

## FUEL ASSISTANCE

You must submit supporting information with the Fuel Assistance application.

### FOR ALL NEW APPLICANTS

- ✓ Photo ID for all household members over the age of 18
- ✓ Social Security cards for all household members

### PROOF OF ALL SOURCES OF INCOME

- Social security and/or SSI – Statement
- Veteran's Pension – Letter or copy of check
- Retirement Pension – Letter or copy of check
- Interest and/or Dividends – 1099 from previous year
- Wages – Four (4) most recent pay stubs
- Self-employment – Most recent IRS Form 1040 with Schedule C; Value of business information if gross receipts/revenues exceed \$250,000
- Unemployment – Two (2) most recent check stubs or benefit print out with four (4) weeks of benefit information
- Alimony and/or child support – copy of checks, court order or a notarized letter from source documenting the last 30 days of income
- Worker's compensation or disability – proof of income for last 30 days
- Support from a family member or friend – Call NSCAP for Financial Assistance form
- Zero income – Call NSCAP for Low Income/No Income Interview form; Proof of housing costs (see documents under RENTERS or HOMEOWNERS)
- Monthly household income exceeds expenses by up to \$200 – Call NSCAP for Low Income/No Income Interview form
- Lump sum income – lottery winnings, cash prizes, insurance settlements, capital gains, inheritances, sale of stocks/bonds
- Rental income- most recent Form 1040 with Schedule E or if the applicant did not file taxes the applicant may submit copies of cancelled rent checks from all tenants, written statements from tenants, signed and dated Rental deductions need water and sewer bills, tax bill, homeowners insurance policy and mortgage interest statement.
- LETTER FROM SCHOOL- for 18 year olds or older if he/she attends school full time.

### UTILITY BILLS

- Most recent copy of the following bills (must be the entire bill including the top portion):  
Gas, Electric and Phone

### HEATING SOURCE

- Most recent bill with name and account number

### RENTERS:

- Proof of rent (lease)

### HOMEOWNERS:

- Mortgage statement
- Property tax bill
- Homeowners insurance

## Fuel Assistance Program [www.nscap.org](http://www.nscap.org)

NASCAP's Fuel Assistance program helps qualified applicants' pay for a portion of their home heating bill. The program runs from November 1 to April 30.

### Program Eligibility

Homeowners and renters, including households whose cost of heat is included in the rent, may apply. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older.

### Registration/Sign-Up Information

First time applicants must make an appointment. Applications are mailed to current fuel assistance clients in August or September. Applications are not available online.

Applicants should be aware that they will need to provide documentation of their income, household expenses, utility expenses, as well as photo identification and social security cards for all household members.

### Contact Information

For information on the status of an application: 978-531-8810

To make an appointment with the Fuel Assistance staff: 978-531-0767 x136  
95 Main Street Peabody Hours Mon- Thurs. 9-5 p.m.

### Low Income Home Energy Assistance Program (LIHEAP) Maximum Income Eligibility Chart

Household Members	Maximum Income Levels
1	\$31,218
2	\$40,824
3	\$50,429
4	\$60,035
5	\$69,641
6	\$79,246

# NORTHEAST HEALTHCARE

## BEVERLY

### **Health Fair at The Medical Group in Beverly**

The Medical Group and several senior agencies will host a free community health fair on Saturday, October 15 from 12:30 - 3 p.m. A free flu clinic and health screening will be available. There will be lots of give-a-ways and education materials. Refreshments will be served.

The Medical Group is located on the campus of Beverly Hospital off 85 Herrick Street, Beverly. Plenty of free parking. Pre-registration is not necessary. All are welcome and invited to attend. For directions or further information, please call: 978-927-4110.

### **Special Memorial Service at Beverly Hospital**

The Beverly Hospital will conduct a special memorial service in loving memory of infants who have passed away. The service will take place on Thursday, October 13 at 7 p.m. at The Herrick House Assisted Living, located on the upper campus of Beverly Hospital, 85 Herrick Street, Beverly.

A memory booklet is prepared in memory of each infant. Following the non-denominational service, refreshments will be served.

Those wishing to attend are asked to call the Community Relations Department at Beverly Hospital: 978-236-1650.

### **Stroke Survivor Support Group at Beverly Hospital**

The Beverly Hospital Stroke Program conducts a free monthly Stroke Survivor Support Group to be held on the first Wednesday of each month from 10:30 a.m. - 12 Noon at Beverly Hospital. The free program is facilitated by a variety of professionals affiliated with the stroke program at Beverly Hospital.

