

SENIOR RESOURCES LISTED ALPHABETICALLY

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Greater Springfield Senior Services www.gsssi.org

AGENCY	ADMINISTRATOR	SERVICES
AARP MASSACHUSETTS 1 BEACON ST., 2301, BOSTON, MA 02108 (866) 448-3621; states.aarp.org/region/massachusetts	Mike Festa	AARP is a nonprofit, nonpartisan, social-welfare organization with a membership of nearly 38 million that advocates for the issues that matter to families, such as healthcare, employment and income security, and protection from financial abuse
ALZHEIMER'S ASSOCIATION Massachusetts/New Hampshire Chapter 309 Waverley Oaks Road, Waltham, MA 02452 (617) 868-6718; www.alz.org/manh	Brooke Patterson	Strives to eliminate Alzheimer's disease through the advancement of research; provide and enhance care and support for all affected; and reduce the risk of dementia through the promotion of brain health
CARE FOR OUR ELDERS 966 Bay Road, Amherst, MA 01002 (413) 695-5740; www.careforoureliders.com	Janet Bunce	Bunce is an aging life care professional/ geriatric care manager who assists in navigating the complexities of eldercare, providing care management, patient advocacy, communication skills training, and guidance with housing selection to provide ease for elders, assurance for families, and enhanced efficiency for healthcare providers
CHOICES ELDER SUPPORT, LLC 50 Meadow Road, Longmeadow, MA 01106 (413) 439-5590; www.choiceseldersupport.com	Sharon Connor	Guides clients and their caregivers toward solutions to health and aging challenges; comprehensive assessment and care plan addresses safety, housing/environment, home healthcare needs, medical care, socialization, finances, legal concerns, and accessing community services
COACHING CAREGIVERS, LLC 94 King St., Suite A, Northampton, MA 01061 (413) 775-4570; www.coachingcaregivers.com	James Ferry	Helps clients' loved ones live as independently as possible while still being safe and secure; tailors a personalized solution designed to meet family's needs; offers suggestions; eases smooth transitions; provides an objective viewpoint; saves time, money, and distress
THE CONVERSATION PROJECT AND THE INSTITUTE FOR HEALTHCARE IMPROVEMENT 53 State St., 19th Floor, Boston, MA 02109 (617) 301-4800; www.theconversationproject.org	Kate DeBartolo	The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care; its team includes five seasoned law, journalism, and media professionals who are working pro bono alongside professional staff from the Institute for Healthcare Improvement
ELDER CARE COLLABORATIONS P.O. Box 322, Northampton, MA 01061 (413) 658-7566; www.facebook.com/eldercarecollaborations	Dory Howard-Corrin	Consultation, assessment, and care planning; support, guidance, and respite for family members; identifying resources and problem solving; advocacy, and conflict resolution; locating, scheduling, coordinating, and monitoring of services; assistance with screening and hiring caregivers; communication with medical professionals; transportation to medical appointments; emergency coverage
ELDERCAREWIZ 247 Stage Road, Cummington, MA 01026 (413) 387-9474; www.eldercarewiz.com	Liz Kapitulik	Aging care and behavioral-health management; assessment of physical, mental, and emotional functioning; assistance with navigating healthcare services, housing, and other options; advocacy and conflict mediation; coordination of care; education on housing, legal, and financial resources, and referrals to programs; short-term psychotherapy; specializing in Alzheimer's and dementia care/behavior plans; counseling on end-of-life care and advanced directives
ELDER SERVICES OF BERKSHIRE COUNTY INC. 877 South St., Suite 4E, Pittsfield, MA 01201 (413) 499-0524; www.esbci.org	Christopher McLaughlin	Identifies and addresses priority needs of Berkshire County seniors; services include information and referral, care management, respite care, homemaker and home health assistance, healthy-aging programs, and MassHealth nursing home pre-screening; agency also offers housing options, adult family care, group adult foster care, long-term-care ombudsman, and money management, and oversees the Senior Community Service Aide Employment Program
