Welcome to the City of Medford

City Hall: 85 George P. Hassett Drive Medford, MA 02155
Phone: 781-396-5500

Updated by The Office of Human Diversity & Compliance and The Tufts University Department of Community Health
Hello and Welcome to the City of Medford,

Medford is a wonderful, vibrant community that is home to over 56,000 residents and many businesses. Medford sits on the Mystic River and is conveniently located about 3.2 miles northwest of downtown Boston, with great accessibility. Our community is proud to provide excellent police and fire services, committed public service employees, as well as citizens and volunteers dedicated to support the growth and development of the City.

The City takes great pride in our excellent education for all our students. All four elementary schools, two Middle Schools, Medford High School, Curtis/Tufts Alternative School, Medford Vocational Technical High School and Tufts University, reflect our focus on strong academic institutions.

Medford has partnered with neighboring cities to develop the River's Edge area along the Malden River to create housing opportunities, establish new jobs as well as preserve environmental open space for our entire community.

The ideal location, diverse neighborhoods, extraordinary architecture around our historical landmarks, our bright economic future and remarkable culture makes Medford a unique place for recreation, growing businesses, accessibility and transportation.

To help you get acclimated, I have enclosed a Welcome to Medford Guide with useful information about our City and the governmental services provided. I know this guide will help to ensure a positive transition into the community. I am thrilled that you have chosen Medford as your home!

If you have any questions about the information in this guide or Medford in general, please call 781-393-2408. We also welcome you to come into the office and say hello!

Very truly yours,

Stephanie M. Burke
Mayor
# Table of Contents

<table>
<thead>
<tr>
<th>Category</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Safety</td>
<td>4</td>
</tr>
<tr>
<td>Public Works</td>
<td>5-6</td>
</tr>
<tr>
<td>Rights and Resources</td>
<td>7-8</td>
</tr>
<tr>
<td>Voting</td>
<td>9</td>
</tr>
<tr>
<td>Library</td>
<td>9-10</td>
</tr>
<tr>
<td>Post Offices</td>
<td>11</td>
</tr>
<tr>
<td>Health Services, Hospitals and Wellness</td>
<td>10-12</td>
</tr>
<tr>
<td>Domestic Violence Services</td>
<td>12</td>
</tr>
<tr>
<td>Children and Family Services</td>
<td>13-19</td>
</tr>
<tr>
<td>Public Schools</td>
<td>19-21</td>
</tr>
<tr>
<td>English-as-a-Second-Language (ESL), English for Speakers of Other Languages (ESOL), and Translation/Interpretation Services</td>
<td>21-22</td>
</tr>
<tr>
<td>Elder Services</td>
<td>23-24</td>
</tr>
<tr>
<td>Veterans’ Services</td>
<td>25</td>
</tr>
<tr>
<td>Housing and Shelters</td>
<td>25-26</td>
</tr>
<tr>
<td>Energy Assistance</td>
<td>27</td>
</tr>
<tr>
<td>Food Assistance and Pantries</td>
<td>27-29</td>
</tr>
<tr>
<td>Immigration Services and Advocacy</td>
<td>29-30</td>
</tr>
<tr>
<td>Employment Services</td>
<td>30</td>
</tr>
<tr>
<td>Business Organizations</td>
<td>30-31</td>
</tr>
<tr>
<td>Parks and Recreation</td>
<td>31-32</td>
</tr>
<tr>
<td>Historical and Cultural Sites and Organizations</td>
<td>32-33</td>
</tr>
<tr>
<td>Transportation</td>
<td>33-34</td>
</tr>
<tr>
<td>Local media (internet, newspaper, and television)</td>
<td>34</td>
</tr>
<tr>
<td>The Arts</td>
<td>35-37</td>
</tr>
<tr>
<td>Worship Places</td>
<td>37-38</td>
</tr>
<tr>
<td>Tufts University</td>
<td>39</td>
</tr>
</tbody>
</table>
Public Safety

Emergency Services (Fire, Police, or Ambulance)    Phone: 911

Police Department    Phone: 781-391-6404
100 Main Street
Email: police@ci.medford.or.us
www.medfordpolice.com

Detectives: 781-391-6767
Drug and Crime Hotline: 781-391-6171
6779
Other calls: 781-395-1212

Fire Department    Phone: 781-396-9400
120 Main Street
Email: fire@cityofmedford.org
www.medfordma.org/departments/fire-department
M-F 8:30 AM - 4:30 PM

The Medford Fire Department is dedicated to the protection of life and property through fire suppression, emergency medical aid, hazardous materials mitigation, fire education, fire prevention.

Poison Control Center    Phone: 1-800-222-1222
Toll-free number to call for a poisoning emergency.
### Department of Public Works

**Phone:** 781-393-2417  
Medford City Hall, Room 304  
www.medfordma.org/departments/department-of-public-works

The Department of Public Works maintains city roads, trees, parks, playgrounds, other recreational areas, the water and sewer system, and the cemetery. This department also manages trash and recycling collection.

### Forestry Division

**Phone:** 781-393-2419  
21 James Street  
Email: atuen@medford.org  
Emergency: 781-393-2445  
www.medfordma.org/departments/department-of-public-works/dpw-links/forestry-division

Report fallen limbs and trees. Branches for yard waste collection must be in 3” long, 3” diameter and tied in bundles. Power outages due to fallen limbs on wires residents can contact National Grid at 1-800-322-3223 or www.nationalgrid.com.

### Highway Division

**Phone:** 781-393-2445  
21 James Street  
Email: dpwenaglia@medford.org  
M-F 7:00 AM – 4:00 PM  


Report snow issues, pot holes and road kill to the Highway Division.
Water and Sewer Division

Shop: 781-393-2502

Billing: 781-393-2498
Emergency: 781-393-2403
Email: rbaker@medford.org
Email: dproctor@medford.org
M-F 7:00 AM – 4:00 PM


Report leaks and sewer problems to the Water and Sewer Division.

Trash


Trash is collected weekly and must be out on the curb by 7:00 a.m. on your trash collection day. Trash collection will be delayed one day during a holiday week. Find the full schedule at: http://www.medfordma.org/category/trash-and-recycling/

Recycling

Phone: 781-393-2417

City Hall, Room 304

M,T, Th 8:30 AM-4:30 PM
W 8:30 AM-7:30 PM
F 8:30 AM- 12:30 PM

http://www.medfordma.org/departments/recycling/

If you need a recycling bin, you can pick one up at City Hall. Recycling is collected every other week and determined by either a green or blue bin. You can recycle glass, tin, aluminum, plastic (#’s 1-5 and #7), newspapers, magazines, junk mail, paper, and cardboard. Other disposables (such as batteries, light bulbs, paint, etc.) can be dropped off at City Hall or the City Yard on James St.
The mission of the Office of Human Diversity & Compliance is to address a myriad of issues through outreach, education and compliance oversight. These issues include, but are not limited to affirmative action, contract compliance, fair housing, disability, human rights, discrimination, as well as hate incidents and hate crimes. The Director works in collaboration with other City Departments, other Cities, and local, State and Federal organizations and agencies to ensure fair and equitable opportunity and access for all persons.

