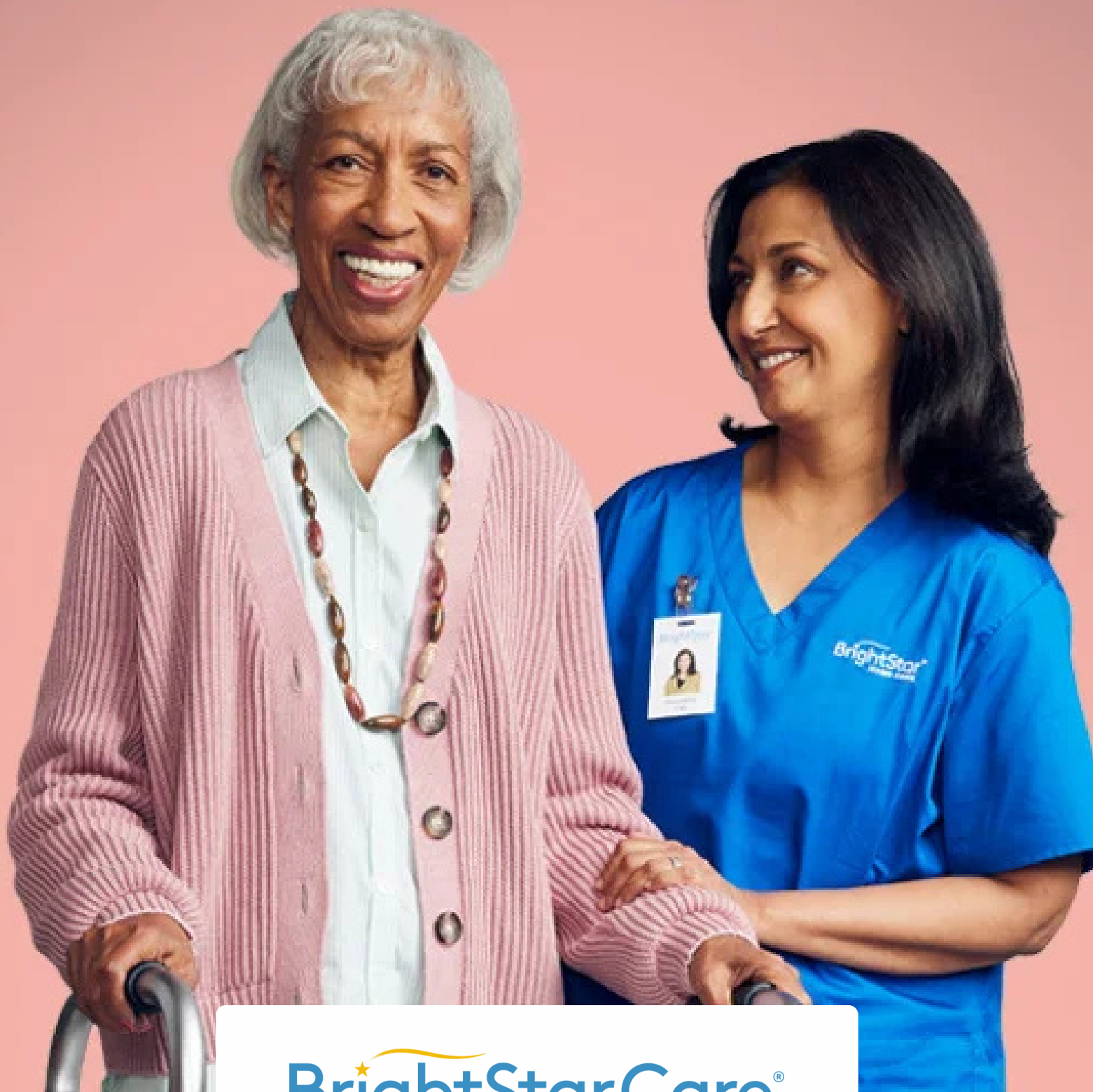




**BrightStarCare®**

# Community and Caregiver Resource Guide

MetroWest Massachusetts

# Community and Caregiver Resource Guide

All partners listed in this guide service the MetroWest Massachusetts and nearby areas.

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## Table of Contents

**Building, Remodeling and Handyman Services**

Page 3

**Caregiver Education and Support**

Page 3-4

**Disease Specific Organizations**

Page 4-5

**Government and Benefits**

Page 5-6

**Home & Safety Support**

Page 7

**Home Health and Hospice**

Page 7-8

**Home Services & Meal Support**

Page 8-9

**Hospitals and Medical Centers**

Page 9

**House Cleaning Services**

Page 10

**In-home Care & Medical Staffing**

Page 11-12

**Insurance Agencies**

Page 13

# Community and Caregiver Resource Guide

All partners listed in this guide service the MetroWest Massachusetts and nearby areas.

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## Table of Contents

**Laundry Services**

Page 13

**Legal, Financial and Planning Support**

Page 14

**Mental Health and Crisis**

Page 15

**Pet Care Support**

Page 15-16

**Pharmacies**

Page 16-17

**Senior Living**

Page 17

**Senior Support Services**

Page 18-19

**Transportation**

Page 20

**Urgent Care (Walk-In)**

Page 20

**Wellness and Performance Centers**

Page 21

**About Us**

Page 22

# Building, Remodeling and Handyman Services

## Devine Building & Remodeling, Inc.

Devine Building & Remodeling is a full-service general contractor serving the Massachusetts area, specializing in kitchen and bathroom remodeling, additions, flooring, decks, doors, windows, and general home improvement projects. Their team focuses on quality craftsmanship, personalized service, and helping homeowners bring renovation and remodeling visions to life.



[\(617\) 293-1528](tel:(617)293-1528)



82 Winthrop Street,  
Medway, MA 02053



[devinebldgremodeling.com](http://devinebldgremodeling.com)

## DP Custom Homes & Renovations

DP Custom Homes & Renovations is a Massachusetts-based remodeling and construction company specializing in kitchen and bathroom renovations, basement finishing, additions, custom homes, flooring, decks, and general home improvement projects. Their team is committed to quality craftsmanship, clear communication, and personalized service to help homeowners create functional and beautiful living spaces.



[\(508\) 308-0396](tel:(508)308-0396)



[grouprenovationinc@gmail.com](mailto:grouprenovationinc@gmail.com)



151 East Street,  
Whitinsville, MA 01588



[dpgrouprenovationinc.com](http://dpgrouprenovationinc.com)

## JP Creative Maintenance

JP Maintenance & Remodeling provides residential and commercial remodeling, maintenance, and repair services throughout Massachusetts. Their team offers dependable home improvement solutions including renovations, painting, carpentry, flooring, and general property maintenance with a focus on quality workmanship and customer satisfaction.



