life of Boston, Project Q will provide opportunity and avenues of growth for its residents and their families, for neighbors, its businesses and healthcare partners and members of all the communities it serves.</p> <p>Project Q is a not-for-profit community development project proposed to support residents of Boston to age healthfully and inter-generationally in a central Boston neighborhood, with a particular focus on serving older adults of the LGBT community.</p>	

LGBT Senior Housing Task Force	
<b>Phone</b>	857-313-6578
<b>Web/Email</b>	<a href="https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/blinscott@fenwayhealth.org">https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/blinscott@fenwayhealth.org</a>
<b>Languages:</b>	English
<p><b>Services:</b> The LGBT Senior Housing Task Force is a group of community members and professionals, who are tasked with the mission to create the first affordable LGBT senior housing site in Boston. Contact Bob Linscott at the # above for details.</p>	



## SOCIALIZATION

<b>AgeWell Equality at Ethos</b>	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	<a href="http://www.ethocare.org/agewellequality">www.ethocare.org/agewellequality</a> <a href="mailto:lgbt@ethocare.org">lgbt@ethocare.org</a>
<b>Languages:</b> English, Spanish	
<p><b>Services:</b> AgeWell Equality, a program of Ethos, is an ambitious region-wide initiative to promote aging-in-place for older LGBTs. Through AgeWell Equality, Ethos, along with its partners, will implement programs specifically tailored and targeted to vulnerable LGBT seniors such as LGBT cultural competency training for social services organizations; evidence-based healthy aging workshops and trainings; social engagement opportunities to combat isolation and loneliness; and forums to address LGBT-specific aging issues. The goal of AgeWell Equality is to make sure LGBTs in greater Boston will never, ever have to go back in the closet just because they are old or disabled.</p>	

<b>Beacon Hill Village</b>	
<b>Address</b>	74 Joy Street, Boston, MA 02114
<b>Phone</b>	617-723-9713
<b>Web/Email</b>	<a href="http://beaconhillvillage.org/">http://beaconhillvillage.org/</a> <a href="mailto:info@beaconhillvillage.org">info@beaconhillvillage.org</a>
<b>Languages:</b> English	
<p><b>Services:</b> Beacon Hill Village, an all-inclusive member-driven organization for Boston residents 50 and over living in the neighborhoods of Back Bay, Beacon Hill, Downtown/Waterfront, Fenway/Kenmore, Midtown, and the North, South, and West Ends. They provide programs and services so members can lead vibrant, active and healthy lives, while living in their own homes and neighborhoods. Benefits include access to discounted providers who can help manage a person's household, stay active and healthy, and serve their driving needs. Their social and cultural programs are always changing to support member interests. Call for more info.</p>	



<b>Boston Gay Men's Chorus</b>	
<b>Address</b>	539 Tremont Street, Boston, MA 02116
<b>Phone</b>	617-542-7464
<b>Web</b>	www.bgmc.org
<b>Languages:</b> English	
<p><b>Services:</b> The Boston Gay Men's Chorus creates musical experiences to inspire change, build community and celebrate difference. Founded in 1982, the 200-voice ensemble is celebrated for its outstanding musicianship, creative programming, and groundbreaking community outreach. Under the dynamic leadership of Music Director Reuben M. Reynolds III, the BGMC sings a wide spectrum of classical and popular music and creates social change by providing a positive, affirming image of the gay and lesbian community. All interested singers are encouraged to audition. Prior choral singing experience and elementary music reading skill is helpful but not a prerequisite.</p>	



**Boston ElderINFO**

**YOUR NEIGHBORHOOD  
AGING INFO SPECIALISTS.**

Boston ElderINFO is the helpline of the Elder Care Alliance, an innovative non-profit collaboration of the 3 Boston home care agencies: Boston Senior Home Care, Central Boston Elder Services, & Ethos. For more than 25 years we have provided information & referral services that help make living independently at home possible for people of all ages.



