

Health Resource Guide

A guide to online and local resources for seniors.

Accessing Library Resources

- Step 1: Go to chelmsfordlibrary.org
- Step 2: Click “Research It”
- Step 3: Select the resource by name.

The screenshot displays the Chelmsford Library website interface. At the top, there are three navigation tabs: 'READ IT', 'DOWNLOAD IT', and 'RESEARCH IT'. The 'RESEARCH IT' tab is selected. Below the tabs, the 'Resources by Subject:' section lists various categories such as 'All Resources by Name', 'Biography & History', 'Business, Finance, & Legal', 'Career & Employment', 'Chelmsford History', 'Civic Engagement', 'Consumer Information', 'Evaluating Online Resources', 'Genealogy & Obituaries', 'Health & Wellness', 'Language & Travel', 'Newspapers & Magazines', 'Science & Technology', 'Self-Education', 'Student Resources', 'Teachers, Tutors', and 'Get Help!'. A red callout bubble points to the 'RESEARCH IT' tab with the text 'Click Research It'. Below the subject list, there is a 'Database Quick Access:' section with a dropdown menu. The dropdown menu is open, showing an alphabetical list of databases including 'Academic OneFile', 'AcornTV - British TV & films', 'America's News Magazines', 'American Ancestors', 'Ancestry Library', 'AtoZ Food America', 'AtoZ Maps Online', 'AtoZ World Food', 'AtoZdatabases: Job, Business, People Search', 'Author Alerts', 'Barron's Financial Magazine', 'Biography In Context', 'Bookmarked', 'Boston Consumers' Checkbook', 'Boston Globe', 'Chelmsford Board of Selectmen Meeting Minutes', 'Chelmsford Cemetery Archive', 'Chelmsford High School Yearbooks', and 'Chelmsford Independent'. A red callout bubble points to this list with the text 'Select library resource from alphabetical list.'.

READ IT | DOWNLOAD IT | **RESEARCH IT**

Resources by Subject:

- **All Resources by Name**
- Biography & History
- Business, Finance, & Legal
- Career & Employment
- Chelmsford History
- Civic Engagement
- Consumer Information
- Evaluating Online Resources
- Genealogy & Obituaries
- Health & Wellness
- Language & Travel
- Newspapers & Magazines
- Science & Technology
- Self-Education
- Student Resources
- Teachers, Tutors
- **Get Help!**

Database Quick Access: —Select a Database—

Tech Talks

Join our reference librarians to learn how to use eBooks and other digital resources. 10AM

More info...

Catalog | Events Calendar

Get A Library Card Now

Main Library & Curbside Pickup
Seniors & High-Risk Only
Mon-Fri: 9:30am-10:30am

Even More Resources!

- All the resources we'll talk about today are compiled in the [Health & Wellness](#) subject guide.
- You can find many more resources on our website for a variety of subjects.



Print Library Resources

- **SPARK Collection:** Located in the library's Large Print room, the SPARK collection contains reminiscence kits and other materials for those experiencing changes in memory or who are living with dementia.
- **Dewey Call Numbers:** Our nonfiction section includes many health topics. The early 600's, from 612-619 contain diet, exercise, and medical books on many health conditions.
- **Book lists of recommended titles are available at the library!**

Online Library Resources

- [A to Z Food America](#): Includes regional cuisine, recipes, and ingredient information. For the same information on over 200 countries, try our other related resource: [A to Z World Food](#). (Chelmsford cardholders only.)
- [Health & Wellness Resource Center](#): Includes information about diseases, disorders, alternative medicine, and much more! (Any MA library card.)
- [Universal Class](#): Over 500 free online courses, including: Advocacy for Elderly Patients, Aging & Long Term Care 101, Alzheimer's Disease 101, Caring for Seniors, End of Life Care. (Chelmsford cardholders only.)

Town of Chelmsford

- Jen Melanson, Community Services Coordinator: Among many other things, Jen is now helping with fuel assistance and SNAP (food stamp) applications. Over 50% of eligible seniors don't use SNAP! Contact: phone (978-254-0446), jmelanson@chelmsfordma.gov, or on the [Chelmsford Community Services Facebook Page](#).
- [Chelmsford Senior Center](#): The building is closed during COVID, but services continue: call-in BINGO, Meals-on-Wheels, transportation help, lending some medical equipment, and numerous virtual programs!



State Resources

- [Certified Assisted Living](#): MA.gov has downloadable lists of all certified assisted living facilities in the state.
- [MA Board of Registration in Medicine](#): They maintain a website where you can check physician profiles, find nearby physicians, and verify credentials.
- [SHINE](#): Free health insurance counseling to all MA residents with Medicare or their caregivers. To find a counselor, call MassOptions: 1-800-243-4636.

Non-Profits

- [Elder Services of Merrimack Valley](#): Our local Aging Services Access Point. ESMV offers many, many services for seniors and caretakers. They also produce [The Green Book](#), a guide to resources and topics. You can access it online, or place a hold on a print copy from the library's nonfiction section.
- [Homeowner Options for MA Elders \(H.O.M.E.\)](#): This non-profit doesn't charge fees to its clients. Their mission is to help seniors avoid foreclosures and age in place. Check eligibility on their website or call: 800-583-5337
- [MAseniorcare.org](#): Learn about health care services and find facilities in MA.

Mental Health Resources

- [Call2Talk](#) (508-532-2255): Operated by United Way of Tri-County, the primary purpose is 24/7 crisis support. They also offer Telecheck; trained staff contact seniors to provide support and conversation after life changes.
- [Elder Abuse Hotline](#) (800-922-2275): 24/7 hotline to report abuse of 60+. For nursing home or hospital abuse contact Dept. of Public Health instead: 800-462-5540. For emergency situations, call 911 or local police.
- [William James Interface Referral Service](#) (888-244-6843): Hours are M-F, 9-5. Matches callers with licensed mental health providers, usually within 2 weeks.

Online & National Resources

- ChoosingWisely.org: Their mission is to spur conversations about what is medically necessary, and assist patients in avoiding unnecessary procedures.
- MedlinePlus.gov: A service of the National Library of Medicine and National Institutes of Health. Provides high quality health and wellness information!
- Skinsight.com: Has a rash finder, including accurate images of skin conditions. Not a substitute for a physician, but not as alarming as an internet search!
- WebPoisonControl.org: A virtual poison control center acting as an emergency guide and providing information about poisoning. They also have a [pill identifier](#)!

Contact Us!



Vickie Turcotte

Assistant Director of Support

vturcotte@chelmsfordlibrary.org

Danny Lykansion

Head of Reference

dlykansion@chelmsfordlibrary.org

