

Ramps, Portable

Available for disabled visitors, 2 ft. and 8 ft., call Brenda McDonough, 508-228-8085 (work) or 508-228-5409 (home)

Recreation/Culture

- Lectures/crafts/cooking demos/entertainment at the Saltmarsh Center (suspended during COVID-19)
- Games include Wii bowling, cribbage, Scrabble, duplicate bridge, contract bridge, mah-jongg, bingo, Mexican Train, at the Saltmarsh Center (check calendar, some suspensions during COVID-19)

Rental Assistance

2 Madaket Road, email nffra@assistnantucket.org or call 508-901-1320 for confidential appointment. Also see **Food, Fuel & Rental Assistance**

Safety

- Telephone Reassurance Program for those who live alone and want to check in daily for peace of mind. Nantucket Police Dept., 508-228-1212 or www.nantucket-ma.gov/263/Elder-Services
- Safetynet by Lojack to find/rescue individuals with cognitive disorders, Nantucket Fire Dept., 508-228-2324
- Isle Return Program for those at risk of wandering, Sheriff's Dept. Register at islereturnprogram.com or call 508-228-7263
- 911 Disability Indicator Program enables a special code to appear on 911 call taker's screen, alerting that a person residing at that address may require special assistance. Instructions and registration form at <http://islereturnprogram.com/documents/911-Disability-Form-preface.pdf>

Senior Center

Saltmarsh Center, 81 Washington Street, has social, cultural, fitness and recreation programs for seniors Monday-Friday. To receive the newsletter or check monthly activities calendar <https://www.nantucket-ma.gov/732/Saltmarsh-Senior-Center> or call 508-228-4490. During COVID-19, many programs have moved to Zoom.

Senior Information

Saltmarsh weekly (Fridays) electronic newsletter and monthly hardcopy via mail. Call 508-228-4490 to sign up.

Senior Outreach

The Samaritans on Cape Cod and the Islands (part of a worldwide organization) - provide a confidential phone conversation with someone who will listen with compassion and empathy when you are lonely or in crisis, office 508-548-7999; crisis lines 508-548-8900 or 800-893-9900

Senior Specials

Toenail cutting/filing, Organic Hair Salon & Nail Spa, 508-228-5008 for appointment

Senior TV

“Frank & Mary” on Channel 18 Nantucket Community TV w/hosts elder law attorney Arthur Bergeron & Alison Forsgren of the Nantucket Council on Aging, check schedule <https://nantucketcommunitytelevision.org/>

Senior Volunteers of the Year

Each year, the Council on Aging recognizes two seniors, a man and a woman, who have made significant volunteer contributions to the community. A luncheon honoring them is held in June at Faregrounds Restaurant, but may be suspended during COVID-19.

Social Events

Saltmarsh Center. Many events suspended during COVID-19. Check monthly calendar or call 508-228-4490.

Social Security

Reps available at www.ssa.gov or via video teleconference at the Saltmarsh Center 4th Wednesday of each month 9:00 a.m.-noon (508-228-4490 for appointment). Hyannis office, 100 Independence Drive, 866-467-0440. Falmouth office, 48 Research Road, 855-881-0212. Both offices open M-T-Th-F 9:00 a.m.-3:00 p.m. and W 9:00-noon.

Speech Therapy

NCH Sports Medicine and Physical Therapy Associates, 6 Bayberry Court, 508-825-8191 for info or appointment.

Telephone Reassurance – See Safety

Travel Assistance – See Medical Travel Assistance

Transportation Assistance

Your Island Ride provides door-to-door service to eligible seniors and persons with disabilities Monday-Friday 8:00 a.m.-4:00 p.m., 508-325-7516 to qualify and for trip requests. Online application at nrtawave.com/special/van/php

Van Transportation – See Transportation Assistance

Veterans Services

- Nantucket VFW, 22 New South Road, office hours Thursdays 8:30 a.m.-12:15 p.m. or call 508-325-5332 (leave a message)
- Counseling services @ VA Center in Hyannis, 508-778-0124

Volunteer Opportunities

- Property Tax Work-off Program – volunteer work program for eligible senior property owners to reduce property taxes. Applications at the Human Services Dept., 131 Pleasant St.
- Volunteer opportunities for seniors are periodically advertised in the Saltmarsh monthly print newsletter (see **Senior Information**). Other volunteer opportunities, call Elder Services, 508-228-4647.

