

AGE IN PLACE RESOURCE FAIR

WEDNESDAY, APRIL 29, 2026

1. **AARP**: Rosemary Kulas (Rosemarykulas@comcast.net), Jenine Humber
JHumber@aarp.org
AARP empowers people to choose how they live as they age. Stop by to chat and pick up information about Home Modification, ADU's, Home Health Care, Caregiver Resource Guides, Financial Caregiving Guides and Safe Driver Assessments.
2. **Belmont Medical Supply**: Joel Rosen (joel@belmontmedical.com)
Providing all types of durable medical equipment to fit your needs. Home delivery available. Family business offering the highest quality brands in medical and health supplies since 1936.
3. **Oakley Home Access**: Neil Garceau(neil.ma@oakleyhomeaccess.com)
Provides **free** home safety assessments and customized accessibility solutions including professional installation of grab bars, safety railings, stair lifts, access ramps, bathroom safety modifications, and other home mobility improvements.
4. **Help My Aging Parents**: Julie Norstrand (julie@helpmyagingparents.net)
Empowering families to become proactive caregivers ready to meet the needs of aging relatives to ensure a safe, socially engaging, and inclusive old age
5. **Operation Independence**: Rick Castino (rickcastino@comcast.net)
For over 25 years, the experts at Operation Independence have specialized in the assessment, design and home modifications needed to provide greater independence to safely age in place- whether you need to modify your bathroom, kitchen or any living space.
6. **Always Best Care Senior Services**: Laurie Gaines (lgaines@abc-seniors.com),
David Robinson ([drobinson@abc-seniors.com](mailto:d Robinson@abc-seniors.com))
Provides personalized, non-medical care for seniors who wish to remain in the comfort of their own homes
7. **PeopleFit At Home**: Carla Nazzaro (carla@peoplefit.net)
Customized exercise program based on your needs and goals in the comfort of your home. Areas addressed include cardiovascular health, strength and flexibility, balance, and an assessment of problem areas such as painful joints. At-home massage also offered.
8. **Perkins Library**: Mr. Erin Fragola (erin.fragola@perkins.org)
Totally free program for anyone with visual impairment or who is unable to read or hold a book. Provides resources, books and aids.
9. **Seniors Blue Book**: Susan Arayas (susan@seniorsbluebook.com)

Free resource book that helps you navigate the confusing world of Senior Housing, Senior Care, Resources and Services- come pick up a copy of the book

10. **Heart to Home Meals:** Richard Rogers (Richard.Rogers@hearttohomemeals.com)
Frozen meal delivery straight to your door. We create quick and delicious meals with seniors in mind, so you can spend less time cooking and more time enjoying life. There's no minimum order, no subscription and no hidden fees.
11. **Cambridge Health Alliance PACE:** Matthew Chuckran (MChuckran@challiance.org)
Elder service program that serves low-income individuals age 55+; Part of the National Program of All-Inclusive Care for the Elderly (PACE). Provides health care and other support for those who want to continue living at home. Participants get great doctors, rides to medical visits, medications and more. PACE covers all the costs of care if you qualify.
12. **Senior Solutions:** Kathy McNair (KMcNair@seniorsolutionsinfo.com). Elder law attorney located in Waverly Square helping people plan for aging in place and keeping their independence as long as possible
13. **Eden Home Care:** Sunila Varghese (edenhomehc@gmail.com). Provides in home private Physical Therapy
14. **Springwell:** Emily Covell (ECovell@springwell.com) and Larry Poirier (LPoirier@springwell.com). Springwell is a private, non-profit area agency serving 22 communities in greater Boston. They provide a diverse and wide range of services to help individuals achieve the highest level of independences. Services include care advice and planning, caregiver support, community dining, friendly visitor, home delivered meals, money management, lending library and shopping assistance
15. **Alzheimer's Association:** Norma Milligan (Nmmilligan@alz.org). Family and caregiver's groups, educational programming, 24-hr Helpline, and resources for individuals with Alzheimer's, their families and caregivers
16. **Belmont Food Collaborative/Belmont Helps:** Amy Kirsch(BelmontHelps@gmail.com). Belmont Food Collaborative promotes and enhances access to fresh and local food, nutrition and healthy, active lifestyle choices. **Belmont Helps works to alleviate food insecurity in the local community** and respond to the pressing needs of our neighbors. In addition to helping families with food support, Belmont Helps also serves the community in other ways. We have collected household goods and furniture on behalf of families in need, provided support for refugee families new to town and helped clients find **additional assistance for childcare, food, housing and utility support.**
17. **Adaptive Homecare:** Emma Regan (emma@adaptivehc.com) Provides private duty care to aging adults and persons with chronic illness and/or disabilities