[\(617\) 922-8205](tel:(617)922-8205)



19 Stonehedge Rd,  
Bellingham, MA 02019



[jpmaintain.com](http://jpmaintain.com)

## Longhill Handyman

Long Hill Handyman & Remodeling provides home repair, handyman, and remodeling services for homeowners throughout Massachusetts. Their team assists with a variety of projects including carpentry, painting, repairs, maintenance, and home improvements, helping clients maintain safe, functional, and comfortable living spaces.



[\(508\) 618-9062](tel:(508)618-9062)



[Keith@LonghillHandyman.com](mailto:Keith@LonghillHandyman.com)



118 Longhill Rd,  
Franklin, MA 02038



[longhillhandyman.com](http://longhillhandyman.com)

# Caregiver Education and Support

## Blackstone Valley Education Foundation

Blackstone Valley Education Foundation (BVEF) is a Massachusetts nonprofit organization focused on career-connected learning, workforce development, and leadership programs that connect students and educators with local businesses and real-world career exposure opportunities.



[\(508\) 234-3133](tel:(508)234-3133)



[econley@bveducationfoundation.org](mailto:econley@bveducationfoundation.org)



PO Box 158,  
Whitinsville, MA 01588



[bveducationfoundation.org](http://bveducationfoundation.org)

# Caregiver Education and Support

## Caregiver Action Network

Caregiver Action Network is a national nonprofit organization dedicated to supporting family caregivers through education, advocacy, and practical resources. They offer helpful information on caregiving, respite, self-care, medication management, hospital discharge planning, and navigating the challenges of caring for loved ones at home.



[\(855\) 227-3640](tel:(855)227-3640)



[info@caregiveraction.org](mailto:info@caregiveraction.org)



1150 Connecticut Ave,  
NW Suite 501,  
Washington, DC 20036-3904



[caregiveraction.org](http://caregiveraction.org)

## Family Caregiver Alliance

Family Caregiver Alliance is a nonprofit organization that provides education, support, advocacy, and resources for family caregivers caring for older adults and individuals with chronic conditions or disabilities. Their website offers helpful information on caregiver wellness, dementia care, respite resources, support groups, legal and financial planning, and navigating long-term care challenges.



[\(800\) 445-8106](tel:(800)445-8106)



235 Montgomery Street, Suite  
930, San Francisco, CA 94104



[caregiver.org](http://caregiver.org)

## Pathway Vocational Institute of Health

Pathway Vocational Services provides vocational counseling, career development, and employment support services for individuals seeking to build independence and achieve employment goals. Their team assists with job readiness, career exploration, workplace skills, and individualized support to help clients successfully navigate vocational and employment opportunities.



[\(508\) 872-5973](tel:(508)872-5973)



[CFON@pathwayvoc.com](mailto:CFON@pathwayvoc.com)



208 Main St #112,  
Milford, MA 01757



[pathwayvoc.com](http://pathwayvoc.com)

# Disease Specific Organizations

## ALS Association

Massachusetts based care team. They provide hands-on services, equipment loans, home based support while connecting Families to local ALS Clinics such as Mass General, BIDMC and UMass.



[\(781\) 435-3803](tel:(781)435-3803)



200 Friberg Pkway, Suite 1000,  
Westborough, MA 01581



[als.org/massachusetts](http://als.org/massachusetts)

## Alzheimer's Association – MA/New Hampshire

Provides 24/7 support, education, and caregiver resources for individuals and families affected by Alzheimer's and dementia.



[\(617\) 868-6718](tel:(617)868-6718)



320 Nevada St #201,  
Newton, MA 02460



[alz.org/manh](http://alz.org/manh)

# Disease Specific Organizations

## National MS Society-Greater New England

The National Multiple Sclerosis Society's Greater New England Chapter provides education, support, advocacy, financial assistance resources, and community connections for individuals and families affected by multiple sclerosis. Serving Massachusetts, Maine, New Hampshire, and Vermont, the organization helps people navigate life with MS through programs, support groups, referrals, and personalized guidance.

-  [\(800\) 344-4867](tel:(800)344-4867)
-  [service.providers@nmss.org](mailto:service.providers@nmss.org)
-  465 Waverley Oaks Road,  
Suite 202, Waltham, MA 02452
-  [nationalmssociety.org](http://nationalmssociety.org)

## American Parkinson Disease Association (APDA)

The American Parkinson Disease Association (APDA) provides education, support, wellness programs, support groups, and resources for individuals living with Parkinson's disease and their care partners. Through local chapters and nationwide programs, APDA helps families navigate Parkinson's with access to information, community connections, and research-backed resources.

-  [\(617\) 638-8466](tel:(617)638-8466)
-  [neruocat@bu.edu](mailto:neruocat@bu.edu)
-  15 S Main Street, PO Box 272,  
Sharon, MA 02067
-  [apdaparkinson.org/  
community/massachusetts](http://apdaparkinson.org/community/massachusetts)

## Amego, Inc.

Amego, Inc. is dedicated to supporting individuals with autism and other developmental disabilities through compassionate, individualized services that promote lifelong learning, independence, and community inclusion. Their programs support children and adults at home, school, work, and within their families and communities throughout Massachusetts.

-  [\(508\) 455-6200](tel:(508)455-6200)
-  [kbray@amegoinc.org](mailto:kbray@amegoinc.org)
-  33 Perry Ave.,  
Attleboro, MA 02703
-  [amegoinc.org](http://amegoinc.org)

# Government and Benefits

## Framingham Veterans Services

City of Framingham Veterans' Services oversees the Commonwealth's veteran's public assistance program, which provides financial, medical, and service benefits to qualified veterans and their dependents. This office also offers Framingham residents assistance and referrals in the areas of federal compensation and pensions, state and federal educational benefits, tax exemptions, annuities, home loans, counseling, and job training.

-  [\(508\) 532-5515](tel:(508)532-5515)
-  150 Concord Street, Room B11,  
Framingham, MA 01702
-  [framinghamma.gov/894/  
Veterans-Services](http://framinghamma.gov/894/Veterans-Services)

## Massachusetts Executive Office of Veterans Services (EOVS)

The Massachusetts Executive Office of Veterans Services connects veterans and their families with state benefits, financial assistance, and local support through Veterans Service Officers, working alongside the U.S. Department of Veterans Affairs to ensure access to care and services.

-  [\(617\) 210-5480](tel:(617)210-5480)
-  One Bowdoin Square 15, New  
Chardon Street, Suite 400,  
Boston, MA 02114
-  [mass.gov/veterans](http://mass.gov/veterans)

# Government and Benefits

## MassHealth/Medicaid

MassHealth provides health insurance coverage for eligible Massachusetts residents, including seniors, individuals with disabilities, and those with limited income. Benefits may include doctor visits, hospital care, prescription coverage, and long-term services such as home care, adult day health, and nursing facility support. MassHealth also assists with eligibility determination, applications, and ongoing case management to help individuals access needed care and services.



