



Cape Cod Senior Resource Guide

2023/2024 EDITION

Dedicated to serving the Seniors throughout the Cape Cod region.



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Tying All the Pieces Together

Cape Cod Senior Resource Group is made up of business professionals dedicated to serving the senior population on Cape Cod. We believe in “Community over Competition,” which means we work together to help fulfill the needs of the elderly population in our area.

OUR MISSION

Cape Cod Senior Resource Group is an organization of caring professionals who are dedicated to serving seniors in the Cape Cod region. Our mission is to connect with one another, collaborate on ideas, and provide valued and trusted resources and referrals for seniors in our community.

HOW TO BECOME A MEMBER

Any person, business or organization supporting or serving the aging population on Cape Cod can go to our website ccsrg.org and follow the “CCSRG Members.”

ADDITIONAL COPIES

The Cape Cod Senior Resource Guide is available for FREE at most gathering places for seniors, or go to our website and use the “Contact Us” form: ccsrg.org

HIGHLIGHTED LISTINGS

Listings in bold and that are otherwise highlighted are key sponsors of the Cape Cod Senior Resource Group.

Featured

★ **Business Name**
phone
website

Promotional

★ **Business Name**
phone
website

Plus

Business Name
phone
website

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LOCAL AGENCIES & SUPPORT

DEMENTIA CAREGIVER TRAINING & SUPPORT

Alzheimer's Association

800-272-3900
info@alz.org
alz.org

Alzheimer's Family Support Center

508-896-5170
info@capecodalz.org
alzfamilysupport.org

★ Bridges by Epoch at Mashpee

462 Old Barnstable Road
Mashpee, MA 02649
508-477-0043
capecodmemorycare@
bridgesbyepoch.com

Dementia & Alzheimer's Support Program CCHC Neuroscience Institute

774-552-6080
dementiainfo@capecodhealth.org
capecodhealth.org/dementia-support

DAY PROGRAMS

Alzheimer's Family Support Center

508-896-5170
info@capecodalz.org
alzfamilysupport.org

Dennis Center for Active Living

1045 Route 134
South Dennis, MA 02660
508-385-5067
dcalcapecod.org

★ Harbor Point at Centerville

22 Richardson Road
Centerville, MA 02632
508-778-2311
tlabonte1@benchmarkquality.com
harborpointatcenterville.com

Rock Harbor Respite

150 Rock Harbor Road
Orleans, MA 02653
508-255-6333 ext. 19
mcecchi@town.orleans.ma.us
town.orleans.ma.us/233/rock-harbor-
respite—supportive-day-pro

COUNCILS ON AGING / ACTIVE LIVING CENTERS

Barnstable Adult Community Center

825 Falmouth Road/Rte. 28
Hyannis, MA 02601
508-862-4750
kelly.howley@town.barnstable.ma.us
seniors.town.barnstable.ma.us

Bourne Council on Aging

Bourne Veterans Memorial
Community Building
239 Main Street

Buzzards Bay, MA 02532
508-759-0653
doliviere@townofbourne.com
townofbourne.com/council-on-aging

Brewster Senior Center

1673 Main Street, Brewster, MA 02631
508-896-2737
ecutler@brewster-ma.gov
brewster-ma.gov/council-on-aging

Councils on Aging / Active Living Centers (continued)

Chatham Senior Center

193 Stony Hill Road, Chatham, MA 02633
508-945-5190
chatham-ma.gov/527/council-on-aging

Dennis Center for Active Living

1045 Route 134, South Dennis, MA 02660
508-385-5067
dcalcapecod.org

Eastham Senior Center

1405 Nauset Road, P.O. Box 1203
North Eastham, MA 02651
508-255-6164
eastham-ma.gov/418/senior-center

Elder Services of Cape Cod & Islands, Inc.

