WATCH’s Guide to Healthy Homes
Dear Reader,

We know how important your home is in your life.

Yes, YOUR home! The one with the piles of clothes everywhere, an assortment of shoes and sneakers sprawled out on the floor, and toys all over the kids’ play room.

It might be messy sometimes, but it’s home. We think it’s important to make your house as safe and comfortable as possible, without stressing you out too much.

This Healthy Homes booklet will help you make your own home an even safer place! We’ve included some tips about how to live in a way that’s good for you, your kids, your neighbors, and the Earth. Hopefully, you’ll learn a thing or two you didn’t know before—and if we did anything right, it’ll be fun, too!

Enjoy!

With Love,
The Healthy Homes Booklet

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Many of the products we use at home to clean, cook, and comply in our daily lives contain extremely dangerous chemicals that can threaten you, your family’s, and the environment’s health. They can be one of the following:

- **Ignitable** – can cause a fire or burning (paint thinner, nail polish, aerosol sprays)
- **Corrosive** – can destroy living tissue and eat away certain materials, including skin (bleach, drain, oven cleaner)
- **Explosive** – can create a sudden discharge of toxic chemicals or explosion (chlorine bleach with ammonia, lithium batteries with water)
- **Toxic** – lethal and poisonous over long periods of time or instantly (bleach, moth balls, pesticides)
- **Radioactive** – can injure and decrease cells and chromosomal material (known to cause cancer, mutations, and fetal harm)

Just because you purchase cleaning products from the hardware store or the supermarket does not make them safe. Hazardous products can come in many different shapes, colors, and sizes.

**What to Buy**

When you go shopping at the super market or at the hardware store, you should be aware of hazardous products and steer clear from purchasing them. **Make sure to buy both non-chemical and non-toxic products in order to reduce the risk of hazardous products entering your home.**

**FACT**

In 2005, there were 218,316 reports of poisoning from household cleaning products.

- **Read the Label.** Look for words like caution, flammable, harmful, poison, and warning. Just because the product says ‘eco-friendly’ or ‘green’ does not always mean the product is safe.
- **Buy the Safest Alternative.** Choose products with labels that say that non-toxic, biodegradable, contains no hazardous ingredients, free of chlorine, water based, no dye, citrus based, etc.
- **Do not Buy in Bulk.** When you can, it is good to avoid storing large amounts of hazardous products in your home.
- **Skip Aerosol Sprays.**
Alternatives
You can purchase non-hazardous products, however you can also make them! Making cleaning products can be cheaper and safer than purchasing them in a store.

All-Purpose Cleaner
½ teaspoon washing soda
2 cups hot tap water
Mix ingredients and store in a spray bottle. Use for cleaning tables, countertops, floors, walls, carpets and upholstery.

Glass Cleaner
¼ - ½ teaspoon washing soda
3 tablespoons vinegar
2 cups tap water
Mix ingredients and store in a spray bottle. Use for cleaning windows, mirrors, and other glass surfaces.

Toilet and Tub Cleaner
About 1 cup baking soda
½ teaspoon washing soda
1 cup water
Mix ingredients together to create a texture like frosting. Add more baking soda or water as needed.

Oven Cleaner
½ cup baking soda
2 cups water
Mix ingredients and store in a spray bottle. Use for cleaning oven.

Safe Use
It is important to make sure you are using the product safely and correctly. Always remember to:

• Wear protective clothing at all times and try not to let chemicals touch your skin
• Do not touch your mouth while using the product
• Keep children and pets away from the product
• If you are pregnant avoid using these products
• Never mix products, unless specified in the directions
• Use the products in a ventilated space, where there is lots of air flow
• Always wash your hands after using these products

Always make sure that these products are stored in a safe place in your home. Remember to:

• Make sure the cap is securely on
• Store container far away from food products, and keep them in your garage if you have one
• Store batteries and flammable chemicals in the shade

For more homemade recipes, visit:
http://www.stopwaste.org/home/index.asp?page=585
Don’t be Trashy

Hazardous chemical products are often thrown out with the rest of people’s trash.

However, this can injure garbage collectors, damage collection trucks, and spill into septic tank systems where they pollute our clean water.

Here are some ways to dispose of these products safely:

- Read the labels, which may have directions about how to dispose of dangerous products
- Never dispose or burn hazardous products in your home or yard, on a stove, down a drain, or in any nearby waters.
- Take leftover products to the Lexington Minuteman Hazardous Waste Facility

Waltham covers the cost for all residents to bring their hazardous waste products to the Minuteman Hazardous Waste Facility for one weekend a month April-November. When Waltham residents visit this facility themselves, they must bring proof that they live in Waltham.