Phone: **617-292-6211**  
Website: **www.ElderInfo.org**



<b>Boston Prime Timers</b>	
<b>Address</b>	566 Columbus Avenue, Boston, MA 02118
<b>Phone</b>	617-447-2344
<b>Web/Email</b>	www.bostonprimetimers.org bostonprimetimers@uses.org
<b>Languages:</b> English	
<b>Services:</b> Boston Prime Timers is a social, educational and support organization for mature gay and bisexual males, partners and friends. "Pay As You Go" monthly activities include dinner, lunch, concerts, trips, parties and meetings at the center or in members' homes. Prime Timers are men who are active in their communities, involved with volunteerism, politics, gay issues, arts and entertainment. Call club phone 24 hours a day for an unattended message and for more information.	

<b>Boston Symphony Orchestra</b>	
<b>Address</b>	301 Massachusetts Avenue, Boston, MA 02115
<b>Phone</b>	617-266-1492
<b>Web</b>	<a href="https://www.bso.org/">https://www.bso.org/</a>
<b>Languages:</b> English	
<b>Services:</b> The Boston Symphony Orchestra is the largest orchestral organization in the world, encompassing the Boston Pops and the orchestra's summer home, Tanglewood. A standard bearer of the classical repertoire and one of the key supporters of 20th-Century music, the BSO performs at Symphony Hall from September through May, with concerts most Tuesday, Thursday, and Saturday evenings and on Friday afternoons.	

<b>Brandeis Osher Lifelong Learning Institute (BOLLI)</b>	
<b>Address</b>	415 South Street, MS 085 Waltham, MA 02453
<b>Phone</b>	781-736-2992
<b>Web/Email</b>	<a href="https://www.brandeis.edu/bolli/">https://www.brandeis.edu/bolli/</a> bolli@brandeis.edu
<b>Languages:</b> English	
<b>Services:</b> They are a year-round community of all intellectually curious adults, age 50 and above, who explore a liberal arts curriculum through study groups, seminars, lecture series and special presentations and events. Brandeis University instructors, experts in their field and master-teachers, lead seminars and lecture series. Members regularly organize special presentations and events including book discussions, theater and museum outings, poetry circles, photo exhibits, and literary salons.	



<b>City of Boston Commission on Affairs of the Elderly</b>	
<b>Address</b>	City Hall, 1 City Hall Avenue, Room 271, Boston, MA 02108
<b>Phone</b>	617-635-4366 Teletype: 617-635-4599
<b>Web/Email</b>	<a href="https://www.boston.gov/departments/elderly-commission">https://www.boston.gov/departments/elderly-commission</a> aging@boston.gov
<b>Languages:</b> English, call for other languages	
<b>Services:</b> They facilitate full and equal participation in all aspects of life by older adults in Boston. Their services include assistance in applying for government benefits and community-based services, discount programs, housing advice, transportation options, advocacy, social activities, volunteer programs, and information and referral.	

<b>Community Cafés</b>	
<b>Address</b>	Various sites in and around Boston
<b>Phone</b>	617-522-6700
<b>Web</b>	<a href="https://www.ethocare.org/community-cafes/">https://www.ethocare.org/community-cafes/</a>
<b>Languages:</b> English	
<b>Services:</b> SEE PAGE 25 FOR A COMPLETE LISTING OF LGBT COMMUNITY CAFÉS	

<b>The History Project</b>	
<b>Address</b>	29 Stanhope Street, Boston MA 02116
<b>Phone</b>	617-266-7733
<b>Web</b>	<a href="http://www.historyproject.org/">http://www.historyproject.org/</a>
<b>Languages:</b> English	
<b>Services:</b> The History Project is a volunteer organization researching and preserving the history of LGBT in Boston and in Massachusetts. They published a book through Beacon Press, <i>Improper Bostonians</i> .	

