

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)

Recreation/Culture

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

Rental Assistance

Email nffra@assistanantucket.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
- SafetyNet by Lojack to find/rescue individuals with cognitive disorders, registration form at islereturnprogram.com/registration.php or call 877-434-6384 Monday - Friday 8:00 a.m. - 6:00 p.m., Saturday 9:00 a.m. - 5:00 p.m.
- Isle Return Program for those at risk of wandering, registration form at islereturnprogram.com/registration.php

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, call 988 24/7/365 or 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 with host elder law attorney Arthur Bergeron. 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.

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 - See Computer Assistance

Telephone Reassurance - See Safety

Transportation Assistance

Your Island Ride provides door-to-door service to eligible seniors and persons with disabilities, 508-325-7516 to qualify and for trip requests. nrtawave.com/SpecialServices for more info.

Van Transportation - See Transportation Assistance

Veterans Services

- Nantucket VFW, 22 New South Road, 508-228-8608
- Hyannis VA Clinic, 508-771-3190; mental health care 401-273-7100 x1745
- Veterans Crisis Line, 800-273-8255

Wheelchair Rentals

- Manual wheelchairs - Nantucket Pharmacy, 508-228-0180, or Dan’s Pharmacy, 508-825-9100
- Motorized scooter - Dan’s Pharmacy, 508-825-9100
- Motorized wheelchair (not available on Nantucket) - Westgate Home Medical Equipment, Hyannis, 508-775-3339

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>

Your first call for a mental health crisis:

Fairwinds Crisis Response Team, 24/7/365, 508-221-3315

SERVICES LISTED IN ALPHABETICAL ORDER:

Arts/Crafts/Homemaking/Technology

Art classes, crafting, cooking, tech clinic at Saltmarsh Center (check schedule)

Caregiver Support/Assistance

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

Computer Assistance

Register for the tech clinic at the Saltmarsh Center, 508-228-4490

Council on Aging

Town appointed board that identifies the needs of Nantucket’s seniors, 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 tailors assistance to seniors and their families. Erin Lynch, LNHA, CMC, MS, 508-991-1214, www.tuckedinelldercare.com

Elder Services of Nantucket

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

Fire Prevention/Smoke Alarms

Generation Safe program by Nantucket Fire Dept. provides safety inspections of eligible seniors' homes for the purpose of smoke and CO detection, 508-228-2324, ext. 3

Fitness/Exercise

- Indoor Walking Club at the Boys & Girls Club mid-October to mid-May, Tuesdays and Thursdays, 10:00-11:00 a.m. except holidays and school vacations. Just show up.
- Low-impact aerobics, non-impact aerobics, yoga, tai chi, Saltmarsh Center (check calendar)

Food, Fuel & Rental Assistance

Janis Carreiro, Executive Director, nffra@assistanantucket.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 through Thursday 3:00-6:00 p.m., 508-228-7438. Delivery for eligible seniors and disabled people; emergency deliveries available.
- Congregate Lunch Monday-Friday, Saltmarsh Center, noon-1:00 p.m., call 508-228-4490 for reservation. \$4.00 suggested donation

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, nffra@assistanantucket.org, 508-901-1320.

Games - See Recreation/Culture

Grief Counseling - See Palliative & Supportive Care

Health & Wellness

Erin Schrader, Public Health Nurse, available monthly at the Saltmarsh to take blood pressure and answer questions about medications, vaccines, etc. Check Saltmarsh calendar or email Erin at eschrader@nantucket-ma.gov

Health Fair

Annual fall event co-sponsored by Nantucket Cottage Hospital, Council on Aging and Nantucket Center for Elder Affairs, includes health and wellness information for seniors.

Health Insurance

SHINE (Serving the Health Insurance Needs of Everyone) provides free unbiased information and guidance once a month. For appointment, 508-228-4490.

Hearing Care

- Vilma Haddad, once a month, 508-255-1285 for appointment
- Shawn Woodbrey, Hearing Healthcare Cape Cod, once a month, 508-228-4490 for appointment
- Ross Bowser, Miracle Ear, visits Sherburne Commons, call 508-258-5183 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 Medical 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 - See Fitness/Exercise

Information & Referral: Elder Services of Cape Cod and the Islands, 508-228-4647

Isle Return Program - See Safety

Legal Assistance/Legal Aid

- Free initial legal consultation from elder law attorney Arthur Bergeron. Call Saltmarsh 508-228-4490 for appointment.
- South Coastal Counties Legal Services visits Nantucket the first Thursday of each month to provide free civil legal services to low-income and elderly residents. Call 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 Annye Camara, 508-228-1110 ext. 123.

Long-Term Care Screening

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

Meals - See Food Assistance

Medical Travel Assistance

For qualifying low-middle income residents who have to travel off island for medical appointments, 508-901-1320. To apply email nffra@assistanantucket.org

Mental Health Counseling

- Fairwinds Counseling Center treats everyone regardless of ability to pay. Monday-Friday 8:00 a.m.-7:00 p.m. For non-urgent appointment, 508-228-2689
- Fairwinds Crisis Response Team for mental health assessments and evaluations, treatment planning and placement recommendations, stabilization support and grief counseling, mobile, 24/7, 508-221-3315
- Addiction Solutions of Nantucket when drug or alcohol use is an issue, 774-563-1907
- LGBT National Help Center offers support daily during scheduled hours for issues related to challenges and distress about sexual identity, for all ages and orientations, 888-843-4564
- National Suicide and Crisis Lifeline any time night or day for someone, or concerned loved ones, contemplating harming themselves, call or text 988
- See Nantucket phone directory for private mental health practitioners under **Counselors**, **Psychologists** or **Psychiatrists**

Money Management

Assistance with paying bills, money management. Elder Services of Cape Cod and the Islands (ESCCI), 1-800-244-4630 ext 510

Music / Sing-a-long

Jazz, folk, favorites with Paul Connors. Check Saltmarsh schedule.

Nantucket Center for Elder Affairs (NCEA) / Friends of Nantucket Seniors

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. <https://friendsofnantucketseniors.org>. 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. Deborah M. Dolan, RN, BSN, MSN, CRNP, ACHPN, director and nurse practitioner. www.pascon.org, 508-825-8325

Pets for Seniors

Nantucket Safe Harbor for Animals (NISHA) has several programs for seniors, including covering one-time or short-term medical costs; a pet food pantry; and home visits by trained, certified teams and their animals. www.nishanimals.org for more info or call 508-825-2287