



SENIOR NOTES



BEECH STREET CENTER

266 BEECH STREET • BELMONT, MA 02478

▪ FEBRUARY 2026 ▪

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DIRECTOR'S NOTE



Happy February!

Even though February is the shortest month of the year, this stretch of winter always seems to feel like the longest. As we dig through the snow, bundle up against the cold, and trudge through the chill, there's no better time to visit the Center and cozy up with the latest copy of our newsletter!

The New Library Is Open! Thank you all for your patience in January as we worked to transition the Library to its new home. It has truly been a pleasure hosting the Library these past two years, and we couldn't be happier for them as they settle into their beautiful new building. Having the Library here brought many new faces and friends to the Center, and we're excited about all the opportunities ahead this year with our newly expanded space.

New Furniture Has Arrived! The new furniture is here! If you're reading this, you've probably already had a chance to try it out. Sofie and I sat on many chairs before making our final selections—and we will never look at a chair the same way again! We hope the new furniture makes you feel even more at home here at the Center. Looking ahead to summer, we're also planning to redo the flooring and give the building a fresh coat of paint.

Looking Ahead: Our 2026 Goals Now that the Library has moved out, we're planning for the rest of 2026. Here are a few high-level goals as we continue working to better serve our community:

1. Re-establish our roots in our new post-Library space
2. Expand programming based on the Senior Needs Assessment results
3. Invest in Social Work services
4. Grow our transportation program
5. Increase communication and outreach to the Belmont community

Chinese Spring Festival On February 26! Our wonderful Chinese community will be hosting their annual Spring and Lantern Festival here at Beech. More information is included in this newsletter, and all are welcome to attend! It's a beautiful celebration filled with culture, community, vibrant colors, and music—you won't want to miss it.

As we continue through the winter months, please remember to check on your neighbors and make sure they're all set.

As always,
Life is Better at the Beech

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ELLEN SULLIVAN

HOURS

MON: 8:00 - 7:00

TUES: 8:00 - 4:00

WED: 8:00 - 4:00

THUR: 8:00 - 4:00

FRI: 8:00 - 4:00

BELMONT COUNCIL ON AGING DIVERSITY STATEMENT: The Belmont Council on Aging is committed to valuing and supporting people—all people—as they age. Diversity, Equity, and Inclusion are central to the core values of the COA. We are dedicated to fostering inclusive and equitable practices in our community space and throughout our programs. We celebrate and support the unique qualities of our employees and all individuals who we serve; as such, the Beech Street Center welcomes all seniors inclusive of differences in sexual orientation, gender identity, disability, race, ethnicity, country of origin, religion, or socioeconomic status.

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ANNOUNCEMENTS

FEBRUARY CLOSINGS

CLOSED MONDAY, FEBRUARY 16

A great big thank you to Antonia, Brenna and Alex at Quebrada for their generous donations of baked goods to the Beech Street Center.

THANK YOU QUEBRADA!



WELCOME
February



YOU'RE INVITED!

All are invited to attend the annual Chinese Spring Festival.

Enjoy live performances as we celebrate the year of the horse.

Thursday, February 26

Time: 9:30 - 11:30AM

Beech Street Center

Support Our Advertisers!

TRANSPORTATION

WE OFFER RIDES WITHIN BELMONT FOR SENIORS AGE 60+

NEED A RIDE? CALL 617-993-2980

TRANSPORTATION INFORMATION

NEED A RIDE? CALL 617-993-2980

SCHEDULING A RIDE

- Rides are available Monday–Friday, 8:30 AM – 3:00 PM
- Call at least one business day ahead to book your ride
- No same-day rides available
- Rides are scheduled on the hour or half-hour (e.g., 9:00, 9:30)
- Rides are first-come, first-served - we'll do our best to accommodate you

PICKUP & DROP-OFF

- Be ready at your scheduled time
- If you're more than 5 minutes late, your ride may be canceled
- No waiting at destinations for errands (e.g., pharmacy or bank)
- If you need multiple stops, request them when you schedule your ride



ASSISTANCE & ACCESSIBILITY

- Our service is curb-to-curb – drivers cannot help you in or out of the vehicle
- Drivers may assist with small bags, at the driver's discretion
- If you need help, please bring a caregiver or aide

RESPECT & COURTESY

- Please be kind and respectful to drivers and passengers
- Good hygiene is expected for everyone's comfort
- Following these rules is required to keep using our service