The mission of the Commission for Persons with Disabilities is to provide persons with disabilities equal opportunity and access to, as well as participation in, education, employment, and public and private services in the City of Medford through advocacy, awareness and enforcement.

Door2Door Transportation by SCM

67 Holland Street, Somerville, MA
The mission of the Human Rights Commission is to protect the civil rights of Medford residents, reinforce a positive community atmosphere, work with community groups and agencies to educate, promote understanding to eliminate prejudice and intolerance, and to mediate within the community whenever needed.

**Fair Housing**
Medford City Hall, Room 214  
Phone: 781-393-2501  
Email: dmcleod@medford.org

http://www.medfordma.org/departments/diversity/fair-housing/

Publicizes State and Federal Fair Housing Laws and provides enforcement referrals.

**EMARC**
26 Princess St. Wakefield, MA  
Phone: 781-942-4888  
Email: dmcleod@medford.org

Provides support, advocacy and recreational programming for people with developmental disabilities and their families.
Voting

Registrar of Voters
City Hall, Room 102
http://www.medfordma.org/departments/voter-registration/voter-registration/

To register to vote, you must be 18 years old, a United States citizen, and a resident of Massachusetts. You may register in person by going to the Registrar of Voters. Or you may register by mail, by requesting and completing a voter registration form. To register to vote on line in Massachusetts go to www.sec.state.ma.us/ovr

Library

Medford Public Library
111 High Street
www.medfordlibrary.org

Phone: 781-395-7950
Email: bkerr@minlib.net
Email: medford@minlib.net
M-Th: 9:00 AM-9:00 PM
F: 9:00 AM-6:00 PM
S: 9:00 AM-5:00 PM

Open to all Medford residents. Closed Saturdays mid-June through Labor Day. Library cards available at the library with proof of residence in Medford. Offerings include books, DVDs, videos, tapes, audio books, museum passes, reading groups, and other special programs. Circulating materials, health-related electronic resources, reference services.

Friends of Medford Library
111 High Street
www.friendsofmedfordlibrary.org

Phone: 781-395-7950
Non-profit, volunteer organization dedicated to: providing funds for library projects and acquisitions, promoting the library's services and activities and assisting in maintaining a
welcoming and patron-friendly environment. Support for library collections, events, museum passes and other special items.

### Post Offices

<table>
<thead>
<tr>
<th>Post Office</th>
<th>Phone:</th>
<th>Address</th>
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<tbody>
<tr>
<td><strong>Medford Post Office</strong></td>
<td>781-396-2444</td>
<td>20 Forest Street, Medford</td>
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<tr>
<td><strong>Tufts University Post Office</strong></td>
<td>617-625-5755</td>
<td>470 Boston Avenue, Medford</td>
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<tr>
<td><strong>West Medford Post Office</strong></td>
<td>781-483-3090</td>
<td>485 High Street, Medford</td>
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### Health Services, Hospitals, and Wellness

<table>
<thead>
<tr>
<th>Health Services, Hospitals, and Wellness</th>
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</thead>
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<tr>
<td><strong>Medford Health Department</strong></td>
</tr>
<tr>
<td>Medford City Hall Room 311</td>
</tr>
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Improves, preserves, and protects the health of the citizens of Medford. Advocates for a safe environment, for reduction of known health risks, and for application of known preventive health measures. Provides immunizations and flu shots.

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<tr>
<th>Hallmark Health</th>
<th>Phone: 781-338-7575</th>
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<tr>
<td>Malden, MA</td>
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<td><a href="http://www.hallmarkhealth.org">www.hallmarkhealth.org</a></td>
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</tbody>
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A not-for-profit health system of more than 1,200 physicians and 4,600 employees. Includes three home health agencies and hospice care services, a family medicine residency program, a school of nursing, multiple physician group practices, and two nursing care centers.

**Lawrence Memorial Hospital**

Phone: 781-306-6000

170 Governors Avenue, Medford

https://www.hallmarkhealth.org/Lawrence-Memorial-Hospital-of-Medford.html

**City of Medford, Health Department**

**Office of Prevention and Outreach**

Phone: 781-393-2449

85 George P. Hassett Drive, Medford

Email: pbruce@medford.org

www.mysticvalleypublichealth.org

Prevention, Intervention and Treatment Resources.

**Team Medford**

Phone: 781-393-2560

85 George P. Hassett Drive, Medford

Email: pbruce@medford.org

www.teammedford.org

Team Medford is an initiative of the Health Department and works in collaboration with other coalitions, schools, school groups and police to prevent and reduce alcohol, tobacco and other drug use amongst youth and promote healthy eating, physical activity in Medford.

**Greater Medford Visiting Nurses Association**

Phone: 781-396-2633

279 Mystic Avenue, Suite 2014

www.gmvna.com

Provides skilled home health services including nursing, physical therapy, occupational therapy, speech therapy, medical social work, home care aides, and personal care workers.
Mystic Valley Public Health Coalition

City of Medford, Malden, Melrose, Town of Stoneham, Reading, Wakefield and Winchester Substance use and misuse primary prevention and overdose prevention coalition.

Medford Health Matters

A community coalition that works to improve the health status and quality of life for people who live or work in Medford. Incorporates concerns about the environment into a healthy living lifestyle, holds an annual Walk-a-Thon, provides linkages and information for Medford residents to existing services for social and emotional support and emotional disorders treatment, prevents substance abuse, and has a Youth Advisory Council (also known as Teens Against Drinking and Drugs).

Domestic Violence

Medford Police Domestic Services Unit

Provides police help in domestic issues, from physical to sexual abuse.

Medford Police Department
Children and Family Services

**Criterion Early Intervention Program**

214 Commercial Street, Malden

www.criterionchild.com/ei.html

Enables parents and other caregivers to assess their child’s developmental needs, incorporate educational and therapeutic strategies into daily routines with the help of early intervention specialists, and use community resources. Services are provided in the family’s home, the child’s daycare, the early intervention center, or other community locations.
**Head Start, ABCD**  
Phone: 617-348-6272  

A free child and family development program for low-income families with children ages three to five. Offers education, health services, social services, nutrition, parent involvement activities, mental health services, and services to those with disabilities.

