

Cape Cod Senior Resource Guide

2024/2025 EDITION



Dedicated to serving seniors
throughout the Cape Cod region.

Find and Share this Directory Online at www.CCSRG.org



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 senior 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 instructions under “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. There is also an electronic version of this guide on our website.

HIGHLIGHTED LISTINGS

Listings appear first and that are otherwise highlighted are key supporters of the Cape Cod Senior Resource Group.

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Featured	Promotional	Plus
★ Business Name phone website	★ Business Name phone website	Business Name phone website

LOCAL AGENCIES & SUPPORT

Elder Services of Cape Cod & Islands, Inc.
508-394-4630
800-244-4630
info@escci.org
escci.org

Elder Services of Cape Cod & Islands, Inc is a nonprofit, community-based organization dedicated to promoting welfare, enhancing the quality of life, and maintaining the dignity of elders in Barnstable, Dukes, and Nantucket Counties. The organization acts as a central source for information and referral, as an advocate, collaborator, and catalyst, as a coordinator of services and care, as an educator, and as a provider of direct services. Elder Services is the local Aging Services Access Point and Area Agency on Aging.

DAY PROGRAMS

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

Alzheimer's Family Support Center
In Brewster & Cape Cod Mall
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

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

COUNCIL ON AGING/ACTIVE LEARNING CENTER

Barnstable Adult Community Center
825 Falmouth Road
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

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

Council on Aging/Active Learning Center (continued)

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

Falmouth Senior Center
780 Main Street, 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, MA 02539
508-627-4368
edgartowncoa.com/about

Martha's Vineyard Center for Living
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-on-aging

Mashpee Council on Aging
26 Frank E. Hicks Drive
Mashpee, MA 02649
508-539-1440
coadirector@mashpeema.gov
mashpeema.gov/council-on-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 Council on Aging
2 Mayflower Street
Provincetown, MA 02657
508-487-7080
chottle@provincetown-ma.gov
provincetown-ma.gov/72/
council-on-aging

Sandwich Center for Active Living
70 Quaker Meetinghouse Road
Sandwich, MA 02563
508-888-4737
coa@sandwichmass.org
sandwichmass.org/274/
council-on-aging

Truro Council on Aging Recreation 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

CAREGIVER TRAINING & SUPPORT

★ Bridges by Epoch at Mashpee

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

Careforth Caregiver Support Services

774-434-5426
lgaulin@careforth.com
careforth.com

Alzheimer's Association

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

Alzheimer's Family Support Center

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

American Parkinson's Disease Association - Falmouth Support Group

617-645-4122
m_spengler@yahoo.com
apdama@apdaparkinson.org
apdaparkinson.org/community/
massachusetts/

Dementia & Alzheimer's Support Program CCHC Neuroscience Institute

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

Compassionate Care - ALS Falmouth

508-444-6775
info@ccals.org
ccals.org

PLANNING

ESTATE PLANNING & LEGAL SERVICES

★ Cape Cod Elder Law Associates, P.C.

5 Main Street
Cotuit, MA 02635
774-602-5056
admin@ccelderlaw.com
ccelderlaw.com

★ Surprenant & Beneski, P.C.

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

★ Lannik Law, LLC

Mashpee Commons
2 Oak Street, Suite 202
Mashpee, MA 02649
508-444-9445
susana@lanniklaw.com
lanniklaw.com

Bourget Law Group, LLC

194 Old Main Road
North Falmouth, MA 02556
508-548-1875
cbourget@bourgetlawgroup.com
bourgetlawgroup.com

Estate Planning & Legal Services (continued)

Case Estate Law, P.C.

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

Law Office of Karen Weston Hanesian, Esq.

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

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

Laura McDowell-May, P.C.

