

Town by Town
One Care Plans Available and Shine Counselors

SHINE (Serving Health Information Needs of Elders) Program Regional Office Directory Call the toll-free number 1-800-243-4636 to connect to your regional SHINE office Chinese Elders and Caregivers (call direct)		
		One Care Plans Available
Abington	Middleborough – Council on Aging	508-946-2490
Acton	Burlington – Minuteman Senior Services	781-272-7177
Acushnet Middleborough – Council on Aging		508-946-2490
Adams Pittsfield – Elder Services of Berkshire County		413-499-0524
Agawam Springfield – Department of Elder Affairs		413-750-2893
Alford Pittsfield – Elder Services of Berkshire County		413-499-0524
Allston Boston - ABCD		617-348-6226
Amesbury Lawrence-Elder Services of Merrimack Valley		978-683-7747
Amherst Turners Falls – Franklin County Home Care		413-773-5555
Andover Lawrence-Elder Services of Merrimack Valley		978-683-7747
Arlington Burlington – Minuteman Senior Services		781-272-7177
Ashburnham Milford - Central Mass Association of COA		508-422-9931
Ashby Milford - Central Mass Association of COA		508-422-9931
Ashfield Turners Falls – Franklin County Home Care		413-773-5555
Ashland Needham – Council on Aging		781-453-8076
Athol Turners Falls – Franklin County Home Care		413-773-5555
Attleboro Attleboro – Council on Aging		508-222-1399
Auburn Milford - Central Mass Association of COA		508-422-9931
Avon Middleborough – Council on Aging		508-946-2490

Ayer Milford - Central Mass Association of COA 508-422-9931	
Back Bay Boston – ABCD 617-348-6226	
Barnstable Yarmouth - Council on Aging 508-394-9326	
Barre Milford - Central Mass Association of COA 508-422-9931	
Beacon Hill Boston - ABCD 617-348-6226	
Becket Pittsfield – Elder Services of Berkshire County 413-499-0524	
Bedford Burlington – Minuteman Senior Services 781-272-7177	
Belchertown Springfield – Department of Elder Affairs 413-750-2893	
Bellingham Milford - Central Mass Association of COA 508-422-9931	
Belmont Needham – Council on Aging 781-453-8076	
Berkeley Attleboro – Council on Aging 508-222-1399	
Berlin Milford - Central Mass Association of COA 508-422-9931	
Bernardston Turners Falls – Franklin County Home Care 413-773-5555	
Beverly Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Billerica Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Blackstone Milford - Central Mass Association of COA 508-422-9931	
Blandford Springfield – Department of Elder Affairs 413-750-2893	
Bolton Milford - Central Mass Association of COA 508-422-9931	
Boston Boston - ABCD 617-348-6226	
Bourne Yarmouth - Council on Aging 508-394-9326	
Boxborough Burlington – Minuteman Senior Services 781-272-7177	
Boxford Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Boylston Milford - Central Mass Association of COA 508-422-9931	
Braintree Sharon - HESSCO 781-784-4944	
Brewster Yarmouth Council on Aging 508-394-9326	
Bridgewater Middleborough – Council on Aging 508-946-2490	

Brighton Boston - ABCD 617-348-6226	
Brimfield Springfield – Department of Elder Affairs 413-750-2893	
Brockton Middleborough – Council on Aging 508-946-2490	
Brookfield Milford - Central Mass Association of COA 508-422-9931	
Brookline Needham – Council on Aging 781-453-8076	
Buckland Turners Falls – Franklin County Home Care 413-773-5555	
Burlington Burlington – Minuteman Senior Services 781-272-7177	
Buzzards Bay Yarmouth - Council on Aging 508-394-9326	
Cambridge Burlington – Minuteman Senior Services 781-272-7177	
Canton Sharon - HESSCO 781-784-4944	
Carlisle Burlington - Minuteman Senior Services 781-272-7177	
Carver Middleborough – Council on Aging 508-946-2490	
Charlemont Turners Falls – Franklin County Home Care 413-773-5555	
Charlestown Boston - ABCD 617-348-6226	
Charlton Milford - Central Mass Association of COA 508-422-9931	
Chatham Yarmouth - Council on Aging 508-394-9326	
Chelmsford Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Chelsea Malden - Mystic Valley Elder Services 781-324-7705	
Cheshire Pittsfield -Elder Services of Berkshire County 413-499-0524	
Chester Turners Falls – Franklin County Home Care 413-773-5555	
Chesterfield Turners Falls – Franklin County Home Care 413-773-5555	
Chicopee Springfield – Department of Elder Affairs 413-750-2893	
Chilmark Yarmouth - Council on Aging 508-394-9326	
Chinatown Boston - ABCD 617-348-6226	
Clarksburg Pittsfield -Elder Services of Berkshire County 413-499-0524	
Clinton Milford - Central Mass Association of COA 508-422-9931	