<b>The Huntington Theatre</b>	
<b>Address</b>	264 Huntington Avenue, Boston MA 02115
<b>Phone</b>	617-266-7900 Box Office: 617-266-0800
<b>Web/Email</b>	<a href="http://www.huntingtontheatre.org">www.huntingtontheatre.org</a> <a href="mailto:tickets@huntingtontheatre.org">tickets@huntingtontheatre.org</a>
<b>Languages:</b> English	
<b>Services:</b> The Huntington Theatre Company engages, inspires, entertains and challenges audiences with theatrical productions that range from the classics to new works; they train and support the next generation of theatre artists; they provide arts education programs that promote life-long learning to a diverse community; and they celebrate the essential power of the theatre to illuminate common humanity.	



<b>JP@Home</b>	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	<a href="http://www.ethocare.org">www.ethocare.org</a> <a href="mailto:info@ethocare.org">info@ethocare.org</a>
<b>Languages:</b> English	
<b>Services:</b> JP@Home is an all inclusive membership-based program of Ethos, dedicated to promoting the health, independence, and dignity of older adults and persons with disabilities. The program is intended for middle income older adults who reside in Jamaica Plain, Roslindale, West Roxbury, Hyde Park, Mission Hill, Roxbury, and Brookline and want to age in place. Members subscribe to JP@Home to receive access to Ethos' services at discounted rates and numerous social, health, and wellness activities.	

<b>LGBT Aging Project</b>	
<b>Address</b>	Fenway Institute, Ansin Building, 1340 Boylston Street Boston, MA 02215
<b>Phone</b>	857-313-6590      LGBT Support Group: 617-271-4182
<b>Web</b>	<a href="http://www.lgbtagingproject.org">www.lgbtagingproject.org</a>
<b>Languages:</b> English	
<b>Services:</b> A non-profit organization dedicated to ensuring that lesbian, gay, bisexual and transgender older adults have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors take for granted. They offer a variety of services such as community education seminars, cultural competency trainings and consultations, the LGBT Community Meals Program, bereavement groups, caregiver support groups, and they offer a monthly newsletter to stay updated on news and community programs. Call for more information and a schedule of events.	

<b>LGBT Elders of Color</b>	
<b>Web/Email</b>	<a href="https://www.lgbteldersofcolor.com/">https://www.lgbteldersofcolor.com/</a> <a href="https://www.facebook.com/flashbacksundayeoc/">https://www.facebook.com/flashbacksundayeoc/</a> <a href="mailto:lgbteldersofcolor@gmail.com">lgbteldersofcolor@gmail.com</a>
<b>Languages:</b> English	
<b>Services:</b> LGBT Elders of Color conducts outreach to isolated LGBT adults of color, to build community through social engagement events, creative programs, and provide necessary resources for health care and aging services. The social component enables LGBT older adults of color to meet new people and engage with a diverse and inter-generational group of peers. The programmatic component connects this group to important information about health care and elder service resources.	



### Massachusetts Councils on Aging (MCOA)

**Address** 116 Pleasant Street, Easthampton, MA 01027

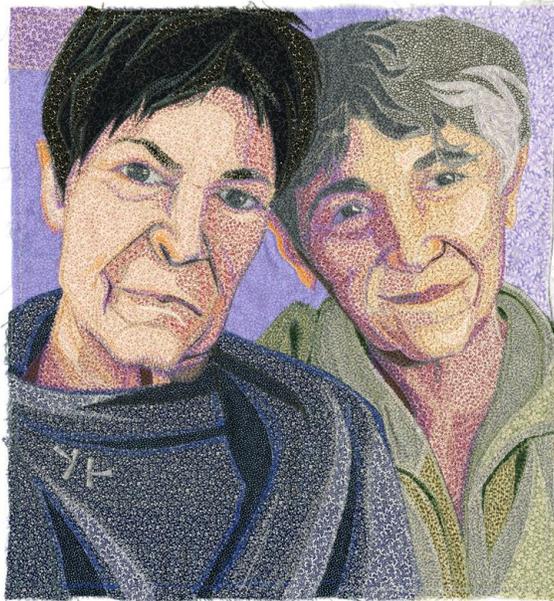
**Phone** 413-527-6425

**Web** <https://mcoaonline.com/>

**Languages:** English

**Services:** MCOA serve as a conduit for accessing a range of municipal services that may seem out-of-reach to older residents. They provide an integrated array of social, health, recreational and education programs for all older people.