RIDE DONATIONS

- A \$2 donation per ride helps us maintain excellent service

SENIOR CENTER PICKUP

- Do not board a bus without scheduling in advance
- Need a ride home from the Senior Center?
- → Ask at the front desk (before 2:30pm)



SUPPER CLUB

Greg's

TUESDAY, 2/24 • 4:30PM

Sign up at least one day in advance

MARKET BASKET

THURSDAY, 2/5 and 2/19 • 8:00AM



Medical Taxi Rides

Our Center provides **medical taxi rides for non-escorted medical appointments** to Boston and select towns outside Belmont, contingent on grant or funding availability. This program serves as a last-resort option to ensure seniors and individuals with disabilities can access essential medical care. For more information or to reserve a ride, please call 617-993-2980.

Eligibility:

- **Seniors:** Belmont residents aged 60 and older.
- **Individuals with Disabilities:** Available to those under 60 with a documented disability.

Program Details:

- **Ride Limit:** Up to three round trips per person
- **Reservations:** Must be made at least two business days before the appointment.
- **Gratuities:** A gratuity for the driver is welcomed and appreciated.

SERVICES



BLOOD PRESSURE CLINIC
TUESDAYS • 11:00 - 12:00PM • FREE

STATE SENATOR WILL BROWNSBERGER
Contact Senator's office for support 617-722-1280

PODIATRY CLINIC WITH DR. KUIZINAS
FRIDAY, 2/13 • 12:00 - 4:00PM \$45/15-min
Call 617-993-2970 to schedule.

STATE REP. DAVE ROGERS' OFFICE
TUESDAY, 2/10 • 9:30 - 10:30AM



SHINE INSURANCE COUNSELING
WEDNESDAYS • FREE • BY APPOINTMENT
Call 617-993-2970 to schedule.

LEGAL CLINIC WITH ATTORNEY VERA OCHEA, METROWEST LEGAL SERVICES
TUESDAY, 2/10 • 2:00 - 4:00PM BY PHONE
Call 617-993-2970 to schedule.



SEAMSTRESS
TUESDAY, 2/24 • 2:00 - 4:00PM

BELMONT FIRE DEPARTMENT HOME SAFETY VISITS BY REQUEST
Capt. DeMarco from the Belmont Fire Department offers In-Home Fire Safety Visits to check alarms and share safety tips. Our Social Worker accompanies him on visits.



COMPUTER HELP DROP - IN • FREE
TUESDAYS • 10:00 - 12:30PM/ 2:00 - 3:00PM

SYSTEMS OF SUPPORT

WAYS OUR SOCIAL WORK TEAM CAN HELP & GROUPS

CALL 617-993-2983 for an appointment

We can provide assistance with the following

Applications	SNAP, Fuel Assistance, MassHealth, senior housing, Food Pantry
Check-Ins	Friendly Check-In phone call
Counseling	1:1 counseling (in-office/ home visits)
MBTA Charlie Card	Help with applying for MBTA Reduced Fare Senior Charlie Cards
File of Life	File of Life and Last Wishes Forms
UBER and LYFT	Learn how to download Uber and Lyft
Planning	Organize your life paperwork

LIHEAP-FUEL ASSISTANCE

JANUARY - APRIL

Financial Assistance for income-eligible households for heating and cooling costs. Energy efficiency home improvements like Insulation, Window Sealing, Furnace Repair, and Education on Energy Conservation. Eligibility based on gross, yearly household income and family size. Proof of income required. Apply online at Mass.gov website, by mail or in person. Available to renters and homeowners. If you received assistance last year, you will get a recertification application in the mail.

MA LIHEAP Household Size	Income Eligibility Maximum Annual Income
1 person	\$51,777
2 person	\$67,709
3 person	\$83,641
4 person	\$99,573

CALL 617-993-2983 for assistance

FOOD AS MEDICINE - PART 2 (6 WEEKS)

2/18 - 3/25, 1:00 - 2:00PM (3/18 • 2:00 - 3:00PM)

Join Anastasia Galanopoulos, PhD, Facilitator.

Our gut and brain are intimately connected. What we choose to eat determines how well we age and how we feel, from memory and cognition to mental and overall health. In this 6 week series we will look at foods offering the most nutrient dense and healthy choices supporting brain and gut health.

AGING IN PLACE - SPEAKER SERIES

WEDNESDAY, 2/4 • 1:15 - 2:15PM Drop in

NEVILLE PLACE ASSISTED LIVING PRESENTS BRAIN -

HEALTHY COOKING Boost your brain health by eating well!