**Early Childhood/Afterschool Office of Medford High School**  
Phone: 781-393-2102  
Email: calpers@medford.k12.ma.us

489 Winthrop Street

The Early Childhood/Afterschool Office of the Medford Public Schools operates several early childhood programs and four afterschool programs located at each of the elementary schools- Brooks, Columbus, McGlynn and Roberts. Parents/Guardians can call the Early Childhood Office to find out information about quality child care, public school preschool programs, and afterschool programs. We can also assist placing eligible families on the Department of Early Education and Care centralized wait list for child care—infant, toddler, preschool, and school age. The Massachusetts Department of Early Education and Care also provides a listing of all licensed child care and afterschool programs in Massachusetts. For further information please email Cheryl Alpers or call.
Afterschool programs for children Grades kindergarten through 5 at the Brooks, Columbus, McGlynn and Roberts Elementary Schools. These high-quality afterschool programs are for children in grades kindergarten through grade five. The Afterschool Program is a tuition-supported program that contributes to the growth of the child in a safe supportive learning environment. The program offers snacks, playground/gym time, homework time, art, karate, drama, science and other activities based on the interests of the children. The program operates Monday, Tuesday, Thursday and Friday from 2:30 to 6:00 P.M. and Wednesday from 1:30 to 6:00 P.M. The program opens at 12:00 noon the day before Thanksgiving, the day before the winter recess and the last day of school. The afterschool programs are in session when the Medford Public Schools are in session. We are closed for snow days, holidays, school vacation weeks and the summer. Tuition rates are listed on the registration form. The Medford Public Schools accepts vouchers from the Child Care Circuit.
Our programs are free for all families who live or work in Medford with at least one child between the ages of birth and eight (8). Family support; parenting education workshops; age-specific play and learn groups; information and referral services; financial literacy workshops; home visitation; school readiness; ESOL; support groups (new parents, grandparents, single parents, foster parents); parent leadership opportunities; Ages and Stages child development questionnaires; Spanish Play and Learn Groups; STEAM Play and Learn Groups; intergenerational Play and Learn Groups; traveling playgroups in the parks; summer Family Concerts; Family Center; Freebie Foyer resource exchange; quarterly Swap Days; Holiday Support; early Childhood Fair; StoryWalks; collaborative programming with local organizations and businesses; monthly Family Fun Nights; Nurturing Dads program; Brain Building in Progress activities; provider professional development programs; Parent Cafes; Peer Review and individual consultation. Free Child Care and transportation options are available during our parenting workshops.

An internationally recognized, proven, innovative home-based literacy, parenting and school readiness program that strengthens families and prepares children to succeed academically. The parent and child enroll when the child is approximately two years of age, an important time for early language development. The family continues in the program for two years. The PCHP is a free program for families that meet certain eligibility guidelines. For additional information or to make a referral please contact the coordinator, Donna Foti-Scovell, at the phone number listed or email dscovell@medford.k12.ma.us.
Gene Mack Clubhouse
Boys & Girls Club of Middlesex County

30 Forest Street
Email: rsapolsky@kidsclubs.org
School year: 2:00 PM – 6:00 PM
Summer: 9:00 AM - 4:00 PM

www.kidsclubs.org

Full-service club for children and youth ages six to fifteen. Provides after-school programs and summer camps. Has a full-size gym, a game room, an art room, a learning center with a library and reading area, a computer room, and a teen room. Membership is $30 per year, and $115 per week for the summer programs. Scholarships are available.

Medford Community Schools

489 Winthrop Street
Provides year-round youth and adult educational and recreational activities. Has a before-school program, school vacation week programs, and summer programs.

Medford High School Gay Straight Alliance

489 Winthrop Street
Email: mskorker@medford.k12.ma.us
Hours: M-F 8:00 AM - 2:00 PM

Our mission is 1) To create a safe and inclusive environment for members of the LGBTQ+ community at Medford High School; 2) To promote support for LGBTQ+ youth throughout Medford; 3) To make Medford High School an accepting community for people of all identities; 4) To facilitate healthy conversations and interactions amongst LGBTQ+ youth and the greater community of Medford.
The West Medford Community Center (WMCC) was rebuilt in 2007 as a form to connect the diverse people of West Medford and the Mystic River Valley through social, educational, cultural, health and recreational activities.

Medford Public Schools special educators believe that all students are capable of achieving high expectations when there is a strong partnership among parents, teachers, administrators and other members of the Medford community. It is our goal to teach students in order that they will achieve their full potential as independent and successful adults. Special educators bring to schools a wealth of knowledge about child development and how children learn, and the skill to monitor student progress. The special education staff’s mission emphasizes a problem solving approach to concerns about student learning and progress, with the support of parents and all professionals of the Medford Public Schools.

All-volunteer organization of parents and caregivers of children receiving special education services from preschool to age 22 who are served by Medford Public Schools. We support families and work with Medford School Administrators and Town Committees to help children with special education needs have a positive learning experience.
22 Church St., Everett, MA
Provides assessment and treatment services for developmentally delayed or at-risk children from birth to age three.

Public Schools

Brooks Elementary School
388 High St.
781-393-2166
Kindergarten through 5th grade

McGlynn Elementary School
3002 Mystic Valley Parkway
781-393-2333
Pre-school through 5th grade

Andrews Middle School
3000 Mystic Valley Parkway
781-393-2228
6th through 8th grades

Curtis Tufts Alternative High School
437 Main St.
781-393-2343
9th through 12th grades

Medford High School
489 Winthrop St.
781-393-2325
9th through 12th grades

Columbus Elementary School
37 Hicks Ave.
781-393-2177
Kindergarten through 5th grade

Roberts Elementary School
35 Court St.
781-393-2155
Kindergarten through 5th grade

McGlynn Middle School
3004 Mystic Valley Parkway
781-393-2333
6th through 8th grades

Medford Vocational-Technical High School
489 Winthrop St.
781-393-2260
9th through 12th grades
The Medford Public Schools is a full service school system that deals with the human development of the whole child. This safe, inclusive, diverse and supportive learning environment helps to produce healthy, intelligent, capable citizens who can attain good jobs and positive family living. The Medford Public Schools is the Advantage you do not want to miss!