18. **Adult Foster Care (HomecareAFC):** Yeselys Niebla (774-285-2494). Adult Foster Care Program thru Mass Health.
19. **Cambridge Neighbors:** Jan Latorre-Stiller (Jan@cambridgeneighbors.org). Cambridge Neighbors is a leader in the national Village movement. As a nonprofit, membership organization, we provide a range of practical services, social opportunities, and resources to enhance quality of life and well being throughout the aging process. Our goal is to help members remain connected to and valued in our communities.
20. **Solo Aging Network:** Ailene Gerhardt (Ailene@beaconpatientsolutions.com). The Navigating Solo Network is a comprehensive resource, support group, and educational platform for adults 55+ without close family or a reliable support system. It helps individuals "age in place" by offering tools for legal, financial, and healthcare planning, alongside peer support to combat isolation. Beaconpatientsolutions.com. NavigatingSolo.com.
21. **Massachusetts Behavioral Health Partnership:** Mary Morrison (Mary.morrison@carelon.com). Get the mental health help you need, whenever you need it, in more than 200 languages. HelpLine is free and open 24/7. No insurance required.
22. **Seniors Helping Seniors:** Sam Maddox (sam@shsboston.com). Assistance at home with care, companionship, dementia care, errands, light handyman services, transportation, and more. Uniquely matched with mature caregivers.
23. **Lifefone:** Carol Potter (cpotter2a@gmail.com). Medical alert systems to help ensure independence and safety.
24. **Belmont Council on Aging -** Transportation resources, social worker, programs and activities, meals, exercise programs
25. **Belmont Police -** Safety, fraud prevention (Share table with Fire)
26. **Belmont Fire -** Safety assessment, free smoke/CO Detector Inspections (Share table with Police)
27. **Belmont Light Department -** Lighting for the home
28. **Belmont Library-** May Forkin (MForkin@minlib.net). Book delivery, bookmobile, activities and programs
29. **Visiting Angels:** Abby Hurwitz (AHurwitz@visitingangels.com). Visiting Angels provides compassionate, non-medical in-home care that helps seniors remain safe, comfortable, and independent wherever they call home. Our Angels support individuals navigating aging, illness, injury, or recovery from surgery. We are also GUIDE approved (Guiding an Improved Dementia Experience), a Medicare-supported program designed to enhance care coordination, education, and support for individuals living with dementia and their caregivers.
30. **Mary Alice Wistman (Financial Record Keeping, Bill Payment and Paperwork Management):** Mary Alice Wistman (MAWistman@gmail.com)

31. **Next Day Access** : David Gunzburger (DGunzburger@nextdayaccess.com). Products for access and mobility including grab bar installation, stair and porch lifts, and sales and rentals of ramps.
32. **American Parkinsons**: Laura Donahue (LDonahue@apdaparkinson.org). Provide support, education and research that will help everyone impacted by Parkinson's Disease live life to the fullest.
33. **Jewish Family and Children Services** : Karen Wasserman (Karen@yourelderexperts.com). Providing a wide array of services to Seniors of all Faiths to help them live independently at home and age in place.
34. **Footcare Focus**: Sarah Kinghorn (footcarefocus@gmail.com). Private pay in home foot care.
35. **Best of Care**: Cara Kelley (carak@assistedlivinglocators.com). Aging Life Care Management. Identifying each person's unique needs and developing a comprehensive care plan while coordinating resources with goal of enhancing quality of life.
36. **Loughran and Corbett Law Offices**: Bernie Loughran (bloughran@lawlc.com) Elder care attorneys. Wills, estate planning, trusts.
37. **Mini Moves and More** : Dave McHugh (dave@minimovesandmore.com) Experienced moving company that specializes in small moves- especially with rearranging and moving furniture and items within your home and moving items into storage, etc.
38. **Clear Captions**: Adrienne Gleason (Adrienne.gleason@clearcaptions.com) Service providing text captions of phone conversations for people who are hard of hearing- free of charge for those who qualify.
39. **Sayva Services, LLC**: David Sullivan (SayvaServices@gmail.com) Specializing in helping Seniors with any kind of technology questions/support.
40. **Outstanding Life**: Jennifer Knight (jennk@outstandinglife.org) Virtual senior center online community for LGBTQ+ older adults.