Research shows that diet can boost brain health at any age.

Learn how our easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory.

WEDNESDAY, 2/11 • 1:15 - 2:15PM Drop in

NAVIGATING SENIOR LIVING OPTIONS - PANEL DISCUSSION

Options for senior living have changed over the past few years. Join our expert panel for practical advice on senior living options; legal, planning, real estate and placement services. Get answers to your questions and feel more confident about future decisions.

AGING IN PLACE & HEALTH DISCUSSION GROUP

MONDAYS, 2/9 AND 2/23 • 1:00 - 2:00PM Drop in

Discuss concerns and questions related to aging in place, healthy living, longevity.

BASIC NEEDS INFORMATION SESSION

THURSDAY 2/12 • 11:00 - 12:00PM Drop in

Learn about local resources available to Belmont residents for housing, energy, food.

CHATTY THURSDAYS

THURSDAYS • 9:45 - 10:45AM • DROP-IN

Meet new friends. Share stories, laughs, and concerns. Provide support in a lively exchange of conversation.

MEN'S GROUP

TUESDAYS • 2/3 - 5/5 • 11:00 - 12:00PM Registration required

Network, build community, connections, retirement, goals.

TECH HELP WITH AIDEN

TUESDAYS • 2:00 - 3:00PM Drop in

Internet, Computer, Smartphone, Scam Prevention & Safety

COOKING WITH ANNA & LEXI

THURSDAY 2/19 • 1:00 - 2:30PM Registration required

Bonjour! Please join us in creating a savory and satisfying French meal: chicken cordon bleu with French potatoes and, for an appetizer, goat cheese and fig crostini. Magnifique!

WEEKLY GROUPS & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PICKLEBALL 8:30 - 11:00AM	PICKLEBALL 8:30 - 10:00AM	CHINESE SINGING 8:30- 10:30AM	PICKLEBALL 8:30 - 11:00AM	PICKLEBALL 8:30 - 11:00AM
KNITTING 9:30 - 11:30AM	TEXAS HOLD 'EM 9:00 - 12:00PM	TAI CHI 9:30 - 10:30AM	CHINESE DANCE 10:00 - 11:30AM	FRENCH FRIDAYS 10:00 - 11:00AM
CHINESE SINGING 9:30 - 12:00PM	INFORMAL TAI CHI 9:00 - 11:00AM	DUPLICATE BRIDGE 10:30 - 1:00PM	LUNCH 11:30 - 1:00PM	QUILTING 10:00 - 12:30PM
LUNCH 11:30 - 1:00PM	BINGO 10:00 - 12:00PM	SHINE APPTS. 11:00 - 4:00PM	MEXICAN TRAIN DOMINOES 12:00 - 2:00PM	CHAIR YOGA 11:00 - 12:00PM
SOCIAL BRIDGE 12:30 - 4:00PM	TECH HELP 10:00 - 12:30PM 2:00 - 3:00PM	LUNCH 11:30 - 1:00PM	HAND & FOOT CARDS 1:00 - 3:00PM	ZUMBA GOLD 11:30 - 12:30PM
MOVIE MATINEE 1:00 - 3:00PM	HOT TOPICS 10:30 - 12:00PM	SPANISH CONVERSATIONS 12:00 - 1:30PM	DOWN MEMORY LANE 1:15 - 2:15PM	LUNCH 11:30 - 1:00PM
STRENGTH & FLEX 1:30 - 2:30PM	NOT SO GOLDEN YEARS 10:30 - 11:30AM	SOCIAL PAINT & DRAW 1:00 - 3:30PM	BEL AIRES SINGERS 1:15 - 2:45PM	STRENGTH & FLEX 1:00 - 2:00PM
PICKLEBALL 4:00 - 6:30PM	BLOOD PRESSURE CLINIC 11:00 - 12:00PM	SCRABBLE 1:00 - 3:00PM		SOCIAL BRIDGE 1:00 - 4:00PM
BACKGAMMON 5:00 - 6:45PM	LUNCH 11:30 - 1:00PM	STRENGTH & FLEX 1:30 - 2:30PM		BETTER BALANCE THROUGH EXERCISE 2:30 - 3:30PM
BILLIARDS & PING PONG MON: 8:00 - 6:45PM TUES - FRI: 8:00 - 3:45PM	CHINESE DANCE 12:30 - 2:00PM			
	MAH JONGG 1:00 - 3:30PM			
	BETTER BALANCE THROUGH EXERCISE 2:30 - 3:30PM			
	CRIBBAGE 5:00 - 7:00PM			