Central Administration:
Superintendent Roy E. Belson – Medford High School, 489 Winthrop Street, 781-393-2442 & 2206 - rbelson@medford.k12.ma.us
Deputy Superintendent Beverly G. Nelson – Medford High School, 489 Winthrop Street, 781-393-2364 - bnelson@medford.k12.ma.us
Assistant Superintendent, Director of Elementary Education/Title 1 Diane Caldwell, Medford High School, 489 Winthrop Street 781-393-2310 & 2265 - dcaldwell@medford.k12.ma.us
Director of Finance and Administration Patricia Velie, Medford High School, 489 Winthrop Street 781-393-2100 & 2200 - pvelie@medford.k12.ma.us
Director of Pupil Services Kathleen Medaglio, Medford High School, 489 Winthrop Street, 781-393-2229 & 2235 & 2367 - kmedaglio@medford.k12.ma.us
Director of Technology/Media/Fine Arts Richard Trotta, Medford High School, 489 Winthrop Street, 781-393-2279 & 2239 - rtrotta@medford.k12.ma.us

Medford Public Schools Transportation:
Kindergarten through middle school: The elementary or middle school your child attends will ask you to choose a bus route and a stop from the list available on the Medford Public Schools website at www.medfordpublicschools.org. Complete the forms provided by your child’s school letting the school know your chosen a.m. stop and p.m. stop. Please note, any change must be in writing to the building principal. Children K-2 are provided bus tags that must be worn prominently on their backpacks for the entire school year, and these students must be met by a designated parent/guardian/or designated other when disembarking from the bus. If not met, they will be returned to their school.
High School: If you live in the Heights area, one yellow school bus is provided. Please refer to list on Medford Public Schools website. If you live outside the Heights area and still require transportation, please see the MBTA information available on the website. Monthly MBTA Bus Passes can be purchased in the Accounts Payable Office (first floor of MHS in hallway off of main lobby) between 7:00 am and 3:00 pm. The phone number for the Accounts Payable Department is 781-393-2266. The MBTA Board of Directors approves the fare structure for student’s bus passes. For further information please contact transportation@medford.k12.

ESL, ESOL, and Translation/Interpretation Services

**English At Large**

800 Cummings Park Dr. #5550
Woburn, MA 01801
www.englishatlarge.org

Phone: 781-395-2374
Email: info@englishatlarge.org

Provides free basic English and basic literacy classes to adults through one-to-one and small-group tutoring, conversation practice, and direct referrals to human-services organizations.

**Medford Family Network ESOL Classes**

489 Winthrop Street
http://www.medfordlibrary.org/literacy

Phone: 781-393-2106

Provides free beginner and intermediate English language classes to adults living or working in Medford. Also provides free child care and public bus passes during the classes. Classes are twice a week at Medford High School.
The English Language Learners Program is housed in six of our schools; all of the elementary schools, the McGlynn Middle School, and Medford High School/Medford Vocational Technical High School. ELL students are placed based on their level of English proficiency. The goal for ELLs is to develop English language proficiency in social and academic language in listening, speaking, reading, and writing. Translation is available to parents if needed. Haitian-Creole, Portuguese, Chinese, Spanish, and Vietnamese translation is generally available through in-house interpreters; other languages are available through outside services contracted by the school district.

**Immigrant Learning Center**

Phone: 781-322-9777

442 Main St. Malden, MA

www.ilctr.org

Provides free, year-round English classes to immigrant and refugee adults in Greater Boston.

**ESOL - A Better Tomorrow Services**

Phone: 617-381-0300

153B Main St., Everett, MA

www.abticharity.org

Provides a number of services including English as a second language classes, citizenship preparation and computer literacy.
## Elder Services

<table>
<thead>
<tr>
<th>Council on Aging</th>
<th>Phone: 781-396-6010</th>
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<tbody>
<tr>
<td>101 Riverside Avenue</td>
<td>Email: <a href="mailto:medfordcoa@verizon.net">medfordcoa@verizon.net</a></td>
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<tr>
<td></td>
<td>M-F 9:00 AM to 4:00 PM</td>
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<tr>
<td></td>
<td><a href="http://www.medfordma.org/departments/council-on-aging/">http://www.medfordma.org/departments/council-on-aging/</a></td>
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</table>

Provides information on elder benefits and programs. The Council evaluates, promotes, encourages and provides new and existing services that are intended to enhance the quality of the lives of elder residents. Offers services and activities to elders (who are at least 60 years of age), including classes, trips, informational seminars, social services, a Home Maintenance Program, volunteer opportunities, legal assistance, daily lunch programs on weekdays, and transportation to certain places.

<table>
<thead>
<tr>
<th>Senior Citizens Drop-In Center</th>
<th>Phone: Mon. and Wed.: 781-396-0377; All other times: 781-396-6010</th>
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<tbody>
<tr>
<td>101 Riverside Avenue</td>
<td>M-F 10:00 AM to 3:00 PM</td>
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Programs include daily lunch, card playing, Bingo games, and day and overnight trips.

<table>
<thead>
<tr>
<th>Mystic Valley Elder Services</th>
<th>Phone: 781-324-7705</th>
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<tr>
<td>19 Riverview Business Park</td>
<td></td>
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<tr>
<td>300 Commercial St., Malden, MA</td>
<td><a href="http://www.mves.org">www.mves.org</a></td>
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</tbody>
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Promotes safe, independent living for elders, and is an entry point through which elders, families, caregivers, and health care professionals can access a wide variety of programs and services.
<table>
<thead>
<tr>
<th><strong>Meals-On-Wheels, Mystic Valley Elder Services</strong></th>
<th><strong>Phone: 781-324-7705</strong></th>
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<tr>
<td>Monday-Friday, served at noon. Call the morning of the day before to reserve a meal.</td>
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<thead>
<tr>
<th><strong>SCM Community Transportation</strong></th>
<th><strong>Phone: 617-625-1191</strong></th>
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<tr>
<td>167 Holland Street</td>
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<tr>
<td>Call weekdays from 9:00 a.m. to 1:00 p.m. Gives elders and persons with disabilities free rides to medical appointments, the supermarket, and other locations. Register in advance.</td>
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| **The Community Family,**  
The Buddy Coholan Memory Loss Center | **Phone: 781-395-5542** |
|-------------------------------------|-------------------------|
| 121 Washington St.  
www.communityfamily.org | Email: info@communityfamily.org  
9:00 AM-3:00 PM |
| Provides nursing care, nutrition help, social work services, therapeutic activities, transportation, and caregiver support groups for people experiencing memory loss and their families. |

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<thead>
<tr>
<th><strong>Elder Abuse Hotline</strong></th>
<th><strong>Phone: 1-800-922-2275</strong></th>
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<tr>
<td>24-hour toll-free number to call to report incidents of elder abuse.</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>West Medford Community Center</strong></th>
<th><strong>Phone: 781-483-3042</strong></th>
</tr>
</thead>
</table>
| 111 Arlington Street  
http://wmcc.us/ |
Veterans’ Services

Veterans’ Services Office

City Hall, Room 100
www.medford.org/Pages/MedfordMA_Veteran/index

Phone: 781-393-2504

Provides assistance and services to Veterans and their dependents in order to access local, state, and federal benefits. Services may include disbursement of all 108CMR C.115 Veteran-related benefits to eligible Veterans and/or their dependents, ensuring all veterans graves/plaques and memorials are respected and properly maintained, coordinate/assist Veterans in need of shelter, clothing, food, employment, training and education, actively participated in all patriotic and Veteran-related issues, including lobbying for Veterans rights, providing counseling to Veterans and their depends for referral to SSI, SSD and Medicare/Medicaid, facilitating and coordinating motor vehicle registration exemptions and Veterans series plates, expediting and processing requests for Veterans military discharge records (DD214), facilitating application for Veterans bonus/annuity benefits, and processing, expediting and submitting all V.A. related claims for compensation, non-service related disabilities, etc.