MCOA conducts more than 100 programs from information and referral to benefits, outreach, transportation, and meals and other food programs to health screenings, health insurance information benefits counseling, fitness, recreation, computer access, education and lifelong learning, among others.



***CIVIL UNION***

**thread on fabric**

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<b>Old Lesbians Organizing For Change (OLOC)</b>	
<b>Address</b>	Boston Chapter
<b>Phone</b>	888-706-7506
<b>Web</b>	oloc.boston@gmail.com
<b>Languages:</b> English	
<p><b>Services:</b> They are a national network of Old Lesbians over age 60 working to confront ageism in our communities and our country. They use education and public discourse as primary tools.</p> <p>Boston OLOC programs and events are open to all lesbians, including transgender lesbians, who want to attend their programs and create a community of old lesbians—and those of any age—who support OLOC’s mission including their commitment to solidarity with allies for racial, economic, and social justice.</p> <p>To get on OLOC Boston's mailing list, e-mail: oloc.boston@gmail.com</p>	

<b>Rainbow Lifelong Learning Institute Boston</b>	
<b>Address</b>	630 Massachusetts Avenue, First Parish Unitarian Universalist Church of Arlington, MA
<b>Web/Email</b>	<a href="http://www.rainbowlliboston.org/">http://www.rainbowlliboston.org/</a> RainbowLLIBoston@gmail.com
<b>Languages:</b> English	
<p><b>Services:</b> The Rainbow Lifelong Learning Institute Boston offers LGBT seniors and friends the opportunity to build and strengthen community through educational programs and social activities, such as Qi Gong and a Brown Bag Speakers Series. Visit their website for class info and details on how to get involved.</p>	

<b>RALLY</b>	
<b>Address</b>	Social events held in & around Boston
<b>Web</b>	<a href="https://www.meetup.com/RALLY_/">https://www.meetup.com/RALLY_/</a>
<b>Languages:</b> English	
<p><b>Services:</b> RALLY is a social group providing opportunities for LBT women age 55 and older (and their partners of any age) to gather together in a supportive atmosphere. They are a welcoming group of fun-loving Boston area women sharing small and large social, recreational, and cultural events.</p>	



<b>The List: Boston's Queer Agenda</b>	
<b>Web/Email</b>	<a href="http://www.queeragenda.org/">http://www.queeragenda.org/</a> <a href="mailto:volunteer@queeragenda.org">volunteer@queeragenda.org</a>
<b>Languages:</b>	English
<b>Services:</b>	The List: Boston's Queer Agenda is a free weekly email calendar of events, a monthly email for Housing Wanted or to offer, a monthly Classifieds with jobs, groups and more, a Facebook Page with daily news, and a monthly Google Calendar of events for in and around the Boston region. The List encourages networking and centralizes information about upcoming events, volunteer and job opportunities, apartment postings and community announcements.



<b>Trans Club of New England</b>	
<b>Address</b>	P.O. Box 540071, Waltham MA 02454-0071
<b>Phone</b>	781-891-9325
<b>Web/Email</b>	<a href="http://www.tcne.org">www.tcne.org</a> <a href="mailto:info@tcne.org">info@tcne.org</a>
<b>Languages:</b>	English
<b>Services:</b>	TCNE's primary mission is that of being a social and support club for transgender people in the New England region. Offering transgender social activities and support since the 1970's, they are one of the oldest transgender groups in the world and one of very few with their own permanent location. They also run the First Event transgender conference each January/February. Existing members and newcomers are encouraged to drop in any Tuesday evening, 7:00 – 10:00 pm, or Saturday evening 7PM to 11PM. Come dressed or not. Dress there if you like. They are a very safe and friendly place to come out and/or establish connections.



