

Barnstable County CARE Guide

Community Access to Resources and Education



2023

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TABLE 1: BARNSTABLE COUNTY REGIONAL EMERGENCY PLANNING COMMITTEE

<https://www.capecod.gov/departments/health-environment/programs-services/emergency-planning/>

TABLE 2: FAMILY RESOURCE CENTERS

Name	Contact Information	Notes
CAPE COD FAMILY RESOURCE CENTER	<p>(508) 815-5100 29 Bassett Lane Hyannis, MA 02601</p> <p>https://capecodfamilyresourcecenter.org/</p> <p>Outpatient mental health services: (508) 862-0600</p> <p>https://familycontinuity.org</p>	<ul style="list-style-type: none"> • The Family Resource Center supports families when they have a crisis or need help. • Child and family support and counseling, basic needs, education, application for public assistance • Outpatient mental health services
MONOMOY EARLY CHILDHOOD FAMILY RESOURCE CENTER	<p>(508) 430-7216 x4044 Harwich Elementary School, 263 South Street email lgilmore@monomoy.edu</p> <p>https://www.monomoy.edu/Page/2997</p>	<ul style="list-style-type: none"> • Office hours by appointment • Satellite of Cape Cod Children's Place • Access to free food and nutrition education • Access to free infant and toddler clothing and diapers • Early education and care tuition assistance • Early literacy Book Bag Lending Library

TABLE 3: FOOD

Name	Contact Information	Notes
CAPE COD COOPERATIVE EXTENSION	<p>(508) 375-6944</p> <p>Andrea Marczely</p> <p>Food Access Coordinator</p> <p>andrea.marczely@barnstablecounty.org</p> <p>https://www.capecod.gov/departments/cooperative-extension/programs/nutrition-education-food-safety/food-access-resources/</p>	<ul style="list-style-type: none"> This is an exceptional team providing numerous services to the communities of Barnstable County FOOD ACCESS RESOURCE GUIDE(including pantry locations): https://www.capecod.gov/wp-content/uploads/2022/03/Food-Resource-Guide-March-2023.pdf <p>*REFER TO GUIDE linked above for Pantries throughout the Cape (updated monthly)</p>
DEPARTMENT OF TRANSITIONAL ASSISTANCE	<p>(877) 382-2363</p> <p>https://www.mass.gov/snap-benefits-formerly-food-stamps</p>	<ul style="list-style-type: none"> Monday – Friday, 8:15 AM – 4:45 PM Apply online https://dtaconnect.eohhs.mass.gov/ for SNAP benefits
FAMILY PANTRY OF CAPE COD	<p>(508) 432-6519</p> <p>133 Queen Anne Road</p> <p>Harwich MA</p> <p>www.Thefamilypantry.com</p> <p>New client forms available online to download</p>	<ul style="list-style-type: none"> Eligibility based on USDA poverty guidelines; ID and residence verification required. Open for client visits on the following days and times: <ul style="list-style-type: none"> Tuesday: 10:00 AM – 3:30 PM Wednesday: 10:00 AM – 12:00 PM Thursday: 10:00 AM – 7:00 PM Saturday: 9:00 AM – 12 PM Provides groceries every 10 days Each client is allowed to select the products that he or she wants.