[\(800\) 841-2900](tel:(800)841-2900)



100 Hancock St. 1st Floor,  
Quincy, MA 02171



[mass.gov/orgs/masshealth](https://mass.gov/orgs/masshealth)

## Medicare (For GUIDE inquiries and Support)

The GUIDE Program is a Medicare initiative designed to support individuals living with dementia and their caregivers. It provides care coordination, caregiver education and support, and access to services that help individuals remain safely at home. The program also offers resources to reduce caregiver stress and improve overall quality of life through a more coordinated, team-based approach to dementia care.



[\(800\) 633-4227](tel:(800)633-4227)



[cms.gov/priorities/innovation/innovation-models/guide](https://cms.gov/priorities/innovation/innovation-models/guide)

## Milford Veterans Services

Provides assistance to veterans and their families in accessing local, state, and federal benefits, including financial support, healthcare, and housing resources. The office also helps coordinate services and connects veterans with community programs and support.



[\(508\) 634-2311](tel:(508)634-2311)



52 Main Street, Room 01,  
Milford, MA 01757



[milfordma.gov/275/Veterans-Services](https://milfordma.gov/275/Veterans-Services)

## SHINE Program Massachusetts

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.



[\(800\) 243-4636](tel:(800)243-4636)



[SHINE@mass.gov](mailto:SHINE@mass.gov)



60 North Bow St,  
Milford, MA 01757



[mass.gov/info-details/serving-the-health-insurance-needs-of-everyone-shine-program](https://mass.gov/info-details/serving-the-health-insurance-needs-of-everyone-shine-program)

## Social Security Administration

The Social Security Administration provides essential financial support programs for individuals and families, including retirement benefits, Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). SSA also administers Medicare eligibility and can assist with applications, benefit questions, and income support for seniors, individuals with disabilities, and those with limited resources.



[\(800\) 772-1213](tel:(800)772-1213)



[www.ssa.gov](https://www.ssa.gov)

## Worcester Veterans Services

Provides assistance to veterans and their families in accessing local, state, and federal benefits, including financial support, healthcare, and housing resources. The office also helps coordinate services and connects veterans with community programs and support.



[\(508\) 799-1041](tel:(508)799-1041)



City Hall, Room 101, 455 Main  
Street, Worcester, MA 01608



[worcesterma.gov/veterans-services](https://worcesterma.gov/veterans-services)

# Home & Safety Support

## AdaptHealth New England

AdaptHealth is a full-service medical equipment company that uses tailored products and services to empower patients to live their best lives - out of the hospital and in their homes.

 [\(508\) 416-6134](tel:(508)416-6134)  
 [info\\_NE@adapthealth.com](mailto:info_NE@adapthealth.com)  
 35 Loring Dr,  
Framingham, MA 01702  
 [adapthealth.com](http://adapthealth.com)

## AllCare Medical Supply

AllCare Medical Supply stands out as a premier company in Massachusetts, renowned for our expertise in securing MassHealth Prior approval for nutritional supplements and managing adult and pediatric incontinence needs.

 [\(508\) 865-4857](tel:(508)865-4857)  
 [donna@allcaremed.org](mailto:donna@allcaremed.org)  
 30 Grafton St,  
Millbury, MA 01527  
 [allcaremed.org](http://allcaremed.org)

## Oakley Home Access

Oakley Home Access specializes in home accessibility and mobility solutions designed to help older adults and individuals with disabilities remain safe and independent at home. Their services include stair lifts, wheelchair ramps, bathroom safety modifications, and other accessibility products tailored to support aging in place and improved home safety.

 [\(401\) 429-3882](tel:(401)429-3882)  
 [Melissa@oakleyhomeaccess.com](mailto:Melissa@oakleyhomeaccess.com)  
 [oakleyhomeaccess.com/  
massachusetts](http://oakleyhomeaccess.com/massachusetts)

# Home Health and Hospice

## Ascend Health

Ascend Health delivers compassionate, high-quality care to patients and their families throughout the continental United States and Puerto Rico.

 [\(508\) 229-8390](tel:(508)229-8390)  
 [cara.girouard  
@ascendhealth.com](mailto:cara.girouard@ascendhealth.com)  
 352 Belmont St,  
Worcester, MA 01604  
 [ascendhealth.com](http://ascendhealth.com)

## Compassus

Compassus is a national leader in providing high-quality, compassionate, person-centered care to individuals wherever they call home. Our continuum of integrated home-based care services ensures patients and their families have the support they need to address current and future health needs.

 [\(508\) 593-1530](tel:(508)593-1530)  
 [info@compassus.com](mailto:info@compassus.com)  
 3 Chestnut Street, Suite 200,  
Worcester, MA 01608  
 [compassus.com](http://compassus.com)

# Home Health and Hospice

## Sudbury Pines Extended Care

Sudbury Pines Extended Care is a skilled nursing and rehabilitation center providing short-term rehabilitation, long-term care, and supportive nursing services in a compassionate and comfortable environment. Their team offers individualized care focused on recovery, wellness, and improving quality of life for residents and families.

 [\(978\) 440-9090](tel:(978)440-9090)  
 [info@sudburypines.com](mailto:info@sudburypines.com)  
 642 Boston Post Rd,  
MA 01776  
 [sudburypines.com](http://sudburypines.com)

## HopeHealth Hospice and Palliative Care

Hope Health Hospice and Palliative Care is a not-for-profit provider of Hospice and palliative care serving communities in Massachusetts and Rhode Island. Services are provided at home, nursing homes, assisted living facilities, hospitals or at the Hulitar Hospice Center in Providence.

 [\(508\) 957-0379](tel:(508)957-0379)  
 [Referrals@hhpcco.org](mailto:Referrals@hhpcco.org)  
 10 Emory Street,  
Attleboro, MA 02703  
 [hopehealthco.org](http://hopehealthco.org)

# Home Services & Meal Support

## Meals on Wheels Massachusetts

The mission of Massachusetts Meals on Wheels is to provide nutritionally balanced meals to elders, their spouses, and their dependents with disabilities in the Commonwealth. Along with the meals we provide safety checks and opportunities for social engagement, as well as nutrition education and counseling.

 [\(508\) 949-6640](tel:(508)949-6640)  
 [info@trivalleyinc.org](mailto:info@trivalleyinc.org)  
 10 Mill St., Dudley, MA 01571  
 [massmealsonwheels.org](http://massmealsonwheels.org)

## Worcester County Food Bank

The Greater Boston Food Bank is the largest hunger-relief organization in New England, working to provide nutritious food and resources to individuals and families facing food insecurity across Massachusetts. Through community partnerships, food distribution programs, and support services, they help connect people with meals, groceries, and additional assistance during times of need.

 [\(508\) 842-3663](tel:(508)842-3663)  
 474 Boston Turnpike,  
Shrewsbury, MA 01545  
 [foodbank.org](http://foodbank.org)

## ADM Cleaning Maintenance Service, Inc

ADM Cleaning & Maintenance Services, Inc. provides reliable commercial cleaning services throughout Massachusetts, along with carpet cleaning services for residential clients. We focus on quality service, professionalism, and customer satisfaction.