Cohasset Sharon - HESSCO 781-784-4944	
Colrain Turners Falls – Franklin County Home Care 413-773-5555	
Columbia Point Boston - ABCD 617-348-6226	
Concord Burlington – Minuteman Senior Services 781-272-7177	
Conway Turners Falls – Franklin County Home Care 413-773-5555	
Cummington Turners Falls – Franklin County Home Care 413-773-5555	
Dalton Pittsfield -Elder Services of Berkshire County 413-499-0524	
Danvers Malden - Mystic Valley Elder Services 781-324-7705	
Dartmouth Middleborough – Council on Aging 508-946-2490	
Dedham Sharon - HESSCO 781-784-4944	
Deerfield Turners Falls – Franklin County Home Care 413-773-5555	
Dennis Yarmouth - Council on Aging 508-394-9326	
Dighton Attleboro – Council on Aging 508-222-1399	
Dorchester Boston - ABCD 617-348-6226	
Douglas Milford - Central Mass Association of COA 508-422-9931	
Dover Needham – Council on Aging 781-453-8076	
Dracut Lawrence-Elder Services of Merrimack Valley 978-683-7747	
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Duxbury Middleborough – Council on Aging 508-946-2490	
East Boston Boston - ABCD 617-348-6226	
East Bridgewater Middleborough – Council on Aging 508-946-2490	
East Brookfield Milford - Central Mass Association of COA 508-422-9931	
East Douglas Milford - Central Mass Association of COA 508-422-9931	
East Longmeadow Springfield – Department of Elder Affairs 413-750-2893	
Eastham Yarmouth - Council on Aging 508-394-9326	

Easthampton Turners Falls – Franklin County Home Care 413-773-5555	
Easton Middleborough – Council on Aging 508-946-2490	
Edgartown Yarmouth - Council on Aging 508-394-9326	
Egremont Pittsfield -Elder Services of Berkshire County 413-499-0524	
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Essex Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Everett Malden - Mystic Valley Elder Services 781-324-7705	
Fairhaven Middleborough - Council on Aging 800-231-1155	
Fall River Attleboro – Council on Aging 508-222-1399	
Falmouth Yarmouth - Council on Aging 508-394-9326	
Fenway Boston - ABCD 617-348-6226	
Fitchburg Milford - Central Mass Association of COA 508-422-9931	
Florida Pittsfield -Elder Services of Berkshire County 413-499-0524	
Foxborough Sharon - HESSCO 781-784-4944	
Framingham Needham – Council on Aging 781-453-8076	
Franklin Milford - Central Mass Association of COA 508-422-9931	
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Granby Springfield – Department of Elder Affairs 413-750-2893	

Granville Springfield – Department of Elder Affairs 413-750-2893	
Great Barrington Pittsfield -Elder Services of Berkshire County 413-499-0524	
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Groveland Lawrence-Elder Services of Merrimack Valley 978-683-7747	
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Halifax Middleborough – Council on Aging 800-231-1155	
Hamilton Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Hampden Springfield – Department of Elder Affairs 413-750-2893	
Hancock Pittsfield -Elder Services of Berkshire County 413-499-0524	
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Holyoke Springfield – Department of Elder Affairs 413-750-2893	