		<ul style="list-style-type: none"> • Large selection of healthy foods including frozen meats, cheese, eggs, fresh produce as well as the canned and packaged food products. • Clothing “boutique” on site • *The Family Pantry also has a mobile pantry truck, "Healthy Meals in Motion Mobile Pantry," that delivers groceries to seniors or individuals/families unable to leave the home. The pantry truck currently serves Brewster, Chatham, Eastham, Provincetown, and Dennis. *
HEART TO HOME MEALS	(508) 658-3000 https://hearttohomemeals.com	<ul style="list-style-type: none"> • Home meal delivery for seniors in Massachusetts • Private pay, no subscription or delivery fees • Delivery to Barnstable County on Mondays • Place order by 2:00 PM Friday
MOM’S MEALS	(877) 508-6667 https://www.momsmeals.com/our-programs/ltss-hcbss	<ul style="list-style-type: none"> • Serves nationwide. • 8:00 AM – 5:00 PM • *Delivery available • Mom’s Meals Long Term Services and Support/Home and Community Based Services Program provides refrigerated, home-delivered meals to the elderly, disabled, and individuals in poor health, who are eligible for economic assistance through Medicaid Waiver or other government-funded nutrition programs.
PROJECT BREAD’S FOODSOURCE HOTLINE	(800) 645-8333 https://www.projectbread.org/get-help	<ul style="list-style-type: none"> • Monday-Friday 8 AM – 7 PM; Saturday 10:00 AM – 2:00 PM • Provides free, expert assistance in understanding what programs are out there to help you go beyond just making ends meet, stretch your food budget, and reliably feed yourself or your family.

THE 246 KITCHEN	246 Main St Wellfleet, MA 02667 Info@246kitchen.org	Hot dinner served on Tuesdays 4 AM – 6 PM October through April.
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TABLE 4: HEALTHCARE

Name	Contact Information	Notes
CAPE COD HEALTHCARE	(844) 275-2242 https://www.capecodhealth.org	<ul style="list-style-type: none"> • Cape Cod Hospital 27 Park Street Hyannis MA • Falmouth Hospital 100 Ter Heun Drive Falmouth MA • Multiple urgent care and laboratory service sites (see links below) <p>Urgent & Primary Care locations: https://www.capecodhealth.org/locations/search-results/?displayName=urgent+care&sort=13&page=1</p> <p>Laboratory Services locations: https://www.capecodhealth.org/locations/search-results/?displayName=lab&sort=13&page=1</p>
CAREWELL URGENT CARE	(978) 704-8033 484 Route 134 Patriot Square South Dennis MA 02660 https://www.carewellurgentcare.com/centers/south-dennis/	<ul style="list-style-type: none"> • Urgent care and walk in services • Open daily 8:00 AM - 8:00 PM

<p>COMMUNITY HEALTH CENTER OF CAPE COD</p>	<p>(508) 477-7090 107 Commercial Street Mashpee, MA 0264</p> <p>https://chcofcapecod.org/</p>	<ul style="list-style-type: none"> • Primary Care, SmartExam, Women's Health, Walk-In Care, Dental, Pharmacy, Optometry, Behavioral Health, Substance Use Disorders, Telehealth and Insurance Enrollment • Multiple locations Bourne, Centerville, Falmouth, Mashpee, Sandwich https://chcofcapecod.org/locations/
<p>DUFFY HEALTH CENTER</p>	<p>(508) 771-9599 94 Main Street Hyannis, MA 02601</p> <p>www.duffyhealthcenter.org</p>	<ul style="list-style-type: none"> • Primary and preventive care, Women's health services, Chronic disease management, Support managing gender affirming hormone therapy, Hepatitis C and HIV treatment and prevention, Chiropractic services, Referrals to specialists, Nutritional education and counseling, Shared medical appointments, Care coordination. • Portuguese speakers on site
<p>ELLEN JONES COMMUNITY DENTAL CENTER</p>	<p>(508) 778-5400 Patriot Square 513 Route 134 South Dennis, MA 02660</p> <p>https://www.hhsi.us/locations/ellen-jones-community-dental-center/</p>	<ul style="list-style-type: none"> • Hours: Monday, Wednesday, Friday 8:00 AM - 4:30 PM Tuesday, Thursday 8:00 AM - 8:00 PM Every other Saturday 8:00 AM - 12:30 PM • Accepts Mass Health, Health Safety Net, most insurances, sliding scale fees for uninsured