<b>UMASS Boston Osher Lifelong Learning Institute (OLLI)</b>	
<b>Address</b>	100 William T. Morrissey Blvd. Boston, MA 02125-3393
<b>Phone</b>	617-287-7312
<b>Web</b>	www.OLLI.umb.edu    ollireg@gmail.edu
<b>Languages:</b> English	
<p><b>Services:</b> OLLI is an all inclusive membership-based (scholarships available) community of mature adults who enjoy learning and want to spend time with their peers who have similar interests. No specific background or education level is required to join, just an interest in learning, the desire to participate actively and share ideas with peers, and have an open mind. They offer more than 140 courses on topics such as current events, the arts, culture, travel, business and technology, and world history. No homework or tests! There are also field trips, social activities like a book club, meditation and wellness, and Women's "Herstory". Keep the mind active and join them.</p> <p><b>The Stonewall</b> at OLLI Special Interest Group is made up of LGBT members who wish to share educational, social and cultural experiences together and with the larger UMass Boston community. The UMass Boston OLLI is the only one of the 122 nationwide OLLIs with an LGBT SIG (Special Interest Group).</p>	

<b>Voices Rising Women's Chorus</b>	
<b>Address</b>	P.O. Box 300476 Jamaica Plain, MA 02130
<b>Phone</b>	617-396-7086
<b>Web/Email</b>	www.voicesrising.org    info@voicesrising.org
<b>Languages:</b> English	
<p><b>Services:</b> Voices Rising Women's Chorus was founded upon feminist principles of community, inclusivity, activism &amp; education. They sing together to give voice to their lives, identities, beliefs, &amp; to celebrate the diverse lesbian, gay, bisexual, trans &amp; women's communities in &amp; around Boston.</p>	



## VETERANS

<b>VA Hospitals in Boston</b>	
<b>Address</b>	Jamaica Plain Division 150 S. Huntington Ave., Jamaica Plain, MA 02130 West Roxbury Division 1400 VFW Parkway, West Roxbury, MA 02132
<b>Phone</b>	800-865-3384 <b>Veterans Crisis Line 1-800-273-8255 (Press 1)</b>
<b>Web</b>	<a href="https://www.boston.va.gov/services/lesbian_Gay_Bisexual_and_Transgender_Veterans.asp">https://www.boston.va.gov/services/lesbian_Gay_Bisexual_and_Transgender_Veterans.asp</a>
<b>Languages:</b> English	
<b>Services:</b> VA Boston Healthcare System exists to serve ALL who served. Veterans receive timely quality care by staff who demonstrate outstanding customer service, the advancement of health care through research, and the education of tomorrow's health care providers.	
Each VA Boston campus has a designated LGBT Veteran Care Coordinator:	
Jamaica Plain: Colleen Sloan, Ph.D. (857) 364-5983	
West Roxbury: Joseph Wigon, LICSW (857) 364-5634	



VA takes **PRIDE** in  
serving **LGBT** Veterans

**WOMEN VETERANS HEALTH CARE**  
LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) PROGRAM OFFICE




U.S. Department  
of Veterans Affairs  
[lgbtprogram@va.gov](mailto:lgbtprogram@va.gov)



New England LGBT Veterans	
<b>Address</b>	Various Locations in Boston
<b>Phone</b>	774-826-1109
<b>Web</b>	<a href="http://www.boston.va.gov/services">www.boston.va.gov/services</a>
<b>Languages:</b> English	
<b>Services:</b> VA services and supports for LGBT veterans and their families. Available M-F 8am – 4:30 pm. Call for more information.	