508-394-4630
info@escci.org
escci.org

Falmouth Senior Center

John DeMello Senior Center

300 Dillingham Avenue
Falmouth, MA 02540
508-540-0196
falmouthma.gov/444/
senior-services-senior-center

Harwich Community Center

100 Oak Street, Harwich, MA 02645
508-430-7550
harwich-ma.gov/council-on-aging

Martha's Vineyard Edgartown Council on Aging

P.O. Box 1295, 10 Daggett Street
Edgartown, 02539
508-627-4368
edgartowncoa.com/about

Martha's Vineyard

21 Wamsutta Avenue
Oak Bluffs, MA 02557
508-693-4509
oakbluffsma.gov/152/council-on-aging

Martha's Vineyard

Tisbury Senior Center
34 Pine Tree Road, P.O. Box 1239
Vineyard Haven, MA 02568
508-696-4205
tisbury-ma.gov/council-aging

Mashpee Council on Aging

26 Frank E. Hicks Drive
Mashpee, MA 02649
508-539-1440
coadirector@mashpeema.gov
mashpeema.gov/council-aging

Nantucket Saltmarsh Senior Center

81 Washington Street
Nantucket, MA 02554
508-228-4490
nantucket-ma.gov/732/
saltmarsh-senior-center

Orleans Senior Center

150 Rock Harbor Road
Orleans, MA 02653
508-255-6333
town.orleans.ma.us/220/
council-on-aging-senior-center

Provincetown Grace Gouveia Building

26 Alden Street, Provincetown, MA 02657
508-487-7080
chottle@provincetown-ma.gov
provincetown-ma.gov/72/
council-on-aging

Sandwich Council on Aging

270 Quaker Meetinghouse Road
East Sandwich, MA 02537
508-888-4737
coa@sandwichmass.org
sandwichmass.org/274/
council-on-aging

Truro Community Center

7 Standish Way, North Truro, MA 02652
508-487-1632
truro-ma.gov/council-on-aging

Wellfleet Adult Community Center

715 Old King's Highway
Wellfleet, MA 02667
508-349-2800
wellfleet-ma.gov/wellfleet-
adult-community-center

Yarmouth Senior Center

528 Forest Road, Yarmouth, MA 02664
508-394-7606
yarmouth.ma.us/309/senior-services

PLANNING

LIFE CARE/GERIATRIC CARE CASE MANAGERS

Answers for Elders

781-974-7474
bcannon@answersforelders.net
answersforelders.net

Case Management Professionals

508-771-1075
cmpcapecod@gmail.com
cmpcapecod.com

★ Comfort Keepers of the South Shore, Cape & Islands

508-746-4800
receptionck430@comfortkeepers.com
comfortkeepers.com/offices/
massachusetts/plymouth

Community Alliance Resource for Elders (CARE)

Marleen Spengler, MBA, BS,
RN, Gero-BC
617-645-4122
m_spengler@yahoo.com

★ Grace Life Care, Inc.

508-888-2898
kerry@gracelifecare.com
gracelifecare.com

★ LifeCare Advocates

617-928-0200
info@lcadvocates.com
lcadvocates.com

SENIOR LIVING ADVISORS

2Sisters Senior Living Advisors

617-701-7007
info@2sisters-sla.com
2sisters-sla.com

Assisted Living Locators of Southeastern Massachusetts

508-681-3016
stevec@assistedlivinglocators.com
assistedlivinglocators.com/semass

★ Oasis Senior Advisors - Plymouth, Cape Cod, and the Southcoast

Jim Monti / Owner
617-235-5817
jmonti@youroasisadvisor.com
Alan Lappas / Local Advisor
Alappas@youroasisadvisor.com
OasisSeniorAdvisors.com/Plymouth-
Cape-Cod-Southcoast/

ESTATE PLANNING & LEGAL SERVICES

Bourget Law Group, LLC

194 Old Main Road, North Falmouth
765 West Main St, Hyannis 02601
508-548-1875
cbourget@bourgetlawgroup.com
bourgetlawgroup.com

Cape Cod Elder Law Associates, P.C.

5 Main Street
Cotuit, MA 02635
774-790-3050
admin@ccelderlaw.com
ccelderlaw.com

Planning & Legal (continued)

Case Estate Law, P.C.

1645 Falmouth Road, Suite 1E
Centerville, MA 02632
508-790-3050
info@caseestatelaw.com
caseestatelaw.com

Chamberlain Law Group LLP

Mary Chamberlain
99 Willow Street
Yarmouth Port, MA 02675
508-362-6262
mchamberlain@
chamberlainlawgroup.com

★ Falco & Associates, P.C.