HARBOR COMMUNITY HEALTH CENTER	<p>(508) 778-5420 735 Attucks Ln Hyannis, MA 02601</p> <p>https://www.hhsi.us/locations/harbor-community-health-center-hyannis/</p>	<ul style="list-style-type: none"> • Medical care, social services, health insurance enrollment or payment plan • Appointments by video, phone, and in-person • Dental services • Food assistance/ SNAP. On site food pantry. Contact Camila Barbosa directly at (508) 778-5413. • Pharmacy on site • PreP, HIV prevention and support • Spanish and Portuguese language services
HEALTH IMPERATIVES	<p>(509) 711-8010 1019 Iyannough Rd Hyannis MA 02601</p> <p>https://healthimperatives.org/hyannis/</p>	<ul style="list-style-type: none"> • Sexual and reproductive health • WIC Nutrition Assistance • Healthy Families- home visits, parent coaching, parenting education, and resources to young people up to age 26. By appointment (508) 540-2968
OUTER CAPE HEALTH SERVICES	<p>(508) 432-1400 710 MA-28, Harwich Port, MA</p> <p>(508) 487-9395 49 Harry Kemp Way Provincetown, MA 02657</p> <p>(508) 349-3131 3130 Route 6 Wellfleet, MA 02667</p> <p>outercape.org</p>	<ul style="list-style-type: none"> • Medical care, behavioral health, health insurance enrollment • WIC office onsite at Harwich location, Orleans, Eastham and Provincetown by phone <p>https://www.outercape.org/services/women-infants-children-wic-food-nutrition/</p>

VISITING NURSE ASSOCIATION OF CAPE COD (DIVISION OF CAPE COD HEALTHCARE)	<p>(800) 631-3900</p> <p>25 Communication Way</p> <p>Hyannis, MA 02601</p> <p>Health & Wellness: (508) 957-7423</p> <p>https://www.capecodhealth.org/medical-services/visiting-nurse-association/public-health-wellness/</p> <p>Hospice/Palliative Care: (800) 978-0838, (508) 957-7710</p> <p>https://www.capecodhealth.org/medical-services/visiting-nurse-association/hospice-palliative-care/</p>	<ul style="list-style-type: none"> • Home health care • Hospice and palliative care • Bereavement Support groups- downloadable schedule on webpage • Public Health and Wellness- downloadable schedule of activities on webpage
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TABLE 5: HOUSING, RENT, AND MORTGAGE ASSISTANCE

Name	Contact Information	Notes
CHAMP	<p>https://publichousingapplication.ocd.state.ma.us/</p> <p>(866) 483-6445</p>	<ul style="list-style-type: none"> • Common Housing Application for Massachusetts Programs • Apply for state-aided public housing and the Alternative Housing Voucher Program (AHVP)
CHAMP HOMES	<p>(508) 771-0885</p> <p>82 School Street</p> <p>Hyannis, MA 02601</p> <p>https://www.champhomes.org/</p>	<ul style="list-style-type: none"> • Provides transitional housing to adults on Cape Cod who are homeless or near homeless in a safe, compassionate, respectful environment with assistance in providing life skills, mentoring, vocational opportunities and self-advocacy.

HARWICH ECUMENICAL COUNCIL FOR HOUSING	<p>(508) 432-0015 120 Route 28, 3rd Floor P.O. Box 638 West Harwich, MA 02671</p> <p>https://www.hech.org/</p>	<ul style="list-style-type: none"> • HECH has developed affordable housing providing both rental and homeownership opportunities to stabilize Cape communities. • Today, HECH self-manages a portfolio of 50 rental units • Administers rental assistance programs funded by local municipalities; • Oversees town funded housing rehabilitation programs for emergency home repairs for qualifying residents; • Manages the Libby Arnold Stevens Resident Stabilization Fund providing emergency assistance to residents of Barnstable County; and • Actively help families' access affordability resources and assistance from a variety of sources.
HOMEOWNER ASSISTANCE FUND (HAF)	<p>https://www.mass.gov/info-details/homeowner-assistance-fund-haf</p>	<ul style="list-style-type: none"> • provides financial assistance to help homeowners who are behind on their mortgage payments due to the COVID-19 pandemic. • Capped at \$50,000 per household • Apply here: https://massmortgagehelp.org/
HOUSING ASSISTANCE CORPORATION	<p>(508) 771-5400 460 West Main Street Hyannis, MA 02601</p> <p>https://haconcapecod.org</p>	<ul style="list-style-type: none"> • Monday – Friday, 9:00 AM – 5:00 PM • The agency is the regional administrative agency for RAFT, ERAP/ERMA applications. • For Emergency Rental and Mortgage Assistance email HCEC@haconcapecod.org.
MASSACHUSETTS HOUSING AUTHORITY CONTACT LIST	<p>Click link to access list and search alphabetically by town name.</p>	<p>https://www.mass.gov/service-details/local-housing-authority-contact-listing</p>