 [\(508\) 383-3530](tel:(508)383-3530)  
 [info@admcleaningservices.com](mailto:info@admcleaningservices.com)  
 40 Southville Rd Unit 300,  
Southborough, MA 01772  
 [admcleaningservices.com](http://admcleaningservices.com)

## Sunrise Precision Cleaning

Sunrise Precision Cleaning provides residential and commercial cleaning services focused on creating clean, comfortable, and well-maintained spaces for homes and businesses. Their services are designed to support busy families, older adults, and property owners with dependable, detail-oriented cleaning and maintenance solutions.

 [\(508\) 309-8358](tel:(508)309-8358)  
 [sunriseprecisioncleaning@gmail.com](mailto:sunriseprecisioncleaning@gmail.com)  
 Milford, MA 01757  
 [facebook.com/sunriseprecisioncleaning](https://facebook.com/sunriseprecisioncleaning)

# Home Services & Meal Support

## Junk Must Go, LLC

Junk Must Go, LLC provides reliable and affordable junk removal services for homes and businesses throughout Massachusetts. We help clients clear out unwanted items quickly and efficiently, including furniture, appliances, construction debris, office cleanouts, and more, with a focus on friendly service and responsible disposal.



[\(508\) 216-0094](tel:(508)216-0094)



[info@junkmustgo.com](mailto:info@junkmustgo.com)



40 Southville Rd, STE 300,  
Southborough, MA 01772



[junkmustgo.com](http://junkmustgo.com)

## Hospitals and Medical Centers

### MetroWest Medical Center

Regional acute care hospital serving the MetroWest area providing emergency care, inpatient/outpatient services, surgery, and specialty healthcare services.



[508-383-1000](tel:508-383-1000)



115 Lincoln St,  
Framingham, MA 01702



[mwmc.com](http://mwmc.com)

### Milford Regional Medical Center

UMass Memorial Health – Milford Regional Medical Center is a full-service community and teaching hospital providing comprehensive healthcare services, including emergency care, cancer care, orthopedics, rehabilitation, surgery, imaging, neurology, and maternity services. As part of the UMass Memorial Health system, Milford Regional offers advanced medical care close to home for residents throughout the MetroWest and Central Massachusetts region.



[\(508\) 473-1190](tel:(508)473-1190)



14 Prospect St,  
Milford, MA 01757



[ummhealth.org/  
milford-regional](http://ummhealth.org/milford-regional)

### UMass Memorial Medical Center

UMass Memorial Medical Center offers advanced care with a focus on improving patient outcomes through expert treatment and innovation.



[\(508\) 334-1000](tel:(508)334-1000)



[MedCenter.Inquiries  
@umassmemorial.org](mailto:MedCenter.Inquiries@umassmemorial.org)



55 Lake Ave N,  
Worcester, MA 01655



[ummhealth.org/umass-  
memorial-medical-center](http://ummhealth.org/umass-memorial-medical-center)

# House Cleaning Services

## Darly's Cleaning Service

Darly Cleaning Services provides professional residential and commercial cleaning services focused on helping clients maintain clean, healthy, and organized living spaces. Their team offers dependable routine cleaning, deep cleaning, and customized cleaning solutions designed to support busy families, older adults, and homeowners throughout the community.



(508) 282-6494



[darlyaparecidamoraes@gmail.com](mailto:darlyaparecidamoraes@gmail.com)



41 Fruit St Milford, MA 01757



[darlycleaning.com](http://darlycleaning.com)

## Diamond Cleaning Services

Diamond Cleaning Services provides residential and commercial cleaning services throughout Massachusetts, helping clients maintain clean, organized, and comfortable spaces. Their team offers dependable, detail-oriented cleaning solutions tailored to the needs of busy families, older adults, and homeowners seeking regular or deep-cleaning support.



(508) 596-6674



[contact@diamondcleaningma.com](mailto:contact@diamondcleaningma.com)



Natick, MA



[diamondcleaningma.com](http://diamondcleaningma.com)

## Ladies Cleaning

Ladies Cleaning Services provides residential and commercial cleaning services designed to help clients maintain clean, organized, and comfortable environments. Their team offers dependable and detail-oriented cleaning support tailored to the needs of busy families, homeowners, older adults, and local businesses.



(508) 203-0013



260 Grant St,  
Framingham, MA 01702



[mybusinesscleaning.wixsite.com/ladies-cleaning-1](http://mybusinesscleaning.wixsite.com/ladies-cleaning-1)



## Proudly Serving the Milford / Framingham, MA Area

BrightStar Care offers a wide variety of high-quality services—from in-home care to medical staffing.

If you are looking for a trustworthy care provider or staffing partner in the Milford / Framingham, MA area, please contact us. We're here 24/7 to help you get started.

### Our services:



In-Home Care



Medical Staffing

Call today for a consultation  
or to schedule care.

**BrightStar Care of  
Milford/Framingham**

 **(508) 282-5020**

 **115 Water Street, Milford MA**

 **[brightstarcare.com/Milford-Framingham](https://brightstarcare.com/Milford-Framingham)**



### We serve:

- Worcester
- Upton
- Shrewsbury
- Mendon
- Ashland
- Bellingham
- Franklin
- Framingham
- Blackstone
- Grafton
- Linwood
- Millville
- Northbridge
- North Grafton
- North Uxbridge
- South Grafton

### What Our Customers Say



“Outstanding service! They currently provide me with at home infusions. They were able to work around my fulltime schedule and provide infusion services after work.

The attending Nurse was punctual, caring, the infusion was painless, there was even an emergent issue with some of the supplies sent to my home and the Nurse (Courteny) was able to resolve it immediately. I would highly recommend BrightStar to anyone requiring at home services!!” ~ KF



## SCHOOL NURSE AND CAREGIVER STAFFING

We're here for your students who need extra support.

At BrightStar Care, we provide *a higher standard of care* for students who need one-to-one help to get the education they're entitled to. Our services focus on their health and well-being which can lead to better integration and performance in the classroom and other school settings.

Whether you need full-time assistance for a special needs child or a single day fill-in for your current staff, we'll work with you to find the right solution to help your school or district meet individualized Education Program (IEP) requirements and other health and wellness program needs.

### No two students are alike. We honor that.

No matter what their challenges, our skilled, dependable and compassionate care can help make sure each student is able to thrive to the best of their ability. Examples of the services we offer include:

- Assistance with activities of daily living (feeding, grooming, hygiene) for special needs children
- Help with children with autism or Down syndrome
- Assistance on field trips for children with epilepsy or diabetes
- Assistance with medical equipment, including ventilators
- Physical, occupational, or speech therapy
- Help with reading, schoolwork, arts and crafts
- Help getting from one class to the next
- Social skills training

### A higher standard of staffing partner

Our Registered Nurse is involved in the hiring, verifies competency and onboards every BrightStar Care nurse and caregiver to ensure they're following the nation's highest standards for patient care and safety.

