

Tantasqua Regional & Union 61 School District

Brimfield, Brookfield, Holland, Sturbridge, Wales

Health & Wellness Resource Manual

Review and Revision Dates:

January, 2009

January, 2012

January, 2019

Brimfield Elementary School 7337	Shannen Sherman RN, BSN	413-245-
Brookfield Elementary School 8774	Elaine Gittens, RN, MSN	508-867-
Burgess Elementary School 3004	Lisa Meunier, RN, M.Ed.	774-241-
Holland Elementary School 9644	Ruth Andrews-Bys RN, BSN	413-245-
Wales Elementary School 7748	Lynn Corsetti, RN, BSN	413-245-
Tantasqua Junior High School 7381	Kathleen Charette, RN, MSN	508-347-
Tantasqua High School 9301	Michelle Seremet, RN, MPH	508-347-

AREA HOSPITALS

Harrington Hospital	100 South Street, Southbridge, MA 01550	508-765-9771
Baystate Medical Center	759 Chestnut Street, Springfield, MA 01199	413-794-0000
Shriner's Children's Hospital	516 Carew Street, Springfield, MA 01440	413-787-2000
Baystate Mary Lane Hospital	85 South Street, Ware, MA 01082	413-967-6211
UMass Memorial Campus	119 Belmont Street, Worcester, MA 01605	508-344-1000
UMass University Campus	55 North Lake Avenue, Worcester, MA 01605	855-862-7763
Day Kimball Healthcare	320 Pomfret Street, Putnam, CT	860-928-6541
Johnson Memorial Hospital	201 Chestnut Hill Road, Stafford Springs, CT	860-684-4551
Boston Children's Hospital	300 Longwood Avenue, Boston, MA 02115	617-355-6000

HEALTH

Mass Health	www.masshealth.gov	800-841-2900
Children's Medical Security Plan	www.mass.gov/childrens-medical-security-plan	800-841-2900
Children with Special Health Care Needs	www.mass.gov	800-882-1435
Healthy Start (Prenatal Care)	www.americanpregnancy.org/planning/healthy-start	800-278-1503
Tapestry Health (Women's Health Issues)	www.tapestryhealth.org	413-593-0192

DENTAL (DENTISTS AND ORAL SURGEONS)

Mass Health	www.masshealth-dental.net	800-841-2900
Massachusetts Dental Society	www.massdental.org	800-342-8747
Quinsigamond Comm Collage Dental Clinic	www.qcc.edu/dental-hygiene	508-854-4306
Tufts University (Dental Clinic)	www.dental.tufts.edu/patient-care	617-636-6828

VISION

Mass Health	www.masshealth.gov	800-841-2900
Lions Club - Bob Buerre/Guy Martel	www.lionsclub.org	508-765-9501

Ophthalmologists

Harrington Physicians Services Ophthalmology		508-765-9068
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Dr. Michael Border

Dr. Sara Akbari Mahony

Dr. Hugh Cooper

508-764-4400

Peter J. Kelly M.D., P.C

413-283-3511

Sturbridge Eye Care

508-347-7309

Optometrists

Dr. Amarjeet Gill

508-347-7997

Fallon Clinic

508-248-4114

Roy Brian P OD

508 867-9076

Vision Source of Spencer, Drs. Thamel, Ricciardi and Horn

508-885-2219

Dr. Thomas A. Schultz

413-967-6681

Wolf Gary OD

413-283-2946

Forgues EyeCare and Associates

508-764-4629

MENTAL HEALTH, COUNSELING AND SOCIAL SERVICES

ADD Center of Western Massachusetts	Springfield	
Auburn Family Institute, Auburn	6 South Terrace, Auburn, MA 01501	508-832-4297
Behavioral Health Network, Inc.	417 Liberty St, Springfield, MA 01104	413-747-0705
Brightside for Families and Children	2112 Riverdale St., W. Springfield, MA 01089	800-660-4673
Crisis Center (Talk)	www.masshealth.gov	877-870-4673
Crisis Center (Suicide)	www.masshealth.gov	877-273-8255
Department of Children & Families	Worcester East/West Office	
Griswald Center	42 Wright Street, Palmer, MA 01069	413-370-5285
Harrington Healthcare Behavioral Health	29 Pine Street, Southbridge, MA 01550	508-765-9167
Mass Psychiatric Services	128 Main St. #3, Sturbridge, MA 01566	508-418-6888
Norman Tonelli	62 Ware Street, West Brookfield, MA 01585	508-867-4451
Sturbridge Human Services	450 Main Street, Fiskdale, MA 01518	508-347-7755
You, Inc.	Southbridge, MA	508-765-9101
Valley Human Services,	96 South St., Ware	413-967-6241
Wells Geo Human Service Center,	29 Pine St., Southbridge	508-765-9167
The Centered Place	286 Bridge Street, Warren, MA	800-815-7374