TABLE 6: INTIMATE PARTNER VIOLENCE

Name	Contact Information	Notes
CATHOLIC SOCIAL SERVICES (HYANNIS) - IMMIGRANT VICTIMS REPRESENTATION PROJECT (IVRP)	(508) 771-6771 261 South Street Hyannis, MA 02601	<ul style="list-style-type: none"> Founded in 2008 to address the particular needs of immigrant survivors of abuse, exploitation, trafficking and other crimes. <p>Staff educate clients on their rights, connect them with wraparound survivor services, and help them apply for lawful immigration status. IVRP provides clients with safety, healing, legal help, and access to the social and economic life of our communities.</p>
INDEPENDENCE HOUSE	<p>24 Hour Hotline: (800) 439-6507</p> <p>Main Office: (508) 771-6507 160 Bassett Lane, Hyannis, MA 02601</p> <p>Additional locations in Falmouth Orleans Provincetown https://independencehouse.org/locations-connections/ https://independencehouse.org</p>	<ul style="list-style-type: none"> Cape Cod Resource, counseling, and advocacy center to address and prevent domestic and sexual violence. Promoting safe, and healthy relationships. Offers individual and group counseling for survivors of domestic violence, specifically intimate partner violence. Activities are individualized to each person's situation.
SAFE LINK	(877) 785-2020 The Massachusetts statewide toll-free domestic violence hotline	<ul style="list-style-type: none"> Provides access to all DV shelters in Massachusetts. Operators can direct each victim to a shelter hotline and all services are confidential.

TABLE 7: MENTAL HEALTH

Name	Contact Information	Notes
BAY COVE BEHAVIORAL HEALTH & WELLNESS CENTER	(833) 229-2683 116 Camp St. Hyannis, MA 02601 https://www.baycovecapecod.org/	<ul style="list-style-type: none"> • Open 24/7 • Crisis Intervention services for youth and adults • Adult Community Crisis Stabilization • Youth Community Crisis Stabilization • Behavioral Health • Urgent Care
CAPE & ISLANDS EMERGENCY SERVICES	(833) 229-2683 (BAY-COVE)	24-hour Hotline for crisis intervention for mental health or substance use (formerly MA DMH Crisis Hotline)
CAPE COD HEALTHCARE BEHAVIORAL HEALTH CARE	(800) 513-4728 27 Park Street Hyannis MA 02601 100 Ter Heun Drive Falmouth MA 02540	<ul style="list-style-type: none"> • Adult Inpatient Services • Emergency and Consultative Services • Intensive Outpatient Program (IOP) • Outpatient Mental Health Services • Partial Hospital Program (PHP) • Child, Adolescent and Adult Outpatient Psychiatric Services • Patient and Family Support
HYANNIS OUTPATIENT AND COMMUNITY BEHAVIORAL HEALTH CLINIC	(508) 521-2200 40 North Street Hyannis, MA 02601 Admissions and Referral Department: (508) 427-5362 https://www.southbaycommunityservices.com/	South Bay is a community-based, behavioral health care organization offering a continuum of services including adult behavioral health, substance abuse counseling, children's behavioral health, autism services and early childhood services.