For more information about this facility, visit: http://ci.lexington.ma.us/dpw/hhhwfacility.cfm

*REDUCE*REUSE*RECYCLE*

Why Recycle?

Each year, Americans generate millions of tons of waste, from food leftovers, packaging wrappers, tissues, toilet products… and more!

FACT

According to the Clean Air Council, the average American makes 56 tons of trash each year!

We don’t think much about where it goes after we put it in our waste bins. But this waste really adds up!

In order to save our tax dollars and our environment Waltham residents need to take action:

- REDUCE WHAT YOU ARE PURCHASING
- REUSE AND RECYCLE MORE PRODUCTS
- BUY RECYCLED AND RECYCLABLE PRODUCTS
To help you get started:

You can **reduce**…

- **Your Packaging** – buy bulk or concentrated products when you can
- **Toxicity** – use batteries with reduced mercury

You can **reuse**…

- **Select Reusable Products** – sturdy, washable utensils, tableware, cloth napkins, and dishcloths can be used many times
- **Use Durable Products** – choose furniture, toys, tools, and products that will stand the test of time
- **Your Products** – reuse newspaper, boxes, shipping ‘peanuts’ and ‘bubble wrap’ and other products

You can **recycle**…

- **Automotive Products** – buy bulk or concentrated products when you can
- **Toxicity** – use batteries with reduced mercury
- **Compost or Learn How** – food scraps and yard waste can easily be used to

For more information about recycling in Waltham, visit: http://waltham.ma.us/recycling/index.htm

**Large Appliances**

Large Appliances, also known as “white goods” include:

- Refrigerators and freezers
- Air conditioners
- Clothes washers & dryers
- Dishwashers
- Gas and electric stoves
- Water coolers and heaters

In Waltham, Capitol Waste Services will dispose of these products free of charge!

To arrange a pick-up call (617) 569-1718 or (866) 569-1718. All appliances will be picked up on your regular recycling and trash day. On the day of your scheduled pick-up, the appliance must be placed on the sidewalk by 7:00am.

*Remember:* Refrigerator doors must be removed and refrigerators and air conditioners must be kept upright!
Drink Bottle & Can Recycling

Here are some redemption centers in Waltham where you can dispose of your plastic bottles and metal cans:

- Waverly Redemption Center
  200 Trapelo Rd. Waltham, MA

- Waltham Bottle & Can Return
  131 Linden St. Waltham, MA

Cell Phone Recycling

Just got a new cell phone? Don’t throw your old one in your regular waste bin!

Cell phones contain hazardous material that pollutes the air and water if you throw it away with your regular trash. Instead bring your old cell phones to one of these Waltham locations:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tr>
<td>Shaw’s Market</td>
<td>130 River Street</td>
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<tr>
<td>Brooks Pharmacy</td>
<td>1070 Lexington St.</td>
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<tr>
<td>Charlesbank Garden Apartments</td>
<td>56 Charles River Rd</td>
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<tr>
<td>AT&amp;T</td>
<td>475 Winter Street</td>
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<tr>
<td>Radio Shack</td>
<td>1077 Lexington St.</td>
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<tr>
<td>Staples</td>
<td>800 Lexington St.</td>
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Battery Disposal

Batteries are used in lots of home appliances. Some batteries are safe to dispose in the regular trash, but others are extremely toxic if disposed of incorrectly.

It’s important to dispose of your batteries in a safe way. Here are some tips:

<table>
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<th>Name</th>
<th>Description</th>
<th>Disposal</th>
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| Alkaline Batteries | - AAA  
                     - AA  
                     - C  
                     - D  
                     - 9 volt | Alkaline batteries will be labeled “no added mercury” or with a green tree logo |
| Button Batteries  | - Small, round, silver-colored batteries.  
                     - Usually used in watches or hearing aids. | These contain mercury, which is toxic. DO NOT throw them away in the trash!  
                                                                                   Keep them in a secure, dry place out of reach of children and pets. They are small and easy to swallow. |
| Lithium Batteries  | - AA  
                     - C  
                     - 9 Volt  
                     - Usually used in computers and cameras | Lithium is reactive with water and has been known to cause serious fires. DO NOT throw Lithium batteries in the regular trash! Take these batteries to the Minuteman Hazardous Waste Facility in Lexington, MA. |

See page 8 for more information about the Minuteman Hazardous Waste Facility.
**INDOOR*AIR*QUALITY**

The air inside of people’s homes can become very polluted—sometimes, more polluted than the air outside! It’s surprising how many everyday activities and household objects can contaminate the air inside your home. The good news is that a lot of this pollution is preventable!

