

## Multiple Sclerosis Resources/Services

**Note:** These resources apply to Tufts Medicare Preferred HMO and Tufts Health Plan Senior Care Options members.

### Recreational Resources/Services:

<p><b>B. Fit</b>            Contact:            David Young Hong            The Boston Home            2049 Dorchester Ave.            Boston, MA 02124            617.825.3905 ext. 300  <a href="mailto:dyounghong@thebostonhome.org">dyounghong@thebostonhome.org</a>  <a href="http://www.thebostonhome.org">www.thebostonhome.org</a></p>	<ul style="list-style-type: none"> <li>• Outpatient wellness program for adults with MS or other advanced neurological diseases</li> <li>• For those who are currently living at home who could benefit from social and educational interaction</li> <li>• Activities/services: structured daily exercise, educational activities referrals to community resources, social activities (current events, creative writing , cultural outings, etc.), physical, occupational, and speech therapy (as deemed necessary by physician), assistive technology services, wheelchair seating, and power mobility clinic services, access to tone management clinics, etc.</li> <li>• Application and in-person interview process</li> <li>• Sliding scaled based on financial need</li> </ul>
<p><b>Yoga, Tai Chi, and Aquatics</b></p>	<ul style="list-style-type: none"> <li>• Instructors trained by MS society</li> <li>• Scholarship available – see website below</li> <li>• Website also lists an up-to-date list of instructors: <a href="http://www.nationalmssociety.org/Chapters/MAM">http://www.nationalmssociety.org/Chapters/MAM</a></li> </ul>
<p><b>MS Encompass: Get Fit!</b>            800.493.9255 option 2  <a href="mailto:Sandra.langmandel@mam.nmss.org">Sandra.langmandel@mam.nmss.org</a></p>	<ul style="list-style-type: none"> <li>• Collaboration between MS Society and YMCA of Central Massachusetts</li> <li>• Access to facilities and programs – wheelchair accessible weight training equipment</li> <li>• Call or email to sign up</li> </ul>

### Residential Facility:

<p><b>The Boston Home, Inc.</b>  <a href="http://www.thebostonhome.org">www.thebostonhome.org</a></p>	<ul style="list-style-type: none"> <li>• Not-for-profit residential facility</li> <li>• Specializes in care of adults with MS and other progressive neurological disorders</li> <li>• Bridges Program: enables staff to outreach to the community to adults with physical disabilities; provides information and referral, in-home evaluations, home adaptation evaluation, assistive technology consultation, family support services, advocacy, care coordination, and placement coordination.</li> </ul> <p>Contact Norma Harrington at 617.825.3905 ext. 300</p>
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### Organizations/Foundations:

<p><b>Central New England MS Chapter            Information and Referral</b>            800.493.9255            9 a.m. to 5 p.m.  <a href="http://mam.nationalmssociety.org">mam.nationalmssociety.org</a></p>	<ul style="list-style-type: none"> <li>• Legal and mental health referrals</li> <li>• Referrals to neurologists</li> <li>• Medical equipment/Classified ad section for wheelchairs, scooters, etc.</li> <li>• Chapter affiliated and community self-help and support groups (InTouch Phone Support Group and Peer Support Program)</li> <li>• Housing</li> </ul>
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	<ul style="list-style-type: none"> <li>• Financial</li> <li>• Home Modification</li> <li>• Transportation</li> <li>• Recreation</li> <li>• Insurance</li> <li>• Resources for independent living</li> <li>• Short-term care management program</li> <li>• Respite care</li> <li>• Assistance with employment – reevaluating career and assistance with job searches</li> <li>• Newly diagnosed Monthly Conference Calls</li> </ul>
<b>Kelly Packowski MS Foundation</b> 800.493.9255	<ul style="list-style-type: none"> <li>• Available to individuals in Massachusetts and New Hampshire</li> <li>• Eligible individuals can receive up to \$3000 for home care and \$4500 for home modifications</li> </ul>
<b>National MS Society</b> <a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a>	Living with MS section that has information regarding the following topics: newly diagnosed, healthy living, employment, mobility and access, relationships, getting the care you need, living with advanced MS, insurance and money matters

**MS Clinics:**

<b>Clinical facilities who have collaborative agreements with National MS Society</b>	<ul style="list-style-type: none"> <li>• <b>Beth Israel Deaconess Medical Center Multiple Sclerosis Center</b>            Shapiro Building, 8th Floor            330 Brookline Ave.            Boston, MA 02115            617.667.3742            R. Philip Kinkel, MD</li> <li>• <b>St Elizabeth’s Medical Center</b>            The MS Center at St. Elizabeth’s            736 Cambridge St.            Boston, MA 02135            617.789.2378            Ellen Lathi, MD</li> <li>• <b>Lahey Clinic, Inc. Multiple Sclerosis Clinical Center</b>            16 Hayden Ave.            Lexington, MA 02421            781.372.7140            Claudia Chaves, MD</li> </ul>
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	<ul style="list-style-type: none"><li>• <b>Metro West Medical Center</b> Framingham Union Campus 115 Lincoln St. Framingham, MA 01701 508.383.8675 <a href="http://www.mwmsclinic.org">www.mwmsclinic.org</a> Arthur Safran, MD</li><li>• <b>MS Center at Sturdy Memorial Hospital</b> 211 Park St. Attleboro, MA 02703 508.236.7170 <a href="http://www.sturdymemorial.org">www.sturdymemorial.org</a> Jonathan Martin, MD</li><li>• <b>Multiple Sclerosis Care Center at Mount Auburn Hospital</b> 300 Mt. Auburn St., Suite 316 Cambridge, MA 02138 617.499.5014 <a href="http://www.mountauburn.caregroups.org">www.mountauburn.caregroups.org</a> Linda Buchwald, MD</li><li>• <b>Newton Wellesley Hospital Multiple Sclerosis Clinical Center</b> Department of Medicine, 6 South 2014 Washington St. Newton, MA 02164 617.969.1723 Richard Toran, MD and Bridget Bagert, MD</li><li>• <b>Partners Multiple Sclerosis Center</b> 1 Brookline Place Boston, MA 02445 617.525.6550 <a href="http://www.partnersmscenter.org">www.partnersmscenter.org</a> Howard Weiner, MD</li><li>• <b>UMass Memorial Medical Center MS Clinical Center Neurology</b> 55 Lake Ave. North Worcester, MA 01655 508.856.2527 <a href="http://www.umassmed.edu">www.umassmed.edu</a></li></ul>
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	<p>Peter Riskind, MD, PhD</p> <ul style="list-style-type: none"><li>• <b>Partners Pediatric MS Center at the Massachusetts General Hospital for Children</b> Yawkey Center for Outpatient Care Suite 6B 55 Fruit St. Boston, MA 02114 Director: Tanuja Chitnis, MD Contact: Rose Fratarcangeli 617.726.2664 <a href="http://www.partnersmscenter.org">www.partnersmscenter.org</a></li></ul>
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