MASSACHUSETTS BEHAVIORAL HEALTH HELPLINE	(833) 773-2445 Call or text 24/7	<ul style="list-style-type: none"> • Connect you directly to clinical help, even if you're not sure what kind of help or treatment you may need, we can help guide you. • It's free, confidential, and no health insurance is required. • Real-time interpretation in 200+ languages
NATIONAL ALLIANCE ON MENTAL ILLNESS CAPE COD	(508) 778-4277 5 Mark Lane Hyannis, MA 02601 https://namicapecod.org/	Serves individuals and their families who are affected by the broad spectrum of mental illness and neurological disorders through support, education, and advocacy and promotes mental wellness for all.
NATIONAL SUICIDE PREVENTION LIFELINE	988 call or text Online Chat	24-hour Hotline to talk to a skilled, trained counselor at a crisis center in your area.
THE SAMARITANS ON CAPE COD & THE ISLANDS	(508) 548-7999 13 Steeple St Mashpee, MA 02649 Local Crisis Line: 508-548-8900	<ul style="list-style-type: none"> • Crisis Lines, Community Education, Outreach, Grief Services https://capesamaritans.org/find-support/ • Support materials https://capesamaritans.org/support-materials/

TABLE 8: MULTI-SERVICE AGENCIES

Name	Contact Information	Notes
BARNSTABLE COUNTY DEPARTMENT OF HUMAN SERVICES	(774) 224-2120 3195 Main Street Barnstable, MA 02630 https://www.capecod.gov/departments/human-services/	<ul style="list-style-type: none"> • Initiatives include: Human Services brochure • Aging Well & Healthy Living • Behavioral Health • Housing & Homelessness • SHINE (508) 375-6762 SHINE brochure

		<ul style="list-style-type: none"> Substance Use Prevention: Substance Use Resource Guide
CAPE COD TIMES NEEDY FUND	(508) 778-5661 (800) 422-1446 Open weekdays https://needyfund.org/	<ul style="list-style-type: none"> Intake Specialists provide resources and referrals to everyone Household budgeting and financial assistance for vital human needs to qualifying residents of the Cape and Islands who are experiencing financial crises. Services: https://needyfund.org/services/
COMMUNITY ACTION AGENCY OF CAPE COD AND THE ISLANDS	(508) 771-1727 372 North Street Hyannis, MA 02601 Email: info@cacci.cc https://www.cacci.cc/	<ul style="list-style-type: none"> Monday – Friday 8 AM to 4 PM CACCI, and CCN (Child Care Network) Services for Low-Income Individuals and Families They provide resources and skills to individuals and families in the region to assist with independence and self-sufficiency through personal growth, family stabilization, life skills and employment readiness. Application for public benefits (SNAP, RAFT), health insurance enrollment, immigration resources, emergency needs Help with bills, debt, rent, and other costs. They also can refer people to other charities and organizations.
FALMOUTH HUMAN SERVICES	(508) 548-0533 65A Town Hall Square Falmouth, MA. 02540 https://www.falmouthma.gov/289/Human-Services	<ul style="list-style-type: none"> Clinical Counseling for Falmouth Residents Consultation & Outreach Information, Triage & Referrals on a wide range of social service needs Community Partnership Projects Technical & Fiscal Support to Falmouth Human Services Committee and Falmouth Commission on Substance Use

		<ul style="list-style-type: none"> • Graduate Student Internships
LOWER CAPE OUTREACH COUNCIL	(508) 240-0694 19 Brewster Crossroad Orleans, MA 02653 https://lcoutreach.org/	<ul style="list-style-type: none"> • Housing assistance, financial assistance, career development, heating and fuel, food pantry, basic needs • Food pantries in Brewster, Chatham, Eastham, Harwich, Orleans, Provincetown, Truro, Wellfleet and main office https://lcoutreach.org/wp-content/uploads/2022/09/pantry-hours.pdf
MASHPEE HUMAN SERVICES	(508) 539-1411 Mashpee Town Hall 16 Great Neck Road North Mashpee, MA. 02649 https://www.mashpeema.gov/human-services	<ul style="list-style-type: none"> • Information and Referral • Clinical Services to Individual and Families • Consultation and Outreach Services • Case Management • Advocacy • Substance Use Referral to Treatment • Financial Needs and Programs • Collaboration with Town Departments • Fuel Assistance • Community Development
SOUTH SHORE COMMUNITY ACTION COUNCIL, INC	(508) 746-6707 71 Obery Street Plymouth, MA 02360	SSCAC runs many programs in the areas of Youth and Family Development, Income Maintenance, Nutrition, Emergency Assistance, Self-Sufficiency, Energy Assistance, Employment, and Transportation Assistance.