Our trained caregivers are fully bonded, insured, and trained in critical areas including pediatric care.

Call today for a consultation or to schedule care.

**BrightStar Care of  
Milford/Framingham**

 **(508) 282-5020**

 **115 Water Street, Milford MA**

 **[brightstarcare.com/Milford-Framingham](https://brightstarcare.com/Milford-Framingham)**



# Insurance Agencies

## Bright Insurance Agency

Bright Insurance Agency provides personal and commercial insurance solutions to help individuals, families, and businesses protect what matters most. Their team offers guidance on coverage options including home, auto, business, and liability insurance with a focus on personalized service and trusted support.



[\(508\) 473-0556](tel:(508)473-0556)



6 Congress Street, P.O. Box 424,  
Milford, MA 01757



[brightinsurance.com](http://brightinsurance.com)

## Murphy Insurance Agency

DF Murphy & Associates provides professional tax, accounting, and financial services to individuals and businesses. Their team offers personalized guidance in tax preparation, bookkeeping, payroll, and financial planning to help clients achieve long-term financial stability and success.



[\(508\) 422-9277](tel:(508)422-9277)



[assistance@dfmurphy.com](mailto:assistance@dfmurphy.com)



133 Milford Street,  
Medway, MA 02053



[dfmurphy.com](http://dfmurphy.com)

## Gaudette Insurance Agency

Gaudette Insurance Agency is a trusted independent insurance agency serving Central Massachusetts since 1926. They provide personalized personal and business insurance solutions, helping individuals, families, and businesses protect what matters most with expert guidance and responsive local service.



[\(508\) 234-6333](tel:(508)234-6333)



[mail@gaudette-insurance.com](mailto:mail@gaudette-insurance.com)



1 Plummers Corner,  
Whitinsville, MA 01588



[gaudette-insurance.com](http://gaudette-insurance.com)

# Laundry Services

## Double Bubble Laundromat

Full service laundromat with pick-up/drop-off services catered to those residents who either can't do it themselves or have trouble commuting. They also provide discounts for first responders, veterans, and seniors.



[508-473-8310](tel:508-473-8310)



[steve@dbubs.com](mailto:steve@dbubs.com)



91-13 Medway Rd., Milford, MA



[www.dbubs.com](http://www.dbubs.com)

## Ropa Laundry

Ropa Laundry offers convenient residential and commercial laundry services, including wash-and-fold, pickup and delivery, and self-service laundromat options. Their team is committed to providing reliable, time-saving solutions to help individuals and families keep up with everyday laundry needs.



[\(508\) 598-9225](tel:(508)598-9225)



[customers@ropalaundry.com](mailto:customers@ropalaundry.com)



158 Union Ave,  
Framingham, MA 01702



[ropalaundry.com](http://ropalaundry.com)

# Legal, Financial and Planning Support

## Katz Financial Services

Katz Financial Services provides personalized retirement, estate, insurance, and investment planning services designed to help individuals and families build long-term financial confidence. Their experienced team takes a client-focused approach, offering customized strategies tailored to each client's goals and future needs.

 [\(508\) 308-6050](tel:(508)308-6050)  
 [Jeff@Katzfs.com](mailto:Jeff@Katzfs.com)  
 3 Country Club Lane,  
Hopedale, MA 01747  
 [katzfs.com](http://katzfs.com)

## Massachusetts Bar Association

The Massachusetts Bar Association is a professional organization for attorneys that also provides public resources to help individuals find qualified legal assistance. Through its Lawyer Referral Service and educational resources, the Association connects individuals and families with attorneys for matters such as estate planning, elder law, healthcare directives, and other legal needs.

 [\(617\) 338-0500](tel:(617)338-0500)  
 20 West St Boston, MA 02111  
 [massbar.org](http://massbar.org)

## National Academy of Elder Law

The National Academy of Elder Law Attorneys is a professional organization of attorneys who focus on legal issues affecting older adults and individuals with disabilities. Through its member directory, NAELA helps individuals and families connect with experienced attorneys for services such as estate planning, Medicaid planning, long-term care planning, guardianship, and special needs planning.

 [\(617\) 566-5640](tel:(617)566-5640)  
 Brookline, MA 02446  
 [naela.org](http://naela.org)

## Nedder Law, LLC

Atty. Nedder provides personalized legal guidance with a direct, client-focused approach, serving as the first point of contact to help individuals and families comfortably discuss their needs. The practice focuses on estate planning, probate and estate administration, Medicaid/MassHealth planning, elder law, and long-term care planning for clients of all ages.

 [\(508\) 282-5333](tel:(508)282-5333)  
 [Paula@NedderLawLLC.com](mailto:Paula@NedderLawLLC.com)  
 163 Main St, Suite 6G,  
Medway, MA 02053  
 [nedderlawllc.com](http://nedderlawllc.com)

## Wolf Law Office, LLC

Wolf Law Group provides experienced legal services with a focus on personalized guidance and strong client advocacy. Their team assists individuals and families with a variety of legal matters, helping clients navigate important decisions with professionalism, compassion, and trusted support.

 [\(508\) 473-9800](tel:(508)473-9800)  
 54 Hopedale St, Ste 4,  
Hopedale, MA 01747  
 [wolfrelaw.com](http://wolfrelaw.com)

# Mental Health and Crisis

## 988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline provides free, confidential support 24/7 for individuals experiencing emotional distress, mental health crises, or suicidal thoughts. By calling or texting 988, or chatting online, individuals can connect with trained counselors who offer immediate support, de-escalation, and connections to local resources.



[988](tel:988)



[988lifeline.org](https://988lifeline.org)

## O'Malley Geropsychology Consulting Services

O'Malley Geropsychology Consulting Services provides specialized mental health support for older adults, with a focus on cognitive, emotional, and behavioral health. Services may include evaluations for memory concerns, dementia-related support, counseling, and caregiver guidance to help individuals and families better manage the challenges associated with aging.



[\(774\) 573-0362](tel:(774)573-0362)



[KellyOMalley@agingmindwellness.com](mailto:KellyOMalley@agingmindwellness.com)



165 Main Street Suite 203,  
Medway, MA 02053



[agingmindwellness.com](https://agingmindwellness.com)

## National Center for PTSD

The National Center for PTSD is an excellent resource for understanding PTSD symptoms, grounding exercises, Sleep/nightmare help, relationship effect and finding treatments. Assess and Treatment of PTSD with experts available for questions and counseling.