The support group is held in the large conference room in the Women's Health and Medical Arts Building located on the campus of Beverly Hospital, 83 Herrick Street, Beverly, MA. Guests should enter through the main entrance driveway. The Women's Health and Medical Arts Building is located at the end of this drive.

Light refreshments will be available. There is no fee and pre-registration is not required. For further information or questions, please call 978-922-3000, ext. FAST or e-mail: [jcarroll@nhs-healthlink.org](mailto:jcarroll@nhs-healthlink.org)

### **Ostomy Support Group**

A free Ostomy Support Group is held at Beverly Hospital. The next meeting will be held on Wednesday, November 2, from 4:30 - 6:00 p.m.

The support group meets in the large conference room located at the Women's Health and Medical Arts building on the campus of the Beverly Hospital, 85 Herrick Street, Beverly. The program is facilitated by certified ostomy nurses from Addison Gilbert and Beverly hospitals.

All are welcome to attend the free support group. Pre-registration is requested by calling 888-253-0800. Walk-in guests are also welcome.

### **American Red Cross Blood Drive at Beverly Hospital**

An American Red Cross Blood Drive will be held at Beverly Hospital, 85 Herrick Street, Beverly, on Friday, November 25, from 9 a.m. - 2 p.m. Free valet parking is available. The blood drive will be held in the Lecture Hall inside the main entrance. To schedule an appointment, please call the American Red Cross at 1-800-733-2767 on-line at [redcrossblood.org](http://redcrossblood.org)

## **CPR for non-medical personnel**

Beverly Hospital is offering several American Heart Association CPR courses designed for non-medical personnel and teach the skills and techniques used in adult, infant and child CPR. This course also covers choking in adults and children, and the use of protective devices for mouth-to-mouth breathing. This course is appropriate for anyone wishing to learn lifesaving CPR skills.

All courses are from 6-9 p.m. at Beverly Hospital. Upcoming classes will be held on: Oct. 13, December 8.

The cost of the course is \$46.00 and includes the American Heart Association Heart Saver Student Workbooks. At the completion of the course you will receive an American Heart Association Heart Saver course completion card; this card signifies that you have successfully completed the CPR program.

For more information, and to register for this course please contact: Robbin Miraglia, RN, Clinical Educator Northeast Hospitals (978) 922-3000, ext 2236.

## **Your Website: Keep It Simple - Say It Well Free seminar at The Herrick House**

Our best research suggests that there are well over 200 million web sites on the internet today! Please join Marvin Kane, President and Founder of Kaneworks, a North Shore based web design and production firm, as he shares the techniques that will make your website find-able, likable and usable. Hint - less is more!

The free lecture will be held on Thursday, October 6, at 5:30 p.m. A light dinner will be served at 5:30, and the program will be held from 6-7 p.m. Hosted by The Herrick House, 89 Herrick Street, Beverly, located on the upper campus of Beverly Hospital. Registration is requested by calling 978-922-1999.

## **Medication Disposal Day in Beverly**

Medication Disposal Day in Beverly will take place on Saturday, October 1 from 9 a.m. - 11 a.m. at the Beverly Senior Center (parking lot in back of building), 90 Colon Street, Beverly.

### **Items Accepted**

Prescription and over-the-counter medications  
Medication Samples  
Vitamins  
Narcotics  
Liquid Medications

### **Items NOT Accepted**

Sharps (sharps can be disposed of 24-7 in the main entrance of Beverly Hospital, 85 Herrick Street, Beverly at the Sharps Kiosk.  
Thermometers  
IV Bags  
Bloody or Infectious Waste  
Inhalers  
Hydrogen Peroxide  
Personal Care Products

### **Beverly Medication Disposal Partners**

Beverly Hospital  
Beverly Police Department  
Beverly Public Health Department  
Beverly Council on Aging

For further information, please call: 978-921-8591.

## **Look Good ..Feel Better Program to be held at Beverly Hospital For women going under cancer treatment**

The American Cancer Society's LOOK GOOD ..... FEEL BETTER program will be held on Monday, November 14 from from 10 AM - 12 Noon at Beverly Hospital, 85 Herrick Street, Beverly. To register for this free program, please call Community Relations at 9789-236-1650.

Guided by volunteer cosmetologist, female cancer patients who participate in this class will learn how to use make-up and skin care techniques to overcome the appearance-related effects of chemotherapy and radiation. Women also learn ways to disguise hair loss with wigs, scarves and other accessories. Following the program, participants are given a make-up kit valued at over \$200.

