

Mashpee Council on Aging

Directory of Service Providers for Seniors

Adult Education/Recreation

- ◆ Academy of Life Long Learning @ Cape Cod Community College 1-774-330-4400, Web Site: <http://capecodall.org/>
- ◆ Mashpee Recreation Department: 1-508-539-1416, Web Site: <https://www.mashpeema.gov/recreation>

Battered/Abused Women

- ◆ Domestic Violence Specialist, Mashpee Police Department, 1-508-539-1486, Web Site: <https://www.mashpeema.gov/police>
- ◆ Independence House 1-508-771-6507, TTY 1-508-771-6782, 24-hour Hotline: 800-439-6507, Web Site: <http://independencehouse.org/>

Caregiver Support

- ◆ AARP On-line caregiver information: <http://www.aarp.org/home-family/caregiving/>
- ◆ Alzheimer's Family Support Center of Cape Cod, 508-896-5170, Web Site: <http://www.alzheimerscapecod.org>
- ◆ Alzheimer's Association, SE Massachusetts Chapter, 1-508-880-0055, 800-272-3900, Web Site: <http://www.alz.org/manh/index.asp>
- ◆ Elder Services of Cape Cod and the Islands, Main office: 1-508-394-4630 or 1-800-244-4630, Upper Cape: 1-508-563-5966, Web Site: <http://www.escci.org/>
- ◆ Hope Dementia & Alzheimer's Services, 1-508-775-5656, Web Site: <http://www.hopedementia.org>

Crisis Intervention

- ◆ The Cape Cod & The Islands Emergency Services Program, 24-hour Hotline 1-800-981-HELP (1-800-981-4357), Web site: <http://www.namicapecod.org/Help>
- ◆ The Samaritans on Cape Cod and the Islands 1-508-548-8900, 1-800-893-9900, Web site: <http://capesamaritans.org/>

Disabilities - Individuals with Disabilities

- ◆ Cape Abilities 1-508-778-5040, Web Site: <http://www.capeabilities.org/>
- ◆ Cape Organization for the Rights of the Disabled (CORD) 1-508-775-8300, Web Site: <http://www.cilcapecod.org/>
- ◆ Community Connections 1-800-308-1321, (508) 477-4188, Web Site: www.communityconnectionsinc.org
- ◆ Massachusetts Commission for the Blind, 1-617-727-5550, (Massachusetts Only Voice 1-800-392-6450; Massachusetts Only TDD 1-800-392-6556), Web Site: <http://www.mass.gov/eohhs/gov/departments/mcb/>

- ◆ Massachusetts Commission for the Deaf & Hard of Hearing 617-740-1600 Voice, 617-740-1700 TTY, Toll Free: 1-800-530-7570 TTY, Toll Free: 1-800-882-1155 Voice, Web Site: <http://www.mass.gov/eohhs/gov/departments/mcdhh/>
- ◆ Massachusetts Department of Developmental Services, Phone: (508) 771-2595, TTY Phone: (508) 778-7561, Web Site: <http://www.mass.gov/eohhs/gov/departments/dds/>
- ◆ Massachusetts Rehabilitation Commission 1-800-245-6543 (Voice/TDD), (617) 204-3600, Web Site: <http://www.mass.gov/eohhs/gov/departments/mrc/>
- ◆ Sight Loss Services of Cape Cod, (508) 394-3904, Web Site <http://sightloss.org/>
- ◆ Social Security, 1-800-772-1213, (TTY 1-800-325-0778), Web Site: <http://www.ssa.gov/>

Discrimination

- ◆ Affirmative Action Office – Town of Mashpee 1-508-539-1400, extension 8549, Web Site: <https://www.mashpeema.gov/affirmative-action-committee>
- ◆ Barnstable Human Rights Commission 1-508 375-6628 (TTY: 1-508-362-5885), Web Site: <http://www.bchumanservices.net/>
- ◆ Massachusetts Commission Against Discrimination 1-617-994-6000, TTY: 617-994-6196, Web Site: <http://www.mass.gov/mcad/>
- ◆ No Place For Hate, New England ADL Regional Office: 1-617-406-6300 Web site: <https://www.adl.org/who-we-are/our-organization/signature-programs/no-place-for-hate>

Elder Abuse and Self-Neglect

If you need to report Elder Abuse, or Elder Self Neglect, please call the Elder Abuse Hotline phone number below. Web site: <http://www.seniorcareinc.org/elder-abuse-hotline-changes-effective-june-30/>

- ◆ Elder Abuse Hotline: 1-800-922-2275 (Voice/TTY)