[\(866\) 948-7880](tel:(866)948-7880)



[PTSDconsult@va.gov](mailto:PTSDconsult@va.gov)



[ptsd.va.gov](https://ptsd.va.gov)

# Pet Care Support

## Dogtopia of Franklin Village

Dogtopia of Franklin Village is a dog wellness destination offering daycare, overnight boarding, and spa services in a safe, open-play environment. Our certified Canine Coaches provide supervised socialization, exercise, and enrichment designed to keep dogs happy, healthy, and engaged.



[\(508\) 964-3695](tel:(508)964-3695)



[manager.franklinvillage@dogtopia.com](mailto:manager.franklinvillage@dogtopia.com)



475 Franklin Village Drive,  
Franklin, MA 02038



[dogtopia.com/massachusetts-franklin-village](https://dogtopia.com/massachusetts-franklin-village)

## Kismet Pet Care

Kismet Pet Care provides in-home care for all types of animals, including birds, reptiles, rodents, cats, and dogs. Their providers have professional backgrounds in veterinary medicine and animal husbandry, allowing them to deliver the highest quality care. No matter your pet's life stage or medical requirements, they have you covered.



[\(339\) 970-9077](tel:(339)970-9077)



[kismetpetcare@gmail.com](mailto:kismetpetcare@gmail.com)



[kismetpetcare.com](https://kismetpetcare.com)

# Pet Care Support

## Pawsitive Paw Resort

Pawsitive Paw Resort offers professional pet boarding, daycare, grooming, and training services in a safe, caring, and fun environment for pets. Their experienced team is dedicated to providing compassionate care and personalized attention to help pets feel comfortable, active, and loved while away from home.

 [\(844\) 472-9714](tel:(844)472-9714)  
 [contact@pawsitivepawsresort.com](mailto:contact@pawsitivepawsresort.com)  
 202 Hartford Ave,  
Bellingham, MA 02019  
 [pawsitivepawsresort.com](http://pawsitivepawsresort.com)

## Pupchella Co

Making tails wag across MetroWest Massachusetts since 2014, Pupchella is fully bonded, insured, and dedicated to your pet's happiness. Their team has extensive backgrounds in dog behavior, socialization, and nutrition. From quick potty breaks to full slumber parties, Pupchella has you covered.

 [\(508\) 808-0998](tel:(508)808-0998)  
 [cassidy@pupchella.com](mailto:cassidy@pupchella.com)  
 157 Mill St,  
Hopedale, MA 01747  
 [pupchella.com](http://pupchella.com)

## Wagalicious Walks LLC

Wagalicious Walks, LLC Dog Walking and Pet Sitting provides peace of mind for both you and your pet while you are away. In addition to dog walking they offer overnight pet sitting, cat sitting, puppy care, and many other helpful services! Their pet professionals will work with you during a FREE meet and greet to design a customized service plan; making your time away easy and natural for your pet.

 [\(508\) 395-2162](tel:(508)395-2162)  
 [schedule.wagaliciouswalks@gmail.com](mailto:schedule.wagaliciouswalks@gmail.com)  
 242 Winthrop St,  
Framingham, MA 01702  
 [wagaliciouswalks.com](http://wagaliciouswalks.com)

# Pharmacies

## CVS Pharmacy

CVS Pharmacy Milford, MA provides convenient pharmacy services, health and wellness products, immunizations, prescription management, and everyday essentials to support the health needs of the local community. Their accessible services help individuals and families manage medications and healthcare needs close to home.

 [\(508\) 478-1223](tel:(508)478-1223)  
 137 S Main St, Milford, MA 01757  
 [cvs.com/store-locator/milford-ma-pharmacies](http://cvs.com/store-locator/milford-ma-pharmacies)

## Walgreens

Walgreens provides convenient pharmacy services, prescription management, immunizations, health and wellness products, and everyday essentials to support the healthcare needs of the local community. Their pharmacy team helps individuals and families access medications, preventive care, and trusted health resources close to home.

 [\(508\) 879-7900](tel:(508)879-7900)  
 15 School St,  
Framingham, MA 01701

## Hannaford Pharmacy

Hannaford Pharmacy Uxbridge provides convenient prescription services, medication management, immunizations, and health consultations to help individuals and families manage their healthcare needs. Their pharmacy team is dedicated to offering accessible, personalized support and trusted care within the local community.

 [\(508\) 278-2341](tel:(508)278-2341)  
 158 North Main St,  
Uxbridge, MA 01569  
 [stores.hannaford.com/ma/uxbridge/8014](http://stores.hannaford.com/ma/uxbridge/8014)

# Pharmacies

## Stop and Shop Pharmacy

Stop and Shop Pharmacy provides prescription services, immunizations, medication counseling, and convenient healthcare support to help individuals and families manage their health and wellness needs. Their pharmacy team is committed to offering accessible, personalized care and trusted service within the community.

 [\(508\) 478-8941](tel:(508)478-8941)  
 126 Medway Rd,  
Milford, MA 01757  
 [stopandshop.com/pharmacy](http://stopandshop.com/pharmacy)

## Walmart Pharmacy

Walmart Pharmacy Bellingham, MA provides convenient prescription services, immunizations, medication management, and affordable health and wellness products to support the needs of the local community. Their pharmacy team helps individuals and families access essential healthcare services and everyday medications in one convenient location.

 [\(508\) 966-7633](tel:(508)966-7633)  
 250 Hartford Ave,  
Bellingham, MA 02019  
 [walmart.com/store/1918-bellingham-ma?povid=PharmacyStore\\_ViewStore](http://walmart.com/store/1918-bellingham-ma?povid=PharmacyStore_ViewStore)

# Senior Living

## Encompass Health Rehabilitation Hospital of Braintree Framingham

Encompass Health Rehabilitation Hospital of Braintree Framingham provides comprehensive inpatient rehabilitation services to help patients recover from illness, injury, surgery, stroke, and other complex medical conditions. Their interdisciplinary team focuses on personalized rehabilitation care designed to help individuals regain independence and improve quality of life.

 [\(508\) 532-9203](tel:(508)532-9203)  
 125 Newbury St.,  
Framingham, MA 01701  
 [encompasshealth.com/locations/braintree-rehab-framingham](http://encompasshealth.com/locations/braintree-rehab-framingham)

## Benchmark Senior Living at Forge Hill-Franklin

Benchmark Senior Living provides assisted living, memory care, respite care, and independent living services designed to support older adults in a safe, engaging, and compassionate environment. Their communities focus on personalized care, meaningful connections, and enhancing quality of life for seniors and their families.

 [\(508\) 570-2192](tel:(508)570-2192)  
 [jlast@benchmarkquality.com](mailto:jlast@benchmarkquality.com)  
 4 Forge Hill, Franklin, MA 02038  
 [benchmarkseniorliving.com](http://benchmarkseniorliving.com)

## The Residence at Whitcomb House Milford

The Residence at Whitcomb House Milford provides supportive assisted living services in a warm, home-like environment designed to promote independence, dignity, and quality of life for older adults. Their caring team offers personalized support, engaging activities, and compassionate care tailored to each resident's individual needs.