567A Main Street, Dennis, MA 02638
508-385-9009

FINANCIAL & INSURANCE

★ Bessette Financial

Bill Bessette - Financial Advisor and
LTC Insurance Agent
508-775-5510
bill@bessettefinancial.com
bessettefinancial.com

econnors@shamrockcmg.com
cmghomeloans.com/mysite/
ellen-connors
reversmortgage.org/lenders/
ellen-connors

★ Buckley Financial & Insurance Services

We help our clients sell their
unwanted life insurance for cash.
Seth J. Buckley, CFP, CLU, CHFC,
MSFS, AEP, TEP
617-922-2043
508-392-9823

★ Senior Bill Pay LLC

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

BPS Financial Service

Chris Shea, CPFA® Financial Advisor
and Fit-to-Retire Coach
781-733-5996
Office: 310-529-1946
sheac@ceteranetworks.com
fittoretire.com/chris-shea

★ Deb Ford, New York Life

Financial Professional, Registered
Representative and Insurance Agent
508-367-0061
dford@ft.newyorklife.com

Kelley Hill, Medicare Specialist Serving Seniors and Veterans

774-722-7687
kelley@kelleyhill.org
kelleyhill.org

LIFE CARE/GERIATRIC CARE CASE MANAGERS

★ **Comfort Keepers of the South Shore, Cape & Islands**
508-746-4800
receptionck430@comfortkeepers.com
comfortkeepers.com/offices/massachusetts/plymouth

★ **Back Nine Nurses**
508-737-4277
Kristen Hyde, Co-Founder
RN, BSN, CGCM, CDP,
Deborah O'Kelly, Co-Founder
RN, BSN, CGCM, CDP
info@backninenurses.com
backninenurses.com

★ **Grace Life Care, Inc.**
508-888-2898
kerry@gracelifecare.com
gracelifecare.com

★ **Reliable RN**
Kath King, RN
Founder & Director
978-394-1231
kath@reliablern.com
reliablern.com

Answers for Elders
781-974-7474
bcannon@answersforelders.net
answersforelders.net

Cape Health Advocacy
774-205-0108
capecodhealthadvocacy@gmail.com
capehealthadvocacy.com

Case Management Professionals
508-771-1075
cmpcapecod@gmail.com
cmpcapecod.com

Alzheimer's Family Support Center
508-896-5170
info@capecodalz.org
alzfamilysupport.org

Community Alliance Resource for Elders (CARE)
Marleen Spengler, MBA, BS,
RN, Gero-BC
617-645-4122
m_spengler@yahoo.com

Horizons Geriatric Care Management
508-693-1123
sandie@horizongeriatrics.com
horizonsgeriatrics.com

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

Tucked In Elder Care
508-577-5057
erin@tuckedineldercare.com
tuckedineldercare.com

HOME CARE & HOSPICE

HOME HEALTH AGENCIES

- ★ **Bayada Home Health** M NM MC
508-778-8100
hyvoffice@bayada.com
tthacher@bayada.com
bayada.com
- ★ **Bayada Home Health** M NM MC
508-778-8100
hyvoffice@bayada.com
tthacher@bayada.com
bayada.com
- ★ **ComForCare Home Care of Cape Cod & Southcoast** M NM
508-209-5714
dschreiner@comforcare.com
comforcare.com/massachusetts/capecod
comforcare.com/massachusetts/south-coast
- ★ **Cape Senior Home Healthcare** NM
508-459-5735
support
@capeseniorhomehealthcare.com
capeseniorhomehealthcare.com
- ★ **Comfort Keepers of the South Shore, Cape & Islands** M NM
508-746-4800
receptionck430@comfortkeepers.com
comfortkeepers.com/offices/massachusetts/plymouth
- ★ **Home Instead Cape Cod** NM
508-778-8613
joe.bazzinotti@homeinstead.com
homeinstead.com/location/214
- ★ **Privatus Care Solutions** M NM
508-419-7970
sarah.scott@privatuscare.com
privatuscare.com
- ★ **Perfect Care Match** NM
833-726-2824
info@perfectcarematch.com
perfectcarematch.com
- ★ **Relief Home Health** M MC
508-827-7954
inquiries@reliefhhs.com
reliefhhs.com
- ★ **TLC Private Home Care** M NM
508-303-3956
jicchese@tlcprivate.com
tlcprivate.com
- ★ **Ann's Guardian Angels, Inc.** NM
508-782-8682
neale13@gmail.com
annsguardianangels.com
- ★ **Visiting Nurse Association of Cape Cod** M MC
508-957-7400
mpayne@capecodhealth.org
capecodhealthcare.org/vna
- ★ **Cahoon Care Associates LLC** M NM
781-659-1877
allan@cahooncare.com
cahooncare.com
- ★ **Best of Care** M
800-310-5800
info@bestofcareinc.com
- ★ **Centerwell Home Health** M MC
508-888-2932
joanne.burbank@centerwellhomehealth.com
- ★ **Compass Points Home Health Care** M
508-246-8927
compasspointshhcservices@gmail.com
compasspointshomehealthcare.com

