

Preferred Vendors

<p>AFLAC Mark Gangone 29 Crafts Street Suite 550, Newton, MA 02458 617-658-1822 mark_gangone@us.aflac.com Supplemental Insurance to help offset the cost of co-pays, deductibles and other expenses that arise due to illness or injury.</p>	<p>Living Waters Center of Hope 10 Kirk Street Lowell MA 01852 www.livingwaterslowell.org info@livingwaterslowell.org 978-323-4673 Helping folks. See how you can help. Donations, clothing drives, food, toilettes needed.</p>
<p>Bedford Chamber of Commerce Town Center Building 12 Mudge Way Bedford MA 01730 781-275-8503 www.bedfordchamber.org www.bedfordisbusiness.com A great chamber to belong too!</p>	<p>Lowell Spinners 450 Aiken Street Lowell MA 01854 978-459-1702 www.lowellspinner.com (A great place to advertise)</p>
<p>Bedford Recreation 12 Mudge Way Bedford MA 01730 www.bedfordma.gov/recreation Great place to "teach" what you know. I teach organizing classes here!</p>	<p>Middlesex West Chamber of Commerce 77 Great Road, Suite 214 Acton MA 01720 978-263-0010 www.mwcoc.com Another great chamber to belong too!</p>
<p>Buddy Dog Humane Society 151 Boston Post Road Sudbury MA 01776 978-443-6990 151 Boston Post Road (Rt. 20) Sudbury, MA 01776 (978) 443-6990 www.buddydoghs.com/wish-list/ They can use used towels, blanks. Check out their wish list above</p>	<p>Mission of Deeds 6 Chapin Avenue Reading MA 01867 http://missionofdeeds.org/contact.html Household items, linens, furniture and other items. Get list of items needed from the website!</p>
<p>Cartridge World 8 Cummings Park Drive Woburn MA 01801 781-939-3105 (Recycle your ink cartridge, purchase new ones, protect the landfills)</p>	<p>Oak Street Embroidery Lee Colbert Tewksbury MA www.oakstreetemb@aol.com www.oakstreetembroidery.com I love my shirts! I look so PROFESSIONAL!</p>
<p>Carriage House Café and Bakery Dana Strayton 200 Great Road Bedford MA 01730 781-275-0095 Carriagehouse200@comcast.net Yummy - Yummy FOOD and Pastries!</p>	<p>Next Level Promotions Melissa Merola, Project Manager 500 West Cummings Park, Suite 2800 Woburn, MA 01801 (P) 781.933.4660 (F) 781.933.4655 mmerola@wesellvisibility.com www.wesellvisibility.com</p>
<p>Clark University SBDC 950 Main Street, Worcester MA 01610 508-793-7615 www.clarku.edu/offices/sbdc Terrific classes offered to small business</p>	<p>Office Essentials (Virtual Assistant) Sharon Donahue 781-938-0945 www.officeessentials.us Check out her website</p>

<p>Clothing Collaborative of Goodwill's for Job Trainees makes available business clothing to male and female job seekers who participate in Boston-based job training and placement programs to assist them in their efforts to obtain and retain meaningful employment. Clothing is provided free of charge. For more info go to: http://www.goodwillmass.org/programs/clothing-collaborative-for-job-trainees.html</p>	<p>Drowning in Books? Reading Tree is now part of Discover Books http://discoverbooks.com/index.php/how-it-works They Resale, Redistribute, Recycle books across the country. Also check your local libraries normally have a "Friends of Library".</p>
<p>Clever Bride Consignments 410 Washington St., 2nd floor, Holliston, MA 01746 617-501-2597. http://www.cleverbrideconsignments.com/ (mother of bride, wedding dresses)</p>	<p>Salem State College Enterprise Center at Salem State College 121 Loring Avenue Salem MA 01970 978-542-6343 www.salemstate.edu/sbdc Terrific classes for small business</p>
<p>Emmanuel College 400 The Fenway Boston MA 02115 617-735-9700 www.emmanuel.edu Going back to get your degree</p>	<p>SBSB Small Business Service Bureau, Inc 800-343-0939 www.sbsb.com (Health and Dental insurance for small business)</p>
<p>EX DEX Computer Service Upgrade & Repairs Thomas Dunnigan and Lorraine Wu 781-935-9432</p>	<p>St. Jude/Recycles used and new Greeting cards Check out their website. https://stjudesranch.org/?s=recycled+greeting+cards Donated cards can be sent here: St. Jude's Ranch for Children Recycled Card Program 100 St. Jude's Street Boulder City, NV 89005 -</p>
<p>The Exchange 19 Blake Street Northborough, MA 01532 508-466-8504 Formal ware consignment http://www.exchange-boutique.com/</p>	<p>Set Your Sites for Growth Jennie Ankney Phone: 1-617-688-8111 Email: jankney@setyoursiteforgrowth.com Website: www.setyoursiteforgrowth.com</p>
<p>Facilitations Promotional Items 3 Post Office Square Acton MA 01720 www.facilitations.com</p>	<p>TD Bank 175 The Great Rd Bedford MA 01730 781-275-7410 800-747-7000 www.tdbank.com</p>

<p>Grow a Strong Family www.growastrongfamily.com If you could use some help with an issue in your family or perhaps a workshop. Check out the web site. Parenting help, coaching, interventions. All sorts of resources.</p>	<p>Woburn Adult Education Woburn High School 88 Montvale Ave Woburn MA 01801 Liz Miller 781-937-8210 x315</p>
<p>Help Around Town www.helparoundtown.com info@helparoundtown.com Your community job and bulletin board. Find help for home, child care, pet care. Post a job or advertise your business.</p>	<p>Web Vortex Web Design & Internet Biz Promotion Jim Voymas 617-968-1048 www.webvortex.biz Jim is pleasure to work with. Always helping!</p>
<p>HGRM (Household Goods Recycling of Massachusetts) Helping People Make a Home 530 Main Street Acton MA 01720 http://www.hgrm.org/index.htm</p>	<p>UPS Store BEDFORD MA Attn: Monica and Mostofa (M&M) 101 Great Road Bedford MA 01730 781-271-0107 Best Service for printing, shredding, shiipping and packing. They know their stuff. Always helping! Love them!!</p>

The Vendors on this page are vendors that I actually use. Many of them have helped me grow my business and I wish to return the favor!

