Health & Wellness Resource Manual

Review & Revision
January, 2009

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Wales Elementary School       Denise Gallant, RN, BSN            (413) 245-7748
                                Lynn Corsetti RN, BSN           (413) 245-7748
**AREA HOSPITALS**

- Harrington Memorial Hospital, Southbridge MA 1-508-765-9771
- Wing Memorial Hospital, Palmer MA 1-413-283-7651
- Mary Lane Hospital, Ware MA 1-413-967-6211
- Day Kimball Hospital, Putnam CT 1-860-928-6541
- Johnson Memorial Hospital, Stafford Springs, CT 1-860-684-4251/ 794-2201

**HEALTH**

- Mass Health 1-800-841-2900
- Children’s Medical Security Plan 1-800-909-2677
  [www.cmspkids.com](http://www.cmspkids.com)
- Children with Special Health Care Needs 1-800-882-1435
- Healthy Start (Prenatal Care) 1-800-278-1503/1-800-841-2900
  1-508-757-1503
- Tapestry Health (Woman’s Health Issues) 1-413-593-0192
  1-800-696-7752

**DENTAL (Dentists & Oral Surgeons)**

- Mass Health 1-800-204-5019
- 1-800-841-2900
- Massachusetts Dental Society 1-800-342-8747
- Quinsigamond Community College (Dental Clinic) 1-508-854-3436
- Tufts University (Dental Clinic) 1-617-636-6828

**VISION**

- Mass Health 1-888-257-1985/1-800-841-2900
- Lions Club 1-508-765-9501
  [www.lionsclub.org](http://www.lionsclub.org)
  Sturbridge/Southbridge
  Bob Buere/Guy Martel Dist 33A
  Paul Berry Dist 33A

**MENTAL HEALTH, COUNSELING & SOCIAL SERVICES**

- ADD Center of W. Mass., Springfield 1-413-734-2800
- Auburn Family Institute, Auburn 1-508-832-4297
- Apogee Integrated Mental Health Services, Sturbridge 1-508-347-9444
  1-800-276-4311
- Behavioral Health Network, Inc., Springfield 1-413-737-3000
- Brightside for Families & Children, W. Springfield 1-800-660-4673
  1-413-539-2973
- Crisis Center 1-800-435-9990
  Rape 1-508-235-7069
  Suicide 1-800-784-2433
  Talk 1-800-274-8255
- Griswold Center, Palmer 1-413-284-5285
- First Call/Worcester 1-508-755-1233
- Springfield 1-413-737-7212
- Boy & Girls Club NTL Hotline 1-800-448-3000/1-800-448-1833
MENTAL HEALTH, COUNSELING & SOCIAL SERVICES
Department of Children & Families
Worcester East/West Office 1-508-929-2000
Whitinsville Office 1-508-234-1000
Valley Human Services, 96 South St., Ware 1-413-967-6241
Wells Geo Human Service Center,
29 Pine St., Southbridge 1-508-765-9167
Y.O.U., Inc., Southbridge, MA. 1-508-765-9101
The Centered Place (YOGA, Stress Management)
286 Bridge St., Warren

FOOD
Food Bank of Western Massachusetts 1-800-247-9632
1-413-247-9738
Food Share, Inc 1-508-764-1306
Food Stamps/Food Source Hotline 1-800-645-8333
WIC 1-800-WIC-1007
South Central WIC, 61 Pine St., Southbridge 1-508-765-0139
Worcester County Food Bank, Shrewsbury 1-508-842-3663
SERVE New England 1-888-742-7363
*(Low cost food for those willing to do 2 hours of community service.)

