

Older Adults (60+ Years Old)



SNAP SENIOR ASSISTANCE OFFICE:
(833) 712-8027



Congregate Meals and Meals-On-Wheels Programs

Mystic Valley Elder Services administers well-balanced meals to adults through congregate meals and home-delivered services. There is no charge for lunch, either at a dining site or by Meals-on-Wheels delivery.



Congregate Meals (Dining Sites)*

At the dining site, you will have the opportunity to socialize and meet new neighbors. Lunch is generally served right around noon, Monday through Friday. Please call the dining site directly to make your reservation, at least 24 hours in advance.

Medford Senior Center

101 Riverside Avenue, (781) 396-6010

West Medford Community Center

111 Arlington Street, (781) 324-7705 x300

Open Tuesdays, Wednesdays, & Thursdays. Use the Meals-on-Wheels menu rather than the Senior Dining menu.



Home-Delivered Services

The home-delivered meal program also offers special meals to suit medical and religious dietary restrictions.

You can expect to receive your meal between 10 a.m. and 1 p.m, Monday through Friday.

For information regarding eligibility for Meals-On-Wheels, call Mystic Valley Elder Services, Nutrition Services at: 781-324-7705.

** Senior dining sites are temporarily closed during COVID-19 State of Emergency.*

Congregate Meals and Meals-On-Wheels Eligibility

- Any adult at least 60 years old may participate at the congregate, senior dining site.
- Adults, at least 60 years old, or **qualified adults with disability who are determined to be "homebound"** are eligible for home delivered meals.

Medford Senior Center

101 Riverside Avenue
(781) 396-6010

- Assist with SNAP application process and any questions about the program.
- Coordinate programs and services to seniors residing in the community.
- Medford Elder Food Pantry

Medford Elder Food Pantry

Pantry is temporarily closed during COVID-19 State of Emergency. 2nd Thursday of the month, 2-3pm.

To participate, you must be a resident of Medford, have an income that falls under the Federal Poverty Guidelines, and either be 60+ or be an adult living with disabilities who resides in Medford Senior Housing. Contact the Medford Senior Center to apply.

Household Size	Monthly Income Limit
1	\$1,063
2	\$1,436
3	\$1,810
For each additional family member	+\$373

Eligibility in effect as of January 15, 2020 through January 14, 2021. Use chart as a guide; income limits are subject to change.

Public Charge

The US Department of Homeland Security passed the “Inadmissibility on Public Charge Grounds” final rule on Feb. 24, 2020. In using certain public benefits, immigrants applying for a green card or visa may be labeled as a “public charge” and deemed “unable to care for themselves or their family.” Immigrants labeled as a public charge are not permitted to enter or remain in the US. Applicants for adjustment of immigration status are NOT required to report any public benefits before Feb. 24, 2020.

Whom will this impact?*

Anyone in the U.S. seeking lawful permanent resident (LPR) status through a family petition:

- Individuals seeking LPR status through an employment-based visa.
- Individuals seeking a non-immigrant visa or seeking to extend or change their non-immigrant status.
- LPRs coming back to the US after a trip of 6 months or more.

What benefits are considered for public charge?*

Where any combination of benefits are provided for an aggregate of 12 months in the last 36 months:

- Supplemental Nutrition Assistance Program (SNAP);
- Subsidized and Section 8 Housing assistance;
- Supplemental Security Income (SSI);
- Temporary Assistance for Needy Families (TANF); or
- Federal, state, or local cash assistance for income maintenance.
- Non-emergency Medicaid benefits;
- Institutionalization for long-term care at government expense.

Who is exempt from the public charge rule?*

- Individuals applying for or re-registering for Temporary Protected Status;
- Special Immigrant Juveniles;
- LPRs applying for citizenship;
- Individuals applying for a green card through:
 - Asylee or refugee status;
 - VAWA self-petitions, including derivatives;
 - U or T visas;
 - Amerasian petitions;
 - Afghan or Iraqi Special Immigrant petitions;
 - Cuban and Haitian Entrant petitions;
 - NACARA petitions; or
 - Haitian Refugee Immigration Fairness Act.

What benefits are NOT considered for public charge?*

- Women, Infants and Children (WIC);
- School-based benefits (e.g. free lunch, P-EBT), food bank, and food pantries;
- Unemployment insurance;
- Energy Assistance;
- Veteran’s benefits;
- Federal and state Old-Age, Survivors, and/or Disability insurance;
- Worker’s compensation;
- Medicaid (MassHealth) for people under 21 and pregnant women (+ 60 days postpartum);
- Children’s Health Insurance Program (CHIP), Children Medical Security Plan (CMSP);
- State-only MassHealth Family Assistance;
- Subsidies under Medicare Part D;
- Government loans that require repayment; or
- Disaster relief and shelters.

How does this affect my children who might be using public benefits?*

Benefits received by family members - for example, if you get SNAP for you children - are also exempt for public charge. Your child’s health and nutrition benefits do not influence your immigration status. Additionally, you do not have to provide your immigration status information when applying for your child’s benefits.

For more info

More Questions on Public Charge?*

Email Jessica Chicco at jchicco@miracoalition.org at the Massachusetts Immigrant & Refugee Advocacy (MIRA) Coalition.

FREE Immigration Legal Clinics

Rian Immigrant Center: Available by phone during COVID-19. Schedule an appointment at (617) 542-7654.

Greater Boston Legal Service: Available every other Tuesday. Schedule an appointment at (617) 603-1808.



*Source: Cambridge Health Alliance (CHA) Immigration Services and Massachusetts Immigrant & Refugee Advocacy (MIRA) Coalition

Emergency Food Assistance

COVID-19 has placed additional hardships on families across the world. In response, there are multiple programs and modifications to address the difficulties of the COVID-19 pandemic. In some cases, applications are migrated online with additional application assistance available.

Hotlines



USDA National Hunger Hotline

(866) 348-6479 for English
(877) 842-6273 for Spanish

The USDA National Hunger Hotline representatives will find food resources such as meal sites, food banks, and other social services available near your location.

Project Bread FoodSource Hotline

(800) 645-8333
TTY: (800) 377-1292

The FoodSource Hotline is a comprehensive statewide information and referral service in Massachusetts for people facing hunger. Representatives work to fully enroll individuals in state and federal nutrition programs as well as refer callers to local food resources.

Local Food Resources



Food Resources in Medford, MA

<https://tinyurl.com/medfordfoodcovid>

The online COVID-19 Medford Food Resources sheet is regularly updated to reflect changing circumstances.

Medford Public School Grab n' Go Sites

<https://tinyurl.com/medfordfoodcovid>

The Mystic Valley Y has partnered with the Medford Recreation Department to provide free meals to anyone under 18 years old. No registration or identification is required. Medford Public School are also offering Grab n' Go meals at select locations.



Food Resource Google Map

<https://www.foodmedford.com/>

Map of local micro food pantries and other food resources

Regional Food Resources



The Greater Boston Food Bank

<https://www.gbfb.org/need-food/>

Enter your zip code into this website to find local food pantries/community meal programs

Pandemic Food Support



Pandemic EBT (P-EBT)

<https://www.mass.gov/info-details/pandemic-ebt-p-ebt>

P-EBT offers food assistance in wake of school closures to families with children who were receiving Free & Reduced-Price School Meals. If your child received Free & Reduced-Price School Meals in the last school year, you should have received a letter in the mail from the Department of Transitional Assistance (DTA) in May through early June. If you did not, you can call Project Bread FoodSource Hotline for help: (800) 645-8333.