



The Upside of Downsizing Moving Out or Aging in Place

Basic Resources for Seniors
Aging in Place
Moving & Organizing
Getting Rid of Stuff Yourself
Donate It or Sell It
Books, a Special Category

Basic Resources for Seniors

Executive Office of Elder Affairs promotes independence, empowerment, and well-being of older people, individuals with disabilities, and their families. They ensure access to the resources to live healthy in every community in the Commonwealth.

One Ashburton Place, 5th floor, Boston, MA 02108; (617) 727-7750;
<https://www.mass.gov/orgs/executive-office-of-elder-affairs>

Senior Care Information

The **Massachusetts Senior Guide** contains key statistics and information about how senior citizens in Massachusetts live. Use this tool to compare healthcare quality, senior housing options, demographic and financial statistics, and other important data for Massachusetts with the rest of the country. This guide also contains helpful contact information for local government agencies that offer assistance to senior citizens.

www.SeniorCare.com/directory/ma/

The following resources have been recommended and are representative of others in this emerging industry of organizations designed to assist seniors with their living needs and decision making.

This directory was compiled to enhance the offerings presented by the Harvard University Retirees Association (HURA) at its program on the Upside of Downsizing: Moving Out or Aging in Place in the Charles Hotel, Harvard Square, Cambridge, MA, on March 12, 2018.

Aging in Place Services

Cambridge Neighbors (formerly Cambridge at Home) is a membership organization that provides referral service, health and wellness programs, and social and cultural programs for area seniors. Covers Cambridge, Somerville, Belmont, Arlington, and Watertown. 545 Concord Ave. Suite 104, Cambridge, MA 02138. 617-864-1715. www.cambridgeneighbors.org

Barbara Selwyn barbara@cambridgeneighbors.org

Suzanne Styffe suzanne@cambridgeneighbors.org

Home Instead Senior Care Everything Home Instead Senior Care does is driven by their universal mission: to enhance the lives of aging adults and their families by providing non-medical in-home care. 5 Militia Drive, Lexington, MA 02421. 781-402-0060; 781-480-7602. info404@homeinstead.com. www.homeinstead.com

Art Cormier Art.cormier@homeinstead.com

Julie-Ann Cormier Julieann.cormier@homeinstead.com

Minuteman Senior Services offers subsidized home care services for income-eligible seniors, including homemaking, bathing, groceries, etc. 26 Crosby Drive, Bedford, MA 01730. 888-222-6171; 781 272-7177. www.minutemansenior.org/homecare.

Paine Senior Services (PSS) was established in 1905 in the heart of Harvard Square. PSS serves Cambridge residents age 60+ years old who prefer to remain independent in their community and need guidance and information about resources, services, benefits, and available options. 3 Church Street, Cambridge. 617-864-2580. paineseniorservices@verizon.net
www.paineseniorservices.org

Right at Home provides companions, homemakers, personal care. Serving Boston and North for over 15 years. Professional caregivers assist in providing elder care through a specialized care plan designed to fit seniors' needs. 60 Great Rd. Bedford, MA 01730. 781-275-1400. www.rightathome.net/bostonnorthwest

Somerville-Cambridge Elder Services has been this area's aging information and service center since 1972. SCES helps older people and people living with disabilities remain safe and independent in their own homes by providing a wide range of supportive services, as well as information and advice. 61 Medford St., Somerville. 617-628-2601. <https://eldercare.org/>

Visiting Nurse & Community Health & Home Care Plus Certified and private-pay medical care, home care, and hospice care. 37 Broadway, Arlington, MA 02474. 781-643-6090; 800-310-4862. www.thevisitingnurses.com

Winchester Home Care Nursing care (RNs), home health aides, and homemaking. Certified and private-pay. 800 Cummings Park, Suite 5000, Woburn, MA 01801. 781-756-2488; (800) 862-9353. www.winchesterhospital.org

Moving & Organizing

Clean Out Your House, Inc. removes and disposes of everything, including a consignment option. They take everything from any part of your home including the garage, attic and basement. This includes furniture, clothes, rubbish, hazardous wastes, old bikes, or anything else that is cluttering up your home. www.cleanoutyourhouse.com

Larry DeRoche. 781-826-3120 larry@cleanoutyourhouse.com

Gentle Giant Hands of Change a division of Gentle Giant Moving Company, that specializes in moving/transitioning seniors. 29 Harding St., Somerville, MA 02143 (617) 661-3333.