UTILITIES
Fuel Assistance 1-800-632-8175
(heating bills, weatherization, heating system repairs, and water & sewer bills) 800-545-4577
MassEnergy (heat, gas, electric) 1-800-287-3950
Citizens Energy (oil) 1-617-338-6300
Salvation Army Good Neighbor Fund (utility expenses)
Serving area code 508 1-800-334-3047
Serving area code 413 1-800-262-1320
Catholic Charities (oil, gas, food, clothes)
Worcester County 1-508-798-0191
Springfield 1-413-452-0606

LEGAL SERVICES
Massachusetts Legal Services 1-800-342-5297
www.neighborhoodlaw.org
Western Mass Legal Services, Springfield 1-413-781-7814

UNEMPLOYMENT INSURANCE/Job Training
www.massresources.org 1-877-626-6800

CREDIT COUNSELING
Consumer Credit Counseling of Southern N.E. 1-800-282-6196
♦ **ALCOHOL & SUBSTANCE ABUSE**

Al-Anon/Al-Ateen 1-888-425-2666
Braintree 1-781-843-5300
Worcester 1-508-791-3431

Alcoholics Anonymous
www.aa.org
Springfield 1-413-532-2111
Worcester 1-508-752-9000

Mothers’ Against Drunk Drivers
www.madd.org

Massachusetts Substance Abuse Information & Education Help Line 1-800-327-5050

National Alcohol & Drug Abuse Hotline 1-800-662-4357
National Institute on Drug Abuse
www.nida.nih.gov

Smoking Cessation Information 1-800-422-6237

♦ **AIDS/STDs**

AIDS Action Committee Hotline 1-800-235-2331

CDC National HIV/AIDS Hotline 1-800-342-2437

National Pediatric AIDS Network www.npan.org

♦ **ORGANIZATIONS**

American Academy of Pediatrics
www.aap.org

Alzheimer’s Association, Mass Chapter, Cambridge 1-800-272-3900
www.alz.org

American Cancer Society 1-800-227-2345
Massachusetts Division 1-800-952-7664
www.cancer.org

American Diabetes Association
www.diabetes.org

American Heart Association 1-800-AHA-USA1
www.americanheart.org

American Lung Association 1-800-LUNG USA
www.lungusa.org

Centers for Disease Control & Prevention 1-800-CDC-INFO
www.cdc.gov

Massachusetts Dental Society 1-800-342-8747
www.mass.dental.org

MA Dept. of Elementary & Secondary Education 1-781-338-3000
www.doe.mass.edu

Massachusetts Department of Public Health 1-617-627-7968
www.mass.gov/dph

Massachusetts Medical Society 1-800-322-2303
www.massmed.org

Social Security Administration www.ssa.gov 1-800-772-1213
HELPFUL NUMBERS

Baby Safe Haven 1-866-814-SAFE
Car Safety 1-800-CAR-SAFE
Child Abuse and Neglect 1-800-792-5200
Department of Children & Families (previously DSS) 1-508-929-2000
Department of Transitional Assistance 1-800-249-2007
Domestic Violence Hotline
  • New Hope 1-800-323-4673
  • YWCA/Daybreak (Call Collect) 1-508-755-9030
  • Elder Abuse 1-800-922-2275
  • Family Advocacy Center 1-800-426-9009
  • Disabled Abuse 1-800-426-9009
Early Intervention Program 1-508-765-0292
The Food Allergy Network 1-800-929-4040
Interfaith Hospitality (Homeless Organization) 1-508-798-6732
Lead Paint Poisoning Prevention 1-800-532-9571
Massachusetts Office on Disability 1-800-322-2020
Men’s Resource Center 1-413-253-9887
Parent Support Groups 1-800-882-1250
Parental Stress Line 1-800-632-8188
Poison Information Hotline 1-800-222-1222
**WEB SITES FOR CHILDREN**

- Diabetes: www.jdrf.org (Go to Publications > “Countdown for Kids”)
- Dental: www.massdental.org or www.ada.org

**GUIDES TO ADULT EDUCATION SITES**

- Medical Information: www.webmd.com
- Patient Education and Support: http://www.medmatrix.org

**ADULT ORGANIZATIONS AND SUPPORT GROUPS**

- Health Information Resources: http://nhic-nt.health.org

**FAMILY HANDOUTS**

- Boston Univ. Medical Center: http://web.bu.edu/COHIS
- Combined Health Info Database: http://chid.nih.gov
- HealthAnswers: http://www.healthanswers.com
- Healthfinder: http://www.healthfinder.gov
- Healthgate: http://healthgate.com
- Healthtouch: http://healthtouch.com
- IntelliHealth: http://intellihealth.com
- Mayo Health Oasis: http://www.mayohealth.org
## TR&U61 Community Resources List