Home Health Agencies (continued)

Professional Nurse and Home Care of Cape Cod

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

M

Meridian

774-237-0140
info@meridiancapecod.com
meridiancapecod.com

M MC

Silver Linings Home Care

508-815-2310
tania@silverliningshomecare.com
silverliningshomecare.com

NM

North River Home Care

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

NM

Visiting Rehab & Nursing Services

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

M MC

Our Care In-Home Services, LLC

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

NM

Patterson Place Home Care

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

NM

Amada Senior Care South Shore and Cape Cod

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

NM

Seventh Homecare LLC

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

NM

Blue Hills Therapeutics, Inc.

888-619-7836
bluehillstherapeutics.org

Caretenders

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

M MC

TLC Home Health Care Services, Inc.

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

M NM

Traditions Home Health Services

617-376-3711
traditionshhs.com

M NM

FCP LIVE IN

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

NM

Webster Home Care

508-771-0893
info@websterhc.com
websterhc.com

NM

Guided Living Senior Home Care

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

NM

Home to Stay

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

NM

HOSPICE

★ Caring Hospice

508-450-2050
bsoares@caringhospice.com
caringhospice.com

★ Visiting Nurse Association of Cape Cod

508-957-7400
mpayne@capecodhealth.org
capecodhealthcare.org/vna

Beacon Hospice an Amedisys Company

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

Continuum Hospice and Palliative Care

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

Gentiva Hospice

774-205-2842
margaret.fuller@gentivahs.com
gentivahs.com

Broad Reach Hospice

508-945-4601
info@broadreachhealth.org
broadreachhealth.org

McCarthy Care Center

800-978-0838
73 Service Road
East Sandwich, MA 02537
capecodhealth.org

RESIDENTIAL LIVING

★ Bridges[®] by EPOCH Memory Care Assisted Living

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

MC

★ Decatur House

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

IL AL

★ Laurentide at Mashpee Commons Senior Living Community

64 Great Neck Road South
Mashpee, MA 02649
508-539-1300
jennifer@
laurentidemashpeecommons.com
northbridgecommunities.com/
laurentide-at-mashpee-commons

IL AL MC

★ Harbor Point at Centerville

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

MC

★ Royal Megansett Apartments

209 County Road
North Falmouth, MA 02556
508-563-4019
nmckay@royalhealthgroup.com
royalhealthgroup.com

IL SN

★ Maplewood at Brewster

820 Harwich Road, Brewster, MA 02631
774-323-3983
drivers@maplewoodsl.com
maplewoodseniorliving.com/brewster

IL AL MC

Residential Living (continued)

★ **Maplewood at Mayflower Place**

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

★ **Maplewood at Mill Hill Residence**

164 MA-28 AL MC
West Yarmouth, MA 02673
774-470-5174
drivers@maplewoodsl.com
maplewoodseniorliving.com/mill-hill

★ **Sunrise at Plymouth Beach**

97 Warren Ave., Plymouth, MA 02360 AL MC
508-746-9733
sunriseseniorliving.com/
communities/ma/sunrise-
of-plymouth-beach?utm_
source=directory_listings