1436 MA-132 Suite A
Hyannis, MA 02601
617-472-3341
falcoandassociatespc.com

Law Office of Karen Weston Hanesian, Esq.

889 West Main Street
Hyannis, MA 02601
508-790-4326
elderlaw@khanesianlaw.com
khanesianlaw.com

FINANCE & INSURANCE

★ Bessette Financial

508-775-5510
bill@bessettefinancial.com
bessettefinancial.com

★ Ellen Connors Shamrock Home Loans

617-750-5266
ellen.connors@shamrockhomeloans.com
shamrockhomeloans.com/lo/
ellen-connors
reversemortgage.org/lenders/ellen-
connors

Deb Ford, New York Life

508-367-0061
dford@ft.newyorklife.com

Laura McDowell-May, P.C.

567A Main Street, Dennis, MA 02638
508-385-9009
508-385-9664 (fax)
laura@lmmmpc.com
miriam@lmmmpc.com
lmmmpc.com

★ Sabrina Ramsey Kane, Attorney at Law

411 Main Street, Building 5, Unit A
Yarmouth Port, MA 02675
508-694-9201
sabrina@attorneykane.com
attorneykane.com

★ Surprenant & Beneski, P.C.

336 South Street
Hyannis, MA 02601, 508-994-5200
info@nbelderlaw.com
myfamilyestateplanning.com

Kelley Hill, Medicare Specialist Serving Seniors and Veterans

774-722-7687
kelley@kelleyhill.org

★ Senior Bill Pay LLC

833-4-BILLPAY
508-419-6559
mike@seniorbillpayllc.com
info@seniorbillpay.com

Cole Tobin, New York Life

774-205-0775
ctobin02@ft.newyorklife.com
newyorklife.com

MEMBERS CARE

HOME HEALTH AGENCIES

Amada Senior Care South Shore and Cape Cod

508-809-4055
beth.r@amadaseniorcare.com
amadasouthshore.com



Ann's Guardian Angels, Inc.

508-782-8682
neale13@gmail.com
annsguardianangels.com



Bayada Home Healthcare

508-778-8100
ckinahan@bayada.com
hyaoffice@bayada.com
bayada.com



★ Cahoon Care Associates LLC

781-659-1877
allan@cahooncare.com
cahooncare.com



Cape Senior Home Healthcare

508-459-5735
support
@capeseniorhomehealthcare.com
capeseniorhomehealthcare.com



Caretenders

508-759-3539
clare.donovan@lhcgroupp.com
lhcgroupp.com/locations/
caretenders-of-bourne



★ Centerwell Home Health

508-888-2932
joanneburbank@
centerwellhomehealth.com
patricia.binder@
centerwellhomehealth.com
centerwellhomehealth.com



ComForCare Home Care of Cape Cod & Southcoast

508-209-5714
dschreiner@comforcare.com
comforcare.com/massachusetts/
capecod
comforcare.com/massachusetts/
south-coast



Comfort Keepers of the South Shore, Cape & Islands

508-746-4800
receptionck430@comfortkeepers.com
comfortkeepers.com/offices/
massachusetts/plymouth



FCP LIVE IN

508-208-8524
lorraine.hansen@fcplivein.com
liveinhomecare.com



★ Guided Living Senior Home Care

508-927-1213
care@guidedlivingcare.com
guidedlivingcare.com



★ Home Instead Cape Cod

508-778-8613
joe.bazzinotti@homeinstead.com
homeinstead.com/location/214



Home to Stay

508-362-3300
hometostay@comcast.net
hometostayllc.com



North River Home Care

508-833-1366
info@northriverhc.com
northriverhc.com



Our Care In-Home Services, LLC

Lovine Reid, 774-368-4797
lovine.reid@ourcareinhome.com
ourcareinhome.com



Home Health Agencies (continued)

Patterson Place Home Care

508-221-5612
alafen1@yahoo.com
pattersonplacehomecare.com



TLC Home Health Care Services, Inc.