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>PHONE</th>
<th>ADDRESS</th>
<th>INFORMATION</th>
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<tbody>
<tr>
<td><strong>FOOD</strong></td>
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<tr>
<td>Catholic Charities</td>
<td>(508)764-6583</td>
<td>79 Elm Street, Southbridge</td>
<td>Open Monday, Wednesday and Friday 10am – 11:15 am. Must bring social security numbers for each family member.</td>
</tr>
<tr>
<td>Center of Hope</td>
<td>(508)764-4055</td>
<td>40 Optical Drive, Southbridge</td>
<td>Open Thursday 10am – 1pm. Bring social security numbers for each family member.</td>
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<tr>
<td>Interfaith Hospitality</td>
<td>(508)764-4357</td>
<td>141 Main Street, Southbridge</td>
<td>Open daily 7am to 5pm. Families may come once each week.</td>
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<tr>
<td>St. Anne’s Church</td>
<td>(508)347-9353</td>
<td>16 Church Street, Fiskdale</td>
<td>Food vouchers offered as needed</td>
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<tr>
<td>St. Mary’s Church</td>
<td>(508)765-0245</td>
<td>263 Hamilton St., Southbridge</td>
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</tr>
<tr>
<td>Transitional Assistance</td>
<td>(508)765-2400</td>
<td>1 North Street, Southbridge</td>
<td>Food Stamps</td>
</tr>
<tr>
<td>Wales Senior Center</td>
<td>(413) 245-9683</td>
<td></td>
<td>Tri-town food pantry that serves Brimfield, Holland &amp; Wales</td>
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<tr>
<td>Unitarian Universalist Parish</td>
<td>(413) 267-3152</td>
<td>Monson, MA</td>
<td>Offers a weekly meal</td>
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| **CLOTHING**                  |             |                              |                                                                             |
| Catholic Charities            | (508)764-6583 | 79 Elm Street, Southbridge   | Each family member may receive 4 outfits each season                      |

| **HOUSING**                   |             |                              |                                                                             |
| Interfaith Hospitality        | (508)764-4357 | 141 Main Street, Southbridge | Families call for an intake and are accepted if room available            |
| Worcester Shelter             | (508)757-8332 | 701 Main Street, Worcester   |                                                                           |

| **Medical Assistance**        |             |                              |                                                                             |
| Children’s Medical Security Plan | 1-800-909-2677 |                              |                                                                             |
| Harrington Memorial Hospital  | (508)765-9771 Ext. 2817/2842 | 46 Oakes Ave., Southbridge | Assistance offered in applying for medical insurance. Call for an appointment. |
| Joan Dusoe RN, PHN            | (508)765-9771 X- 3613 | 100 South Street, Southbridge | Call for appointment for free required immunizations                     |
| Mass Health                   | 1-800-841-2900 |                              |                                                                             |

| **DENTAL CARE**               |             |                              |                                                                             |
| Southbridge Family Dentist    | (508)765-0880 | 305 Main Street, Southbridge | Dr. Rubin accepts Mass Health insurance for dental care                    |

| **EYE CARE**                  |             |                              |                                                                             |
| Dr. Leonard Digregorio        | (508)764-2517 | 39 Elm Street, Southbridge  | He is connected to the Lion's Club and can help with discounted eye exams and glasses |

| **OTHERS**                    |             |                              |                                                                             |
| Department of Transitional Assistance | (508)765-4200 | 1 North Street, Southbridge | Assistance with all of the above categories                                |
BOSTON HOSPITALS

Beth Israel Deaconess Medical Center 617-667-7000
330 Brookline Ave - East Campus
One Deaconess Rd. – West Campus

Boston Medical Center 617-638-8000
One Boston Medical Center Place

Brigham & Women’s Hospital 617-732-5500
75 Francis St.