FOCUS ON FITNESS



STRENGTH & FLEXIBILITY with Susan ***(No class 2/16)**

MON • 1:30 - 2:30PM / WED • 1:30 - 2:30PM / FRI • 1:00 - 2:00PM

This class uses chair exercises and equipment like resistance bands, and hand and ankle weights to improve flexibility and strengthen targeted muscles. **MON: \$18 / WED: \$24 / FRI: \$24**

BETTER BALANCE THROUGH EXERCISE

TUES • 2:30 - 3:30PM / FRI • 2:30 - 3:30PM with Kim

This class focuses on fall prevention by combining strength training with balance exercises. This will result in participants experiencing improved posture, better confidence, and more control when they are performing everyday activities.

Exercises will be performed seated and/or standing.

TUES: \$40 / FRI: \$40

TAI CHI with Calvin

WED • 9:30 - 10:30AM

Learn essential Wu-style Tai Chi to help improve balance and posture to reduce stress.

WED: \$40

ZUMBA GOLD with Veronica

FRI • 11:30 - 12:30PM

Perfect for active adults 60+ looking for a modified Zumba class that recreates the moves you love at a lower intensity. **FRI: \$24**

CHAIR YOGA with Bonnie

FRI • 11:00 - 12:00PM

Seated yoga is a gentle practice done in a chair or with support, improving flexibility and health through stretching and breathing to restore balance. Participants should follow instructions and maintain safe balance. **FRI: \$40**

PICKLEBALL ***(No pickleball 2/16)**

MON, THUR, FRI • 8:30 - 11:00AM

TUES • 8:30 - 10:00AM / MON • 4:00 - 6:30PM

COST: \$2 SUGGESTED DONATION PER VISIT

A fun, fast-paced game that combines tennis, badminton, and ping-pong! Join us for some friendly competition and great exercise!

FITNESS CLASSES

Our fitness classes are offered as monthly programs rather than per-class sessions. Price varies depending on how many times the class meets each month.



FITNESS ROOM

Begin your path to better health with us! Visit the front desk to complete your fitness room forms and set up your orientation.

M: 8:15 - 6:45PM

T/W/TH/F: 8:15 - 3:45PM

\$10/month - Residents

\$15/month - Non-residents

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- Meal Preparation
- Shopping & Errands
- Personal Care
- Incidental Transportation
- Medication Reminders
- Dementia Care

ONGOING PROGRAMS



ARTS AND CRAFTS WITH ARLENE

TUESDAY, 2/17 • 1:00 - 2:30PM • FREE

February is more than just Valentine's Day, it is a warm hug of love for the whole chilly month of February. We will craft several items that show our appreciation and care for the important folks in our lives. Come and share your love. *REGISTRATION REQUIRED*

HOT TOPICS DISCUSSION GROUP

TUESDAYS • 10:30 - 12:00PM • FREE

Would you like to weigh in on the issues of the day? Lively discussions, differing perspectives, and a wealth of information from members make for an interesting experience!

THE NOT-SO-GOLDEN YEARS

TUESDAYS • 10:30 - 11:30AM • DROP-IN

Getting older is often marked by many age-related losses. Join your peers to discuss these challenges and the ways you cope with them. Group starts with a 15-minute meditation.

DOWN MEMORY LANE

THURSDAYS • 1:15 - 2:15PM • DROP-IN

Join your peers to reflect on times gone by: changes in landscape, education, technology, and more!

PARKINSON'S CAREGIVER SUPPORT GROUP

Are you caring for someone with Parkinson's? Join a small support group for caregivers. Call Hildy Dvorak at 617-816-2883

BEREAVEMENT SUPPORT GROUP

TUESDAY, 2/10 • 1:00 - 2:00PM

WATERCOLORS WITH LEA

MONDAYS, 2/9 & 2/23 • 1:15 - 3:00PM • \$50

Come and paint with us! It's the month of love, so let's get to know the color of red and how to use it in your paintings.

PAGE TURNERS BOOK CLUB



WEDNESDAY, 2/11 • 11:00 - 12:00PM • DROP-IN

The Personal Librarian by Marie Benedict and Christopher Murray

SPANISH CONVERSATIONS

WEDNESDAYS • 12:00 - 1:30PM • FREE

Join other Spanish speakers as you practice the language and connect with others.

