

## Community Resource List

(Updated on 6/17/21)

### **BE PREPARED FALMOUTH-**

**Emergency- 911**

**MA Information Center-211**

**Police (non emergency)- 774-255-4527**

**Fire (non emergency)-508-548-2325**

**Falmouth Emergency Center-508-495-2602**

**FCTV-Channels 13&15- 508-457-0800**

**Health Department-508-495-7485**

**Public Works-508-457-2543**

**Eversource-Electric- 1-800-592-2000**

**National Grid- Gas-1-800-548-8000**

**\*\*TO Receive real time information, including:**

**-severe weather watches and warnings**

**-Amber alerts about missing children**

**-Critical information during disasters, such as evacuation**

**-Open Community Shelter & shelter-in- place information**

**-Information about power outages, tips to prepare for and stay safe during disasters and public safety incidents**

**GO to: <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>**

## **Food Insecurity**

**Falmouth Service Center- 508-548-2794**

**Mission:** "To ease stress, reduce hunger and improve the quality of life for our neighbors in need. The Falmouth Service Center works to increase self-sufficiency by helping others to build networks among clients, neighbors and agencies."

**Services:** food pantry, financial support, healthcare access, clothing room, Hand-in-Hand Thrift Shop and Neighborhood Museum, opportunities to donate and volunteer.

**Sandwich food pantry-508-888-3816**

**Salvation Army/Hyannis pantry-508-775-0364**

**Around the Table Meal at St. Barnabas Church (Monday, Wed., Friday from 11:30-12:30 pm) call 508-548-4863**

**Falmouth Eats Together Meal @ various churches (every other Thursday 4-6 p.m.) call 508-548-2794**

# Women & Children

## **A Baby Center-508-771-8157**

**About:** “To serve without judgement the youngest in our community. A Baby Center supplements critical basic needs that ensure the good health and safety of babies in need who live on Cape Cod and the Islands. These services are provided at no cost to clients and without regard for religious preference or lack thereof.”

## **Children’s Clothing at First Congregational Church-508-548-3700**

**About:** Open year round on 2nd and 4th Saturdays of the month, free, gently worn children’s clothing available at the church from 10:00 a.m.-12:00 p.m. Sizes range from infant to 14/16

## **Child and Family Services (Cape Cod)-508-778-1839**

**About:** “ provide outreach and counseling, psychiatry, support groups and focus on quality”

## **Independence House, Inc. 24-hour hotline 1-800-439-6507 or Main Office 508-771-6507 (x230)**

**About:** “Cape Cod’s leading resource, counseling and advocacy center to address and prevent domestic and sexual violence.”

## **WE CAN-Women’s Empowerment Through Cape Area Networking-Life Changing Services for Women-508-430-8111**

### **We can Mission:**

“WE CAN empowers Cape Cod women with unique services that inspire hope and bring increased opportunity, self sufficiency, and stability.”

### **Services:**

- Information and Referral
- PathMaker Mentoring Program
- Legal, Financial and Work Support Programs
- Personal Development Programs

\*There is no charge for services

# Aging

## **National Center on Elder Abuse (NCEA)-855-500-3537**

## **Neighborhood Falmouth- 508-564-7543**

**About:** “Neighborhood Falmouth is part of a robust national “village” movement created to help older individuals stay in their own homes by providing needed help and services. Early studies show that Seniors who are members of villages like Neighborhood Falmouth are happier, healthier, even less likely to take a tumble. Using a corps of friendly and energetic volunteers, Neighborhood Falmouth can drive you to doctors’ appointments, take you or help you with grocery shopping, put your trash out each week, stop by for a visit, and much more.”

**Elder Services of Cape Cod and the Islands- 508-394-4630**

**About:** “We employ over 140 trained staff and have over 1,500 caring people who volunteer their time to help. We have five offices throughout the service area. Each year we deliver over 200,000 meals to elders in the town of the Cape and Islands. In addition, we serve over 40,000 meals at our 16 Dining Centers. We provide in-home services to over 2,300 frail seniors, investigate over 700 reports of elder abuse, answer 9,000 phone calls to our Information and Referral Department...and much more! We are a federally designated Area Agency on Aging and the state designated Aging Services Access Point of this region. We are part of the Mass Home Care network, a group of 30 non-profits dedicated to serving seniors in every city and town in Massachusetts as well as a member of the National Association of Area Agencies on Aging (n4A), the umbrella organization for the 655 AAAs in the United States. Elder Services uses federal, state, county, town and private funds to provide services and maintain programs.”

**Barnstable Council on Aging-508-862-4750**

**About:** Educational, Cultural, Music, Exercise, Orientation reality programs, crafts, baking, occasional trips, specializing in Alzheimer’s programs.