Children’s Hospital 617-355-6000
300 Longwood Ave.

Massachusetts General Hospital 617-724-4100
Fruit St.

New England Medical Center 617-636-5000
750 Washington St

CENTRAL MASSACHUSETTS HOSPITALS

Harrington Memorial Hospital 508-765-9771
100 South Street, Southbridge

Hubbard Regional Hospital 508-943-2600
340 Thompson Rd., Webster

Milford-Whitinsville Regional Hospital 508-473-1190
14 Prospect, Milford

Saint Vincent Hospital 508-798-1234
25 Winthrop St, Worcester

UMASS Memorial Medical Center-Worcester 508-334-1000
Memorial Campus-119 Worcester St.
University Campus-55 Lake Ave. North
Hahnemann Campus-281 Lincoln St.

Worcester Medical Center 508-363-5000
20 Worcester Center Blvd.
<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Children’s Hospital @ Yale-New Haven</td>
<td>203-688-4242</td>
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<tr>
<td>20 York St., New Haven</td>
<td>203-785-2295</td>
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<tr>
<td>Connecticut Children’s Medical Center</td>
<td>860-545-9000</td>
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<tr>
<td>282 Washington St., Hartford</td>
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<tr>
<td>Cedarcrest Regional Hospital</td>
<td>860-666-4613</td>
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<tr>
<td>525 Russell Rd., Newington</td>
<td>860-666-7603</td>
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<tr>
<td>Hartford Hospital</td>
<td>860-545-5000</td>
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<tr>
<td>80 Seymour, Hartford</td>
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<tr>
<td>John Dempsey Hospital</td>
<td>860-679-2588</td>
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<td>263 Farmington Ave., Farmington</td>
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<tr>
<td>Johnson Memorial Hospital</td>
<td>860-684-4251</td>
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<td>201 Chestnut Hill Rd., Stafford Springs</td>
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<tr>
<td>Lawrence &amp; Memorial Hospital</td>
<td>860-442-0711</td>
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<td>365 Montauk Ave, New London</td>
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<tr>
<td>Manchester Memorial Hospital</td>
<td>860-646-1222</td>
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<td>71 Haynes St., Manchester</td>
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<tr>
<td>Norwalk Hospital</td>
<td>203-852-2000</td>
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<td>24 Stevens St., Norwalk</td>
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<tr>
<td>Rockville General Hospital</td>
<td>860-872-0501</td>
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<td>31 Union St., Rockville</td>
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<tr>
<td>Saint Francis Hospital &amp; Medical Center</td>
<td>860-714-4000</td>
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<tr>
<td>114 Woodland, Hartford</td>
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<tr>
<td>UCONN Health Center</td>
<td>860-679-2000</td>
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<tr>
<td>263 Farmington Ave., Farmington</td>
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<tr>
<td>William M. Backus Hospital</td>
<td>860-889-8331</td>
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<tr>
<td>326 Washington St., Norwich</td>
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<tr>
<td>Windham Community Memorial Hospital</td>
<td>860-456-9116</td>
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<tr>
<td>112 Mansfield Ave., Windham</td>
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</tbody>
</table>
WESTERN MASSACHUSETTS HOSPITALS

Baystate Medical Center
759 Chestnut St., Springfield
413-794-0000

Berkshire Medical Center
725 North St., Pittsfield
413-447-2000

Cooley Dickinson Hospital
30 Locust, Northampton
413-582-2000

Fairview Hospital
29 Lewis Ave., Great Barrington
413-528-0790

Franklin Medical Center
164 High St., Greenfield
413-773-0211

Holyoke Hospital
575 Beech St, Holyoke
413-534-2500

Mary Lane Hospital
85 South St., Ware
413-967-6211

Mercy Medical Center
271 Carew St., Springfield
413-748-9000

Noble Hospital
115 W. Silver St., Westfield
413-568-2811

North Adams Regional Hospital
71 Hospital Ave., North Adams
413-664-5000

Wing Memorial Hospital
40 Wright St., Palmer
413-283-7651