508-775-3042
rebeccatlc@comcast.net
tlchomehealthcare.org



Privatus Care Solutions

508-419-7970
sarah.scott@privatuscare.com
privatuscare.com



TLC Private Home Care

508-303-3956
tlcprivatehomecare1@gmail.com
tlcprivate.com



★ Professional Care Match, LLC

833-726-2824
info@professionalcarematch.com
professionalcarematch.com



Traditions Home Health Services

617-376-3711
barbara.dixon@traditionshhs.com
www.traditionshhs.com



Professional Nurse and Home Care of Cape Cod

Ellen Massa, RN, BSN, 508-385-1855
ermassa@yahoo.com
pnhccc.com



★ Visiting Nurse Association of Cape Cod

508-957-7400
gmazar@capecodhealth.org
capecodhealth.org/vna



Seventh Homecare LLC

877-657-3836
info@seventhhomecare.net
seventhhomecare.net



Visiting Rehab & Nursing Services

877-242-8771
info@visitingrehabservices.com
vrnshh.com



HOSPICE

Beacon Hospice an Amedisys Company

508-778-1622
nancy.reynolds@amedisys.com
amedisys.com

★ Visiting Nurse Association of Cape Cod

508-957-7400
gmazar@capecodhealth.org
capecodhealth.org/vna

Continuum Hospice and Palliative Care

774-552-4031
jilldubois@continuumhospice.com
continuumhospice.com

★ McCarthy Care Center

73 Service Road
East Sandwich, MA 02537
capecodhealthcare.org

RESIDENTIAL LIVING

Adviniacare The Woodlands IL AL SN
 120 Woodlands Way
 Brewster, MA 02631
 508-240-1990
 limprescia@adviniacare.com
 adviniacare.com/
 adviniacare-the-woodlands

All American Assisted Living at Wareham AL MC
 300 Rosebrook Way
 Wareham, MA 02571
 774-678-0513
 Imorison@allamericanatwareham.com
 allamericanatwareham.com

Allerton House at Central Park IL AL
 43 School House Road
 Weymouth, MA
 781-335-8666
 allertonhouseweymouth.com

Allerton House at Harbor Park IL AL
 15 Conditto Road
 Hingham, MA 02043
 781-749-3322
 allertonhousehingham.com

Atria Senior Living IL AL MC
 339 Gifford Street
 Falmouth, MA 02540
 508-540-1600
 michael.scarpellini@atriaseniorliving.com
 atriaseniorliving.com/retirement-communities/atria-woodbriar-falmouth-ma/

Benchmark at Plymouth Crossings AL MC
 157 South Street
 Plymouth, MA 02360
 508-830-4744
 cvillano@benchmarkquality.com
 plymouthcrossings.com

★ **Bridges® by EPOCH Memory Care Assisted Living** IL MC
 462 Old Barnstable Road
 Mashpee, MA 02649
 508-477-0043
 capecodmemorycare@bridgesbyepoch.com
 bridgesmashpee.com

★ **Cape Cod Senior Residences** IL AL
 100 Dr. Julius Kelley Lane
 Bourne, MA 02559
 mlebrun@slr-usa.com
 seniorlivingresidences.com/
 communities/cape-cod-assisted-living

Decatur House IL AL
 176 Main Street
 Sandwich, MA 02563
 508-888-6404
 decatur@decaturhouse.com
 decaturhouse.com

Duxbury House Memory Care AL
 298 Kingstown Way
 Duxbury, MA 02332
 781-694-2205
 duxburyhouse.com

★ **Harbor Point at Centerville** MC
 22 Richardson Road
 Centerville, MA 02632
 508-778-2311
 tlabonte1@benchmarkquality.com
 harborpointatcenterville.com

Heritage at Falmouth, Cape Cod Healthcare AL SN
 140 Ter Heun Drive
 Falmouth, MA 02540
 508-495-1518
 mcorriveau@capecodhealth.org
 capecodhealth.org/heritageatfalmouth

Residential Living (continued)

★ **Laurentide at Mashpee Commons Senior Living Community** IL AL MC
 24 Great Neck Road,
 South Mashpee, MA 02649
 508-539-1300
 jennifer@laurentidemashpeecommons.com
 northbridgecommunities.com/
 laurentide-at-mashpee-commons