TABLE 9: NETWORK OF CARE SERVICE DIRECTORY

<https://barnstable.ma.networkofcare.org/ph/index.aspx>

TABLE 10: OLDER ADULT SERVICES

Name	Contact Information	Notes
BARNSTABLE COUNCIL ON AGING	(508) 862-4750 Barnstable Adult Community Center 825 Falmouth Rd Hyannis, MA 02601 https://townofbarnstable.us/coa/	<ul style="list-style-type: none">• Monday – Friday 8:30 AM – 4:30 PM• Newsletter https://townofbarnstable.us/coa/thrive/Thrive.pdf• Ask a Nurse Wednesdays 9:00 AM – 12:00 PM• Blood pressure screening Tuesday 9:00 AM – 12:00 PM• Fitness and Wellness programs• Transportation Monday – Friday, 9:30 AM – 2:00 PM• Call (508) 862-4752• Support and Advocacy programs
BARNSTABLE NEIGHBOR TO NEIGHBOR (BN2N)	(508) 418-9220 Bn2n2020@gmail.com https://www.barnstableneighbor.org/	<ul style="list-style-type: none">• Brings together older residents, who are living safely and independently in their own homes and need some additional support, with volunteers who are looking for ways to assist their neighbors.• Serving Barnstable, Centerville, Cotuit, Hyannis, Marstons Mills, Osterville, West Barnstable• Drive members to social events and appointments• Run errands• Grocery shop• Guide members to learn new technology like smart phones, tablets, and TV's

<p>BOURNE COUNCIL ON AGING</p>	<p>(508) 759-0600 Ext 530 Bourne Veterans Memorial Community Center 239 Main Street Bourne, MA 02532</p> <p>https://www.townofbourne.com/council-on-aging</p>	<ul style="list-style-type: none"> Monday- Friday 8:30 AM – 4:30 PM Newsletter https://www.townofbourne.com/council-on-aging/pages/newsletter
<p>BREWSTER COUNCIL ON AGING</p>	<p>(508) 896-2737 1673 Main Street Brewster, MA 02631</p> <p>https://www.brewster-ma.gov/council-on-aging</p>	<ul style="list-style-type: none"> Monday – Friday, 8:00 AM – 4:00 PM Newsletter online access (<-click link) Fitness and Wellness programs Medical Equipment shed Pedicare- 1st Friday of the month (\$40) Senior Dining and Meals on Wheels Transportation Services
<p>CHATHAM COUNCIL ON AGING</p>	<p>(508) 945-5190 Chatham Center for Active Living 193 Stony Hill Road Chatham, MA 02633</p> <p>https://www.chatham-ma.gov/527/Council-on-Aging</p>	<ul style="list-style-type: none"> Monday – Friday, 8:00 AM – 4:00 PM Newsletter https://www.chatham-ma.gov/612/News Blood pressure clinic Thursdays 9:00 PM – 10:00 AM Foot care 4th Wednesday of the month (\$50) Medical equipment loan program Mobile pantry delivers to COA 3rd Wednesday of the month Transportation services