FOOD

Food Bank of Western Massachusetts	97 North Hatfield Road, Hatfield, MA 01038	413-247-9738
Food Share, Inc	79 Elm Street, Southbridge, MA 01550	508-764-1306
Food Stamps/Food Source Hotline	474 Boston Turnpike Road, Shrewsbury, MA	800-645-8333
WIC - South Central	61 Pine Street, Southbridge, MA	508-765-0139
Worcester County Food Bank, Shrewsbury		508-842-3663

UTILITIES

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

LEGAL SERVICES

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

UNEMPLOYMENT INSURANCE/JOB TRAINING

	www.massresources.org	877-626-6800
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CREDIT COUNSELING

Consumer Credit Counseling of Southern N.E.		800-282-6196
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ALCOHOL & SUBSTANCE ABUSE

Al-Anon/Al-Ateen		888-425-2666
Greenfield		413-253-5261
Westborough		508-366-0556
Alcoholics Anonymous	www.aa.org	508-752-9000
Mothers' Against Drunk Drivers	www.madd.org	800-438-6233
Massachusetts Substance Use Helpline		800-327-5050
National Helpline: Substance Abuse & Mental Health		
Services Administration	www.samhsa.gov	800-662-4357
National Institute on Drug Abuse	www.nida.nih.gov	
Smoking Cessation Information		800-422-6237

AIDS/STDS

AIDS Action Committee of Massachusetts	https://aac.org	617-437-6200
AIDS Project Worcester	www.aidsprojectworchester.org	508-755-3773
CDC Hotlines & Referrals	www.cdc.org	800-232-4636
Fenway Health	www.fenwayhealth.org	617-267-0900
National Pediatric AIDS Network	www.npan.org	

ORGANIZATIONS

American Academy of Pediatrics	www.aap.org	
Alzheimer's Association, Mass Chapter	www.alz.org	
American Cancer Society, Mass	www.cancer.org	
American Diabetes Association	www.diabetes.org	
American Heart Association	www.americanheart.org	
American Lung Association		
Centers for Disease Control & Prevention	www.cdc.gov	
GLBTQ Legal Advocates & Defenders		
(GLAD)	www.glad.org	617-426-3594
Massachusetts Dental Society	www.mass.dental.org	
MA Dept. of Education	www.doe.mass.edu	781-338-3000
Massachusetts Department of Public Health	www.mass.gov/dph	
Massachusetts Medical Society	www.massmed.org	
Parents, Families & Friends of		
Lesbians & Gays (PFLAG)	www.pflag.org	
Social Security Administration	www.ssa.gov	

HELPFUL NUMBERS

Baby Safe Haven		866-814-SAFE
Car Safety		800-CAR-SAFE
Child @ Risk Hotline		800-792-5200
Department of Children & Families (previously DSS)		
• Main number		617-748-2000
• Fax		617-261-7435
• South Central Area Whitinsville office		508-929-1000
• Worcester Area East office		508- 929-2000

- Worcester Area West office

508-929-2000

HELPFUL NUMBERS (continued)

Department of Transitional Assistance	877-382-2363
• DTA Southbridge office	508-765-2400
Fax	617-887-8765
Domestic Violence Hotline	
• New Hope, Inc.	800-323-4673
• YWCA of Central MA/Daybreak (Call Collect)	508-755-9030
• Elder Abuse	800-922-2275
• Disabled Abuse (DPPC)	800-426-9009
• National Domestic Violence Hotline	800-799-7233
Early Intervention Program	617-624-6060
Food Allergy Research & Education (FARE)	800-929-4040
Health Helpline (Health Care for All)	800-272-4232
Lead Poisoning Prevention	800-532-9571
Massachusetts Office on Disability (MOD)	800-322-2020
Men's Resource Center, Amherst MA	413-253-9887
The Parent Line (United Way of Mass Bay)	617-421-1789
Parental Stress Line	800-328-8188
Parents Helping Parents	800-882-1250
Poison Control	800-222-1222