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Huntington Turners Falls – Franklin County Home Care 413-773-5555	
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Hyde Park Boston - ABCD 617-348-6226	
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Lakeville Middleborough – Council on Aging 508-946-2490	
Lancaster Milford - Central Mass Association of COA 508-422-9931	
Lanesborough Pittsfield -Elder Services of Berkshire County 413-499-0524	
Lawrence Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Lee Pittsfield -Elder Services of Berkshire County 413-499-0524	
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Leverett Turners Falls – Franklin County Home Care 413-773-5555	
Lexington Burlington – Minuteman Senior Services 781-272-7177	
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Lowell Lawrence-Elder Services of Merrimack Valley 978-683-7747	

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Lunenburg Milford - Central Mass Association of COA 508-422-9931	
Lynn Malden - Mystic Valley Elder Services 781-324-7705	
Lynnfield Malden - Mystic Valley Elder Services 781-324-7705	
Malden Malden - Mystic Valley Elder Services 781-324-7705	
Manchester Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Mansfield Attleboro - Council on Aging 508-222-1399	
Marblehead Malden - Mystic Valley Elder Services 781-324-7705	
Marion Middleborough – Council on Aging 508-946-2490	
Marlborough Needham – Council on Aging 781-453-8076	
Marshfield Middleborough – Council on Aging 508-946-2490	
Martha's Vineyard Yarmouth - Council on Aging 508-394-9326	
Mashpee Yarmouth - Council on Aging 508-394-9326	
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Maynard Burlington – Minuteman Senior Services 781-272-7177	
Medfield Sharon - HESSCO 781-784-4944	
Medford Malden - Mystic Valley Elder Services 781-324-7705	
Medway Milford - Central Mass Association of COA 508-422-9931	
Melrose Malden - Mystic Valley Elder Services 781-324-7705	
Mendon Milford - Central Mass Association of COA 508-422-9931	
Merrimack Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Methuen Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Middleborough Middleborough – Council on Aging 508-946-2490	
Middlefield Turners Falls – Franklin County Home Care 413-773-5555	
Middleton Malden - Mystic Valley Elder Services 781-324-7705	

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Millbury Milford - Central Mass Association of COA 508-422-9931	
Millis Sharon - HESSCO 781-784-4944	
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Milton Sharon - HESSCO 781-784-4944	
Monroe Turners Falls – Franklin County Home Care 413-773-5555	
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Montague Turners Falls – Franklin County Home Care 413-773-5555	
Monterey Pittsfield -Elder Services of Berkshire County 413-499-0524	
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Mount Washington Pittsfield -Elder Services of Berkshire County 413-499-0524	
Nahant Malden - Mystic Valley Elder Services 781-324-7705	
Nantucket Yarmouth - Council on Aging 508-394-9326	
Natick Needham – Council on Aging 781-453-8076	
Needham Needham – Council on Aging 781-453-8076	
New Ashford Pittsfield -Elder Services of Berkshire County 413-499-0524	
New Bedford Middleborough – Council on Aging 508-946-2490	
New Braintree Milford - Central Mass Association of COA 508-422-9931	
New Marlborough Pittsfield -Elder Services of Berkshire County 413-499-0524	
New Salem Turners Falls – Franklin County Home Care 413-773-5555	
Newbury Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Newburyport Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Newton Needham – Council on Aging 781-453-8076	
Norfolk Sharon - HESSCO 781-784-4944	