**FACT**

Because kids’ bodies are still growing, and their immune systems are still maturing, they are much more likely to get sick from dirty air than adults.

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**LEAD*IN*THE*HOME**

Lead poisoning is a condition caused by metal lead in the body. This can damage the nervous and reproductive systems, especially in children. **Symptoms of lead poisoning include:**

- Headaches
- Anemia
- Abdominal pain
- Seizures

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<th>DO’s</th>
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| -- Wash walls, windowsills, and floors to get rid of dust that may contain lead.  
-- Let the water run for a couple of minutes in the morning before using it.  
This will clear your pipes.  
-- Feed your child Vitamin C, iron, and calcium to reduce lead poisoning. | -- Don’t regularly use water from the tap for drinking, cooking, or making baby formula.  
-- Don’t let your children play in a yard if there is high lead content in the soil. |

Lead has been banned but may still be found in some old houses. Lead could be in:

- **Paint** – walls and windowsills painted with lead may produce dust that is dangerous to inhale.
- **Water pipes** – it may be dangerous to drink from the faucet if your home has lead pipes.
- **Soil** – you may want to get your soil tested for lead before you start a garden or let children play in your yard.

Lead is also commonly found in pottery, children’s toys, gasoline, and other places.

The Children’s Lead Poisoning Prevention Center (part of the Waltham Health Department) provides free lead inspections for families with children under six! Call (617) 783 – 0500 to contact the department.

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Is YOUR Air Polluted?

Here are some warning signs of indoor air pollution to watch for:

- If the air is smoky or stinky
- If you or a family member has allergic reactions or asthma attacks for no obvious reason—especially if this occurs more often inside than it does outside.

Sometimes it may not be obvious that your air is contaminated. For example: certain gasses, such as carbon monoxide, are impossible to sense.
Household Pests

Most common household pests, such as cockroaches, other bugs, or rats, leave behind wastes. **This debris can cause asthma attacks or allergic reactions.**

Tips to get rid of pests in your home:
- Try to keep your home clean
- Safely store foods or other items that may attract bugs
- If you are a tenant, talk to your landlord about the problem

Tobacco Smoke

Smoking and second-hand smoke can cause:
- Asthma attacks
- Respiratory tract infection
- A risk of lung cancer or heart disease

It’s easy to avoid having tobacco smoke in your home! Don’t smoke in your house or vehicle. If you do smoke inside, **make sure to open the windows.**

Carbon Monoxide

**Carbon Monoxide (CO) is a gas that you cannot see, feel, or smell**—but if you inhale a lot of it, you can get very sick or even die!

Appliances in your home might produce CO if they are used incorrectly. Some examples are:
- Cars, trucks, lawn mowers, snow blowers, etc
- Gas or wood-burning ovens, stoves, and dryers
- Blocked chimneys and flues
- Other appliances that burns wood, gas, kerosene, or oil

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<td>-- Make sure to read the instructions for every appliance you use!</td>
<td>-- Don’t warm up your car, truck, lawnmower, etc. inside a closed space, such as your garage</td>
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<td>-- Put CO alarms on each floor in your home</td>
<td>-- Don’t use your kitchen stove to heat a room</td>
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<tr>
<td>-- Turn off your appliance if it makes an odd noise or smells weird, or if your stove burns a strange color</td>
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If your Carbon Monoxide alarm goes off…
- **Immediately evacuate the house and call 911**
- Open all windows and turn off all appliances
- Call a professional to check the appliances in your home

Here are some signs of CO poisoning to watch for:
- Nausea
- Dizziness
- Vomiting
- Sleepiness
- Confusion
- Tight Chest
Asbestos

Asbestos used to be used as a flame retardant. It produces particles that get into the air and are dangerous to inhale.

The Environmental Protection Agency banned asbestos, but it is still sometimes in old homes. For example, you may find it in:

--- Avoid areas where there is asbestos
--- Have a professional test an area for asbestos
--- Have a professional remove or cover asbestos if it is fragile or falling apart

--- Don’t vacuum, sweep, or do home improvement projects near asbestos
--- Don’t attempt to get rid of asbestos by yourself!

DO’s | DON’Ts
-- Avoid areas where there is asbestos | -- Don’t vacuum, sweep, or do home improvement projects near asbestos
-- Have a professional test an area for asbestos | -- Don’t attempt to get rid of asbestos by yourself!
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Over a long period of time, asbestos can cause:

- Lung cancer
- Cancer of stomach lining
- Asbestosis, a lung disease

For more information, visit the US EPA’s asbestos webpage:
http://www.epa.gov/asbestos/

Mold

Mold is a fungus that grows in damp and warm places. It reproduces by creating particles called spores, which get into the air the people breath.