★ **Maplewood at Brewster** IL AL MC
 820 Harwich Road
 Brewster, MA 02631
 774-323-3983
 drivers@maplewoodsl.com
 maplewoodseniorliving.com/brewster

★ **Maplewood at Mayflower Place** IL SN
 579 Buck Island Road
 West Yarmouth, MA 02673
 508-790-0200
 drivers@maplewoodsl.com
 maplewoodseniorliving.com/west-yarmouth-massachusetts

★ **Maplewood at Mill Hill Residence** AL MC
 164 MA-28, West Yarmouth, MA 02673
 774-470-5174
 drivers@maplewoodsl.com
 maplewoodseniorliving.com/mill-hill

The Victorian Assisted Living AL
 389 Orleans Road
 North Chatham, MA 02650
 508-945-1211
 stefaniemurray@broadreachhealth.org
 broadreachhealth.org

The Village at Duxbury IL AL
 290 Kingstown Way
 Duxbury, MA 02332
 781-585-2334
 villageatduxbury.com

★ **Thirwood Place** IL AL
 237 North Main Street
 South Yarmouth, MA 02664
 508-398-8006
 info@thirwoodplace.com
 thirwoodplace.com

Village at Proprietors Green IL AL
 10 Village Green Way
 Marshfield, MA 02050
 781-834-7885
 proprietorsgreen.com

55+ COMMUNITIES

Everleigh Cape Cod IL
 265 Communication Way
 Barnstable, MA
 508-418-9000
 everleighcapecod@greystar.com
 liveeverleigh.com/communities/hyannis

60+ COMMUNITIES

Wise Living Yarmouth IL AL
 822 Route 28
 South Yarmouth, MA
 508-760-4585
 cleblanc@wiseliving.com
 rentwiseliving.com

HOSPITAL, MEDICAL & SKILLED NURSING FACILITIES

SKILLED NURSING FACILITIES

HOSPITALS / MEDICAL

Cape Cod Hospital
27 Park Street
Hyannis, MA 02601
508-771-1800
capecodhealthcare.org

Falmouth Hospital
100 Ter Heun Drive
Falmouth, MA 02540
508-548-5300
capecodhealthcare.org

**Spaulding Rehabilitation Hospital
Cape Cod**
311 Service Road
East Sandwich, MA 02537
508-833-4000
spauldingrehab.org/locations/
cape-cod-rehabilitation-hospital

★ **Vibra Hospital of
Southeastern Massachusetts**
4499 Acushnet Avenue
New Bedford, MA 02745
508-688-7630
jscorzelli@vhmass.com
vhmass.com

PRIMARY CARE

Boston Senior Medicine
781-635-5414
rveraguas@
team@bostonseniormedicine.com
bostonseniormedicine.com

Functional Medicine Collaborative
508-258-5923
info@fxmed.me
fxmed.me

Vantage Healthcare
978-290-9847
pyates@vantagehcs.com
myvantagehcs.com

Bourne Manor
146 MacArthur Blvd.
Bourne, MA 02532
508-759-8880
gblackwell@integritus1.org
bournemanor.org

**Cape Heritage Rehabilitation
& Health Care Center**
Dutch Hayward, Administrator
37 Route 6A
Sandwich, MA 02563
508-888-8222
admissionsassist
@capeheritagerhcc.com
administrator
@capeheritagerhcc.com
capeheritagerehab.com

**Mayflower Place Skilled Nursing
and Rehabilitation Center**
579 Buck Island Road
West Yarmouth, MA 02673
508-957-7007
drivers@maplewoodsl.com
maplewoodseniorliving.com/west-
yarmouthmassachusetts/
care-options/skilled-nursing

Royal Cape Cod
8 Lewis Point Road
Buzzards Bay, MA 02532
855-275-3286
508-815-7496
elmedeiros@royalhealthgroup.com
royalhealthgroup.com

Royal Megansett
209 County Road
North Falmouth, MA 02556
855-275-3286
508-815-7496
elmedeiros@royalhealthgroup.com
royalhealthgroup.com

