

Recreation/Culture

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

Remain @ Home Help - See Home Care & Respite Care

Rental Assistance

2 Madaket Road, email ffra@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., 508-228-7263 to register

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.

Senior Information

Saltmarsh monthly newsletter (hardcopy & electronic) & weekly emails. 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, 508-548-7999

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.

SHINE (Serving the Health Information Needs of Elders)

Help with health insurance questions by appointment, 508-228-4490, or drop in Thursdays 11:00 a.m.-2:00 p.m. at the Saltmarsh Center.

Social Events

Saltmarsh Center. 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, 1-866-467-0440. Falmouth office, 48 Research Road, 1-855-881-0212. 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. Appointments every other Friday, 508-825-8191 for info or appointment.

Tech Instruction/Assistance

- iPhone help Tuesdays 11:00-noon at the Saltmarsh Center. Drop in.
- Internet instruction Fridays 10:30-noon at the Saltmarsh Center

Telephone Reassurance - See Safety

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

Van Transportation - See Transportation Assistance

Veterans Services

- Nantucket VFW, 22 New South Road, office hours Thursdays 8:30-12:15 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 Saltmarsh Center.
- Volunteer opportunities for seniors are periodically advertised in the Saltmarsh monthly newsletter (see **Senior Information**).

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 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/Dementia Information

- Know the 10 Signs of Alzheimer's - periodic presentation at Saltmarsh Center, 508-228-4490 for info
- ALZ Meetup - third Thursday each month 2:00-3:00 p.m., Nantucket Atheneum Gallery, 617-393-2100 to register

Arts/Crafts/Homemaking/Technology

Art classes, beading, cooking, iPhone help, internet instruction at Saltmarsh Center (check schedule)

Caregiver Support/Assistance

Palliative & Supportive Care of Nantucket (PASCON), 508-825-8325

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. at the Saltmarsh Center.

Elder Abuse Hotline 800-922-2275, press 4

Elder Care Planning & Management

TUCKed In Eldercare tailors assistance to seniors and their families. Erin Kopecki, LNHA, CMC, 508-577-5057, www.tuckedineldercare.com

Elder Expo

Annual October event offering health and wellness information for seniors. In 2019, combined with hospital Health Fair.

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.
- Low-impact aerobics, non-impact aerobics, stability/strength training, kettle bell, tai chi, Zumba, Saltmarsh Center (check calendar)

Food, Fuel & Rental Assistance

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

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.assistnantucket.org, 508-901-1320.

Grief Counseling - See Palliative & Supportive Care

Health & Wellness

Health & Wellness Clinic at Saltmarsh Center once a month with Ella Finn, RN, check blood pressure, answer general health questions

Health Benefits Counseling - See SHINE

Hearing Care

- Suzanne Capra, once a month, 508-760-1835 for appointment
- Shawn Woodbrey, Hearing Healthcare Cape Cod, once a month, 508-228-4490 for appointment
- Romana Bertrand, Miracle Ear, 2nd Wednesday each month, Sherburne Commons, call 508-228-4080 for appointment

Home Care & Respite Care

- Elder Services of Nantucket, Sheri Hunt, Director, 508-228-4647. For elders and their spouses who are no longer independent but wish to remain in their homes.
- Nantucket Home Health Care, Inc. provides personalized assistance, including qualified hourly and live-in nurses, certified nursing assistants, home health aides and companions. Alice Daniels, owner/director 508-221-0871 or nantuckethomehealthcare.com
- Anodyne Homemaker Services Corp. provides home health aides, certified nursing assistants, homemakers, chore workers, errand/appointment escorts, companions/respite providers and live-in caregivers, 800-442-5581, www.anodyne-services.com
- VNA of Cape Cod provides a variety of services to keep you safe, healthy and independent in your own home, 1-800-631-3900, www.vnacapecod.org

Housing for Seniors

- Academy Hill apartments 508-228-3170
- Landmark House 508-228-6888
- Miacomet Village 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.

Information & Referral: Elder Services of Cape Cod & the Islands 1-800-244-4630

Isle Return Program - See Safety

Legal Assistance/Legal Aid: Legal Services of Cape Cod & the Islands, once a month, 508-775-7020 for appointment

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 gilewis@nantucketatheneum.org

Long-Term Care Screening

Elder Services of Nantucket, Sheri Hunt, Director, 144 Orange Street, 508-228-4647

Meals

- Congregate Lunch Monday-Friday, Saltmarsh Center, noon-1:00 p.m., call 508-228-4647 for reservation
- Meals on Wheels - call Elder Services of Nantucket, 508-228-4647 to qualify. Menus available at www.nantucket-ma.gov/732/Saltmarsh-Senior-Center
- 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

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.
- Special themed meals announced periodically at the Saltmarsh Center (check calendar)

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 (ESCCI) 1-800-244-4630 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 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. Dianne Bein, MSN, FNP-BC, ACHPN, Director and nurse practitioner. www.pascon.org, 508-825-8325

Pets for Seniors

Senior pet advocate and Instagrammer (@wolfgang2242) Steve Greig, Nantucket Safe Harbor for Animals (NISHA), 508-825-2287

Property Tax Work-off Program

Volunteer work program for eligible senior property owners to reduce property taxes. Applications available at the Saltmarsh Center September 1.

Protective Services

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

Ramps, Portable

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