ESTATE PLANNING COUNCIL OF HAMPDEN COUNTY www.estateplan-hc.org	Susan McCoy	Provides a forum for current, accurate, and authoritative information with regard to estate and financial planning; council members are life-insurance professionals, bankers, fiduciaries, lawyers, accountants, planned-giving professionals, and other financial-service providers engaged in the planning, settlement, and management of estates
GERIATRIC CARE SOLUTIONS & MANAGEMENT 103 Mountain Road, Holyoke, MA 01040 (413) 540-0800; www.geriatriccaresolutions.com	Joanne Craven Dunn	Professional geriatric care managers with specialties in nursing, mediation, palliative and hospice care, who act as a guide and advocate for elders and the families that care for them; services include client assessments, care plans, plan and service monitoring, travel and relocation assistance, and daily money management/bookkeeping
GREATER SPRINGFIELD SENIOR SERVICES INC. 66 Industry Ave., Suite 9, Springfield, MA 01104 (413) 781-8800; www.gsssi.org	Jill Keough	Private, nonprofit organization dedicated to maintaining quality of life for older adults, caregivers, and people with disabilities, through programs and services that foster independence, dignity, safety, and peace of mind; services include case management, home care, home-delivered meals, senior community dining, money management, congregate housing, and adult day care
HIGHLAND VALLEY ELDER SERVICES 320 Riverside Dr., Florence, MA 01062 (413) 586-2000; www.highlandvalley.org	Allan Ouimet	Services include care management, information/referral services, family caregiver program, personal emergency-response service, protective services, home-health services, chore services, nursing-home ombudsman services, adult day programs, elder-care advice, bill-payer services, options counseling, respite services, representative payee services, local dining centers, personal-care and homemaker services, and home-delivered meals
HOMEOWNER OPTIONS FOR MASSACHUSETTS ELDERS 87 Hale St., Lowell, MA 01851 (978) 970-0012; www.elderhomeowners.org	N/A	Assists low- and moderate-income elder homeowners by providing comprehensive in-home counseling on financial and homeownership issues to enable successful aging in place; services include displacement prevention, remainder life planning, budgeting, income maximization, equity conservation, consumer protections, and creative financial options specially crafted for seniors
HOME SWEET HOME SENIOR LIVING ADVISOR Wilbraham, MA 01095 (413) 446-8722; www.homesweethomesenior.com	Katie Krupka	Provides free consultative expertise in senior-living placement to seniors and their loved ones when they seek independent living, assisted living, memory-care, or respite-care options throughout Western Mass.; also offers fee-based, in-home service coordination, including medical and non-medical services, housekeeping, home maintenance, shopping, transportation, and bill-pay assistance; assesses each individual and provides guidance, knowledge, and support
JEWISH FAMILY SERVICES OF WESTERN MASSACHUSETTS 15 Lenox St., Springfield, MA 01108 (413) 737-2601; www.jfswm.org	Maxine Stein	Provides social services, grounded in Jewish values, to support individuals and families from diverse cultural and economic backgrounds; efforts include community programs, elder-care resources and referrals, and counseling services
LIFEPATH 101 Munson St., Suite 201, Greenfield, MA 01301 (413) 773-5555; www.lifepathma.org	Barbara Bodzin	Nonprofit organization serving older adults, people with disabilities, and caregivers in Western and Central Mass.; helps people to maintain their independence in their homes and communities; offers in-home services, Meals on Wheels, health-insurance assistance, elder protective services, and much more
MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS 1 Ashburton Place, Unit 517, Boston, MA 02108 (617) 727-7750; www.mass.gov/elders	Elizabeth Chen	Connects seniors and families with a range of services, including senior centers, councils on aging, nutrition programs such as Meals on Wheels, exercise, health coaching, and more; supports older adults who may be somewhat frail through programs in nursing homes, such as the ombudsman program, volunteers who visit residents, and quality-improvement initiatives in nursing homes and assisted-living facilities; caregiver programs offer support to people with mild Alzheimer's disease or those caring for someone with more advanced Alzheimer's