<https://www.gentlegiant.com/>

Mike O'Shaughnessy. 617-806-1105. mossaughnessy@gentlegiant.com

Got Junk is a trusted name in junk removal, a full-service junk-removal company serving areas across the United States. Customer Service 1-800-**GOT-JUNK?** 1-800-468-5865.

https://www.1800gotjunk.com/us_en

Mini Moves & More, across the room, across town, or across the state, provides a better solution for people who don't need a larger moving company and offers an array of services that the larger companies are not able to provide due to their minimum charges.

144 Mystic Street Arlington, MA 02474. 781-646-9000. www.minimovesandmore.com

Greg Pavao Greg@minimovesandmore.com

More Than a Move, organizing, senior moves, and "check-ups" as needed. Whether you're planning to stay where you are or move to new digs, they carefully and compassionately clear out your clutter and organize your home. If you are selling your house, they'll help you decide what to keep, donate, or sell. They can pack, move, and be there to unpack. Serving eastern Massachusetts and beyond. 617-416-0578. www.morethanamove.com

Helene Vecchione. Helene@morethanamove.com

North Shore Center for Hoarding and Clutter offers a clinically based program which includes support groups, counseling, peer support, and client-centered case management. 300

Rosewood Drive, Suite 200, Danvers, MA 01923. 978-624-2207 mmcdonald@nselder.org

<https://nselder.org/north-shore-center-for-hoarding-decluttering/>

Out of the Box Moves (incorporates "It's Your Move"), offers creative solutions for your next move, serving the Boston, Metro West, North and South Shore communities. Their mission is to alleviate the emotional and physical stresses that are associated with downsizing and moving for individuals, families, and seniors. Info@outoftheboxmoves.com.

www.outoftheboxmoves.com Amy Roberts, 617-835-7742

Getting Rid of Stuff Yourself

Donate It

Big Brother/Big Sister Foundation When you donate clothing and other items to the BBBS Foundation, they sell most of your donations in bulk to thrift stores and thrift store chains, including their own BBBSF Thrift Store Online. They also have a constantly expanding online sales operation, where they sell designer brands, memorabilia, collectibles, antiques, bicycles and musical instruments. The net profits are distributed to eleven Big Brother Big Sister mentoring organizations. You can schedule a pick-up online at <https://www.bbbsfoundation.org/DonationPickUp>, call 800-483-5503 to schedule, or email: donate@bbbsfoundation.org

The Beautiful Stuff Project is a creative reuse center offering free and low cost materials to public schools, childcare centers, and community agencies in Somerville, Cambridge, and Boston; and the children and families they serve. Our unique inventory is collected from the excess and scrap of local manufacturers, stores, and artists. Instead of ending up in the trash, we inspire teachers, childcare workers, clinicians, parents, and kids to use our materials for educational, creative, and therapeutic purposes — and just plain fun!

137 Broadway, East Somerville 02145
contact@thebeautifulstuffproject.com
<http://beautifulstuffproject.com/>

Boomerangs

Boomerangs needs your donations to continue supporting the great programs and services of AIDS Action Committee. Donations are 100% tax-deductible and receipts are available upon request.

Please read through our lists of items we need and items we don't accept. [Click here](#) for information on when you can drop off donations at each store.

Clothing Furniture Books Records Jewelry Cassette tapes VHS Video games Kitchenware Artwork Collectibles Curtains Tablecloths
<http://www.shopboomerangs.org/donations/>

Goodwill Industries When you donate your clothing and household goods to Goodwill, you create opportunities for individuals in your community looking to find a job and build skills, including veterans and military families, single mothers, and many others
<http://www.goodwill.org/donate-and-shop/donate-stuff/>

Household Goods in Acton provides a full range of donated furniture and household items, free of charge, to help people in need make a home. www.householdgoods.org

Project Home Again provides low-income families, free of charge, with new & gently used household goods, furniture, and small appliances necessary to live with comfort and dignity. PO Box 1236, Andover, MA 01810; 439 S. Union St., Building 2, Lawrence, MA.
<http://www.phama.org/> Nancy Kanell, president and founder

Restoration Project is a nonprofit vocational rehabilitation program for adolescents and adults with brain disorders and injuries. They teach the crafts of furniture finishing and upholstery and the applied skills of retail sales to build confidence and transferable work skills. 334 Pleasant Street, Belmont, MA 02478. 617-489-1000. info@restorationproject.org
www.restorationproject.org.