Employment Services

- ◆ Cape Cod Community College, Adult Learner Services 1-508-362-2131, Web Site: <http://www.capecod.edu/web/adult-learner>
- ◆ Job Training Employment Corp. (JTEC), Hyannis 1-508-790-0400, Web Site: <http://www.jtecmeanscapecodjobs.com/locations.htm>
- ◆ Mature Workers Program, Elder Services of Cape Cod and the Islands, 1-800-244-4630, 508-394-4630 Web Site: <http://www.escci.org/maturework.htm>

Financial Assistance

- ◆ Cape Cod Times Needy Fund 1-508-778-5661, 1-800-422-1446, Web Site: <http://needyfund.org/>
- ◆ Mashpee Wampanoag Tribal Council for enrolled Mashpee Wampanoag member: 1-508-477-0208, Web Site: <http://www.mashpeewampanoagtribe.com/>
- ◆ St. Vincent DePaul/Christ the King 1-508-477-7700, Web Site: <http://christthekingparish.com/st-vincent-de-paul-society/>
- ◆ Salvation Army 1-508-775-0364, Web Site: www.salvationarmyusa.org/

Food Assistance

- ◆ Christ the King Food Pantry 1-508-477-7700, Web Site: <http://www.capecodhungernetwork.org/FoodPantries/tabid/90/agentType/View/Pantry/D/27/Christ-the-King-Food-Pantry.aspx>
- ◆ Falmouth Service Center 508-548-2794, Web Site: <http://www.falmouthservicecenter.org/food-pantry-Falmouth-Service-Center.html>
- ◆ Meals on Wheels and Senior Dining Centers, Elder Services of Cape Cod and the Islands 1-508-394-4630 or 1-800-244-4630, Web Site: <http://www.escci.org/>

Fuel Assistance/Weatherization

- ◆ Cape & Islands Self-Reliance Corp., 1-508-563-6633, Web Site: <http://selfreliancefuelcoop.org/>
- ◆ South Shore Community Action Council, Inc., Hyannis Office, 1-508-746-6707, Web Site: http://www.sscac.org/fuel_assistance/
- ◆ Housing Assistance Corporation, 1-508-771-5400, Web Site: <http://www.haconcapecod.org/>

General Information

- ◆ 800AGEInfo, for Massachusetts Elders & Their Families, 1-800-243-4636 (1-800-Age-Info), TTY 800-872-0166, Web Site: <https://www.800ageinfo.com>
- ◆ American Cancer Society, 1-800-227-2345, Web Site: <http://www.cancer.org/index>
- ◆ American Red Cross, The Cape, Islands and Southeast Massachusetts Chapter, 1-508-775-1540, Web Site: <http://www.redcross.org/ma/hyannis>
- ◆ Barnstable County Health and Human Services, 1-508-375-6628, (TTY: 1-508-362-5885) Web Site: <http://www.bchumanservices.net/>
- ◆ Community Action Committee 1-508-771-1727, Web Site: <http://www.cacci.cc/>
- ◆ Elder Services of Cape Cod and the Islands: 1-800-244-4630, 508-394-4630, Web Site: <http://www.escci.org/>
- ◆ Massachusetts Department of Transitional Assistance, Hyannis 1-508-862-6600, Web Site: <http://www.mass.gov/eohhs/gov/departments/dta/>
- ◆ Mashpee Council on Aging, 1-508-539-1440, Web Site: <https://www.mashpeema.gov/council-aging>
- ◆ Medicare, 1-800-633-4227, Web Site: <https://www.medicare.gov/>
- ◆ Salvation Army, Hyannis 1-508-775-0364, Web Site: <http://massachusetts.salvationarmy.org/MA/Hyannis?openDocument&charset=utf-8>
- ◆ Seniors on Cape Cod, 1-508-398-8612, Web Site: http://www.seniorsoncapecod.org/community_care/Welcome.html
- ◆ Social Security, 1-800-772-1213, (TTY 1-800-325-0778), Web Site: <http://www.ssa.gov/>

Health Insurance

- ◆ Mass Health (Massachusetts Department of Medical Assistance) 1-800-841-2900, TTY: 1-800-497-4648, Web Site: <http://www.mass.gov/eohhs/gov/departments/masshealth/>
- ◆ SHINE (Serving the Health Information Needs of Everyone) 1-800-243-4636, Cape and Islands Regional SHINE Office 508-375-6762, Web Site:

<http://www.mass.gov/elders/healthcare/shine/serving-the-health-information-needs-of-elders.html>