MASSACHUSETTS GERONTOLOGY ASSOC. P.O. Box 540513, Waltham, MA 02454 www.massgeron.org	Kathy Burnes	Convenes researchers, practitioners, and public policy makers in Massachusetts to create dialogue on critical issues related to aging and to facilitate the transfer of knowledge from academic research to day-to-day practice; membership includes individuals and organizations from a wide range of disciplines including social work, education, public health, nursing/medicine, housing/architecture, and many others
MASSACHUSETTS SENIOR LEGAL HELPLINE 99 Chauncy St., Unit 400, Boston, MA 02111 (800) 342-5297; www.vlpnet.org	Joanna Allison	The Helpline is a project of the Volunteer Lawyers Project of Boston that provides free legal information and referral services to Massachusetts residents age 60 and older; the Helpline is open Monday through Friday, 9 a.m. to noon
MASSOPTIONS (844) 422-6277; www.massoptions.org	Marylou Sudders	A service of the Massachusetts Executive Office of Health and Human Services, MassOptions connects elders, individuals with disabilities, and their caregivers with agencies and organizations that can best meet their needs; staff can also assist with determining eligibility for and applying to MassHealth
MEMORY CARE FACILITIES (888) 595-9951; www.memorycarefacilities.net	N/A	Free service that helps families who have loved ones with dementia and Alzheimer's disease; through a free search tool and nationwide database of memory-care facilities, families who are in need of memory care for their loved ones are able to find licensed care homes and communities in their location that are best-equipped to take care of their loved ones
MERCY LIFE 200 Hillside Circle, Suite 1, West Springfield, MA 01089 (413) 748-7223; www.mymercylife.com	Emmanuel Cheo	Mercy LIFE is Program of All-inclusive Care for the Elderly (PACE), offering tightly coordinated care and support designed to help seniors continue to live safely at home and avoid moving into a nursing home
MOVING MENTOR 123 Maplewood Circle, Amherst, MA 01012 (413) 549-1039; www.movingmentor.com	Barbara Perman	Offers moving management and organizing services and specializes in working with seniors and their families; helps people age in place by reorganizing their space for safety, convenience, and emerging needs; offers presentations and workshops for senior-living communities, seniors and family members, and professionals
NATIONAL ACADEMY OF ELDER LAW ATTORNEYS 1577 Spring Hill Road, Suite 310, Vienna, VA 22182 (703) 942-5711; www.naela.org	Laura Silver Traiger (Massachusetts Chapter)	Members of NAELA are attorneys who are experienced and trained in working with the legal problems of aging Americans and individuals of all ages with disabilities, including planning for incapacity and long-term care, Medicaid and Medicare coverage, health and long-term care insurance, and healthcare decision making, as well as drafting of special needs and other trusts, selection of long-term-care providers, home care and nursing-home problem solving, retiree health and income benefits, retirement housing, and fiduciary services or representation
NORTHAMPTON SURVIVAL CENTER 265 Prospect St., Northampton, MA 01060 (413) 586-6564; www.northampton-survival.org	Heidi Nortonsmith	Dedicated to improving the quality of life for low-income individuals and families in 18 communities throughout Hampshire County by providing nutritious food and other resources in an atmosphere of dignity and respect
OASIS SENIOR ADVISORS OF WESTERN MASS. 121 Barton Ave., Belchertown, MA 01007 (413) 351-6577 or (413) 315-5038; www.oasissenioradvisors.com/westernmass	Eric Aasheim	Provides a free service to seniors and family members in Western Mass. to help research, tour, and select the ideal senior-living community for their needs (independent living, assisted living, and memory care); locally owned and operated, Oasis guides clients through the entire process in a personalized and compassionate manner that is tailored to each client's unique needs