Outvets	
<b>Phone</b>	617-600-8186
<b>Web/Email</b>	<a href="https://www.facebook.com/OUTVETS">https://www.facebook.com/OUTVETS</a> <a href="mailto:bryan.bishop@outvetsamerica.org">bryan.bishop@outvetsamerica.org</a>
<b>Languages:</b> English	
<b>Services:</b> OUTVETS was created to recognize and honor the contributions and sacrifices of LGBTQ Veterans through social interaction and community service and engagement. This organization has no political agenda or affiliation.	



**The Mayor of Boston & Ethos’ 2018 LGBT Annual Luncheon (from left) Lisa Clarke, Boston Senior Home Care Director of Care Management, Lisa Krinsky, LGBT Aging Project Director, & Emily Williams, Boston Senior Home Care Director of Community Relations**



## VOLUNTEERS



**Bob Linscott, LGBT  
Aging Project  
Assistant Director  
(2<sup>nd</sup> from left) with  
2013 Pride  
Luncheon  
Attendees**

<b>Ethos LGBT Friendly Volunteer Companion Program</b>	
<b>Address</b>	555 Amory Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-522-6700
<b>Web/Email</b>	<a href="https://www.ethocare.org/volunteer/">https://www.ethocare.org/volunteer/</a> <a href="mailto:lgbt@ethocare.org">lgbt@ethocare.org</a>
<b>Languages:</b> Multiple	
<p><b>Services:</b> Each year, over 500 community volunteers contribute over one million dollars' worth of service with Ethos, visiting elders in their homes, helping with grocery shopping, serving lunch at community cafés, offering Medicare counseling, teaching health &amp; wellness classes, helping with monthly financial management, read mail, prepare a light meal or snack for the senior, and so much more!</p> <p>Volunteer opportunities occur primarily in Jamaica Plain, Hyde Park, Mattapan, Roslindale and West Roxbury, with select volunteer opportunities citywide. Ethos offers a range of LGBT inclusive programs that can fit into any schedule or volunteering preference! For a full list of volunteer opportunities available, please visit their website.</p>	



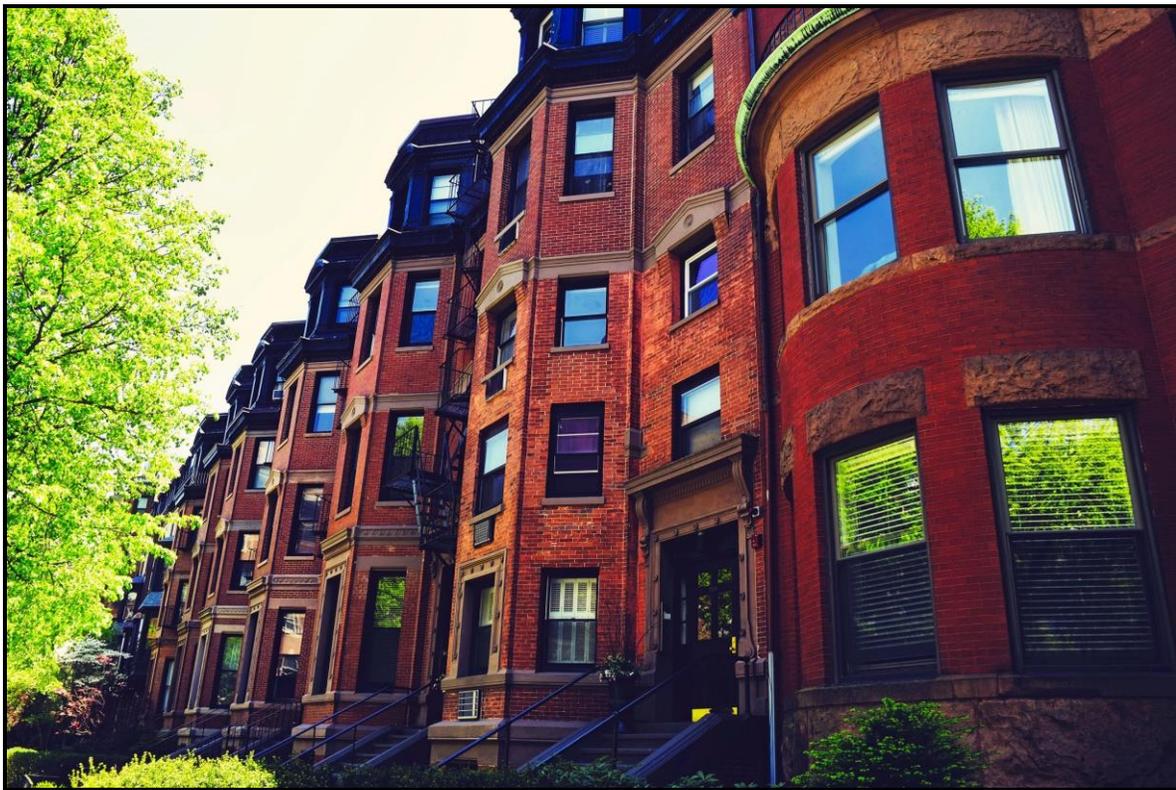
<b>FriendshipWorks</b>	
<b>Address</b>	105 Chauncy Street, Boston, MA 02111
<b>Phone</b>	617-482-1510
<b>Web/Email</b>	<a href="https://www.fw4elders.org/">https://www.fw4elders.org/</a> friend@fw4elders.org
<b>Languages:</b>	English and Spanish
<b>Services:</b>	<p>Their mission is to reduce social isolation, enhance quality of life, and preserve the dignity of older adults in Greater Boston. They accomplish this by recruiting and training volunteers of all ages, faiths, and backgrounds who provide friendship, advocacy, education, assistance, and emotional support.</p> <p>They offer general volunteers to provide medical escort, one time Friendly Helping, ongoing Friendly Visiting, PetPals, Music Works, La Cadena de Amistad – a program for Spanish speakers, Relaxing Through the Arts for those living in nursing homes, and a Low Vision Initiative involving workshops and volunteers that can assist those with vision loss.</p>