**Bourne Council on Aging-508-759-0653**

**Mashpee Council on Aging-508-539-1440**

**Falmouth Council on Aging-508-540-0196**

**About:** “ Provides assistance, information on available resources, health services, referrals to other community agencies, education and recreation programs and activities. There is a special emphasis in promoting Healthy Aging and Enhancing Quality of Life for Seniors.”

**Bayada Nurses-508-540-8770**

**About:** Home Companion Services

**Safe Harbor Elder Care-508-457-1193**

**About:** Home Companion Services

**Visiting Nurse of Cape Cod (Falmouth Office)-1-800-696-4047**

**About:** Home Care Organization

**Cherry’s Senior Care Services-508-322-1119**

**About:** “Personal Care, Companionship and Housekeeping”

**Hospice & Palliative Care-Cape (Hospice in Falmouth)-508-957-0200**

**About:** “ We provide a trained, interdisciplinary team under the guidance of a medical director to provide the best possible care to hospice patients and their families.

**Nonotuck Adult Family Care-508-771-4624 (Hyannis, MA)**

**About:** “ Are you looking for help caring for a loved one?”

“We can offer you and your loved one assistance in the following areas: Case Management, Nursing Supports, Financial Supports. Our Adult Family Care assistance provides you and your loved one with the help necessary to complete daily activities like bathing, eating, and toileting, in a dignified and supportive fashion. Caregivers can be a family member, a good friend, or a chosen housemate.”

**Alzheimer’s Family Support Center of Cape Cod-508-896-5170**

# Advocacy

**National Center on Elder Abuse (NCEA)-855-500-3537**

**Cape and Islands Veterans Outreach Center-508-778-1590 or 774-470-4971**  
**Veterans Crisis Line 1-800-273-8255**

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

**About:** The Cape Organization for Rights of the Disabled (CORD) has been aggressively working since 1984 to advance the independence, productivity, and integration of people with disabilities, including deaf and hard of hearing people, into mainstream society.

You may want to contact CORD if:

-You want to learn more about your disabled child's educational rights; You are a disabled adult needing information on vocational rehabilitation, social security, medicaid, section 8 housing, PCA program; You are an individual, a community agency, or a business in need of technical assistance regarding ADA; You or a family member want to leave an institution, such as nursing home, to pursue a more independent life"

**Report Suspected Abuse of Persons with Disabilities- 24 hours-7 days a week, including holidays-1-800-426-9009**

**WE CAN-Women's Empowerment Through Cape Area Networking-Life Changing Services for Women-508-430-8111**

**We can Mission:**

"WE CAN empowers Cape Cod women with unique services that inspire hope and bring increased opportunity, self sufficiency, and stability."

**Services:**

- Information and Referral
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- Legal, Financial and Work Support Programs
- Personal Development Programs

\*There is no charge for services

**PFLAG Cape Cod-508-737-8514**

**About:** "Providing Support, Education & Advocacy to Parents, Families, Friends, Allies & Members of the LGBTQ Community

**AIDS Support Group of Cape Cod-774-763-6656**

**Ellen O'Donnell, MSW, LICSW**

**Kate Lena, MPH -508-778-1954**

**Program Manager: Prevention & Screening, Hyannis**

# Housing Information/Assistance

**St. Joseph's Shelter-774-470-5976**

## **Belonging to Each Other-**

**About:** "By providing temporary housing, BTEO gives our homeless neighbors access to basic amenities. And helps them access vital services."

For further information please contact Gina Torielli 508-444-6360

## **Elder Services of Cape Cod and the Islands- 508-394-4630**

**About:** "We employ over 140 trained staff and have over 1,500 caring people who volunteer their time to help. We have five offices throughout the service area. Each year we deliver over 200,000 meals to elders in the town of the Cape and Islands. In addition, we serve over 40,000 meals at our 16 Dining Centers. We provide in-home services to over 2,300 frail seniors, investigate over 700 reports of elder abuse, answer 9,000 phone calls to our Information and Referral Department...and much more! We are a federally designated Area Agency on Aging and the state designated Aging Services Access Point of this region. We are part of the Mass Home Care network, a group of 30 non-profits dedicated to serving seniors in every city and town in Massachusetts as well as a member of the National Association of Area Agencies on Aging (n4A), the umbrella organization for the 655 AAAs in the United States.

Elder Services uses federal, state, county, town and private funds to provide services and maintain programs."

## **Falmouth Senior Center-508-540-0196**

**About:** "The Senior Center provides assistance, information on available resources, health services, referrals to other community agencies, education and recreation programs and activities. There is special emphasis in promoting Healthy Aging and Enhancing Quality of Life for Seniors."