 [\(508\) 634-2440](tel:(508)634-2440)  
 [cfahey@whitcomb-house.com](mailto:cfahey@whitcomb-house.com)  
 245 West Street,  
Milford, MA 01757  
 [whitcombhousema.com](http://whitcombhousema.com)

# Senior Support Services

## A Place for Mom

Provides free, personalized guidance to help families find senior care options, including home care, assisted living, memory care, and independent living. Local advisors offer recommendations, coordinate tours, and support families through the decision-making process.

 [\(800\) 231-4539](tel:(800)231-4539)  
 530 Fifth Avenue,  
New York, NY 10036  
 [aplaceformom.com](http://aplaceformom.com)

## Ashland Department of Prevention & Human Services

The Ashland Department of Prevention & Human Services supports the community's health, safety, and well-being through youth programming, mental health resources, food access, and emergency assistance.

 [\(508\) 532-7957](tel:(508)532-7957)  
 [alandry@ashlandmass.com](mailto:alandry@ashlandmass.com)  
 162 West Union Street,  
Ashland, MA 01721  
 [ashlandmass.com/229/  
Department-of-Prevention-  
Human-Services](http://ashlandmass.com/229/Department-of-Prevention-Human-Services)

## Bellingham Council on Aging Senior Center

The Bellingham Council on Aging/Senior Center (located in Bellingham, Massachusetts) serves older residents (50+), caregivers, and younger disabled people by providing services, support, and activities to promote aging in place, independence, and social connection.

 [\(508\) 966-0398](tel:(508)966-0398)  
 [jduhil@bellinghamma.org](mailto:jduhil@bellinghamma.org)  
 Municipal Center, 10 Mechanic  
Street, Bellingham, MA 02019  
 [bellinghamma.org](http://bellinghamma.org)

## Central Mass Agency on Aging

Private, non-profit Area Agency on Aging serving older adults, caregivers, and "grandfamilies" across central Massachusetts.

 [\(508\) 852-5539](tel:(508)852-5539)  
 [info@seniorconnection.org](mailto:info@seniorconnection.org)  
 330 Southwest Cutoff, Suite  
203, Worcester, MA 01604  
 [seniorconnection.org](http://seniorconnection.org)

## Caring Transitions

Caring Transitions provides relocation, downsizing, estate services, cleanouts, and organizational support for seniors and families navigating major life transitions. Our team focuses on reducing stress through compassionate, professional service while helping clients manage the emotional and logistical challenges of moving, settling an estate, or preparing a home for sale.

 [\(774\) 295-4044](tel:(774)295-4044)  
 [sharvey@caringtransitions.com](mailto:sharvey@caringtransitions.com)  
 48 Highland St.,  
Franklin, MA 02038  
 [caringtransitions.com](http://caringtransitions.com)

## Framingham Council on Aging

Community senior center providing wellness programs, social services, education, transportation support, and activities for older adults in the Framingham area.

 [\(508\) 532-5980](tel:(508)532-5980)  
 535 Union Ave,  
Framingham, MA 01702  
 [framinghamma.gov/360/C  
allahan-CenterSenior-  
Services](http://framinghamma.gov/360/Callahahan-CenterSenior-Services)

# Senior Support Services

## Milford Senior Center

We provide informative services and programs to our seniors. With a focus on wellness, we offer exercise classes, personal fitness training, workshops and special programs

-  [\(508\) 473-8334](tel:(508)473-8334)
-  [lregan@milfordma.gov](mailto:lregan@milfordma.gov)
-  60 North Bow St,  
Milford, MA 01757
-  [milfordmaseniorcenter.com](http://milfordmaseniorcenter.com)

## Hopkinton Youth & Family Services

Hopkinton Youth & Family Services provides free, confidential support to Hopkinton residents, including counseling, behavioral health screenings, case management, and educational programs.

-  [\(508\) 497-9781](tel:(508)497-9781)
-  [dalcott@hopkintonma.gov](mailto:dalcott@hopkintonma.gov)
-  18 Main Street,  
Hopkinton, MA 01748
-  [hopkintonma.gov](http://hopkintonma.gov)

## Southborough Youth & Family Services

Southborough Youth and Family Services (SYFS) is a department of the Town of Southborough and a human service resource for the community. Our mission is to provide compassionate and equitable behavioral health and social services to Southborough residents of all ages.

-  [\(508\) 481-5676](tel:(508)481-5676)
-  [scassell@southboroughma.gov](mailto:scassell@southboroughma.gov)
-  21 Highland Street,  
Southborough, MA 01772
-  [southboroughma.gov/197/  
Youth-Family-Services](http://southboroughma.gov/197/Youth-Family-Services)

## Town of Shrewsbury Council on Aging

The Shrewsbury Council on Aging (SCOA) is a Town human service department that serves the needs and issues of Shrewsbury's seniors (60 and over), or families with senior issues.

-  [\(508\) 841-8642](tel:(508)841-8642)
-  [hlucht@shrewsburyma.gov](mailto:hlucht@shrewsburyma.gov)
-  100 Maple Avenue,  
Shrewsbury, MA 01545
-  [shrewsburyma.gov/555/  
Council-on-Aging](http://shrewsburyma.gov/555/Council-on-Aging)

## Tri-Valley Elder Services

Tri-Valley's mission is helping seniors and people with disabilities to live independently with dignity in their own homes or settings of their choice.

-  [\(508\) 949-6640](tel:(508)949-6640)
-  [webmaster@tves.org](mailto:webmaster@tves.org)
-  10 Mill St, Dudley, MA 01571
-  [trivalleyinc.org](http://trivalleyinc.org)

## Worcester Senior Center

The Worcester Senior Center offers many programs, activities and opportunities for seniors.

-  [\(508\) 799-1232](tel:(508)799-1232)
-  [elderaffairs@worcesterma.gov](mailto:elderaffairs@worcesterma.gov)
-  128 Providence Street,  
Worcester, MA 01604
-  [worcesterma.gov/  
senior-center](http://worcesterma.gov/senior-center)

# Transportation

## MWRTA (MetroWest Regional Transit Authority)

MWRTA (MetroWest Regional Transit Authority) provides affordable and accessible public transportation services throughout the MetroWest region, helping residents connect to healthcare appointments, shopping, employment, community programs, and other essential destinations. Their transportation options support independence and mobility for individuals of all ages and abilities.



[\(508\) 935-2222](tel:(508)935-2222)



[info@mwrtta.com](mailto:info@mwrtta.com)



15 Blandin Ave,  
Framingham, MA 01702



[mwrtta.com](http://mwrtta.com)

## The RIDE (MBTA Paratransit)

ADA paratransit transportation service providing door-to-door transportation for eligible seniors and individuals with disabilities throughout the MBTA service area.



