

HERITAGE AT FRAMINGHAM **MOVE-IN INFORMATION**

TELEPHONE SERVICE: VERIZON: 800.837.4966

Our address is 747 Water St., Framingham, MA 01701. Provide apt. #. Indicate building “A” “B” or “C” (Ask us which one.) [Should there be problems, call Mass. Dept of Telecom Complaint # (800) 392-6066]

COMCAST CABLE 508.872.6300 [Note: Heritage also provides cable TV in *common* areas.]

CHANGE OF ADDRESS & VOTER REGISTRATION

Please remember to change address to new apartment number at 747 Water St., Framingham, MA 01701

NEWSPAPERS -Please see instructions on page 3 for newspaper deliveries

VETERANS' ASSISTANCE

Please see the page on our web site or ask Chet Olson or Jan Romer for contact information.

MOVING ASSISTANCE* *Excellent history of serving our families.*

- **Mark's Movers: 800.966.MARK** *Contact Joe Kansky--- www.marksmoving.com
- **Transitions Liquidations/Moving*** Contact **Marie LeBlanc • 617-513-0433**
marieleblanc@charter.net Website: www.transitionsliquidation.com
- **Out of the Box Moves** – (“Green” movers) Amy Roberts, Owner 617.835.7742
Also provides down-sizing & liquidation. www.outoftheboxmoves.com
- **Junk Mama: (Sudbury Based) Moves & downsizing.** 617.855.JUNK or Lauren@JunkMama.com
- **E. J. McCabe Co.** (617)924-5185 • (781)961-5791 www.mccabemoving.com
- **C&Z Transitions, LLC,** 781.662.7762 ask for Natalie; www.cztransitions.com

ELDERCARE ADVICE, ATTORNEYS & FINANCIAL PLANNERS & HOUSE PURCHASING

Professional, free elder care advice. CJPseniorDirect; 1.800.980.1982 www.cjpseniordirect.org
Marjorie Raskin at Combined Jewish Philanthropies will provide personalized help.

Moschella & Winston, Alex Moschella, Esq. 617.776.3300 X 113; alm@moschellawinston.com
www.moschellawinston.com . Help with financial planning, Health Care Proxy, Power of Attorney, etc.

Brisk Elder Attorneys: 617. 244.4373 speak with Cheryl Strunsky cherylstrunsky@briskelderlaw.com
or Ellen Scult; ellenscult@briskelderlaw.com

Pioneer Financial Group, Jeffery Katz, 508.308.6050; jkatz@Pioneer-Financial.com

Estate Joint Ventures – “**We Pay cash for the home**” <http://estatejv.com/home.html>
774-696-6124 David J. Dowd President, Estate Joint Ventures

BANKING & NOTARY PUBLIC

- Middlesex Savings Bank: At the intersection of Water St. and Edgell Rd.
- TD Bank: LEMONIA MIRONIDIS, Manager 508.877.1600 & lemonia.mironidis@tdbanknorth.com

GIFT BASKETS

Gift baskets delivered to *or on behalf of* your family CONTACT: Nikki Davidson-Bravo Baskets by Nikki: 508.788.0966 and Nikki@BravoBasketsByNikki.com; www.BravoBasketsByNikki.com

MEDICAL INFORMATION

GENERAL PRACTITIONERS

Please ask one of our nurses for a list of local physicians

PRIMARY CARE GERIATRICIAN, DR. VINCENT PERRELLI 781.647.3040

Mt. Auburn Geriatric Outreach Services: Dr. Perrelli makes house calls to residents' apartments at Heritage and Homestead. He is an excellent option to consider for a primary care physician.

Please note that it can take 4-6 weeks to process and accept a new patient.

PLEASE CONTACT HIS OFFICE DIRECTLY.

GERIATRIC PSYCHIATRY, DR. MOAK

508.366.2106

Geriatric Psychiatrist; specializes in Geriatric Medical Psychiatry. Dr. Moak schedules appointments at Heritage and Homestead.

Moak Center For Healthy Aging; 18 Lyman St., Suite C, Westborough, MA 01581

<http://moakgeriatricpsychiatry.com/>

Preliminary evaluations & backup option: McLean Hospital: James Ellison, MD, 800.333.0338; Geriatric Psychiatry Program – Evaluations and memory clinic, diagnosis and treatment

PHARMACIES

EATON APOTHECARY:

508.429.8506 x23 FAX:508.429.8237 (Corporate)

www.Eatonapothecary.com

266 Waverly St. Framingham

Delivers pre-packaged medication.

PH: 508.626.2800 FAX: 508.626.932

CVS, NOBSCOTT:

508.877.2600

REHABILITATION/SKILLED NURSING:

Excella Healthcare; **888.607.3422** or **888.60-REHAB**

Natick VNA: 508.653.3081

MEDICAL SUPPLIES

Byrne Home Health Center

16 Main St. Natick

508.655.3656, 800.649.3656

HOME CARE AGENCIES

- **Comprehensive list available from nursing at 508.788.6050 Ext 114 or 115**

GERIATRIC CARE MANAGERS

Can help coordinate services and guide you through difficult decisions or help your mom or dad deal with any feelings of depression, loss, etc.

- Molly Lukason, Milestones Unlimited P. C. (508) 259-7527 mlukason@milestonesunlimited.net
- Debbie Gitner, Eldercare Resource Services, 508.879.7008; www.eldercareresourceservices.com
- Jewish Family Services of Metrowest, 508.875.3100
Web: www.jfsmw.org (This is a non-denominational agency).

NEWSPAPER DELIVERY SIGN UP



WE CAN DELIVER NEWSPAPERS TO APARTMENTS IF:

STEP 1 – Call papers of choice and arrange for a subscription

STEP 2 – Fill in choices below

STEP 3 – Return form to front reception desk with choices “**X**”ed off

PLACE AN “**X**” IN THE APPROPRIATE BOX

Names	Contact #	Every Available Day	Sun. Only
THE BOSTON GLOBE	1-888-694-5623 or 617.929.2000		
THE NEW YORK TIMES	800.631.2500		
METRO WEST DAILY NEWS	508.626.3800		
THE BOSTON HERALD	800.882.1211		
WALL STREET JOURNAL	1-800-JOURNAL or (1-800-568-7625)		

RESIDENT NAME _____ APARTMENT NUMBER _____

FAMILY MEMBER
PLACING ORDER _____ PHONE #s _____

NOTE TO FRONT DESK: RETURN TO AMY BISHOP