Your Island Ride - See Transportation Assistance

Senior Services on Nantucket

Your first call for senior services:

Elder Services of Nantucket, Sheri Hunt, Director, 508-228-4647

- Information and referral
- Protective services
- Home care program
- Senior nutrition program
- Family caregiver support
- Options counseling
- Long-term care screening
- Money management

Your first call for health/fitness, recreation, educational and social programs:

Saltmarsh Senior Center, Laura Stewart, Program Coordinator, 508-228-4490

To receive the newsletter or check monthly activities calendar: <https://www.nantucket-ma.gov/732/Saltmarsh-Senior-Center>

SERVICES LISTED IN ALPHABETICAL ORDER:

Alzheimer's Disease/Dementia Information

ALZ Meetup – third Thursday each month 2:00-3:00 p.m., Nantucket Atheneum Gallery, 617-393-2100 to register (suspended during COVID-19)

Arts/Crafts/Homemaking/Technology

Art classes, beading, cooking, iPhone help, internet instruction at Saltmarsh Senior Center (suspended during COVID-19)

Caregiver Support

Caregiver support group sponsored by Elder Services of Cape Cod and the Islands online via Zoom Tuesdays 10:00-11:00 a.m. Call 508-394-4630 x227 to register.

Communication Services for the Disabled

TTY phone communication, 508-228-1212 to register

Council on Aging

Town appointed board that identifies the needs of Nantucket's senior population, and implements and promotes services to meet those needs. Meetings open to the public first Wednesday of each month at 1:30 p.m. via Zoom.

Elder Abuse Hotline 800-922-2275, press 4

Elder Care Planning & Management

TUCKed In Eldercare (private, for-profit) – geriatric care management by a certified gerontology professional. Assists elders and families to identify needs and find ways to meet them. erin@tuckedineldercare.com, 508-577-5057

Elder Expo

Annual October event offering health and wellness information for seniors. In 2019, combined with hospital Health Fair. Cancelled in 2020 and 2021 due to COVID-19.

Elder Services of Nantucket

Sheri Hunt, Director, 144 Orange Street, 508-228-4647

Fitness/Exercise

- Indoor Walking Club at the Boys & Girls Club mid-October to mid-May, 10:00-11:00 a.m. daily. Just show up. Call the Saltmarsh 508-228-4490 for updates during COVID-19.
- Low-impact aerobics, non-impact aerobics, stability/strength training, kettle bell, tai chi, Saltmarsh Center (check calendar)

Food, Fuel and Rental Assistance and Medical Travel Assistance

Janis Carreiro, Executive Director, nffra@assistanantucket.org, 508-901-1320. See separate listings for **Food Assistance, Fuel Assistance, Rental Assistance, Medical Travel Assistance.**

Flu Shot Clinic

For seniors 65+, Sept. 25, 2021, 10:00 a.m.-1:00 p.m. NCH Anderson Bldg; appointments required, call 508-228-4490.

Food Assistance

- Meals on Wheels, Elder Services of Nantucket, Sheri Hunt, Director, 508-228-4647
- Food Pantry, 10 Washington Street, open Tuesday and Thursday 4:00-6:00 p.m., 508-228-7438. Delivery for eligible seniors and disabled people; emergency deliveries available.

Fuel Assistance

For qualifying renters and homeowners who apply under the Federal Low-Income Home Energy Assistance Program or the Salvation Army Home Energy Program. Also assist non-qualifying residents with emergency fuel until a permanent budget arrangement can be secured. From Nov. 1 - April 30 each year. For information, application or interview, www.assistanantucket.org, 508-901-1320 or contact Sheri Hunt at Elder Services, 508-228-4647.

Grief Counseling – See Palliative & Supportive Care

Health & Wellness

Health & Wellness Clinic at Saltmarsh Center once a month – check blood pressure, answer general health questions (suspended during COVID-19)

Hearing Care

- Suzanne Capra, once a month, 508-760-1835 for appointment
- Shawn Woodbrey, At Home Hearing Healthcare Cape Cod, once a month, 508-228-4490 for appointment

Home Care & Respite Care

- Elder Services of Cape Cod and the Islands (not-for-profit). To qualify, individuals must be 60 or older, meet financial eligibility and have specific unmet care needs. Nantucket office 508-228-4647

Home Care & Respite Care (continued)