Housing and Shelters

Medford Housing Authority

121 Riverside Ave
www.medford.org/Pages/MedfordMA_Housing/index

Phone: 781-396-7200 M-F, 9:00 AM – 5:00 PM

Contact to apply for public housing, Section 8 vouchers for subsidized housing, and senior citizen housing.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Address</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing Families, Inc.</td>
<td>781-322-9119</td>
<td>354 Cross St., Malden, MA</td>
<td>Provides safe, temporary shelter; pro bono legal services; creates affordable housing; and offers individualized supportive services to family members of all ages.</td>
</tr>
<tr>
<td>ABCD</td>
<td>781-321-3431</td>
<td>Mystic Valley Opportunity Center</td>
<td>Assists homeless and at-risk families in finding and keeping permanent affordable housing and guides families through the housing and benefits systems.</td>
</tr>
<tr>
<td>Mystic Valley Opportunity Center</td>
<td></td>
<td>110 Pleasant St., 3rd floor, Malden, MA</td>
<td></td>
</tr>
<tr>
<td>Medford Family Life and Education Center (Heading Home)</td>
<td>781-391-9116</td>
<td>2 Central Avenue</td>
<td>A transitional shelter with capacity for eight families. Run by Heading Home, an organization that provides affordable housing and intensive support services to individuals and families.</td>
</tr>
<tr>
<td>Medford Family Life and Education Center (Heading Home)</td>
<td></td>
<td><a href="http://www.headinghomeinc.com">www.headinghomeinc.com</a></td>
<td></td>
</tr>
<tr>
<td>Heading Home</td>
<td>617-864-8140</td>
<td>The Schraffts Center 529 Main Street, Suite 100, Charlestown, MA</td>
<td>Heading Home provides emergency, transitional and permanent housing, and support services, to low-income homeless and formerly homeless families and individuals in the community. See more at: <a href="http://www.headinghomeinc.org/about-us#sthash.sobLzxZ1.dpuf">http://www.headinghomeinc.org/about-us#sthash.sobLzxZ1.dpuf</a></td>
</tr>
<tr>
<td>Heading Home</td>
<td></td>
<td><a href="http://www.headinghomeinc.com">www.headinghomeinc.com</a></td>
<td></td>
</tr>
</tbody>
</table>
Energy Assistance

Low-Income Home Energy Assistance Program (LIHEAP)
Mystic Valley Opportunity Center
ABCD Malden at 110 Pleasant Street, Malden, MA

Action for Boston Community Development, Inc. is now operating the Low-Income Home Energy Assistance Program (LIHEAP) serving thousands of working families and seniors in Malden, Medford, Everett, Melrose, Stoneham, Winchester and Woburn. The ABCD-Malden Low-Income Home Energy Assistance Program expects to provide more than 6,000 households with fuel assistance in the seven Greater Malden communities. In the Boston area, ABCD Fuel Assistance traditionally serves more than 20,000 households annually.

Food Assistance and Pantries

ABCD
Mystic Valley Opportunity Center
110 Pleasant St., 3rd floor, Malden, MA

Offers advocacy services, housing and homeless resources, referral resources, fuel assistance, and a Headstart program to qualifying residents.

Medford Farmers Market
City Hall Plaza, Medford, MA
www.medfordfarmersmarket.org

Access to seasonal, local, fresh produce, eggs, meat, prepared foods, and more. EBT matching available, up to $20. In addition to our Thursday market, we also offer a subsidized CSA for Medford seniors on Tuesdays.
Medford Women, Infants, and Children Nutrition (WIC) Program
Governors Avenue

A program that provides nutrition and health education, healthy food, and other free services to Massachusetts families who qualify.

Food Stamps
Phone: 781-388-7300 or 781-321-3431

Food Source Hotline
Phone: 1-800-645-8333
Call to receive information about emergency food programs and information on other food and nutrition programs.

Shiloh Baptist Church
Holton and Bower Streets
Open the 2nd Tuesday of every month from 6:00 p.m. to 7:00 p.m. and the 3rd Saturday of every month from 10:00 a.m. to 11:00 a.m.

St. Francis of Assisi Church
441 Fellsway West
Open Thursdays from 3:00 PM to 4:30 PM

St. Raphael’s Church
38 Boston Avenue
Open Tuesdays from 11:00 a.m. to 1:00 p.m.

Unitarian Universalist Church of Medford
& Food Pantry
147 High Street, Medford, MA
http://uummedford.org/social_action.html#commCupboard
Mobile Food Market
North Suburban WIC Program/Hallmark Health
Malden, MA

Every 2nd Saturday, 1-2pm. Located at the North Suburban WIC program, 239 Commercial Street in Malden. A shuttle will be provided from Medford City Hall at 11:30am. Offered in partnership with the Greater Food Bank. Preregistration required. Please call 781-393-2439

Advocacy and Immigration Services

Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA)
105 Chauncy St., #901, Boston, MA
www.miracoalition.org

Advocates for the rights and opportunities of immigrants and refugees through education, training, leadership development, organizing, policy analysis, and advocacy. Brings together groups serving immigrants and refugees and involves hundreds of grassroots immigrant organizations, human services agencies, legal service providers, religious groups, and human rights groups.

Consumer Advisory Commission
85 George P Hassett Drive, Medford, MA
www.mass.gov/ago/consumer-resources/

Our Office works in cooperation with the Massachusetts Office of Attorney General to resolve complaints filed by local residents. Some complaints we handle are: retail sales, credit and debt collection, automobile sales and service, home improvement, foreclosure issues, landlord tenant complaints. Consumers can file a complaint by calling our office or going to our website.

Medford Conversations
109 Eaton Hall, Medford, MA
http://medfordconversations.org/
Medford Conversations’ mission is to include and actively engage a multiplicity of voices in our community. Through conversations, the project hopes to encourage people to create and act on visions for a sustainable, just, and thriving Medford, Massachusetts.