Royal Nursing Center
359 Jones Road
Falmouth, MA 02540
855-275-3286
508-815-7496
elmedeiros@royalhealthgroup.com
royalhealthgroup.com

Royal of Cotuit
Elena Medeiros
161 Falmouth Road
Mashpee, MA 02649
855-275-3286
508-815-7496
elmedeiros@royalhealthgroup.com
royalhealthgroup.com

**The Pavilion Rehabilitation and
Nursing Center**
876 Falmouth Road
Hyannis, MA 02601
508-775-6663
jwilliams@pavilionnsg.com
mbenoit@pavilionnsg.com
pavilionnsg.com

The Terraces Orleans
60 Daleys Terrace
Orleans, MA 02653
508-255-2328
kblake@theterracesorleans.com
theterracesorleans.com

GENERAL RESOURCES

MEDICAL SUPPLIES

★ **Oakley Home Access**
508-269-9227
melissa@oakleyhomeaccess.com
oakleyhomeaccess.com

REALTORS

Above & Beyond Senior Solutions
781-798-2911
abseniorsolution@gmail.com

★ **Gervais Group – Keller Williams Realty Cape Cod**
508-737-6732
dangervais@kw.com
capecod.realestate

Leon Merian Group
781-258-7418
leon.merian@compass.com
listingwithleon.com

RE/MAX Real Estate Center
Sandra Smith
508-415-0509
ssmithrealtor1@gmail.com
sandrasellsrealty.com

Sotheby's International Realty
Stacie Kapulka, Realtor
445 Main Street
Falmouth, MA 02540
508-560-9490
stacie.kapulka@sir.com
staciesellscapecod.com

OTHER SUPPORT SERVICES

blu bhodi
508-262-1202
hello@blubhodi.com
blubhodi.com

Cape Cod Healing Transformations
508-280-2006
kristine@capecodhealingtransformations.com
healingtransformations.com

Cape Cod Wellbeing
508-335-5524
sfernald57@gmail.com

★ **Functional Living Concepts**
508-566-8034
f.monahan@functionallivingconcepts.com
functionallivingconcepts.com

Gadgets Made EaZy
508-717-7777
sarah@gadgetsmaadeazy.com
gadgetsmaadeazy.com

MEMBERSHIP SERVICE PARTNERS

EF Senior Care
617-702-2644
kmarcimo@efseniorcare.com
efseniorcare.com

Vantage Healthcare
978-290-9847
pyates@vantagehcs.com
myvantagehcs.com

Peak Performance Consultants
617-633-3943
mjcarlton@verizon.net
peakperformtraining.com

NOTES

SOCIAL SERVICES & INFORMATION

Alcoholics Anonymous
508-775-7060

**Alzheimer's Family
Support Center**
508-896-5170

**Caregiver Homes Cape Cod
& the Islands**
1-866-797-2333

Cape Cod Council of Churches
508-775-5073

**Cape Cod Healthcare
Information Line**
877-227-3263

★ **Cape Concierge Physical Therapy**
508-648-0276
capeconciergept@gmail.com
capeconciergept.com

Cape Cod Times Needy Fund
508-778-5661

Cape Mediation
508-240-1717
capemediation.org

**Cape Organization for Rights
of the Disabled (CORD)**
508-775-8300

Consumer Assistance Council
508-771-0700

**Dementia & Alzheimer's Support
Program CCHC Neuroscience
Institute**
774-552-6080

Elder Abuse Hotline
1-800-922-2275

**Elder Services of Cape Cod
& the Islands**
508-394-4630
800-244-4630

Functional Living Concepts
508-566-8034
f.monahan@
functionallivingconcepts.com

Gadgets Made EaZy
508-717-7777
sarah@gadgetsmaadeeasy.
gadgetsmaadeeasy.com

Hard of Hearing Services
508-775-8300
800-541-0282

Housing Assistance Corp.
508-993-6140

**Jewish Federation
Community Services**
508-778-5589

Samaritans of Cape Cod
800-893-9900

SHINE
Health Information for Seniors
508-375-6762

Sight Loss Services
508-394-3904
800-427-6842
info@sightloss.org



For the most up-to-date listings
visit CCSRG.org