- Visiting Nurses Association of Cape Cod (not-for-profit) – skilled care for patients recovering from surgery or dealing with terminal illness. Skilled nursing, physical therapy, occupational therapy, social workers, home health aides, as well as hospice care. Medicare/Medicaid certified; accepts most insurance. www.vnacapecod.org, 800-631-3900
- FCP Live-in (private, for-profit) – specializes in assisted living care in your home. info@fcplivein.com, 877-887-2273

The following agencies provide private, for-profit home care services, including homemakers, home health aides, nurses' aides, live-in caregivers and companions:

- Anodyne Homemaker Services Corp., 800-442-5581
- Nantucket Home Health Care, 508-221-0871
- Best of Care, www.bestofcareinc.com, 774-325-5617

Housing for Seniors

- Academy Hill apartments (some affordable) 508-228-3170
- Landmark House (affordable) 508-228-6888
- Miacomet Village (affordable) 508-228-0296
- Sherburne Commons 508-228-4080
- The Homestead 508-228-1135

Indoor Walking Club: At the Boys & Girls Club October 15 through May 14, 10:00-11:00 a.m. daily. Just show up. Call Saltmarsh 508-228-4490 for updates during COVID-19.

Information & Referral: Elder Services of Cape Cod & the Islands 800-244-4630

Isle Return Program – See Safety

Legal Assistance/Legal Aid:

- Legal Services of Cape Cod & the Islands, once a month, 508-775-7020 for appointment
- Free legal advice from elder law attorney Arthur Bergeron. Call Saltmarsh 508-228-4490 for 20-minute session via phone or Zoom.

Library Services

For low vision patrons, the Atheneum lends talking book players to try, then assists in getting a free player and downloading talking book cartridges. For this and other services for homebound seniors, call Gillian Lewis, 508-228-1110 ext. 121 or email glewis@nantucketatheneum.org

Long-Term Care Screening

Elder Services of Cape Cod and the Islands, Kelly King-Briggs, RN, 508-394-4630 or 800-244-4630 x219.

Meals

- Congregate Lunch Monday-Friday, provided by Elder Services, Saltmarsh Center, noon-1:00 p.m., call 508-228-4647 for reservation (suspended during COVID-19)
- Meals on Wheels – call Elder Services of Nantucket, 508-228-4647 for information.
- Men's Breakfast – last Friday of every month at 8:00 a.m. except June/July/Aug., \$3.00 per person, 508-228-4490 for reservation (suspended during COVID-19)

Meals (continued)

- Saltmarsh Dinner – 3rd Monday of each month at 5:00 p.m. except June/July/Aug. & holidays. \$5.00 suggested donation. Call 508-228-4490 for reservation (suspended during COVID-19)
- Special themed meals announced periodically at the Saltmarsh Center (check calendar)

Medical Travel Assistance

For off-island travel. To apply: www.assistanantucket.org or email adminassistant@assistanantucket.org

Mental Health Counseling

- Fairwinds Counseling Center treats everybody regardless of ability to pay, 508-228-2689 24/7
- See Nantucket phone directory for private mental health practitioners under **Counselors** and **Psychologists**

Money Management

Assistance with paying bills, money management. Elder Services of Cape Cod and the Islands, 800-244-4630 x 510

Nantucket Center for Elder Affairs (NCEA)

Private non-profit friends organization that owns the Saltmarsh building. Advocates on behalf of Nantucket's senior citizens and raises funds to support the center's facility, health/fitness, recreational, educational and social programs. See also **Senior Center**.

Nursing Home

Our Island Home, 9 East Creek Road, a 45-bed skilled nursing facility with Medicare and Medicaid certified inpatient services, geriatric education and outreach programming, 508-228-0462

Nutrition Program – See Meals

Palliative & Supportive Care

Specialized physical, psychological, social and spiritual care for persons with life-threatening illness and their families. www.pascon.org, 508-825-8325

Pets for Seniors

Nantucket Safe Harbor for Animals (NISHA), 508-825-2287

Physical Therapy

- Manning & Associates Physical Therapy, 19 Amelia Drive, 508-228-8122
- NCH Sports Medicine and Physical Therapy Associates, 6 Bayberry Court, 508-825-8191

Property Tax Work-off Program

Volunteer work program for eligible senior property owners to reduce property taxes. Applications available at Human Services Dept., 131 Pleasant St.

Protective Services

24/7 help for anyone 60+ who has been abused, neglected, exploited or who is at risk. 800-922-2275 (press 4) to report elder abuse.