[\(617\) 222-3200](tel:(617)222-3200)



[theride@mbta.com](mailto:theride@mbta.com)



1000 Massachusetts Ave,  
Suite 201, Boston, MA 02118



[mbta.com/accessibility/  
the-ride](http://mbta.com/accessibility/the-ride)

# Urgent Care (Walk-In)

## CareWell Urgent Care

Carewell Urgent Care proudly addresses a full range of non-life-threatening conditions with precision and care. Carewell Urgent Care redefine urgent care with a personalized touch.



[\(781\) 400-1383](tel:(781)400-1383)



922 Highland Ave,  
Needham, MA 02494



[carewellurgentcare.com](http://carewellurgentcare.com)

## ConvenientMD Urgent Care

ConvenientMD Urgent Care in Framingham, MA offers accessible and affordable care right in your backyard-so you can get the care you need when you need it (for less than a visit to the ER). We have a full medical team on site for minor emergencies and routine care, ready to treat patients of all ages in a welcoming environment. No appointment needed-just walk into our urgent care clinic in Framingham today or register online to save your spot in line.



[\(774\) 244-3227](tel:(774)244-3227)



236 Cochituate Road,  
Framingham, MA 01701



[convenientmd.com](http://convenientmd.com)

## Milford Regional Urgent Care

Milford Regional Urgent care offers convenient walk-in service provided by Physicians and advanced Practitioners. Laboratory and x-ray services are on site to provide the care that you need in just one stop.



[\(774\) 462-3339](tel:(774)462-3339)



129 S Main St, Milford, MA 01757



[milfordregional.hifistaging.  
com/practices/tri-county-  
urgent-care-milford](http://milfordregional.hifistaging.com/practices/tri-county-urgent-care-milford)

# Wellness and Performance Centers

## MetroWest YMCA

The MetroWest YMCA is a community-focused organization in Massachusetts that promotes healthy living, youth development, and social responsibility.

-  [\(508\) 876-6070](tel:(508)876-6070)
-  [HKaufman@MetroWestYMCA.org](mailto:HKaufman@MetroWestYMCA.org)
-  280 Old Connecticut Path,  
Framingham, MA 01701
-  [metrowestymca.org](http://metrowestymca.org)

## RxFit Functional Medicine

The clinic offers a holistic approach to health that blends functional medicine with fitness training, nutrition, and lifestyle coaching to address the root causes of health issues rather than just symptoms.

-  [\(508\) 779-6700](tel:(508)779-6700)
-  [marielle.rxfitness@gmail.com](mailto:marielle.rxfitness@gmail.com)
-  47 Sumner St, Milford, MA 01757
-  [rxfitfunctionalmedicine.com](http://rxfitfunctionalmedicine.com)

## Bay State Physical Therapy

Bay State Physical Therapy provides personalized physical therapy and rehabilitation services focused on helping individuals recover from injuries, surgeries, chronic pain, and mobility challenges. Their experienced team works closely with patients to improve strength, function, independence, and overall quality of life through compassionate, evidence-based care.

-  [\(508\) 251-0322](tel:(508)251-0322)
-  [MAMarlboroughClinic@baystatept.com](mailto:MAMarlboroughClinic@baystatept.com)
-  771 Boston Post Road East  
Unit 6, Marlborough, MA, 01752
-  [locations.baystatept.com/  
ma/marlborough/771-  
boston-post-road-east](http://locations.baystatept.com/ma/marlborough/771-boston-post-road-east)

## ATI PT Framingham

ATI Physical Therapy Framingham provides outpatient physical therapy and rehabilitation services designed to help individuals recover from injuries, surgeries, and mobility challenges. Their experienced team offers personalized treatment plans focused on improving strength, function, pain management, and overall quality of life.

-  [\(508\) 626-2600](tel:(508)626-2600)
-  [PatientAdvocate@atipt.com](mailto:PatientAdvocate@atipt.com)
-  1661 Worcester Rd Ste 105,  
Framingham, MA 01701
-  [locations.atipt.com/  
massachusetts/framingham/  
1661-worcester-rd](http://locations.atipt.com/massachusetts/framingham/1661-worcester-rd)

## Platinum Physical Therapy

Platinum Physical Therapy provides individualized physical therapy and rehabilitation services focused on helping patients recover from injury, surgery, chronic pain, and mobility challenges. Their experienced team emphasizes compassionate care, personalized treatment plans, and helping individuals regain strength, function, and independence.

-  [\(508\) 767-5115](tel:(508)767-5115)
-  [kimb@platinumptma.com](mailto:kimb@platinumptma.com)
-  1 Lumbar St #20,  
Hopkinton, MA 01748
-  [platinumptma.com/physical-  
therapy-clinic/hopkinton-ma](http://platinumptma.com/physical-therapy-clinic/hopkinton-ma)

## Franklin Physical Therapy

Franklin Physical Therapy provides comprehensive physical, occupational, and speech therapy services focused on helping individuals improve mobility, independence, communication, and overall quality of life. Their experienced rehabilitation team delivers personalized, compassionate care tailored to each patient's unique recovery and wellness goals.

-  [\(508\) 528-0147](tel:(508)528-0147)
-  [Nicole@marshfieldpt.com](mailto:Nicole@marshfieldpt.com)
-  473 West Central Street,  
Franklin, MA 02038
-  [mkrehab.com](http://mkrehab.com)

# About Us



## Rich & Brenda Pulsifer

In November 2020, Rich & Brenda came out of retirement and relocated from Florida back to Massachusetts to take ownership of the BrightStar Care of Milford-Framingham franchise. This move allowed them to be ideally situated between their two daughters in New Hampshire and Rhode Island while pursuing an exciting new opportunity.

Brenda, a Registered Nurse, brings a passion for helping others, while Rich, a seasoned sales professional, excels at building community connections. Together, they bring a wealth of shared business experience to the franchise.

While running a business together has its challenges, they thrive as a team, leveraging their complementary strengths to provide quality care to their clients. Outside of work, their greatest joy comes from spending time with family, including their four wonderful grandchildren.

Owners, BrightStar Care of Milford / Framingham  
Rich.Pulsifer@BrightStarCare.com  
Brenda.Pulsifer@BrightStarCare.com

## About BrightStar Care® of Milford / Framingham

Here at BrightStar Care of Milford / Framingham, we think it's important to go above and beyond. We don't just help the people we work with, but we also give back to our community. We provide top-notch care and support to make sure our clients have the best lives possible. By doing this, we're not only helping individuals, but we're also making our community even better. We like to think of it as setting a higher standard for ourselves.



## Reach out to BrightStar Care® of Milford / Framingham



(508) 282-5020



[brightstarcare.com/locations/milford-framingham](https://brightstarcare.com/locations/milford-framingham)



115 Water St #200,  
Milford, MA 01757





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A Higher Standard®

BrightStar Care® Milford/Framingham is  
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opportunity employer. © 2026