North Adams Pittsfield -Elder Services of Berkshire County 413-499-0524	
North Andover Lawrence-Elder Services of Merrimack Valley 978-683-7747	
North Attleboro Attleboro - Council on Aging 508-222-1399	
North Brookfield Milford - Central Mass Association of COA 508-422-9931	
North Dartmouth Middleborough – Council on Aging 508-946-2490	
North End Boston - ABCD 617-348-6226	
North Reading Malden - Mystic Valley Elder Services 781-324-7705	
North Westport Attleboro - Council on Aging 508-222-1399	
Northampton Turners Falls – Franklin County Home Care 413-773-5555	
Northboro Needham – Council on Aging 781-453-8076	
Northbridge Milford - Central Mass Association of COA 508-422-9931	
Northfield Turners Falls – Franklin County Home Care 413-773-5555	
Norton Attleboro - Council on Aging 508-222-1399	
Norwell Sharon - HESSCO 781-784-4944	
Norwood Sharon - HESSCO 781-784-4944	
Oak Bluffs Yarmouth - Council on Aging 508-394-9326	
Oakham Milford - Central Mass Association of COA 508-422-9931	
Orange Turners Falls – Franklin County Home Care 413-773-5555	
Orleans Yarmouth - Council on Aging 508-394-9326	
Otis Pittsfield -Elder Services of Berkshire County 413-499-0524	
Oxford Milford - Central Mass Association of COA 508-422-9931	
Palmer Springfield – Department of Elder Affairs 413-750-2893	
Parker Hill Boston - ABCD 617-348-6226	
Paxton Milford - Central Mass Association of COA 508-422-9931	
Peabody Malden - Mystic Valley Elder Services 781-324-7705	
Pelham Turners Falls – Franklin County Home Care 413-773-5555	

Pembroke Middleborough – Council on Aging 508-946-2490	
Pepperell Milford - Central Mass Association of COA 508-422-9931	
Peru Pittsfield -Elder Services of Berkshire County 413-499-0524	
Petersham Turners Falls – Franklin County Home Care 413-773-5555	
Phillipston Turners Falls – Franklin County Home Care 413-773-5555	
Pittsfield Pittsfield -Elder Services of Berkshire County 413-499-0524	
Plainfield Turners Falls – Franklin County Home Care 413-773-5555	
Plainville Sharon - HESSCO 781-784-4944	
Plymouth Middleborough – Council on Aging 508-946-2490	
Plympton Middleborough – Council on Aging 508-946-2490	
Princeton Milford - Central Mass Association of COA 508-422-9931	
Provincetown Yarmouth - Council on Aging 508-394-9326	
Quincy Sharon - HESSCO 781-784-4944	
Randolph Sharon - HESSCO 781-784-4944	
Raynham Attleboro – Council on Aging 508-222-1399	
Reading Malden - Mystic Valley Elder Services 781-324-7705	
Rehoboth Attleboro – Council on Aging 508-222-1399	
Revere Malden - Mystic Valley Elder Services 781-324-7705	
Richmond Pittsfield -Elder Services of Berkshire County 413-499-0524	
Rochester Middleborough – Council on Aging 508-946-2490	
Rockland Middleborough – Council on Aging 508-946-2490	
Rockport Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Roslindale Boston - ABCD 617-348-6226	
Rowe Turners Falls – Franklin County Home Care 413-773-5555	
Rowley Lawrence-Elder Services of Merrimack Valley 978-683-7747	
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Royalston Turners Falls – Franklin County Home Care 413-773-5555	
Russell Springfield – Department of Elder Affairs 413-750-2893	
Rutland Milford - Central Mass Association of COA 508-422-9931	
Salem Malden - Mystic Valley Elder Services 781-324-7705	
Salisbury Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Sandisfield Pittsfield -Elder Services of Berkshire County 413-499-0524	
Sandwich Yarmouth - Council on Aging 508-394-9326	
Saugus Malden - Mystic Valley Elder Services 781-324-7705	
Savoy Pittsfield -Elder Services of Berkshire County 413-499-0524	
Scituate Sharon - HESSCO 781-784-4944	
Seekonk Attleboro – Council on Aging 508-222-1399	
Sharon Sharon - HESSCO 781-784-4944	
Sheffield Pittsfield -Elder Services of Berkshire County 413-499-0524	
Shelburne Turners Falls – Franklin County Home Care 413-773-5555	
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Shirley Milford - Central Mass Association of COA 508-422-9931	
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Somerset Attleboro – Council on Aging 508-222-1399	
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South Boston Boston - ABCD 617-348-6226	
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Southbridge Milford - Central Mass Association of COA 508-422-9931	
Southwick Turners Falls – Franklin County Home Care 413-773-5555	

