



Salem for All Ages Resource Guide 2018

MESSAGE FROM MAYOR DRISCOLL



There is no greater city in Massachusetts in which to enjoy all that life has to offer than the City of Salem.

From world-class museums and cultural attractions, fine restaurants, and amazing architectural masterpieces, to an intriguing history, along with terrific retailers, diverse residential neighborhoods, an active waterfront, and a lively and historic downtown, Salem is such a unique place to live.

This guide provides helpful information about living in Salem, aging in place here, and participating in our community. I hope you will save it as a resource and check SalemForAllAges.org for updates to this guide and links to even more information about growing older here in Salem.

There's no place like Salem, no matter your age. Whether you are new to our city or have spent your whole life here, I'm sure Salem has something to surprise you!

Kimberley Driscoll, Mayor

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Salem Residents Benefits

In addition to many recreational programs, beaches, parks, and playgrounds, as well as community and arts organizations, Salem residents enjoy free admission to the Peabody Essex Museum and Witch Museum, a 20% discount for non-commuting round-trip fares on the Salem Ferry, and free Salem Trolley rides throughout the summer.

Get City Updates

The City of Salem uses **CodeRED**, a rapid communication system, sometimes called “Reverse 911,” to alert residents when there is an emergency or other notification. To sign up, click on the **CodeRED** link

at www.salem.com/subscribe and fill out the form. Sign up to receive alerts on a land-line and cellphone, and by text message or email. You can also customize the type of alert you would like to receive.

Subscribe to the FYI Salem newsletter) City News & Announcements, Meeting Notices, Employment Opportunities, or specific Board Agendas, by visiting www.salem.com/subscribe and filling out the form.



SeeClickFix

To report anything from a pot hole to a street light out, use SeeClickFix.

Click “Online Services” at www.Salem.com, visit https://seeclickfix.com/salem_ma, or download the free app by searching for “See Click Fix” in your app store.

City Contact Information

Council on Aging: 978-744-0924
Cemetery: 978-745-0195
Electrical: 978-745-6300
Fire (non-emergency): 978-744-1235
Golf Course: 978-744-2149
Harbormaster: 978-741-0098
Park & Recreation: 978-744-0733
Library: 978-744-0860
Parking: 978-745-8120
Police (non-emergency): 978-744-0171
Public Services: 978-744-3302
School Department: 978-740-1222
Transfer Station: 978-745-0226
Veterans Agent: 978-745-0883
Winter Island: 978-745-9430

City Hall and Offices: 978-745-9595

Assessor: ext. 41100
Building: ext. 42200
Clerk: ext. 41200
Collector: ext. 41300
Engineering: ext. 46100
Finance: ext. 41400
Health: ext. 42400
Human Resources: ext. 42000
Legal & Licensing: ext. 41500
IT: ext. 44000
Mayor: ext. 41000
Planning: ext. 42500
Purchasing: ext. 41600
Traffic: ext. 45000
Treasurer: ext. 42100

Mayor Kim Driscoll

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At-Large Councillor Domingo Dominguez

ddominguez@salem.com, 978-815-1089

At-Large Councillor Thomas Furey
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Ward 1 Councillor Robert McCarthy

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Ward 2 Councillor Christine Madore

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Ward 3 Councillor Lisa Peterson

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Ward 4 Councillor Tim Flynn

tflynn@salem.com, 978-836-0017

Ward 5 Councillor Josh Turiel

jturiel@salem.com, 978-801-1673

Ward 6 Councillor Beth Gerard

bgerard@salem.com, 978-666-0809

Ward 7 Councillor Stephen Dibble

sdibble@salem.com, 978-744-1388

Salem for All Ages

Salem Parks & Rec

Salem Parks & Rec offers fun and engaging experiences for residents of all ages. Salem's more than 45 parks, beaches, and open spaces provide a place for residents to gather for citywide festivals, both public and private events, and active or passive recreation. Salem Woods is an urban jewel with 129 acres that offers numerous trails for your enjoyment.