<p>DENNIS COUNCIL ON AGING</p>	<p>(508) 385-5067 Dennis Center for Active Living 1045 Route 134 South Dennis, MA 02660</p> <p>https://www.town.dennis.ma.us/council-aging</p> <p>*new website coming</p>	<ul style="list-style-type: none"> • Monday – Friday 8:30 AM to 4:30 PM • Newsletter click here for online access • Day program • Evergreen Fitness studio (\$99/year membership) • Exercise, Wellness and Social activities • Lunch and Learn programs • Outreach Services • Seniors Connect Thursdays 10:00 AM - 11:00 AM • Smartphone/Tablet tutoring Mondays 2:45- 3:35 PM • Transportation
<p>EASTHAM COUNCIL ON AGING</p>	<p>(774) 801-3151 Eastham Senior Center 1405 Nauset Road Eastham, MA 02651</p> <p>https://www.eastham-ma.gov/418/Senior-Center</p>	<ul style="list-style-type: none"> • Monday – Friday, 8:00 AM – 3:00 PM • Newsletter https://www.eastham-ma.gov/1801/Newsletters • Blood pressure by appointment daily with RN Cindy Dunham (774) 801-3153 • Brown bag program 1st Friday 9:30 AM – 10:30 AM • Eastham coach–free local transportation Fridays 9 AM – 12:30 PM (774) 801-3154 • Grab & Go Meals 1st, 2nd, 4th Fridays 10:30 AM – 11:30 AM • Information and referral services • Medical equipment loan program • Medical transportation (fees \$5–\$50 depending on distance) • Mobile pantry 1st Wednesday of the month 12:00-1:00 PM • SHINE program • Sight loss support group 2nd Thursday of the month 10 AM – 11:30 AM Sep t– Jun

<p>ELDER SERVICES OF CAPE COD & THE ISLANDS</p>	<p>(508) 394-4630 (800) 244-4630 68 Route 134 South Dennis, MA</p> <p>800-922-2275 Elder Abuse Hotline (24 hours/day, 7 days/week)</p> <p>http://www.escci.org</p>	<ul style="list-style-type: none"> • ESCCI offers Elder Services for individuals 60 years of age and older. The Information and Referral department can assist with referrals and find the assistance the client needs. They provide Home Care Program, Senior Nutrition Program, Counseling and more. • Open 9:00 AM – 5:00 PM, Monday through Friday • Information & Referral services • Protective services, information and referral, nutrition, caregiver support, assistance applying for public benefits, health insurance. • Meals on Wheels
<p>FALMOUTH SENIOR CENTER</p>	<p>(508) 548-2794 611 Gifford Street Falmouth, MA 02540</p> <p>https://www.falmouthma.gov/444/Senior-Services-Senior-Center</p>	<ul style="list-style-type: none"> • Monday- Friday 8:30 AM – 4:00 PM • Newsletter click here for online access • Social, Exercise, Health, Nutrition and Outreach Services <p>Click here for list of services</p>
<p>HARWICH COUNCIL ON AGING</p>	<p>(508) 430-7550 100 Oak St Harwich, MA 02645</p> <p>https://www.harwich-ma.gov/council-on-aging</p>	<ul style="list-style-type: none"> • Monday – Friday, 8:30 – 4:00 PM • Newsletter click here for online access • Information, referral, and advocacy.

MASHPEE COUNCIL ON AGING	(508) 539-1440 26 Frank E. Hicks Drive Mashpee, MA 02649 www.mashpeema.gov/council-aging	<ul style="list-style-type: none"> Monday – Friday, 8:30 AM – 4:30 PM Newsletter and calendar of events https://www.mashpeema.gov/node/76/news (click on month) Exercise classes Foot care appointments Outreach services Transportation Wellness checks with VNA nurse 2nd Monday of the month 9:30 AM – 10:30 AM
MASSACHUSETTS COUNCILS ON AGING	(413) 527-6425 116 Pleasant Street, Suite 306 Easthampton, MA 01027	Find your COA (click here to search)
MASSACHUSETTS SENIOR LEGAL HELP LINE	(800) 342-5297	<ul style="list-style-type: none"> Monday through Friday, 9:00 AM – 12:00 noon Provides free legal information and referral services to Massachusetts residents who are 60 years old or older.
NAUSET NEIGHBORS	(508) 514-7067 https://nausetneighbors.org info@nausetneighbors.org	<ul style="list-style-type: none"> Help seniors stay in their homes and remain active in their communities for as long as possible. We accomplish this through meaningful volunteering Serving Brewster, Chatham, Eastham, Harwich, Orleans and Wellfleet Transportation Member visits Home maintenance Run errands Tech assistance