**Medford Community Coalition**
Medford, MA  
Email: MedfordCoalition@gmail.com  
Facebook.com/MedfordCoalition

We are a collaboration of concerned citizens, local organizations, & businesses working together to create and maintain a thriving community in Medford, MA. Twitter @MedfordCitizens Instagram @MedfordCitizens #thisisMedfordMA #EnvisionMedford.

**Employment Services**

**Metro North Regional Employment Board**  
125 Cambridge Park Dr., Cambridge, MA  
www.mnreb.org

Phone: 617-864-1500

Works with Medford residents to acquire the skills necessary to become economically self-sufficient and assists employers in finding employees. Provides skill building and trainings. Acts as a link between training providers, social service organizations, the business community, and regional economic development agencies.

**Business Organizations**

**Medford Chamber of Commerce**  
1 Shipyard Way, Medford, MA  
www.medfordchamberma.com

Phone: 781-396-1277  
director@medfordchamberma.com
Provides a unified voice for the business community to use to address issues of interest to the
business people in Medford. Provides access to government officials and plays a key role in
identifying, analyzing, and recommending solutions to issues and problems.

**Parks and Recreation**

**Medford Department of Recreation**
City Hall, Medford, MA
http://www.medfordma.org/departments/recreation/

Has sport leagues and 7-week summer park activities and programs for children and youth
ages six to fourteen.

**Middlesex Fells Reservation**
Fellsway West, Medford, MA
www.fells.org

A state park with 2,500 acres of protected woods with hiking trails, ponds, and
wildlife. Protects land and water and is a place where you can enjoy recreational activities and
leisure, such as hiking, fishing, biking, skiing, and picnicking. The Fells endures as a
destination where visitors can relish the peace and beauty of nature in the midst of
exceptional protected landscape.

**Friends of the Mystic River**
P.O. Box 560083, Medford, MA
www.fomr.org

Advocacy and education focused on the enjoyment, protection and enhancement of the
Mystic River in Medford and the Mystic River Watershed.

**Medford Bicycle Advisory Commission**
Medford City Hall
medfordbikes.org

Email: info@medfordbikes.org
Technical advice on bicycle infrastructure, safety and skills training and organizing community bike rides. The Bike Commission is staffed by an all-volunteer group of Medford residents. It meets the 4th Weds. of each month in Room 201 of Medford City Hall and all are welcome to attend. Visit our website or Facebook page for news and events.

**West Medford Community Center**

111 Arlington St., Medford, MA
www.wmcc.us

The West Medford Community Center connects the diverse people of West Medford and the Mystic River Valley through social, educational, cultural, health and recreational activities. For over sixty years the West Medford Community Center has connected the diverse people of West Medford. Programs and services include senior lunches, exercise classes, advocacy, and health programs; performing art classes in dance, music, and singing; health fairs and health education; teen programs and a teen center; a technology lab; “Meet Your Neighbor” potluck dinners; and lectures, forums, and community meetings.

**Wrights Pond**

Elm St., Medford, MA

Phone: 781-393-2417

Bicycling, cross-country skiing, freshwater fishing, swimming, general play, hiking, picnicking, walking, and jogging. Resident passes available to Medford residents for $5 and car stickers available for $20 in June. Must have driver’s license and Massachusetts registration to purchase a pass by mail or in person from the Department of Public Works (City Hall, Room 304). Beach access and water access equipment for persons with disabilities.

**Historical and Cultural Sites and Organizations**

**Medford Historical Society**

10 Governors Ave, Medford, MA
www.medfordhistorical.org/

In recent years, the Society has been active in preserving significant older buildings — such as the Peter Tufts house; seeing that trees are planted along our city streets; replacing damaged historical markers; protecting the Mystic River and the Middlesex Fells; publishing a modern history of the city in 1980; Medford on the Mystic, as part of the celebration of the city’s 350th
anniversary, modernizing its headquarters building; giving tours and historical lectures for our school age youth; holding regular meetings with talks on the city’s history; and now in preserving for the city and scholars its magnificent collection of Civil War photographs.

**Royall House Association**  
Phone: 781-395-7766 or 781-396-9032  
15 George St., Medford, MA  
www.royallhouse.org/index.php

A museum that is a cultural and educational resource for the general public. It is dedicated to the preservation of the buildings, site, and the research and interpretation of the history of the Royall House and Slave Quarters.

**Medford-Brooks Estate Land Trust (M-BELT)**  
Phone: 781-396-3001  
275 Grove Street, Medford, MA  
Email: Inquiries@brooksestate.org  
www.brooksestate.org

Brooks Estate is conservation land located in NW Medford. M-BELT works to protect and restore the Brooks Estate, open space and historic landscape owned by the people of Medford. The Brooks Estate is open for walking, birding, and nature study every day from dawn to dusk. Enter at the green gate (275 Grove Street, off High Street, Medford).

### Transportation

**Door2Door Transportation by SCM**  
Phone: 617-625-1191 x 0  
167 Holland Street, Somerville, MA  
Email: jkeegan@scmtransportation.org  
http://www.scmtransportation.org

Accessible, door-to-door transportation to medical appointments, grocery shopping, meal sites and clinical programs for seniors and individuals with disabilities. Door2Door Transportation by SCM - Giving the Community a Lift!
Massachusetts Bay Transportation Authority (MBTA)

www.mbta.com

Provides public rail, bus, and ferry (boat) transportation.

Local Media (internet, newspaper, and television)

Inside Medford

www.insidemedford.com

Email: agoldsberry@gmail.com

Local news website for Medford news only.

Medford Mercury

277 Commercial, St., Malden, MA

Phone: 781-321-8000

Daily Medford newspaper.

Medford Transcript

57 High St., Medford, MA

Phone: 781-396-1982

Weekly Medford newspaper.

Cable Access Television

Medford Vocational Technical High School
489 Winthrop Street, Medford, MA

Phone: 781-393-2260

Coming Soon at this new location

Public access television channel (channel ) after school hours. Medford residents can produce programs for the community.
Coalition of more than 20 arts and culture organizations throughout Medford, providing free arts and culture events to the community, including Circle the Square, the Mystic River Celebration and Arts Across Medford.

The Chevalier Theatre Organ Society is a nonprofit membership organization that was created to restore and install a 1922 Mighty Wurlitzer Theatre Pipe Organ at Chevalier Theater in Medford, including raising all necessary funds, and to contribute to the musical and historical education and cultural enrichment of the public and students by presenting concerts, shows and classes featuring theatre pipe organ music.