★ **Thirwood Place**

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

Atria Senior Living

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

Cape Cod Senior Residences

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

Laurelwood at The Pinehills

10 Golf Drive, Plymouth, MA 02360 IL AL MC
508-927-6346
brenda@
laurelwoodatthepinehills.com
laurelwoodatthepinehills.com

The Terraces Orleans

60 Daley Terrace IL
Orleans, MA 02653
508-255-2328
kblake@theterracesorleans.com
theterracesorleans.com

The Village at Duxbury

290 Kingstown Way IL AL
Duxbury, MA 02332
508-878-6700
781-585-2334
villageatduxbury.com

Advinia Care The Woodlands

120 Woodlands Way AL MC
Brewster, MA 02631
limprescia@adviniacare.com
adviniacare.com/adviniacare-
the-woodlands

All American Assisted Living at Wareham

300 Rosebrook Way
Wareham, MA 02571
774-678-0513
lmorison@allamericanatwareham.com
allamericanatwareham.com

Allerton House at Central Park

43 School House Road IL AL
Weymouth, MA 02188
781-335-8666
allertonhouseweymouth.com

Allerton House at Harbor Park

15 Condito Road, Hingham, MA 02043 IL AL
781-749-3322
allertonhousehingham.com

Residential Living (continued)

Benchmark at Plymouth Crossings

157 South Street AL MC
Plymouth, MA 02360
508-830-4744
mlundholm@benchmarkquality.com
plymouthcrossings.com

Brookdale Cape Cod

790 Falmouth Rd., Hyannis, MA 02601 AL MC
508-790-7666
mhillyard1@brookdale.com
brookdale.com/en/communities/
brookdale-cape-cod.html?cid=yext

Duxbury House Memory Care

298 Kingstown Way MC
Duxbury, MA 02332
781-694-2205
duxburyhouse.com

Everleigh Cape Cod

265 Communication Way IL 55+
Barnstable, MA 02601
508-418-9000
everleighcapecod@greystar.com
liveeverleigh.com/
communities/hyannis