Parks & Rec provides a wide variety of activities for all ages, including family bingo nights, adult and senior fitness classes, and more. Annual family events include Breakfast with Santa, Ice Cream Sundaes with the Easter Bunny, Parent/Daughter Dance, Valentine Making Workshop, cooking classes, and family painting nights. Programming is especially active during the summer months when the city's many outdoor facilities and venues get busier. From sports leagues and camps, to programs like guitar, yoga, and watercolor painting, to the annual Derby Street Mile road race, to drive-in movies at Winter Island, Salem Parks & Rec has a lot to offer every summer for every age.

Find out more at www.salem.com/recreation or call 978-744-0924. 5 Broad Street. 8am-4pm weekdays with extended hours to 7pm on Thursdays. Program hours vary.



Salem Public Library

The Salem Public Library welcomes visitors of all ages and is a place to explore, learn, and be entertained. The library's beautiful historic building is accessible by car, bus, or Council on Aging van.

The library offers a wide selection of books, movies, music, audio books, newspapers, magazines, and e-books in English and Spanish. Programming is offered for all ages, including technology assistance, book clubs, family events with caregivers welcome, and more. The reference floor offers assistance with research, discounted museum passes, a large local history collection, and genealogy resources. Reference also offers computers that can be used for 90 minutes per day, printing, copying, fax, and scanning services. Some charges may apply. The library partners with the Council on Aging to host a monthly book club and a bi-weekly pop-up library at the COA building.

Find out more at www.noblenet.org/salem/ or call 978-744-0860. 370 Essex Street. Monday-Thursday 9am-9pm. Friday-Saturday 9am-5pm. Sunday 1pm-5pm.



Salem YMCA

The Salem YMCA is committed to providing health and wellness opportunities to everyone, at every stage of life. The YMCA offers personal wellness training, enhance fitness, aqua exercise, yoga, stretch and toning classes, pickleball, social events, volunteer opportunities, and more. The YMCA has personal training and coaching to help you set and meet your specific goals in order to live healthier and happier. Classes and programs are available for those dealing with joint and injury rehabilitation and more. Fitness training for strength, flexibility, and cardiovascular conditioning are available, and certified nutritionists can help guide you to healthy food choices.

Chronic disease support programs include a diabetes prevention program, adult cancer survivors group, and Parkinson's SMART for stressless motivation and restorative techniques. Volunteer through the Togetherhood program to strengthen the local community. The YMCA's Connection Adult Enrichment offers programs like book clubs, hikes, bird watching, square dancing, and lifelong learning opportunities.

Find out more at www.northshoreymca.org/location/s/salem-ymca or call 978-744-0351. Monday-Friday 5am-10pm. Saturday 6am-7pm. Sunday 7am-6pm.



Destination Salem

Discover all the cultural and special events that Salem has to offer at www.salem.org or in the annual Salem Guide from [Destination Salem](#). In addition to a calendar of events, the Salem Guide also includes activities, museums, attractions, shopping, and dining listings. Salem is perfect for exploring year-round, with festivals and special celebrations throughout the year. Attend as a guest, or contact the festival organizers if you're interested in volunteering to help make them happen.

Find out more at www.salem.org or call 978-741-3252.



January

Salem Comedy & Spirits Festival (SalemComedyFestival.com)

February

Salem's So Sweet Chocolate & Ice Sculpture Festival (SalemMainStreets.org)

March

Salem Restaurant Week (Salem-Chamber.org)

Salem Film Fest (SalemFilmFest.com)

May

Massachusetts Poetry Festival (MassPoetry.org)

June

Salem Arts Festival (SalemArtsFestival.com)

Salem Farmers Market (Thursday afternoons through October) (SalemFarmersMarket.org)

North Shore Pride Parade & Festival (NorthShorePride.org)



July

Salem Celebrates the Fourth (Salem.com)

August

Salem Maritime Festival (nps.gov/sama)

Heritage Days (Salem.com)

Chestnut Street Car Meet (HistoricNewEngland.org)

Salem Jazz & Soul Festival (SalemJazzSoul.org)

Antique & Classic Boat Festival (BoatFestival.org)

