

## **HERITAGE AT FRAMINGHAM** **MOVE-IN INFORMATION**

**TELEPHONE SERVICE: VERIZON: 800.837.4966** --- Please arrange ahead to ensure service---

Our address is 747 Water St., Framingham, MA 01701. Provide apt. number and 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**, "Basic" 23 channels = \$16.00/mo., "Upgraded digital package": 100+ channels = \$57.65/month [Note: Heritage also provides cable TV in **common** areas at no charge.]

### **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](http://www.marksmoving.com)
- **Transitions Liquidations/Moving**\*\* . Contact **Marie LeBlanc • 617-513-0433**  
[marieleblanc@charter.net](mailto:marieleblanc@charter.net) Website: [www.transitionsliquidation.com](http://www.transitionsliquidation.com)
- ABC Moving (Allied) William Close 800.723.5900, Ext.5096; [MoverBill57@aol.com](mailto:MoverBill57@aol.com)
- Junk Mama: (Sudbury Based) Moves & downsizing. 617.855.JUNK or [Lauren@JunkMama.com](mailto:Lauren@JunkMama.com)
- E. J. McCabe Co. (617)924-5185 • (781)961-5791 [www.mccabemoving.com](http://www.mccabemoving.com)
- C&Z Transitions, LLC, 781.662.7762 ask for Natalie; [www.cztransitions.com](http://www.cztransitions.com)

### **ELDERCARE ADVICE, ATTORNEYS & FINANCIAL PLANNERS**

For professional, free elder care advice call CJPseniorDirect; 1.800.980.1982 [www.cjpseniordirect.org](http://www.cjpseniordirect.org)  
Marjorie Raskin at Combined Jewish Philanthropies will provide personalized help when you call.

Moschella & Winston, Alex Moschella, Esq. 617.776.3300 X 113; [alm@moschellawinston.com](mailto:alm@moschellawinston.com)  
[www.moschellawinston.com](http://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](mailto:cherylstrunsky@briskelderlaw.com)  
or Ellen Scult; [ellenscult@briskelderlaw.com](mailto:ellenscult@briskelderlaw.com)

Pioneer Financial Group, Jeffery Katz, 508.308.6050; [jkatz@Pioneer-Financial.com](mailto:jkatz@Pioneer-Financial.com)

### **BANKING & NOTARY PUBLIC**

- Middlesex Savings Bank: At the intersection of Water St. and Edgell Rd.
- TD Bank: Across the street. LEMONIA MIRONIDIS, Manager, will be happy to help you. She can be reached at 508.877.1600 and [lemonia.mironidis@tdbanknorth.com](mailto:lemonia.mironidis@tdbanknorth.com)

### **GIFT BASKETS**

For gift baskets delivered to family members for birthdays, Or send a gift basket *on behalf of* your family member to *their* friends or family members. CONTACT: Nikki Davidson Bravo Baskets by Nikki: 508.788.0966 and [Nikki@BravoBasketsByNikki.com](mailto:Nikki@BravoBasketsByNikki.com); [www.BravoBasketsByNikki.com](http://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:

[www.Eatonapothecary.com](http://www.Eatonapothecary.com)

508.429.8506 x23 FAX:508.429.8237 (Corporate)

266 Waverly St. Framingham

PH: 508.626.2800 FAX: 508.626.932

Delivers pre-packaged medication cards.

CVS, NOBSCOTT:

508.877.2600

### **REHABILITATION/SKILLED NURSING:**

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

Natick VNA: 508.653.3081

### **MEDICAL SUPPLIES**

Harley Stephen Medical Supplies

50 Main Street, Ashland

508.231-4744

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**

They can help coordinate services and help guide you through difficult decisions or just 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](mailto:mlukason@milestonesunlimited.net)
- Debbie Gitner, Eldercare Resource Services, 508.879.7008; [www.eldercareresourceservices.com](http://www.eldercareresourceservices.com)
- Jewish Family Services of Metrowest, 508.875.3100  
Web: [www.jfsmw.org](http://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		
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