Spencer Milford - Central Mass Association of COA 508-422-9931	
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Stoneham Malden - Mystic Valley Elder Services 781-324-7705	
Stoughton Middleborough - Council on Aging 508-946-2490	
Stow Burlington – Minuteman Senior Services 781-272-7177	
Sturbridge Milford - Central Mass Association of COA 508-422-9931	
Sudbury Needham – Council on Aging 781-453-8076	
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Sutton Milford - Central Mass Association of COA 508-422-9931	
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Swansea Attleboro – Council on Aging 508-222-1399	
Taunton Attleboro – Council on Aging 508-222-1399	
Templeton Milford - Central Mass Association of COA 508-422-9931	
Tewksbury Lawrence-Elder Services of Merrimack Valley 978-683-7747	
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Topsfield Lawrence-Elder Services of Merrimack Valley 978-683-7747	
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Tyngsborough Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Tyringham Pittsfield -Elder Services of Berkshire County 413-499-0524	
Upton Milford - Central Mass Association of COA 508-422-9931	
Uxbridge Milford - Central Mass Association of CO 508-422-9931	
Wakefield Malden - Mystic Valley Elder Services 781-324-7705	
Wales Springfield – Department of Elder Affairs 413-750-2893	

Walpole Sharon - HESSCO 781-784-4944	
Waltham Needham – Council on Aging 781-453-8076	
Ware Springfield – Department of Elder Affairs 413-750-2893	
Wareham Middleborough – Council on Aging 508-946-2490	
Warren Milford - Central Mass Association of COA 508-422-9931	
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Washington Pittsfield -Elder Services of Berkshire County 413-499-0524	
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Wayland Needham – Council on Aging 781-453-8076	
Webster Milford - Central Mass Association of COA 508-422-9931	
Wellesley Needham – Council on Aging 781-453-8076	
Wendell Turners Falls – Franklin County Home Care 413-773-5555	
Wenham Lawrence - Elder Services of Merrimack Valley 978-683-7747	
West Boylston Milford - Central Mass Association of COA 508-422-9931	
West Bridgewater Middleborough – Council on Aging 508-946-2490	
West Brookfield Milford - Central Mass Association of COA 508-422-9931	
West End Boston - ABCD 617-348-6226	
West Newbury Lawrence - Elder Services of Merrimack Valley 978-683-7747	
West Roxbury Boston - ABCD 617-348-6226	
West Springfield Springfield – Department of Elder Affairs 413-750-2893	
West Stockbridge Pittsfield -Elder Services of Berkshire County 413-499-0524	
Westborough Needham – Council on Aging 781-453-8076	
Westfield Turners Falls – Franklin County Home Care 413-773-5555	
Westford Lawrence-Elder Services of Merrimack Valley 978-683-7747	
Westhampton Turners Falls – Franklin County Home Care 413-773-5555	

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Westport Attleboro – Council on Aging 508-222-1399	
Westwood Sharon - HESSCO 781-784-4944	
Weymouth Sharon - HESSCO 781-784-4944	
Whately Turners Falls – Franklin County Home Care 413-773-5555	
Whitinsville Milford - Central Mass Association of COA 508-422-9931	
Whitman Middleborough – Council on Aging 508-946-2490	
Wilbraham Springfield – Department of Elder Affairs 413-750-2893	
Williamsburg Turners Falls – Franklin County Home Care 413-773-5555	
Williamstown Pittsfield -Elder Services of Berkshire County 413-499-0524	
Wilmington Burlington – Minuteman Senior Services 781-272-7177	
Winchendon Milford - Central Mass Association of COA 508-422-9931	
Winchester Burlington – Minuteman Senior Services 781-272-7177	
Windsor Pittsfield -Elder Services of Berkshire County 413-499-0524	
Winthrop Malden - Mystic Valley Elder Services 781-324-7705	
Woburn Burlington – Minuteman Senior Services 781-272-7177	
Worcester Milford - Central Mass Association of COA 508-422-9931	
Worthington Turners Falls – Franklin County Home Care 413-773-5555	
Wrentham Sharon - HESSCO 781-784-4944	
Yarmouth Cape Cod – Yarmouth COA 508-394-9326	