Look Good ..Feel Better is a free, non-medical, product-neutral program offered in partnership with the American Cancer Society, The National Cosmetology Association and the Cosmetic Toiletry and Fragrance Association (CTFA) Foundation, a charitable organization supported by the cosmetic industry.

## **Danvers**

### **Stroke and High Blood Pressure Prevention: Understanding How Diabetes Affects Your Risks**

The Diabetes Care Center located at Beverly Hospital at Danvers will be hosting a free lecture on diabetes wellness for those living with or caring for someone with diabetes.

Thom Kelly, MSN, RN, clinical coordinator of the State Certified Primary Stroke Service program for Beverly and Addison Gilbert hospitals will review risk factors for having a stroke, protecting yourself with exercise and weight control, learn the warning signs: 795,000 Americans are stricken each year; strokes can happen at any age, learn about stroke prevention and high blood pressure prevention.

The free lecture will be held at the Beverly Hospital at Danvers Medical and Day Surgery Center, 480 Maple Street, Danvers, on Tuesday, October 11 from 6-7 p.m. Pre-registration is requested by calling 1-888-253-0800.

### **Conversations on Cancer's Changing Landscape**

On Wednesday, October 12, 2011 from 5:30 - 8:00 p.m. at the CoCo Key Hotel and Water Resort, physicians and nurses from Addison Gilbert and Beverly hospitals and Beth Israel Deaconess Medical Center come together for Conversations on Cancer's Changing Landscape. This year will mark the fifth anniversary for this event. This evening with the experts includes an interactive panel discussion designed to answer all of your questions on current cancer topics. A buffet dinner will be served. Discussions will include the latest advances in the treatment of cancers of the blood, breast, colon, lung, prostate and rectum. Seating is limited so please reserve your seat today by calling 888-253-0800 or visit us at [beverlyhospital.org/rsvp](http://beverlyhospital.org/rsvp) by October 6, 2011.

### **Smoking Cessation programs at Beverly Hospital at Danvers**

The Lifestyle Management Institute, located at Beverly Hospital at Danvers is now offering two programs tailored for your needs.

Individual Counseling with a certified tobacco treatment specialist. One-on-one counseling designed for those that may need a more individualize approach and may want to consider pharmaceutical aids. \$35. for 30-minute sessions (some insurance carriers cover this cost). Please call 978-304-8301.

### **American Lung Association "Freedom From Smoking Program"**

This is a group program which provides different smoking cessation techniques. Group support is a key part of this program \$125. for eight sessions.

To register for either program, please call 978-304-8020.

## HAMILTON-WENHAM

### Senior Living Options Lecture at Hamilton-Wenham Council on Aging

Judy Kane, Director of Sales and Marketing from The Herrick House Assisted Living, located on the campus of Beverly Hospital, will be the guest speaker at the Hamilton-Wenham Council on Aging. The lecture will be held on Wednesday, November 9 at 10:30 a.m. There is no fee. For directions or to register, please call 978-468-5529.

## WAKEFIELD

### Retirement Bootcamp 2011

Safe Harbor Retirement Planning of Lynn invites you to join them for breakfast on Saturday, October 22 from 9 a.m. to 11 a.m. at the Sheraton Colonial, Wakefield. A complimentary Retirement Bootcamp seminar will be held with speakers, door prizes and health screenings. Pre-registration is required by: [www.55retire.com](http://www.55retire.com) or call Eric at 781-599-2660.

Preserving "assets", physically, mentally and financially is extremely important as we age. Learn how we look at longevity and what it means to our mind, body and finances. Healthy Aging: At 50, 60, 70 and Beyond! Our lifestyle has a direct affect on the aging process and we must be cognizant of the relevant issues and specific strategies that will help us preserve our health.

Today more than ever before, your good health is in your own hands. In addition to healthy eating and regular exercise, there are strategies you can use to live stronger and happier, regardless of your age.

Dr. Neil Mann, a seasoned physician with over 40 years of experience practicing internal medicine will be presenting at this lively educational program. Dr. Mann is on the medical staff of Northeast Health System's Center for Healthy Aging located at the Hunt Center in Danvers and at Addison Gilbert Hospital in Gloucester.

Rose Watson, Advance Planning Consultant at Commonwealth Financial Network will review the top ten planning mistakes and provide you tips to help you keep a simple mistake or oversight from derailing an otherwise solid estate plan.

**Tina Ketchopoulos**  
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