It is usually found in wet places, such as:

- Showers and sinks
- Under roof leaks
- Behind wallpaper

FACT
Mold can be any color. It smells musty and might change the color of the surface it grows on.

--- Keep your home clean and dry
--- Use a dehumidifier or air conditioning when it is humid outside
--- Scrub moldy places with soap and water
--- Don’t let wet clothes sit (such as in a laundry basket) for too long without drying them
--- Don’t put carpeting in your basement, bathroom, or anywhere it might get wet

DO’s | DON’Ts
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Mold causes different health effects in different people. If it is in your home for a long time, it may cause:

- Shortness of breath
- Eye and skin problems
- Stuffy nose or asthma attacks

For more information, visit the US EPA’s mold webpage:
http://www.epa.gov/iedmold1/moldguide.html
Why Does Air Quality Matter?

Bad indoor air quality comes from problems like mold, carbon monoxide, dust, pollen, tobacco smoke, or chemical sprays.

This can cause health problems such as:

- **Asthma Attacks**, when a person with the disease **asthma** has difficulty breathing.
- **Allergic Reactions**, when a person’s body overreacts to something, such as mold. It can cause itchy skin, vomiting, rashes, etc.

**Avoid These Problems By...**

- Keeping your home clean
- Don’t let dust build up
- Avoid rugs that may contain chemicals or provide a home for insects
- Wash dishes right away
- **Ventilate** your home, by making sure air flows through the house

**Other Common Indoor Air Problems:**

- Radon Gas
- Household Chemicals and Cleaning Products

For more information on indoor air pollution, visit: http://www.cdc.gov/nceh/airpollution/

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*WEATHERIZATION*

Weatherization, sometimes called weatherproofing, is the process of protecting a building from outside elements. Weatherization may include:

- **Caulking** - sealing cracks in a home with a gooey waterproof material
- **Weather Stripping** – putting strips of material, such as wood, along window and door frames

Caulking and weather stripping stop outside air from getting inside your home. This keeps your home warmer in the winter and cooler in the summer, and allows you to turn down your air conditioning or thermostat. It’s an easy way to save energy and money!

**FACT**

*Cracks may be in your door and window frames, around mail chutes, where electric, gas, and other pipes enter your home, and in other similar places.*

Finding the cracks in your home that need to be filled is simple:

- Light a match near an area where there might be cracks. If smoke blows out of the house, there is a crack.
- Shine a flashlight near an area where there might be cracks. If a friend standing outside of the house can see the light, there is a crack.
- Shut a piece of paper in a door or window. If you can pull it out without ripping it, there is a crack.
- Or, hire a professional technician to find cracks.
In addition to caulking and weather stripping, weatherization also often includes:

- Installing new windows in your home
- Installing new insulation in your home
- Updating the heating system in your home
- Replacing old light bulbs with energy efficient ones
- Other measures to save resources such as energy or water

Because weatherization stops most outside air from entering your home, it is important to make sure you have good indoor air quality in your house before you weatherize it.

**Weatherizing YOUR Home**

You can weatherize your own home! There are many helpful step-by-step guides for weatherization on the Internet and in the local Waltham library.

However, there are also local and state programs that can help you weatherize your home for free:

- **Local Weatherization Services** – WATCH: the Waltham Alliance to Create Housing, on Moody Street, can help you determine how to best weatherize your home. Then, WATCH will organize a **barnraising**, which is an all-day event in which your family, neighbors, and members of WATCH will team up and weatherize your home, at no cost to you!

- **Government Funded Weatherization** – If you are eligible for Fuel Assistance (see next page), you are also eligible to receive money from the Massachusetts State government to weatherize your home. Contact WATCH for help applying for this service.

More Massachusetts State Programs

**Fuel Assistance:**

This is a government program to help low-income families and individuals pay their heating bills during the winter. **You are eligible if:**

- You are a low-income tenant or homeowner.
- Your heating bills were very high last year.
- If you are in subsidized housing, you get a reduced benefit.

Tenants can receive assistance even if heat is included in their rent. The amount of fuel assistance you will get depends on your income, housing status, and heating costs.