Friends of Chevalier is a nonprofit organization whose mission is to foster financial and community support for the Chevalier Theater and Gene Mack Gymnasium - home of the Medford Boys & Girls Club - and to promote cultural, theatrical, civic and youth programs in the historic facility on Forest Street in Medford.

The Chevalier Theatre is a city-owned, Commission-managed theater hosting community performances as well as national acts. It has a large seating capacity, and a stage large enough for full productions as well as seating an audience for a unique theater experience. The theater is available for rentals for public as well as private events.
Jerome Street Studios

128 Jerome Street, Medford, MA

www.jeromestreetstudios.com

A local cooperative studio space for artists.

Medford Arts Center Inc.

PO Box 713, Medford, MA

www.medfordarts.org

Email: medfordartscenter@gmail.com

Art--2D and 3D.

Medford Arts Council, City of Medford

Medford, MA

Email: chair@medfordartscouncil.org

Established in 1980, the Medford Arts Council serves to bring high-quality cultural programming to the community. We work to increase public access to Medford's many cultural assets and promote favorable conditions for our creative economy. On an annual cycle we offer grants to artists, writers, performers, instructors, cultural organizations, and others seeking to engage the Medford public. We also help sponsor new public arts and humanities initiatives in Medford. The funds we distribute are an annual allocation from the Massachusetts Cultural Council through their Local Cultural Council (LCC) program. The Council also receives funding from the City of Medford. The Council funds public events like the Arts Across Medford festival, Circle the Square, and West Medford Open Studios, as well as dozens of concerts, classes, field trips, performances, and other activities in disciplines including dance, theater, music, science, history, literature, craft and design, and the visual arts. In 2016, we were selected as the Council of the Year by the Massachusetts Cultural Council, in recognition of our dedication to community arts and culture. We are here to serve Medford, and we can do that most effectively when you tell us what you think. What arts and cultural events would you like to see in Medford? What are important issues for arts and culture that we should know about? Do you have ideas for new and innovative public arts programming for your neighborhood? How could Medford be more arts-friendly? How can we strengthen the humanities (those language-based disciplines such as history and literature) in Medford? What kinds of public art would be at home in our parks, playgrounds, and open spaces? Are you interested in contributing to the Council's work? Your feedback and input help us decide how to set our priorities and which proposals are most important to fund.
Mystic Makerspace
http://www.mysticmakerspace.org/  Email: MysticMakerspace@gmail.com

The Mystic Makers believe learning to make empowers individuals and strengthens community. The Mystic Makerspace is a collective source of tools, space, education, and materials made available to all. We provide equal opportunity access to a safe and welcoming environment where community members can learn to create and repair by sharing skills, knowledge and tools.

West Medford Open Studios
105 Sharon Street, Medford, MA
www.wmos.org

Phone: 781-483-3605

See website for info.

Worship Places

Grace Episcopal Church
160 High St, Medford, MA

Phone: 781-396-7215
M-F 9:00 AM- 2:00 PM

Grace Church offers three worship services on Sunday (8:00am, 10:00am, and 5:00pm). We also run the GraceWorks Childcare Program, which offers affordable, quality childcare and an afterschool program to Medford for children ages 15 months to 14 years, Monday-Friday 8:00am-6:00pm. We host a community dinner at 6:00pm on Wednesday throughout the school year, with classes for younger kids at 5:30pm and older children and adults from 6:45pm-8:00pm. As part of the Medford Film Coalition, we regularly host free, public screenings for the community. Our community outreach includes GreenUp CleanUp park clean-ups, worship services at a local nursing home, biannual clothing pantries, and monthly community service at St. Luke's community dining in Chelsea. We host AA meetings on Monday and Tuesday evenings and a Muslim prayer group on Fridays at noon.
Kurukulla Center
68 Magoun Ave, Medford, MA
http://www.kurukulla.org/contact-kurukulla-center-tibetan-buddhism.php

Kurukulla Center's mission is to provide a community of support for those who are studying and practicing the Tibetan Buddhist tradition.

Sanctuary United Church of Christ
458 High St., Medford, MA
Phone: 781-395-3360
T-F 11:00 am - 5:00 pm; S 9:00 am to 12 n

Sanctuary United Church of Christ is a diverse community of action-oriented followers of Jesus, who humbly strive through worship, faith formation and the practice of Jesus teachings to love God and our neighbors as God loves us. God calls us to care for and meet people where they are; share a life of prayer and joyful service with all; and together--worship, rest in, and serve God. We are seekers of justice and lovers of all of God's creation. Through the community formed by the Holy Spirit, we are consoled, forgiven, refreshed and inspired. We extravagantly welcome all people; believers, non-believers, doubters, questioners, no matter who they love, their gender identity or expression, their race, culture, ability, or economic circumstance. All are a blessing to our journey of faith and we seek to share God's love and grace with all.

office@sanctuaryucc.org

St. Clement’s School
579 Boston Ave, Medford, MA
http://saintclementschool.org/

Committed to nurturing the whole person by providing a competitive K-12, high-quality Catholic education for each student, and is accredited by the New England Association of Schools & Colleges, Inc.
Tufts University Community Relations
120 Packard Ave, Medford, MA
Phone: 617 627-3780
M-F: 9:00 AM - 5:00 PM