September

Trails & Sails (EssexHeiritage.org/TS)

October

Salem Haunted Happenings (HauntedHappenings.org)

November

Salem Holiday Happenings (Salem.org)

December

Christmas in Salem (ChristmasinSalem.org)



Explorers Lifelong Learning

The [Explorers Lifelong Learning Institute](#), sponsored by Salem State University and affiliated with Road Scholar Institute Network, is a volunteer organization managed by its over 300 active members, some of whom are instructors themselves and others who are passionate, self-motivated learners. Explorers offers its members a welcoming place in which they can learn and share their expertise and experiences in a positive social environment.

Explorers aims to discard stereotypes of aging and actively engage in promoting a more positive perspective. Explorers offers the ability to remain active in a community of learners

through intellectual challenges and interpersonal relationships. Maintaining social connections and keeping pace with the changing world enhances the ability to maintain self-esteem and equilibrium. Explorers recognize these needs and invite people to join in the pursuit of exercising the mind and remaining engaged.

Explorers offers two academic terms each year, beginning in September and March. Classes take place Monday through Thursday and normally run two hours.

On select Friday mornings special guest speakers attend for a Coffee Hour program; during the winter and summer intersession, Coffee Hour presentations take place on Monday and Wednesday mornings. Coffee Hours are open to all in the community who wish to attend.

Find out more at <https://explorerslli.org> or call 978-744-0804. 10 Federal Street.



Arts in Salem

Salem is the cultural hub of the North Shore and offers numerous outlets for enjoying the arts, many with free or discounted admission for seniors.

Explore the galleries, exhibitions, and programs at the [Peabody Essex Museum](http://www.pem.org) (www.pem.org) at 161 Essex St, and the [Salem Arts Association](http://www.salemartsassociation.org/) (www.salemartsassociation.org/) at 211 Bridge St.

Take in groundbreaking works of art, performance, and music at Salem State University's [Center for the Creative and Performing Arts](http://www.salemstate.edu/arts) (www.salemstate.edu/arts).

Stroll down [Artists' Row](http://www.artistsrowsalem.com) (www.artistsrowsalem.com) a seasonal incubator space for creative artisans and makers, and find some truly unique shopping.

Enjoy the stirring sounds of [Salem Classical](http://www.salemclassical.com) (www.salemclassical.com) and the free concerts of the [Salem Philharmonic](http://www.salemphilharmonic.org) (www.salemphilharmonic.org).



Aging in Place

Mayor Jean Levesque Community Life Center

In 2018, the City will celebrate the opening of the new facility at 401 Bridge Street, broadening its programming to become even more inter-generational, rethinking how we look at aging, and meeting the needs of all residents in new and innovative ways. We welcome “new older adults” to participate in our programs and will continue to focus on community wellness and collaboration with other vibrant organizations. The Mayor Levesque CLC will be the hub of activity to keep Salem residents of all ages active and engaged. We hope you will join us for the exciting journey ahead!



Salem Community Life Center

The [Salem Community Life Center](http://www.salem.com/council-aging) (also called the Council on Aging) serves the needs of Salem residents with a variety of services and activities including cultural programs, special events, exercise classes, sightseeing trips, museum tours, book clubs, in- and out-of-town trips, social services, daily hot lunches, and overall support services to ensure that all residents can maximize the quality of their life.

For those over 55 or disabled, the CLC offers transportation to medical appointments, grocery shopping, and other personal appointments, as well as transportation to and from the center itself. CLC vans are ready to help you get to your appointments by simply registering for a ride in advance.

The CLC social services team assists individuals with health insurance whether retiring, choosing new insurance, or just looking for help navigating the health insurance maze. CLC social workers provide help with housing, food benefits, fuel assistance, and more. If you need help, contact the CLC to schedule an appointment to see a social worker.

Find out more at <http://www.salem.com/council-aging> or call 978-744-0924. 5 Broad Street. 8am-4pm weekdays with extended hours to 7pm on Thursdays.