Heritage at Falmouth, Cape Cod Healthcare

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

The Victorian Assisted Living

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

Village at Proprietors Green

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

Wise Living Yarmouth

822 Route 28, South Yarmouth, MA 60+
508-760-4585
info@wiseliving.com

HOSPITAL, MEDICAL & SKILLED NURSING FACILITIES

HOSPITALS / MEDICAL

Beth Isreal Deaconess Hospital Plymouth

275 Sandwich Street
Plymouth, MA 02360
508-746-2000

Cape Cod Hospital

27 Park Street
Hyannis, MA 02601
508-771-1800
capecodhealth.org

Falmouth Hospital

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

Tobey Hospital

43 High Street
Wareham, MA 02571
508-295-0880

NATUROPATHIC MEDICINE

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

CRITICAL CARE, LTAC, SPECIALTY & ACUTE REHAB

★ **Vibra Hospital of Southeastern Massachusetts** L A

4499 Acushnet Avenue
New Bedford, MA 02745
508-995-6900
jscorzelli@vhmass.com
vhmass.com

★ **Cape Concierge Physical Therapy**

508-648-0276
capeconciiergept@gmail.com
capeconciiergept.com

Encompass Health Rehabilitation Hospital of Braintree A

250 Pond Street, Braintree, MA 02184
781-348-2500

Hebrew Rehabilitation Hospital L

1200 Centre Street, Boston, MA 02131
617-363-8000

Lemeul Shattuck Hospital L

170 Morton Street
Jamaica Plain, MA 02130
617-522-8110

PAM Health Specialty Hospital of Stoughton L

909 Sumner Street
Stoughton, MA 02072
781-297-8200

Spaulding Rehabilitation Hospital Boston A

300 1st Avenue, Charlestown, MA 02129
617-952-5000

Spaulding Rehabilitation Hospital Cambridge L

1575 Cambridge Street
Cambridge, MA 02138
617-876-4344

Spaulding Rehabilitation Hospital Cape Cod A

311 Service Road
East Sandwich, MA 02537
508-833-4000

Whittier Rehabilitation Hospital - Bradford L A T

145 Ward Hill, Bradford, MA 01835
978-372-8000

Whittier Rehabilitation Hospital - Westborough L A T

150 Flanders Road
Westborough, MA 01581
508-870-2222

SKILLED NURSING FACILITIES

★ **Royal Cape Cod**

8 Lewis Point Road
Buzzards Bay, MA 02532
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

Skilled Nursing Facilities (continued)

★ **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
508-563-5913
elmedeiros@royalhealthgroup.com
royalhealthgroup.com

★ **The Pavilion Rehabilitation and Nursing Center**

876 Falmouth Road
Hyannis, MA 02601
508-775-6663
jwilliams@pavilionnsg.com
pavilionnsg.com

★ **Broad Reach Liberty Commons**

390 Orleans Road
North Chatham, MA 02650
508-945-4611
stefaniemurray@broadreachhealth.org
BroadReachHealth.org

★ **Mayflower Place Skilled Nursing and Rehabilitation Center**

579 Buck Island Road
West Yarmouth, MA 02673
508-957-7007
dfollett@maplewoodsl.com
maplewoodseniorliving.com/west-yarmouthmassachusetts/care-options/skilled-nursing

The Terraces Orleans

60 Daley Terrace
Orleans, MA 02653
508-255-2328
kblake@theterracesorleans.com
theterracesorleans.com

Advinia Care Pleasant Bay Nursing and Rehab Center

383 S. Orleans Road
Brewster, MA 02631
508-240-3500
adviniacare.com

Advinia Care Seashort Pointe

100 Alden Street, Unit 216
Provincetown, MA 02657
508-487-0771
adviniacare.com

Bourne Manor Extended Care

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

Cape Heritage Rehabilitation & Health Care Center

37 Route 6A
Sandwich, MA 02563
508-888-8222
admissionsassist@capeheritagerhcc.com
administrator@capeheritagerhcc.com
capeheritagerehab.com

Cape Regency Rehabilitation & Health Care Center

120 S Main Street
Centerville, MA 02632
508-778-1835
info@caperegencyrhcc.com
caperegency.com

Our Island Home

9 E Creek Road
Nantucket, MA 02554
508-228-0462
nantucket-ma.gov/Our-Island-Home

Skilled Nursing Facilities (continued)

RegalCare at Harwich
111 Headwaters Drive
Harwich, MA 02645
508-430-1717
msecala@regalcare.com
regalcareharwich.com

Rosewood Manor
671 Main Street
Harwich, MA 02645
508-432-0135
rosewoodmanorcapecod.com

JML Care Center
184 Ter Heun Drive
Falmouth, MA 02540
508-457-4621
capecodhealth.org

**Windsor Skilled Nursing
and Rehab Center**
265 N. Main Street
South Yarmouth, MA 02664
508-394-3514
windsorskillednursing.org

MEDICAL & URGENT CARE CENTERS

Bourne Urgent Care
1 Trowbridge Road
Buzzards Bay, MA 02532
508-743-0322

**Cape Cod Healthcare
Urgent Care - Falmouth**
273 Teaticket Highway
Falmouth, MA 02536
508-495-8000

**Cape Cod Healthcare
Urgent Care - Harwich**
525 Long Pond Drive
Harwich, MA 02645
508-430-3330

**Cape Cod Healthcare
Urgent Care - Hyannis**
1220 Route 132
Hyannis, MA 02601
508-862-7900

**Cape Cod Healthcare
Urgent Care - Orleans**
42 MA-6A
Orleans, MA 02653
508-957-9270

**Cape Cod Healthcare
Urgent Care - Osterville**
770 Main Street
Osterville, MA 02655
508-957-9290 (seasonal May - Sept.)