## **Falmouth Housing Corporation-508-540-4009**

**About:** "Low income housing program in Falmouth"

## **Housing Assistance Corporation (HAC)-508-771-5400**

**About:** "Founded in 1974 as a pilot project to test the use of rental vouchers to help secure housing for year-round workers on Cape Cod. Since that time, our programs have expanded to assist more than 175,000 low- and middle income households on Cape Cod, Nantucket and Martha's Vineyard. We serve more than 5,000 households each year in three main areas":

- Homeless Prevention
- Housing Stabilization
- Empowerment

## **Outreach/Assistance:**

**Vinfen Homeless Outreach Team-508-790-8530**

# Independent Living

## **Dillingham Place-1-800-529-5291**

**About:** "similar to any apartment, condominium, or single family development, except that they provide special services. Most are fully secured with staff that may meet and screen visitors around the clock. Many independent living options provide a full range of activities that promote social contact among residents. Shopping trips, outings to cultural events, and organized gatherings are typical activities. Most offer a variety of meal plans, including the option of preparing meals in your own apartment. Some independent living options share affiliations with health care facilities that can provide such care when it is needed. Residents can also purchase home health care services from outside providers."

# Assisted Living Facilities

## **Atria of Falmouth-508-540-1600**

**About:** “Our Campus is home to two vibrant communities Atria Woodbrair Place, which provides independent living and assisted living services, and Atria Woodbrair Park, which provides assisted living and memory care services.”

## **Maplewood at Mayflower Place-508-790-0200**

**About:** “Maplewood at Mayflower Place offers a host of choices to suit the varying needs of today’s seniors. Whether you’re considering Independent Living, Assisted Living, Memory Care or Skilled Nursing and Rehabilitation, you will find a premium apartment home that’s right for you.” Located in West Yarmouth, MA

## **Laurentide at Mashpee Commons-508-539-1300**

**About:** “We believe it is time for the next generation of senior living. Seniors want more services, more amenities, and more thoughtfully designed environments that work with their age, not against it. We keep those ideas firmly in mind in every decision we make. We believe that in everything we do, our emphasis needs to be on living well and loving life.

Based on this philosophy, we have proudly created and offer a wide array of Northbridge Signature Programs in our communities.

We are located in Mashpee, Laurentide and we offer Senior Living, Assisted Living Memory Care services to all communities including Falmouth, Sandwich and more.”

## **Heritage at Falmouth-508-457-6400**

**About:** “can be provided in a variety of settings, including free-standing facilities, facilities close to or integrated with skilled nursing facilities, components of continuing care retirement or independent housing complexes. Most residences consist of single or semi-private rooms or apartments with a private bathroom. In addition to a group dining area, most facilities provide residents access to cooking facilities. Rooms or suites can usually be furnished with the resident’s personal belongings.”

**Services-** generally provided

- up to three meals a day, usually served in a common dining area
- supervision, coordination or assistance as needed with activities of daily living, including eating, toileting, bathing, dressing and walking
- 24 hour security and emergency response
- medication management
- housekeeping/maintenance
- laundry/linen service
- transportation
- social and recreational activities
- health/wellness programs

## **Royal Nursing & Rehabilitation Centers**

### **Royal Falmouth-508-548-3800**

**Services-**

- 24/7 nursing care, attending physician
- expert short-term rehabilitation (PT, OT, Speech, Pulmonary, Post-Acute)
- Alzheimer Care program
- Cardiac Care program
- Extended physician coverage with “phone Doctor” remote telemedicine
- Wound care
- Respite, palliative, stroke recovery, long term care
- Hospice Services
- Dining Services opened 24/7
- Activity Enrichment

### **Royal Megansett-508-563-5913**

#### **Services-**

- 24/7 nursing care, attending physician
- Expert short-term rehabilitation (PT, OT, Speech, pulmonary, post-acute)
- Cardiac Care program
- Extended physician coverage with “phone Doctor” remote telemedicine
- Wound care
- Respite, palliative, stroke recovery, long term care
- Hospice Services
- Dining service 24/7
- Activity enrichment
- Third floor retirement apartments that offer assisted living in a secure, home-like setting

### **Royal Cotuit-508-477-2490**

#### **Services-**

- 24/7 nursing care, attending physician
- Expert short-term rehabilitation (PT, OT, Speech, pulmonary, post-acute)
- Cardiac Care program
- Extended physician coverage with “phone Doctor” remote telemedicine
- Wound care
- Respite, palliative, stroke recovery, long term care
- Hospice Services
- Dining service 24/7
- Activity enrichment

### **Cape Regency-508-778-1835**

**About:** “Cape Regency offers short-term rehabilitation, long-term, respite, and hospice care.

24-hour skilled nursing care with an array of programs and services, ranging from long-term skilled care to more advanced post-hospital rehabilitative care. Regardless of the nature or complexity of the medical care required, our highly trained and compassionate nursing staff stand ready to address our residents health care needs and help them on the road to recovery.”