CRIBBAGE *Beginners welcome.*

TUESDAYS, 2/3 AND 2/17 • 5:00 - 7:00PM

A classic card game of strategy and luck!

DUPLICATE BRIDGE

WEDNESDAYS • 10:30 - 1:00PM • \$12

This version tests skill by replaying identical hands. ACBL members can earn master points in sanctioned games.

SOCIAL BRIDGE

MONDAYS • 12:30 - 4:00PM / FRIDAYS • 1:00 - 4:00PM

Knowledge of basic fundamentals is recommended.

SPECIAL EVENTS & MORE

DRUMS WITH PASHA

WEDNESDAY, 2/4 • 2:30 - 3:30PM • \$15

REGISTRATION REQUIRED - SPACE IS LIMITED

Join Mitch "Pasha" Cohen, founder of OmDrum, as he brings the meditative and healing power of the drum to Beech.

STROKE SIGNS, PREVENTION, AND WHAT TO DO IN A STROKE EMERGENCY

MOUNT AUBURN HOSPITAL

FRIDAY, 2/6 • 1:15 - 2:15PM • FREE

Stroke awareness is key to prevention. This program explains what a stroke is, warning signs, risk factors, and what to do in an emergency, with time for questions.

LAUGHTER IS THE BEST MEDICINE

TUESDAY, 2/10 • 1:15 - 2:15PM • FREE

Join Robert Rivest for a fun, interactive event featuring mime, humor, improv, and tips for cultivating joy through laughter and mindful movement.

MICHAEL LEIDIG

FRIDAY, 2/13 • 1:15 - 2:15

Join Michael for an afternoon of music!

GOING TO TOWN: SHOPPING IN BOSTON PRESENTATION BY ANTHONY SAMMARCO

TUESDAY, 2/17 • 1:15 - 2:15

In the 20th century, Boston's department stores—from Jordan Marsh to the legendary Filene's Basement—defined the city's shopping culture. This **lecture** offers a glimpse into that vibrant retail past.



Protect Yourself From MEDICARE FRAUD!

A Free Important Informational Presentation

Friday, February 20th – 1:15 pm
Belmont Beech St. Senior Center

Presenter: Judy Gertler



Healthcare errors, fraud, and abuse cost you, me, and Medicare billions of dollars annually! Join a representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide us with information and tools to become better engaged healthcare consumers. Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars, but they can also have devastating health-related outcomes. **Don't be a victim! You are strongly encouraged to attend this free, interactive presentation.** We each can have a role in protecting ourselves and Medicare. **REGISTRATION REQUIRED**

ARTIFICIAL INTELLIGENCE AND AWARENESS WITH DISCUSSION

TUESDAY, 2/24 • 1:15 - 2:15

Concerned about AI? Come and hear about the latest developments. Learn in a fun and supportive manner! Bring your opinions and questions. Great for beginners, skeptics, and anyone interested in knowing more about the topic.

MAGIC SHOW

FRIDAY, 2/27 • 1:15 - 2:15

Darren Yong has been performing magic for over 25 years and is one of New England's premier magicians for top corporate events. His fast-paced, hilarious, and jaw-dropping magic is sure to amaze—join us for an unforgettable show!



MOVIES, TRAVEL AND MORE!

MONDAY

MOVIE MATINEES

MONDAYS 1:00 - 3:00PM

MOVIES WILL BE POSTED AT
THE BEECH STREET CENTER

DID YOU KNOW

Belmont has a Senior Tax Work Off program where seniors can volunteer in town offices to receive a reduction in their property taxes.

There are income eligibility requirements and a maximum reduction amount available.

Contact Aimée for more information.

Email: alebrun@belmont-ma.gov

Phone: 617-993-2979



BELMONT VETERANS
COFFEE HOUR
LAST THURSDAY OF EVERY MONTH
THURSDAY, FEBRUARY 26

LOCATION: BEECH STREET SENIOR CENTER
ADDRESS: 266 BEECH STREET, BELMONT, MA 02478
TIME: 10:30AM



Joe Brown, our wonderful driver, has completed his beautiful mural in the multipurpose room. Here's a small glimpse.

JOIN US FOR
Valentine's Speed Dating

For seniors aged 65 and up
Belmont, Concord, Lexington, and Lincoln COAs
FREE

An easy, enjoyable way to connect with new people, with facilitation to keep everything relaxed, comfortable, and fun.

Wednesday, February 11 at 10:45

SPACE IS LIMITED!
CALL 781-259-8811 TO REGISTER.
SIGN UP STARTS FEB. 2 AT 8:30AM.
ALL ORIENTATIONS WELCOME.