**Cape Cod Healthcare
Urgent Care - Sandwich**
2 Jan Sebastian Drive
Sandwich, MA 02563
508-833-2639

Cape Cod Medical Center
65 Route 134
South Dennis, MA 02660
508-394-7113

Carewell Urgent Care
Route 134 - Patriots Square
South Dennis, MA 02660
508-694-7901

**Community Health
Center - Bourne**
123 Waterhouse Road
Bourne, MA 02532
508-477-7090

**Community Health
Center - Centerville**
1185B Falmouth Road
Centerville, MA 02632
508-477-7090

**Community Health
Center - N. Falmouth**
200 + 210 Jones Road
N. Falmouth, MA 02540
508-477-7090

Medical & Urgent Care Centers (continued)

**Community Health
Center - Mashpee**
107 Commercial Street
Mashpee, MA 02649
508-477-7090

**Community Health
Center - Sandwich**
90 Rte. 6A, Unit 5A
Sandwich, MA 02563
508-477-7090

Falmouth Urgent Care
273 Route 28
Falmouth, MA 02536
508-495-8000

**Harbor Community
Health Center - Hyannis**
735 Attucks Lane
Hyannis, MA 02601
508-778-5420

**Harwich Port Community
Health Center**
710 Route 28
Harwich Port, MA 02646
508-432-1400

**Osterville Medical/McGraw
Medical Complex**
770 Main Street
Osterville, MA 02655
508-957-9270

**Outer Cape Health
Services - BIDMC**
49 Harry Kemp Way
Provincetown, MA 02657
508-487-9395

**Outer Cape Health Services -
Wellfleet Health Center**
3130 Route 6
Wellfleet, MA 02667
508-349-3131

Rogers Outpatient Center
5 Industrial Drive
Mashpee, MA 02649
508-477-4282

Stoneman Outpatient Center
2 Jan Sebastian Way (Rte. 130)
Sandwich, MA 02563
508-833-2639

GENERAL RESOURCES

MEDICAL SUPPLIES & HOME MODIFICATION

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

Independence Home HealthWares
23 Whites Path
South Yarmouth, MA 02664
508-394-1375
foleymedical.com

Home Service Maxx
info@homeservicemaxx.com
homeservicemaxx.com
508-776-9831

Mr. Grab Bar
508-274-5174
mrgrabbarcc@gmail.com

Totally Mobile
508-888-9433
mlbmobility.com
masa.totallymobile@gmail.com

**West Gate Home Medical
Equipment**
87 Enterprise Road
Hyannis, MA 02601
508-775-3339
westgatehme.com

OTHER SUPPORT SERVICES

Gadgets Made EaZy

508-717-7777

sarah@gadgetsmaadeazy.com
gadgetsmaadeazy.com

Peaceful Place Home Organizing and Transitions

508-246-7866

julie@peacefulplaceorganizers.com
peacefulplaceorganizers.com

Wellness Together... A Path to Healthy Aging

Health and Wellness Coaching

508-241-4447

capelady1@gmail.com

caperrault.wixsite.com/website

blu bhodi - Sauna Bar

508-262-1202

hello@blubhodi.com

blubhodi.com

Cape Cod Home Delivery (Food)

508-398-8710

Cape Cod Wellbeing

508-335-5524

sfernald57@gmail.com

Functional Living Concepts

508-566-8034

Just In Case Solutions - Guide Book

781-248-7417

justincasesolutions@yahoo.com

justincasesolutions.com

Nauset Neighbors

508-514-7067

Peaceful Pursuits - Susan Lee Nolan

508-237-5972

Serene Transitions

617-320-4464

MENTAL HEALTH SERVICES

Baycove

833-229-2683

Cape & Islands Cognitive Behavioral Institute

508-457-3160

Cape Cod Human Services

508-790-3360

Community Health Center of Cape Cod

508-477-7090

Duffy Health Center

508-771-9599

NAMI-National Alliance Mental Illness

508-778-4277

nami.org

Northeast Health Services

508-862-0514

VETERAN'S SERVICES

Cape and Islands Veterans Outreach Center

247 Stevens Street, Suite E.

Hyannis, MA 02601

508-778-1590

capeveterans.com

Cape Cod Veterans Inc.