Coordinated Senior Solutions:

Today the United States of American population is turning 65 years old.

Every day for the next twenty years ten thousand adults will turn 65 years of age. This segment of our population totals almost 70 million Americans joining the ranks of an already large existing senior population. As the community of older adults ages they will be seeking services to help them live a long, safe, and comfortable life well into there 80s, 90s, and even into their 100s.

We are small group of business owners northwest of Boston who have worked as individual businesses have been drawn together by the common goal of serving the senior communities. These individual businesses decided to form a group with the purpose of combining our services and talents to serve the senior population. This group is called “**Coordinate Senior Solutions**” with our combined knowledge, skills, and distinctly different businesses we can help seniors find the necessary resources within our group to work with them and help them with every service they may need.

For many whether it is the senior adult, a family member or a caregiver when a sudden need to find services arises many ask who do I call or turn to for help? Our combined businesses cover every need from home organizing, moving companies, and real estate, reverse mortgages, in home companions, accessibility construction, durable medical equipment, incontinent supplies, and visiting nurses.

Adamsky Law Offices: Edward Adamsky

Attorney Edward Adamsky has been assisting families with the difficult issues of Aging and Disability since 1992. He helps families, couples, and older individuals with: Estate Planning including Wills and Trusts; Disability Planning using Powers of Attorney and Health Care Directives; and Elder Law, with Care Planning, Asset Preservation, and Public Benefits Planning. Attorney Adamsky is licensed to practice law in Massachusetts and New Hampshire. Our office is located in a beautifully restored Victorian home on Middlesex Road in Tyngsboro, Massachusetts that is accessible to those with disabilities. We are minutes from Lowell and Nashua.

PH: 978-649-6477

Website: <http://adamskylaw.com/>

CSS members continued on next page...

Comfort Home Care: Patricia Bergin

We are a skilled in-home nursing agency that specializes in providing comprehensive medical and psychiatric nursing services. We provide a full range of physical therapy, occupational therapy and home health aide services to complement our nursing care plans. Using our unique team approach to care for the geriatric population, we help to ease the burden on families. Our staff acts as community case managers to help guide you and your family through the complex health care system.

PH: 978-685-4700 Website: Please call

Sage Bank: Ron Abisi

A reverse mortgage can be an effective tool for improving the quality of life and remaining financially independent. Common uses of a reverse mortgage are to receive additional monthly cash, payoff a mortgage or other debts, home improvements, or just having the peace of mind knowing emergency funds are available. However, it is not a decision to be taken lightly. It's important to work with an experienced mortgage specialist who will help you assess your unique situation to determine if a reverse mortgage is right for you. I have 20+ years experience in the Mortgage Industry. Please contact me today for your free educational consultation. Thank you. It's a Good Life!

PH: 603-765-2231 (cell); 978-957-0020 (office)

Website: Please e-mail me at RAbisi@SageBank.com

Eagle Strategies LLC: Daniel St.Jean

Financial planning involves accumulating, distributing and protecting your money. Financial decisions can be complicated and confusing. If you need guidance on planning for future guaranteed income, long-term care planning or how to protect your money, our financial planning services will directly benefit you.

PH: 978-681-4305 Website: <http://www.strategicinsurance.biz/>

ElderCareSmart: Kathleen Scribner, RN, MPH

As we age the right mix of healthcare and support services is key to quality of life. ElderCareSmart provides RN directed geriatric care management. We help you navigate the complexities of healthcare. We coordinate your care needs among multiple medical specialists. We accompany you on doctor's appointments. We advocate for you with physicians, insurers, hospitals, and senior living communities. Find out how nurse coordinated care management can make a difference in your life.

PH: 978-474-4740 Website: <http://www.eldercaresmart.com/>

CSS members continued on next page...

Geriatric Assistance, Inc.: Doreen Correnti

Incorporated in 1988, Geriatric Assistance, Inc. is a privately owned and operated home health care agency providing quality and cost effective in-home services to seniors and handicapped adults in the Merrimack Valley and the North Shore. Services are provided twenty-four hours, seven days a week. They include personal care, dementia care, incontinent care, live-in, homemakers, transportation services, case management and assistance in long term care placement to nursing homes and assisted living admissions.

We are conveniently located with offices in Saugus and Andover, MA and can be reached 24 hours a day.

PH: 978-470-2333

Website: <http://www.geriatricassistance.com>

Natale Company & SafetyCare: John Natale

Is a family owned business offering services to make a senior or disabled persons home a fully accessible and safe place to live in. We install Grab bars, handrails, shower chairs and all durable medical equipment into the home. We build wheel chair ramps, widen doorways and build fully accessible bathrooms.

PH: 781-933-7205 Website: <http://www.safety-care.com/>

Organizing WORKS! (Karen Kenney)

A professional organizer helping folks get organized, whether it be downsizing, moving, or dealing with the onslaught of papers coming into our homes each day. Karen can help you eliminate the things you no longer want or need. Making space for the things you use every day! Services like storage ideas, filing systems, closet organizing, shopping & meal planning and many more.

PH: 781-275-8915

Websites: www.organizingworks.net or www.theorganizingcheerleader.com