**Most gas, electric, and telephone companies give discount rates to people receiving fuel assistance. Your fuel assistance agency will tell you how to get these additional benefits.**

To apply, contact the local agency in charge of fuel assistance in your area. The closest agency to Waltham, MA is Community Teamwork, Inc. Visit Community Teamwork, Inc. Energy Programs at 45 Kirk St. Lowell, MA 01854 or call at (978) 459 - 6161

**FIND**

The average amount spent on electricity bills per month in Massachusetts is $109.30. That is $1311.60 a year!

Once you receive fuel assistance:

- The agency will pay your fuel assistance to your heating company or landlord.
- You must pay any part of your heating costs not covered by fuel assistance.

For more information about these programs, visit: [http://www.massresources.org/area_assistance.cfm?pageID=14&MainPage=yes](http://www.massresources.org/area_assistance.cfm?pageID=14&MainPage=yes)
*WATCH*

*Waltham* Alliance to Create Housing*

Weatherization is not the only reason to get involved with WATCH! WATCH works in the Waltham area to develop and promote affordable housing, provide adult education and leadership development, and empower underrepresented residents through civic engagement.

WATCH’s office is at 517 Moody Street, Waltham, MA, on the corner of Moody and Maple Streets.

Here are a few resources that WATCH offers:

- **Community Organizing** – creates a welcoming space where Waltham residents can discuss community issues, learn about and debate solutions to those issues, and join with neighbors to take action!

- **Breaking Barriers** – an adult education, training, and leadership program for immigrants of all nationalities. This aims to expand the skills and strengthen the voice of immigrants in Waltham, especially through tutoring and English classes.

Classes are held two evenings a week at WATCH’s office from 6 – 8 PM. A 15 week session costs $60, and a summer session costs $30.

- **Housing Advocacy Clinic** – available to help members of the Waltham community with issues such as
  - Landlord & Tenant Conflicts
  - Threat of Eviction
  - Rent Increases
  - Apartment Searches or Tenant Searches
  - Poor Living Conditions
  - Filling out Public Housing Applications or other paperwork
  - General Housing Concerns

The Clinic is open in WATCH’s office on Mondays and Thursdays from 7 – 8:30 PM. If you cannot visit at these times, feel free to call (781) 891 - 6689 x 203. Clearly leave your name and repeat your phone number twice.

- **Housing Development** – WATCH builds, owns, and manages affordable housing in Waltham and Belmont. WATCH also addresses the housing crisis through education, outreach, and community organizing.

- **First Time Homebuyer Class** – a one-time educational workshop that focuses on financial, legal, and practical issues surrounding buying a home, and the responsibilities of being a homeowner.

The class takes place in Waltham, and the class fee is $40.

For more information about WATCH, visit: 
http://watchcdc.org or call (781) 891 - 6689.
Here are some local resources in and around Waltham that you may want to check out:

**Capitol Waste Services**
- See page 11.
222 Bennington St, East Boston, MA 02128
617-569-1718 or 866-569-1718

**Community Day Center of Waltham**
- A daytime shelter for people in Waltham who are homeless or have unreliable living conditions.
34 Alder St. Waltham, MA 02454
(617) 960 - 7793

**Community Teamwork, Inc. Energy Programs**
- See page 22.
45 Kirk St. Lowell, MA 01854
(978) 459 - 6161

**Healthy Waltham c/o Waltham Partnership For Youth**
- Promotes good health, nutrition, and physical activity in the Waltham community.
119 School St. Waltham, MA 02451
781-314-3031

**Lead Poisoning Prevention Center**
- Free lead inspection for families with children under six through the Waltham Health Dept.! See page 14.
119 School St. Waltham, MA 02451
(781) 314 – 3310

**Lexington Minuteman Hazardous Waste Facility**
- See pages 8, 13.
60 Hartwell Ave. Lexington, MA 02421
781-380-7121

**REACH Beyond Domestic Violence**
- A safe housing shelter for women, men, and children who have suffered domestic abuse. The location is confidential.
(781) 891 – 0724
24- Hour Hotline: (800) 899 - 4000

**WATCH: Waltham Alliance to Create Housing**
- See pages 24, 25
517 Moody St. Waltham, MA 02453
(781) 891 - 6689

**Waltham Bottle & Can Return**
- See page 12
131 Linden St. Waltham, MA 02452
(781) 647-4754

**Waltham Fields Community Farms**
- A farm that aims to promote local agriculture and produce, hunger relief, and education about farming.
240 Beaver St. Waltham, MA 02452
(781) 899 - 2403

**Waverly Redemption Center**
- See page 12.
200 Trapelo Rd. Waltham, MA 02452
(781) 899-1332

For more information, visit WATCH's Community Resource Guide:
http://watchcdc.org/crg%20dec%202010.pdf