Hospitals and Health Centers

- ◆ Cape Cod Hospital 1-508-771-1800, Web Site: <http://www.capecodhealth.org/locations/cape-cod-hospital/>
- ◆ Falmouth Hospital 1-508-548-5300, Web Site: <http://www.capecodhealth.org/locations/falmouth-hospital/>
- ◆ Spaulding Rehabilitation Hospital Cape Cod 1-508-833-4000, Web Site: <http://www.spauldingrehab.org/locations/sandwich-ma/>
- ◆ Community Health Center of Cape Cod 508-477-7090, Web Site: www.chcofcapecod.org

Housing

- ◆ Habitat for Humanity of Cape Cod 1-508-362-3559 Web Site: <http://habitatcapecod.org/>
- ◆ Housing Assistance Corporation 1-508-771-5400, Web Site: <http://www.haconcapecod.org/>
- ◆ Mashpee Housing Authority 1-508-477-6202, Web Site: <http://www.mashpeehousing.org/Home.aspx>
- ◆ St. Joseph House Shelter, Hyannis 1-508-997-3202, Web Site: <https://www.cssdioc.org/sr-rose-network/>

Legal Assistance

- ◆ South Coastal Counties Legal Services, Hyannis 1-800-742-4107, 1-508-775-7020, Web Site: <http://www.sccls.org/>

Mental Health Counseling/Resources

- ◆ Fairwinds Clubhouse, 1-508-540-6011, Web Site: <https://www.fhr.net/our-services/clubhouses/fairwinds>
- ◆ Gosnold, 1-508-540-6550, 1-800-444-1554, Web Site: <http://www.gosnold.org/>
- ◆ Massachusetts Department of Mental Health, 1-617-626-8000, 1-800 221-0053 , Web Site: <http://www.mass.gov/eohhs/gov/departments/dmh/>
- ◆ Mashpee Human Services 1-508-539-2542 Web Site: <https://www.mashpeema.gov/human-services>
- ◆ National Alliance for the Mentally Ill, 800-950-6264, Web Site: <https://www.nami.org/>; Hyannis Chapter: 1-508-778-4277, Web Site: <http://www.namicapecod.org>
- ◆ South Bay Community Services, 1-508-760-1475 Web site: <https://www.southbaycommunityservices.com/>

Self Help & Support Groups

- ◆ MASS2-1-1 -- Dial 211, TTY 1-508-370-4890. Web Site: <http://www.mass211.org/>
- ◆ United Way Information Line 1-508 775-4746, Web Site: <http://uwcapecod.org>

Substance Use

- ◆ Mashpee Substance Use Task Force, Substance Use Helpline-1-800-327-5050, Web Site: <https://www.mashpeema.gov/mashpee-substance-use-taskforce>
- ◆ Alcoholics Anonymous (AA), Cape Cod and the Islands, 1-508-775-7060, Web Site: <http://capecodaa.net>
- ◆ Gosnold (Inpatient) 1-508-540-6550, 1-800-444-1554, Web Site: <http://www.gosnold.org/>
- ◆ High Point Treatment Center, Plymouth, 1-508-224-7701, Web Site: <http://www.hptc.org/index.php>
- ◆ Narcotics Anonymous 1-866-624-3578, Web Site: <http://www.nerna.org>
- ◆ Al Anon/Alateen Family Groups, 1-508-366-0556, email LDCOFMA@aol.com, Web site: <http://ma-al-anon-alateen.org/contact/>
- ◆ Community Health Center of Cape Cod, 508-477-7090, Web site: <https://www.chcofcapecod.org/>

Suicide Prevention

- ◆ Massachusetts Department of Mental Health 1-800-322-1356, 1-800-221-0053, (TTY 1-800-439-2370), Web Site: <http://www.mass.gov/eohhs/gov/departments/dmh/> Cape Cod & The Islands Site Office, (508) 957-0900 (TTY (508) 771-3907)
- ◆ Massachusetts Suicide Prevention Program, 1-617-624-5438, Web Site: <http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/suicide-prevention/>
- ◆ Samaritans on Cape Cod and the Islands Crisis Lines (TDD/Voice): 1-508-548-8900, 1-800-893-9900; Office 508-548-7999 Web Site: <http://capesamaritans.org/>

Transportation

- ◆ American Cancer Society, 1-800-227-2345, Web Site: <http://www.cancer.org/index>
- ◆ Cape Cod Regional Transit Authority 1-800-352-7155, 1-508-385-1430, Web Site: <http://www.capecodtransit.org/>
- ◆ Mashpee Council on Aging, 1-508-539-1440, Web Site: <https://www.mashpeema.gov/council-aging>