Salvation Army When you donate goods to The Salvation Army, those items are then sold at their family stores. The proceeds are used to fund their Adult Rehabilitation Centers, where those in the grip of addiction find help, hope, and a second chance at life. <https://satruck.org/>

Second Chances appreciates your donations of clothing, shoes, and accessories. They can use just about anything that is still wearable: children's, women's, and men's sizes; and household linens. Anything their clients cannot use is either recycled or sold to support their work. Donation bins are conveniently located in several town around Somerville/Cambridge. P.O. Box 441328, Somerville, Massachusetts 02144-1328. 617.666.0280.
info@secondchances.org <http://www.secondchances.org/waysyoucanhelp.html>

SELL IT

Consignment, Appraisers, Auctions, and Estate Sales

Ebay is a place for online auctions. Anyone can sell almost anything there. People have to send what they sell themselves, usually using mail. Some items may be collected by a local buyer, such as items too large or heavy to post. Buyers can transfer the money in any way they want—so long as the seller accepts payments made that way. Many people use PayPal, which is owned by the same people as eBay. www.ebay.com

Auctions/Appraisers

High-end items

Grogan & Company
Fine Art and Jewelry auctioneers
20 Charles Street
Boston, MA 02114

Skinner, Inc.

Boston
63 Park Plaza
Boston, MA 02116
Phone: 617-350-5400
Fax: 617-350-5429
Hours: Monday – Friday

Marlborough

274 Cedar Hill Street
Marlborough, MA 01752
Phone: 508-970-3000
Fax: 508-970-3100
Hours: Monday – Friday
9AM – 4:30PM

<http://www.skinnerinc.com/>

Skinner attracts top consignments and commands record-breaking prices in the international auction marketplace. With renowned expertise and extraordinary service, Skinner is the place for people looking to buy and sell fine objects of value.

Low and medium-end sales**George & Co. Estate Sales**

Licensed & Bonded Auctioneer & Appraiser
339-227-7085

georgecoestatesales.com

The Dutiful Daughter of Massachusetts. Downsizing and estate sale specialists, covering all of Massachusetts, southern New Hampshire, and northern Rhode Island.

Sean McAdam, General Manager, 49 Greene Street, North Andover, MA 01845.
978-413-5231. <http://thedutifuldaughter.com/>

Consignment Shops**The Consignment Galleries**

781-641-0191
965 Mass Ave.
Arlington, MA 02476

Boston Consignment

978-969-1115
(New Location) 43 Enon Street/Rte.1A
North Beverly, MA 01915

Buy & Consign

781-336-9443
1250 Main Street,
Waltham, MA
www.buyandconsigninwaltham.com

Tables to Teapots

978-266-1115
240 Arlington St.
West Acton, MA 01720

National directory

Find popular furniture consignment shops near you: a state-by-state directory.
<http://www.showroomfinder.com/furniture-consignment-near-me/arlington-ma>

Books, a Special Category

Folks from all work backgrounds collect books. When it is time to move they have to decide what to do with them. How many can they take? What needs to be sold or given away? They have become treasured friends, but they have to go—does anyone want them? Do they have any value?

Unless it is a rare first edition, most libraries that want them already have them. They might be placed in their next book sale, however. But don't expect libraries to appraise their value.

It is disappointing to discover how little resale value your books have, but there are options.

Give Them Away

More than Words is a nonprofit social enterprise that empowers youth who are in the foster care system, court involved, homeless, or out of school to take charge of their lives by taking charge of a business. They will take your books or recordings for their used book shops in Waltham and Boston. 56 Felton St., Waltham, MA. 02453. www.mtwyouth.org/

Erin Dyson-Enamorado. 781-788-0035. Edyson-enamorado@mtwyouth.org

Sell Them

These are useful online resources to search to find out what your books are worth. Many used book sellers consult them when pricing a volume. Some will buy your books or sell them for you.

Abe Books www.AbeBooks.com Search books and fine art & collectibles offered by independent sellers around the world to see what yours might be worth.

Alibris www.alibris.com is an online bookseller that has thousands of new, out-of-print, rare, and used books. This is a place to search to see if yours have any real commercial value.

Ebay www.ebay.com is a place for online auctions, but you can search the site to find out how much others are trying to get for their books or collections. (See more about Ebay above.)

Amazon www.Amazon.com. Look up individual titles that others are selling to find out if yours also might have some value.

Strand Bookstore, New York City's legendary home of 18 miles of new, used, and rare books buys quality books, whether you have one volume or a library of thousands, including the most recent bestsellers, classic literature, and graphic novels; scholarly and academic books (art, philosophy, etc.); as well as fine bindings, signed books and autographed material, and other rare and antiquarian books and manuscripts. Main Location 828 Broadway (& 12th Street), New York, NY 10003. 212.473.1452. www.strandbooks.com/