Connector for Tufts resources including space on campus, access to student volunteers, etc.
INDEX
<table>
<thead>
<tr>
<th>Organization</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABCD</td>
<td>27</td>
</tr>
<tr>
<td>Andrews Middle School</td>
<td>19</td>
</tr>
<tr>
<td>Boys &amp; Girls Club of Middlesex County</td>
<td>17</td>
</tr>
<tr>
<td>Brooks Elementary School</td>
<td>19</td>
</tr>
<tr>
<td>CACHE</td>
<td>35</td>
</tr>
<tr>
<td>Chamber of Commerce</td>
<td>30</td>
</tr>
<tr>
<td>Chevalier Theater Organ Society</td>
<td>35</td>
</tr>
<tr>
<td>Columbus Elementary School</td>
<td>19</td>
</tr>
<tr>
<td>Commission for Persons with Disabilities</td>
<td>7</td>
</tr>
<tr>
<td>Community Family-Buddy Coholan Memory Loss Center</td>
<td>24</td>
</tr>
<tr>
<td>Council on Aging</td>
<td>23</td>
</tr>
<tr>
<td>Criterion Early Intervention Program</td>
<td>13</td>
</tr>
<tr>
<td>Curtis Tufts Alternative High School</td>
<td>19</td>
</tr>
<tr>
<td>Domestic Services Unit, Police Department</td>
<td>12-13</td>
</tr>
<tr>
<td>Door2Door Transportation by SCM</td>
<td>33-34</td>
</tr>
<tr>
<td>Elder Abuse Hotline</td>
<td>24</td>
</tr>
<tr>
<td>EMARC</td>
<td>8</td>
</tr>
<tr>
<td>Emergency Services</td>
<td>4</td>
</tr>
<tr>
<td>English At Large</td>
<td>21</td>
</tr>
<tr>
<td>English Language Learners Department, Medford Public Schools</td>
<td>21</td>
</tr>
<tr>
<td>Fair Housing</td>
<td>8</td>
</tr>
<tr>
<td>Fire Department</td>
<td>4</td>
</tr>
<tr>
<td>Food Pantry, Community Cupboard, Unitarian Universalist Church</td>
<td>28</td>
</tr>
<tr>
<td>Food Pantry, Shiloh Baptist Church</td>
<td>28</td>
</tr>
<tr>
<td>Food Pantry, St. Francis of Assisi Church</td>
<td>28</td>
</tr>
<tr>
<td>Food Pantry, St. Raphael's Church</td>
<td>28</td>
</tr>
<tr>
<td>Food Stamps</td>
<td>28</td>
</tr>
<tr>
<td>Food Source Hotline</td>
<td>28</td>
</tr>
<tr>
<td>Forestry Division</td>
<td>5</td>
</tr>
<tr>
<td>Organization</td>
<td>Page</td>
</tr>
<tr>
<td>------------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Friends of Chevalier Auditorium and Gene Mack Gym</td>
<td>35</td>
</tr>
<tr>
<td>Friends of the Medford Library</td>
<td>9</td>
</tr>
<tr>
<td>Middlesex Fells</td>
<td>31</td>
</tr>
<tr>
<td>Friends of the Mystic River</td>
<td>31</td>
</tr>
<tr>
<td>Gene Mack Clubhouse</td>
<td>17</td>
</tr>
<tr>
<td>Grace Episcopal Church</td>
<td>37</td>
</tr>
<tr>
<td>Greater Medford Visiting Nurses Association</td>
<td>11</td>
</tr>
<tr>
<td>Hallmark Health</td>
<td>10</td>
</tr>
<tr>
<td>Heading Home</td>
<td>26</td>
</tr>
<tr>
<td>Headstart, ABCD</td>
<td>14</td>
</tr>
<tr>
<td>Highway Division</td>
<td>5</td>
</tr>
<tr>
<td>Housing Families, Inc.</td>
<td>26</td>
</tr>
<tr>
<td>Housing, ABCD</td>
<td>26</td>
</tr>
<tr>
<td>Human Rights Commission</td>
<td>8</td>
</tr>
<tr>
<td>Immigrant Learning Center</td>
<td>22</td>
</tr>
<tr>
<td>Inside Medford</td>
<td>34</td>
</tr>
<tr>
<td>Jerome Street Studios</td>
<td>36</td>
</tr>
<tr>
<td>Kurukulla Center</td>
<td>38</td>
</tr>
<tr>
<td>Lawrence Memorial Hospital</td>
<td>11</td>
</tr>
<tr>
<td>Low-Income Home Energy Assistance Program (LIHEAP)</td>
<td>27</td>
</tr>
<tr>
<td>Massachusetts Bay Transportation Authority (MBTA)</td>
<td>34</td>
</tr>
<tr>
<td>Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA)</td>
<td>29</td>
</tr>
<tr>
<td>McGlynn Elementary School</td>
<td>19</td>
</tr>
<tr>
<td>McGlynn Middle School</td>
<td>19</td>
</tr>
<tr>
<td>Meals-on-Wheels, Mystic Valley Elder Services</td>
<td>24</td>
</tr>
<tr>
<td>Medford Arts Center Inc.</td>
<td>36</td>
</tr>
<tr>
<td>Medford Arts Council</td>
<td>36</td>
</tr>
<tr>
<td>Medford Bicycle Advisory Commission</td>
<td>31</td>
</tr>
<tr>
<td>Medford Brooks Estate Land Trust (M-BELT)</td>
<td>33</td>
</tr>
<tr>
<td>Medford Community Coalition</td>
<td>30</td>
</tr>
<tr>
<td>Medford Community Schools</td>
<td>19</td>
</tr>
<tr>
<td>Medford Consumer Advisory Commission</td>
<td>29</td>
</tr>
<tr>
<td>Medford Conversations</td>
<td>29</td>
</tr>
<tr>
<td>Medford Council on Aging</td>
<td>23</td>
</tr>
<tr>
<td>Medford Office of Human Diversity &amp; Compliance</td>
<td>7</td>
</tr>
<tr>
<td>Medford Family Life and Education Center</td>
<td>26</td>
</tr>
<tr>
<td>Medford Family Network</td>
<td>16</td>
</tr>
<tr>
<td>Medford Farmers Market</td>
<td>27</td>
</tr>
<tr>
<td>Medford Health Department</td>
<td>10</td>
</tr>
<tr>
<td>Medford Health Matters</td>
<td>12</td>
</tr>
<tr>
<td>Medford High School</td>
<td>19</td>
</tr>
<tr>
<td>Medford High School’s Gay Straight Alliance</td>
<td>17</td>
</tr>
<tr>
<td>Medford Historical Society</td>
<td>32</td>
</tr>
<tr>
<td>Medford Housing Authority</td>
<td>25</td>
</tr>
<tr>
<td>Medford Mercury</td>
<td>34</td>
</tr>
<tr>
<td>Medford Public Library</td>
<td>9</td>
</tr>
<tr>
<td>Medford Public School Early Childhood/Afterschool Office</td>
<td>14-15</td>
</tr>
<tr>
<td>Medford Public School English Language Learners</td>
<td>21</td>
</tr>
<tr>
<td>Medford Special Education Parent Advisory Council (SEPAC)</td>
<td>18</td>
</tr>
<tr>
<td>Medford Transcript</td>
<td>34</td>
</tr>
<tr>
<td>Medford Vocational-Technical High School</td>
<td>19</td>
</tr>
<tr>
<td>Medford Women, Infants, and Children Nutrition (WIC) Program</td>
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<td>Metro North Regional Employment Board</td>
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<td>Middlesex Fells Reservation</td>
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<td>Mobil Foodmarket</td>
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<tr>
<td>Mystic Makerspace</td>
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<td>23-24</td>
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<td>Mystic Valley Public Health Coalition</td>
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<td>Poison Control Center</td>
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<td>Sanctuary United Church of Christ</td>
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<td>7 &amp; 24</td>
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<td>Shelter, Inc.</td>
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<td>18 &amp; 24</td>
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<td>Women, Infants, and Children Nutrition Program (WIC)</td>
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