PATHLIGHT 220 Brookdale Dr., Springfield, MA 01104; (413) 732-0531 116 Pleasant St., Easthampton, MA 01027; (413) 529-2428 101 Munson St., Greenfield, MA 01301; (413) 774-3495 11 Village Hill, Northampton, MA 01060; (413) 585-8010 100 North St., Pittsfield, MA 01201; (413) 443-4780 www.pathlightgroup.org	John Roberson	Pathlight is a private non-profit community organization that supports children, teens, and adults with developmental disabilities and their families; directed by a volunteer board of family members of individuals with developmental disabilities and community members
PROJECT BREAD'S GETTINGSNAP.ORG 145 Border St., East Boston, MA 02128 (617) 723-5000; www.gettingfoodstamps.org	Erin McAleer	Project Bread's gettingsnap.org is an online resource to help answer questions and determine eligibility for SNAP, the Supplemental Nutrition Assistance Program; in addition, Project Bread's FoodSource Hotline is an information and referral service designed to connect people in need with a variety of food resources in their local community
ROSECARE PATIENT ADVOCACY & ELDER SERVICES, LLC 223 Egremont Plain Road, Unit 115, Great Barrington, MA 01230 (413) 207-1601; www.rosecareadvocacy.com	Maura Rose	Elder-care management services to help find the care and support services needed to remain safely in the comfort of home; patient advocacy services to help optimize care and insure client's wishes and needs are addressed by all healthcare providers; evaluation of cognitive and functional strengths and deficits associated with dementia and determining appropriate memory-care services needed
SERENITY HOME ORGANIZING P.O. Box 352, Montague, MA 01351 (413) 336-0692; www.serenityhomeorganizing.com	Jill Bromberg	Works with clients to create a space that is more functional and nourishes peace of mind; helps develop effective habits and implement organizational systems tailored to clients' unique needs; services include decluttering, storage solutions, paper management, room makeovers, downsizing and relocation, and staging a home for sale
TUCKED IN ELDERCARE CARE MANAGEMENT & CONSULTING 35 Old South Road, Nantucket, MA 02554 (413) 446-8722; www.tuckedineldercare.com	Katie Krupka	Provides guidance, support, and advocacy in navigating the aging process; care managers help clients access and seamlessly coordinate discharge planning, in-home support services, senior-community search and placement, long-term-care insurance policy reviews, and more; staff includes gerontologist and certified senior advisors
VA CENTRAL AND WESTERN MASSACHUSETTS HEALTHCARE SYSTEM 421 North Main St., Leeds, MA 01053 (413) 584-4040; www.centralwesternmass.va.gov	Suzanne Krafft	Provides primary, specialty, and mental-health care, including psychiatric, substance-abuse, and PTSD services, to a veteran population in Central and Western Massachusetts of more than 120,000 men and women
VALLEY EYE RADIO 1 Federal St., Building 101, Springfield, MA 01105 (413) 747-7337; www.valleyeyeradio.org	Barbara Loh	Broadcasts news and information from local newspapers, circulars, and other material to blind and vision-impaired listeners throughout the Pioneer Valley
VIABILITY INC. 5 Franklin St., Northampton MA 01060 (413) 584-1460; www.viability.org	Susan Cauley	Accredited by the Commission on Accreditation of Rehabilitation Facilities, Viability community-living programs provide care management, direct care, and referral services to individuals with disabilities, enabling them to live in the community with dignity; locations in Gloucester, Holyoke, Pittsfield, Salem, Somerville, Springfield, Worcester, and East Hartford
WESTERN MASS. ELDERCARE PROFESSIONALS ASSOCIATION www.wmepa.com	Sharon Ashton Gina Barry Jan Porter	The mission of WMEPA is to provide a forum that fosters a better understanding of all of the services available in Western Mass. for seniors; the organization brings a greater awareness of news, programs, and events that are relevant to professionals, seniors, and their families
WESTMASS ELDERCARE INC. 4 Valley Mill Road, Holyoke, MA 01040 (413) 538-9020; www.wmeldecare.org	Roseann Martoccia	Provides an array of in-home and community services to support independent living; interdisciplinary team approach to person-centered care; information, referrals, and options counseling as well as volunteer opportunities available; primary service area includes Holyoke, Chicopee, Granby, South Hadley, Belchertown, Ludlow, and Ware, as well as other surrounding communities