WEBSITES FOR CHILDREN

Asthma	www.aafasocal.com www.aafa.org
Diabetes	www.jdrf.org (Go to Publications > "Countdown for Kids")
Health	www.cmspkids.com www.state.ma.us/dph www.cdc.gov www.childhealthalert.com http://www.ibx.com/gen-y2/parents/resources.html www.aap.org (American Academy of Pediatrics) www.brightfutures.aap.org/web www.kidshealth.org (parents, children, teens) www.neuroscienceforkids.org www.newenglanddairycouncil.org www.fns.usda.gov/tn www.5aday.org (Vegetables)
Nutrition	

WEBSITES FOR CHILDREN (continued)

Dental	www.3aday.org (Milk) www.massdental.org or ada.org (American Dental Association) pbhs.com (dentistry websites) Ebusiness.ada.org (find dental care for your child)
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GUIDES TO ADULT EDUCATION SITES

Mayo Clinic	Mayoclinic.org
Medical Information	www.webmd.com
MedWeb Consumer Health	http://users.erols.com/wteague/medication/Consumer.htm
Medication Information	drugs.com

GUIDES TO ADULT EDUCATION SITES (continued)

Medline Plus	medlineplus.gov
Patient Education and Support	http://www.medmatrix.org
National Institute of Health	NIH.gov

ADULT ORGANIZATIONS AND SUPPORT GROUPS

Anxiety and Depression Assoc of Amer.	adaa.org/support groups
American Self-Help Clearinghouse	http://www.cmhc.com/selfhelp
Health Information Resources	http://nhic-nt.health.org
Mental Health Support Group	www.netfind.com
National Cancer Institute	cancer.gov
Office of Disease Prevention and Health Promotion	www.healthfinder.gov

FREE AND INCOME BASED CLINICS IN MASSACHUSETTS

Pioneer Valley Free Health Services	281 Maple Street, E. Longmeadow, MA	413-525-3866
New Hope Community Health Clinic	915 Plumtree Road, Springfield, MA 01119	413-782-5219
Springfield SW Community Health Clinic	532 Summer Avenue, Springfield, MA 01108	413-737-1728
Free Clinic Informational Websites:	www.freeclinics.com	
	www.freeclinicdirections.org	
	www.freedentalcare.us	

BOSTON HOSPITALS

Beth Israel Deaconess Medical Center	330 Brookline Avenue, Boston, MA 02215	617-667-7000
Boston Children's Hospital	300 Longwood Avenue, Boston, MA 02115	617-355-6000
Boston Medical Center	830 Harrison Avenue, Boston, MA 02118	617-638-8000
Brigham & Women's Hospital	75 Francis Street, Boston, MA 02115	617-732-5500
Massachusetts General Hospital	55 Fruit Street, Boston, MA 02114	617-724-4100
Tufts Medical Center	800 Washington Street, Boston, MA 02111	617-636-5000

CENTRAL MASSACHUSETTS HOSPITALS

Harrington Hospital	100 South Street, Southbridge, MA	508-765-9771
Milford Regional Medical Center	14 Prospect, Milford, MA	508-473-1190
Saint Vincent Hospital	123 Summer Street, Worcester	508-363-5000
UMASS Memorial Medical Center	55 Lake Avenue North, Worcester	508-334-1000
UMASS Memorial Medical Center	119 Belmont St., Worcester, MA 01605	508-334-1000

WESTERN MASSACHUSETTS HOSPITALS

Baystate Children's Hospital	759 Chestnut Street, Springfield, MA 01107	413-794-0000
Baystate Franklin Medical Center	164 High Street, Greenfield, MA 01301	413-773-0211
Baystate Mary Lane Hospital	85 South Street, Ware, MA 01082	413-967-6211
Baystate Noble Hospital	115 W. Silver Street, Westfield, MA 01069	413-568-2811
Baystate Wing Hospital	40 Wright Street, Palmer, MA 01069	413-283-7651
Berkshire Medical Center	725 North Street, Pittsfield, MA 01201	413-447-2000
Cooley Dickinson Hospital	30 Locust, Northampton, MA 01060	413-582-2000
Fairview Hospital	29 Lewis Avenue, Great Barrington, MA 01230	413-528-0790
Holyoke Medical Center	575 Beech Street, Holyoke, MA 01040	413-534-2500
Mercy Medical Center	271 Carew St., Springfield, MA 01104	413-748-9000