GET AROUND SALEM

CLC Vans

Free for 55+ or disabled, 1 business day notice needed for appointments. www.salem.com/council-aging 978-744-0924 x43008

MBTA Bus & Commuter Rail

30-minute train to Boston and numerous bus routes. Senior rates available. www.mbta.com 617-222-3200



Salem-Boston Ferry

Seasonal, under 1 hour to Boston. Salem senior residents get reduced rate. www.salemferry.com 617-227-4321



Salem Harbor Shuttle

Seasonal, \$7 shuttle between four waterfront stops in Salem Harbor. www.bostonharborcruises.com/salem-ferry/salem-harbor-shuttle/ 617-227-4321



Zagster Bike Share

Seven hubs around the city. \$3/hour or \$30 annual member

rides for under 1 hour free.

<http://bike.zagster.com/salem/> 202-999-3924



Free Salem Trolley

June-September, free for Salem residents. Get resident pass at Trolley office, 8 Central St.

<http://salectrolley.com/> 978-744-5469



Go-Go Grandparent

Privately run car service for seniors, provides notifications to caregiver. Charges apply.

<https://gogograndparents.com> 855-464-6872

Zip Car Salem

Rent a car by day or hour, hubs at SSU and Church St parking lot.

Rates vary. <http://www.zipcar.com> 866-494-7227

The Ride

MBTA door-to-door shuttle for individuals with disabilities.

www.mbta.com/accessibility/the-ride 800-533-6282

Taxis

Licensed taxis, some with senior rates. <http://salectaxicabs.com> 978-741-2235 and

<http://witchcitytaxi.com> 978-234-4044

North Shore Elder Services

[North Shore Elder Services](http://www.nselder.org) makes life easier for seniors, those with disabilities, and those involved in their care, by offering information, support, and solutions. We offer a range of services that help older adults and caregivers lead independent lives.

Information services offers free information about elder care services and aging issues. Certified Information and Referral Specialists are able to provide callers with information, referrals, guidance, and support. Care management by social service and nursing professionals offers individualized assessments and services. On-going support and coordination ensures the individual's needs continue to be met.

Home care services include housekeeping, home delivered meals, grocery shopping, personal care, home health services, and adult day health program. Home delivered meals are available to qualified homebound seniors. Family caregiver support empowers caregivers by providing education, services, and support groups. Practical Matters is a private pay care management for family members who are challenged due to distance or personal responsibilities. Guardianship/Conservatorship services protect the interests of incapacitated adults and elders. Nursing home and community care ombudsmen advocate for the rights of older adults residing in nursing homes or receiving in-home care. Protective service workers investigate reports of adults over 60 who may be abused, exploited, neglected, or are self-neglecting.

Find out more at www.nselder.org or call 978-750-4540.

Salem Family Health Center

The [Salem Family Health Center](http://www.nsch.org) (SFHC) is part of North Shore Community Health, a federally qualified health center whose mission is to build health communities by providing exceptional care to all. SFHC is recognized as a level 3 NCQA-recognized Patient Centered Medical Home, the highest level obtainable. It provides services to anyone, regardless of insurance: family medicine through board certified medical doctors, nurse practitioners, and physician's assistants; behavioral health by licensed social workers, a psychiatrist, and a psychiatric nurse practitioner; medication-assisted treatment for those struggling with opioid use disorders; care management for patients with chronic health care conditions; pharmacy for anyone in the community; preventive and comprehensive dental care, including emergency hours daily and insurance eligibility and enrollment.

Find out more at www.nsch.org or call 978-744-8388. 47 Congress Street.

Salem Housing Authority

The [Salem Housing Authority](http://salemha.org) was formed in 1948 and prides itself on providing decent, safe, and sanitary affordable housing. The SHA serves low-income elderly, families, and disabled/handicapped people. We strive to make the best use of all available resources so that our residents and participants may live in an environment that is clean and well-maintained.

We endeavor to instill pride and an enhanced quality of life for our residents and their families. We are committed to serving our residents and the community in a manner that demonstrates professional courtesy, respect, and caring. The SHA is committed to fair and non-discriminatory practices in all of our housing programs and design policies that aim to deconcentrate poverty and provide support to access affordable housing opportunities.