<b>Gay for Good G4G</b>	
<b>Address</b>	6444 East Spring Street, Long Beach, CA 90815
<b>Web/Email</b>	<a href="https://gayforgood.org/">https://gayforgood.org/</a> info@gayforgood.org
<b>Languages:</b>	English
<b>Services:</b>	Gay For Good aims to energize and mobilize the LGBTQ community to interact with the greater community by volunteering our time to various social welfare and environmental service projects.

<b>Little Brothers Friends of the Elderly</b>	
<b>Address</b>	3305 Washington Street, Jamaica Plain, MA 02130
<b>Phone</b>	617-524-8882
<b>Web/Email</b>	<a href="https://www.littlebrothersboston.org/">https://www.littlebrothersboston.org/</a> boston@littlebrothers.org
<b>Languages:</b>	English, please contact for additional languages
<b>Services:</b>	They offer general intergenerational group activities at elder buildings and senior and community centers across Boston. Please check their website for current locations and times.



<b>RSVP Program - City of Boston</b>	
<b>Address</b>	1 City Hall Plaza, Boston, MA 02201
<b>Phone</b>	617-635-4374
<b>Web/Email</b>	<a href="https://www.boston.gov/departments/elderly-commission/boston-rsvp">https://www.boston.gov/departments/elderly-commission/boston-rsvp</a> Monique.Carvalho@boston.gov
<b>Languages:</b>	English and Spanish
<b>Services:</b>	The Boston Retired Senior Volunteer Program (RSVP) matches all people 55 and over with volunteer opportunities throughout the City of Boston. Volunteers serve at locations throughout Boston offering: companionship to adults, respite to caregivers, delivering food to frail seniors, transportation to seniors, providing free health insurance information to clients, teaching English as a second language, and supporting veterans and their families.