<p>ORLEANS COUNCIL ON AGING</p>	<p>(508) 255-6333 Orleans Senior Center 150 Rock Harbor Road Orleans, MA 02653</p> <p>https://www.town.orleans.ma.us/220/Council-on-Aging-Senior-Center</p>	<ul style="list-style-type: none"> • Monday – Friday, 8:30 AM – 4:30 PM • Newsletter click here for online access • Day program • Fitness classes • Transportation services
<p>PROVINCETOWN COUNCIL ON AGING</p>	<p>(508) 487-7080 Veterans Memorial Community Center 2 Mayflower Street Provincetown, MA 02657</p> <p>https://www.provincetown-ma.gov/72/Council-on-Aging</p>	<ul style="list-style-type: none"> • Monday – Thursday 8:00 AM - 5:00 PM; Friday 8:00 AM - 12:00 PM • Newsletter click here for online access • Lunch served Wednesdays at noon (register by prior Thursday) • Outreach and Social Services • Podiatry by appointment • Transportation/Programs/Services: https://www.provincetown-ma.gov/75/Transportation-Programs • VNA Blood Pressure clinic 2nd Tuesday of the month 10:00 AM - noon
<p>SANDWICH COUNCIL ON AGING</p>	<p>(508) 888-4737 Sandwich Center for Active Living 270 Quaker Meetinghouse Road East Sandwich, MA 02537</p> <p>https://www.sandwichmass.org/274/Council-on-Aging</p>	<ul style="list-style-type: none"> • Monday – Friday, 8:30 AM – 4:30 PM • Newsletter click here for online access • Exercise, Social and Wellness activities • Food Pantry call (508) 888-3816 to register • Meals on Wheels • Outreach services • Transportation • SHINE

TRURO COUNCIL ON AGING	(508) 487-2462 7 Standish Way North Truro, MA 02652 https://www.truro-ma.gov/council-on-aging	<ul style="list-style-type: none"> Monday – Friday, 8:00 AM to 4:00 PM Community lunch Thursdays 12:00 PM – 1:30 PM Exercise, Social and Wellness activities Transportation
WELLFLEET ADULT COMMUNITY CENTER	(508) 349-2800 (508) 349-0313 715 Old Kings Highway Wellfleet, MA 02667 https://www.wellfleet-ma.gov/wellfleet-adult-community-center	<ul style="list-style-type: none"> Monday – Friday, 8:30 AM – 4:00 PM Newsletter click here for online access Exercise, Social and Wellness activities Maryann's café Thursdays 12:30 \$9/person register ahead Outreach Services Transportation
YARMOUTH SENIOR SERVICES	(508) 394-7606 Yarmouth Senior Center 528 Forest Road West Yarmouth, MA 02673 https://www.yarmouth.ma.us/309/Senior-Services	<ul style="list-style-type: none"> Monday – Friday, 8:30 AM – 4:30 PM Newsletter click here for online access Dining with Friends free lunch Tuesdays Wednesday Thursdays 11:30 AM – 12:30 PM, Registration required. Exercise, Social and Wellness activities Outreach Services Transportation available 7 days per week 8:00 AM – 4:00 PM (508) 394-7606 x 1331

TABLE 11: SUBSTANCE USE

Name	Contact Information	Notes
BARNSTABLE COUNTY DEPARTMENT OF HUMAN SERVICES	(508) 375-6845 3195 Main St Barnstable MA 02630	Substance Use Prevention: Substance Use Resource Guide

	Kate Lena, Substance Use Prevention Program Manager	
MASSACHUSETTS SUBSTANCE USE HELPLINE	(800) 327-5050 24/7 https://helplinema.org/	<ul style="list-style-type: none"> • Statewide public resource for finding substance use treatment, recovery, and problem gambling services. • Helpline services are free and confidential