The SHA is committed to assisting all residents who are moving from welfare-to-work with affordable housing opportunities. The SHA currently owns and manages 715 units of state and federally funded elderly, family, and handicapped public housing at 22 sites throughout Salem.

Find out more at <http://salemha.org> or call 978-744-4431. 27 Charter Street. 8am-4pm Monday-Wednesday, 8am-7pm Thursday, 8am-noon Friday.



A Beautiful Salem

You can help make Salem an attractive and enjoyable city for everyone. Consider joining the [Salem Garden Club](http://www.salemgardenclub.com) (www.salemgardenclub.com), volunteer through the City's [Beautification Committee](http://www.salem.com/beautification-committee) (www.salem.com/beautification-committee) or [Recycling Committee](http://greensalem.com) ([https://greensalem.com](http://greensalem.com)), or apply for a plot in one of the [Salem Community Gardens](http://www.salemcommunitygardens.org) (www.salemcommunitygardens.org)!



HELP AT HOME

Contractors/Handy People:

Check SalemforAllAges.org for a regularly updated listing of local contractors able to help with small jobs around your house. Some offer senior rates.

Snow Shoveling:

Salem CLC maintains a list of individuals who can shovel snow at a discounted rate for seniors. Call 978-744-0924 for details.

Fuel Assistance:

Income-eligible seniors may be able to get financial assistance for home heating through NSCAP. Call 978-531-0767 x100 for details.

Home Modification Loans:

Massachusetts offers a no-interest loan for seniors who would like to modify their home to be able to accommodate their changing needs as they age. Visit www.mass.gov/home-modification-loan-program-hmlp for details.

Meals:

Salem CLC offers weekly hot lunches at their building and both the COA and North Shore Elder Services provide home delivery of meals to homebound seniors. Call the Salem CLC at 978-744-0924 and NSES at 978-750-4540.

Lock Box:

Salem Police provide a secure locked box on the exterior of a senior's home, which they alone can access in order to enter in the event of an emergency. Call 978-744-0171 or visit <http://salempd.org/ciulockboxprogram> for details.

Neighbor Helping Neighbor Volunteering in Salem

Salem thrives thanks to its countless volunteers of all ages. Discover below how you can get involved in the community!

- Find out what opportunities are available today to volunteer with non-profit organizations, festivals, and causes here in Salem by visiting www.SalemVolunteers.org.
- If you're interested in applying for a City board or committee, visit www.Salem.com/Mayor and click on the link for "Current Board Vacancies."
- Get involved with your local neighborhood association! You can find links to Salem's many neighborhood associations at <http://www.salem.com/neighborhood-improvement-advisory-council/pages/neighborhood-associations>.
- The non-profit LEAP for Education runs programs for volunteers to get involved in Salem's schools at the middle school and high school level. Check out <https://www.leap4ed.org/volunteer/> for details.
- AARP maintains a listing of volunteer opportunities for seniors in Massachusetts here <https://local.aarp.org/boston-ma/volunteering/> or use the AARP Volunteer Wizard to get matched to an opportunity: <http://sweeps.aarp.org/volunteerwizard>
- Click this link to see Idealist.org's current listing of volunteer opportunities within 5 miles of Salem: <https://www.idealist.org/en/?radius=8000&sort=relevance&type=VOLOP>.



Home Assistance Programs

The City of Salem offers a number of services to address the community's housing needs, including rehabilitating our current housing stock, developing new housing opportunities, assisting families to acquire housing and enabling struggling families to remain in their homes.

Programs include: first-time homebuyer down payment assistance loans, housing rehabilitation loans, lead paint abatement loans, foreclosure and predatory lending prevention resources, fair housing and housing discrimination information, MassSave Energy Savings and Mass Access accessible housing registry information, and more.

You can find links to additional details on all of these programs, as well as application forms and more, at <https://www.salem.com/planning-and-community-development/pages/housing-programs>.



Salem City Hall
93 Washington Street
Salem, MA 01970

[ADDRESSEE]
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