P.O. Box 81

Dennis Port, MA 02639

508-240-7342

capeveterans.com

Hyannis VA Clinic

233 Stevens Street

Hyannis, MA 02601

508-771-3190

va.gov

SSVF (Supportive Services for Veteran Families)

Cape Cod Veterans Inc.

508-488-8347

nechv.org/programs-and-service/
supportive-services-for-veteran-
families-ssvf/

US Vet Center

474 W. Main Street

Hyannis, MA 02601

508-778-0124

friendsofthecapecodvetcenter.org

Veteran Service Department

66 Falmouth Road

Hyannis, MA 02601

508-778-8740

capevets.org

TRANSPORTATION & BUS SERVICES

★ Prime Medical Transport

508-258-3787

info@primemedtransport.com

primemedtransport.com

BHT Bus

(Direct service to
14 Boston hospitals)

800-352-7155

capecodrta.org

Cape Cod Ambulance Services

508-775-0494

Cape Cod Wheelchair Transit Reservations

508-775-2066

CCRTA/B Bus/DART

800-352-7155

Alternate number: 508-385-1430

capecodtransit.com

Coastal Medical Transportation

(Wheelchair and walk-on
transportation)

508-694-6687

cmtsma.com

SENIOR LIVING ADVISORS

★ **Assisted Living Locators of Southeastern Massachusetts**
508-681-3016
stevec@assistedlivinglocators.com
assistedlivinglocators.com/semass

★ **Back Nine Nurses**
508-737-4277
Kristen Hyde, Co-Founder
RN, BSN, CGCM, CDP,
Deborah O'Kelly, Co-Founder
RN, BSN, CGCM, CDP
info@backninenurses.com
backninenurses.com

★ **Oasis Senior Advisors - Plymouth, Cape Cod, and the Southcoast**
Jim Monti / Owner
617-235-5817
jmonti@youroasisadvisor.com
oasissenioradvisors.com/plymouth-cape-cod-southcoast/

2Sisters Senior Living Advisors
617-701-7007
info@2sisters-sla.com
2sisters-sla.com

REALTORS

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

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

Compass
Kim Canducci, Realtor
617-688-2899
kimberlee.canducci@compass.com
kimcanducci.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

Foran Realty, Inc.
Denise Kopasz SRES, CHP, ePro
508-367-4890
4550 State Highway, Route 6
N. Eastham, MA 02651
kopasz/dkopasz@foranrealty.com
capecodproperties.com/denise

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

SOCIAL SERVICES & INFORMATION

Alcoholics Anonymous
508-775-7060

Alzheimer's Association
800-272-2900

American Parkinson's Disease Association-Falmouth Support Group
617-645-4122

Alzheimer's Family Support Center
508-896-5170

Cape Cod Council of Churches
508-775-5073

Cape Cod Healthcare Information Line
877-227-3263

Cape Cod Pride, INC.
508-283-0855
pam@capecodpride.org
capecodpride.org

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

Cape Wellness Collaborative
774-408-8477

Commission for the Blind
508-993-6140
800-989-4411

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

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

Homeless Prevention Council
508-255-9667

Housing Assistance Corp.
508-771-5400

Jewish Federation Community Services
508-778-5589

Lower Cape Outreach Council
508-240-0694

Parish Nurse Ministries
508-771-1106

Samaritans of Cape Cod
800-893-9900

Saint Vincent De Paul
508-432-0650

SHINE Health Information for Seniors
508-375-6762

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

The Fleet Fund
info@fleetfund.org



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