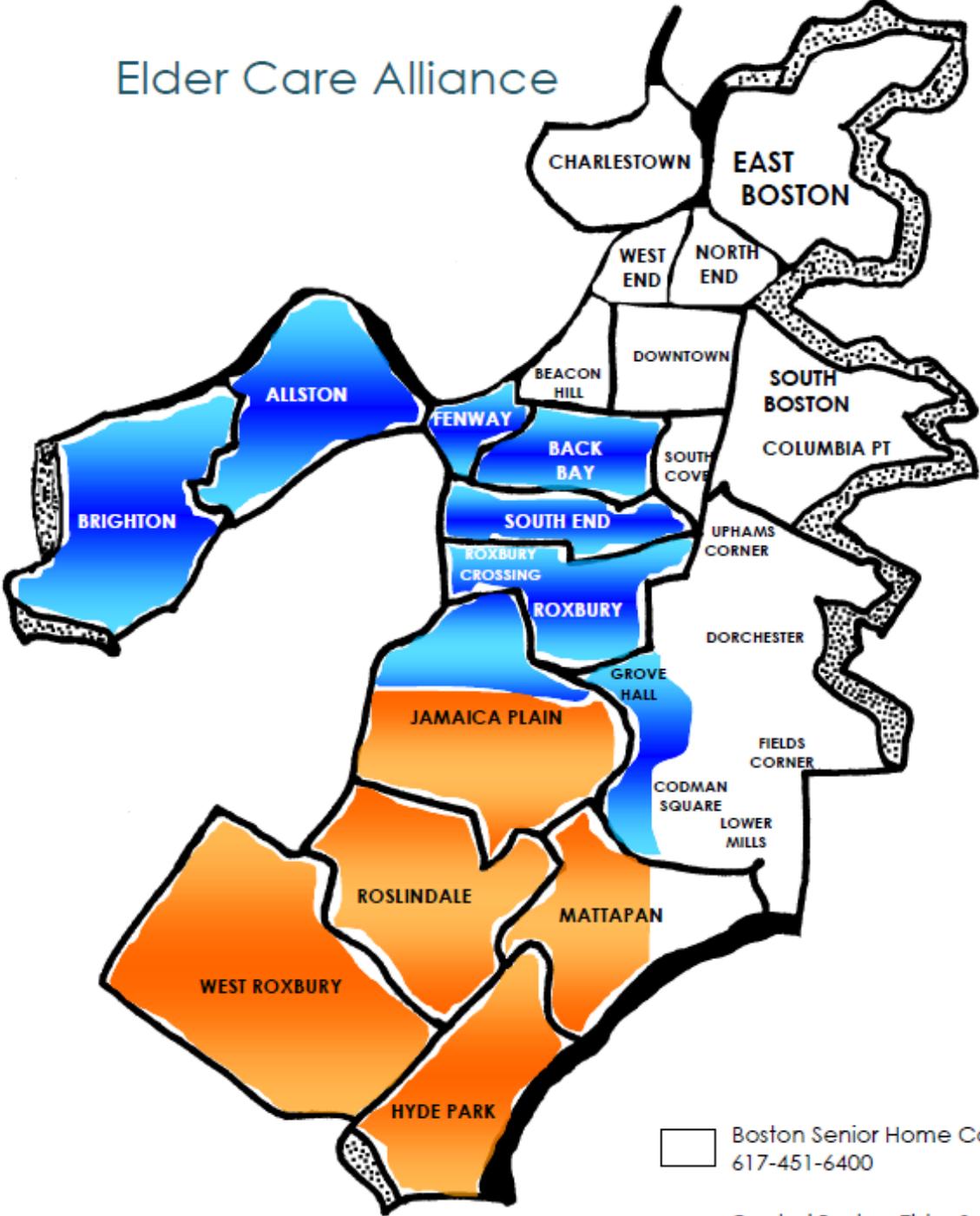


**“Aging is an extraordinary process where you become the person you should have always been.”**

**David Bowie**



# Elder Care Alliance



-  Boston Senior Home Care  
617-451-6400
-  Central Boston Elder Services  
617-277-7416
-  Ethos  
617-522-6700