Details: You'll meet up to eleven single seniors through a series of six minute "pre-dates." After the event, someone will let you know if you've made a match. More than two-thirds of speed daters match with at least one person.

**AGE IN PLACE
SENIOR RESOURCE FAIR**

The Belmont Age Friendly Action Committee and
The Belmont Council on Aging
are excited to host our bi-annual
"Age in Place Senior Resource Fair"

Stop by this all-ages, drop-in event and connect with 40+ local vendors and agencies. Learn about helpful resources for aging in place, available locally and statewide.

Wednesday, April 29
4:00 - 6:00pm

Please join us for an informative and engaging event.

For more information,
please call Ellen Sullivan at 617-921-6158.



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Navigating Your Next Chapter with Care
I am certified as a Seniors Real Estate Specialist (SRES®) and have extensive training and resources to help clients age 50+!

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Life Blooms at BRIGHAM HOUSE ASSISTED LIVING!

Enjoy a carefree community lifestyle, dining & activities with new friends, and access to 24/7 care. Affordable studio homes are available under the federal **Low Income Housing Tax Credit program!** Applicants must meet selection criteria and income-qualify. Please contact the community for more information.

Call 617-923-7779 to Learn More!

BRIGHAM HOUSE
A HALLKEEN ASSISTED LIVING COMMUNITY

341 Mt. Auburn Street
Watertown, MA 02472
www.BrighamHouseAL.com

We make senior living simple.



When it's time to consider senior living and care options, call us for personalized help with finding exactly the right place.

We can help you find:

- Independent Living
- Assisted Living
- Memory Care
- Respite Services
- Home Care
- Hospice

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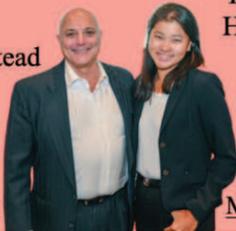
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Elder Law Specialist | **MassHealth Applications**

(617) 489-5919
FREE INITIAL CONSULTATION



Healthy older adults (ages 60+) needed for a research study on emotional processing.



We are researchers at Boston College who are interested in how the brain processes emotional information. We use the noninvasive method of electroencephalography (EEG) to look at brain activity.

You will be compensated for your time

For more information, including study eligibility and location details, please contact us.
Email: canlab@bc.edu | Phone: 617-552-6949

Are you empathetic? diplomatic? a skilled communicator?



Do you want to make a difference in the lives of people in long-term care facilities and assisted living residences?

Our Volunteer Ombudsman Program Needs You!

Ombudsman volunteers act as advocates at long-term care facilities and assisted living residences. They work to ensure that residents' rights are being protected. Volunteers help residents with problems that they are unable to resolve alone and make sure that complaints and concerns are heard. Do you want to make a real difference and improve lives? Call today and ask to speak to our Volunteer Manager to learn more.



springwell

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest
volunteer@springwell.com
www.springwell.com

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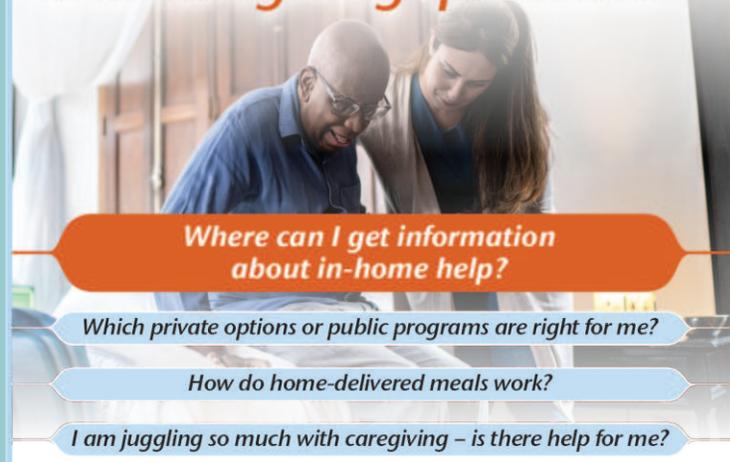
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Does your organization need a newsletter?
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For all of your aging and caregiving questions...



- Where can I get information about in-home help?
- Which private options or public programs are right for me?
- How do home-delivered meals work?
- I am juggling so much with caregiving - is there help for me?

...the answer is  **springwell**

We're a non-profit, community resource for all.
Call us for the answers to your questions.

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