### **JML Care Center (Rehabilitation, Long Term Care and Adult Day Care-**

**About:** “JML Care Center provides expert support for patients needing rehabilitation after surgery, treatment to restore abilities following a stroke, long-term nursing care for complex medical issues and stimulating activity for those who need assistance living independently.”

### **Cape Winds in Hyannis-508-775-4881**

#### **Cape Winds in Sandwich-508-888-0880**

**About:** “Licensed by the state and may be referred to as offering “level IV” care. They are intended for people who do not require 24-hour skilled nursing services. Rest Homes provide supervision, meals, minimum medical services, and social activities.”

#### **Brookdale Cape Cod-508-319-9038**

**About:** Level of Care for individuals seeking residence for Memory Care and Assisted Living

“Memory Care: Specially designed environments and associates trained to care for seniors living with cognitive challenges, including dementia and Alzheimer’s.”

“Assisted Living: Our trained caregivers assist with medication management, daily activities, engaging activities, and coordination with outside health care providers.”

### **New Leaf Transitions- Senior downsizing & relocation experts-508-747-9861**

**About** “ When you are overwhelmed and don’t know where to start, call in the compassionate professionals at New Leaf Transitions. We have the help and answers you need for an anxiety free move.

## Thrift Stores

**Habitat for Humanity Restore-Home goods store in Falmouth-508-394-6400**  
805 Gifford Street Ext., East Falmouth, MA

**Falmouth Hospital Thrift Shop-508-457-7799**  
432 Palmer Ave.

**Hand in hand Thrift Shop-508-457-0770**  
141 Sandwich Rd., East Falmouth

**The Waquoit Thrift Shop-508-548-5269**  
15 Parsons Ln., East Falmouth

**St. Vincent De Paul Thrift Shop-508-540-0505**  
East Falmouth

## Hospitals-

**Falmouth Hospital-508-548-5300**

**Spaulding Rehabilitation Hospital Cape Cod-508-833-4000**

## Medical/Walk-in Clinics

**Cape Cod Medical Center-508-394-7113**

**About:** Medical Clinics provide walk-in outpatient health services. The health care provided through most medical clinics are usually covered at least in part, by a person's Medicaid, or private insurance.

**Community Health Center of Cape Cod – 508-477-7090**

**About:** "As a patient-centered medical home, Community Health Center of Cape Cod is a resource for prevention, wellness and quality healthcare — not just a place to go when you are sick. We provide our patients with primary care, dental care, behavioral health services, pharmacy, optometry, women's health, case management/patient navigation, walk-in care and insurance enrollment assistance. We have **offices in Mashpee, Falmouth, Bourne and Centerville**. We accept new patients with all types of insurance — including MassHealth, Commonwealth Care, Medicare, new federal plans and private insurance — or patients with no insurance at all.

**Duffy Health Center-508-771-9599 for an appointment**

**About:** "provide medical care, mental health treatment, treatment for substance use disorders, benefits enrollment, case management, support groups and outreach"



## **Pharmacies-**

**(East Falmouth)-508-540-5913**

**(Falmouth)**

**Brooks Pharmacy-508-495-2991**

**CVS Pharmacy-508-540-1737**

**Stop & Shop Pharmacy-508-540-4711**

**Rite Aid-508-495-2991**

**(Mashpee)**

**CVS Pharmacy-508-477-1535**

**Walgreens-508-477-0137**

**Stop & Shop Pharmacy-508-539-1803**

**REACH (Reaching Elders with Additional Community Help at the Cape & Islands EMS)  
508-771-4510**

## **Physical Rehab Services**

**Bayada Nurses-508-540-8770**

**About:** Out-patient therapy services

**Visiting Nurse of Cape Cod (Falmouth Office)-1-800-696-4047**

**About:** Out-patient therapy services

**Falmouth Physical Therapy-508-540-3588**

**About:** “Our mission at Falmouth Physical Therapy is to offer the best quality, hands-on physical therapy techniques available...”

## **Medical Supplies**

**Cape Medical Supplies-1-800-339-3322**

**About:**“Cape Medical Supply improves the lives of those we serve through the compassionate, responsive delivery of healthcare solutions.”

**Foley Medical Supply-508-394-1375**

**About:**“Since 1983, Foley Medical Supply has been providing professional, personalized service to the home care patient and caregiver. We carry the best quality and selection in equipment and supplies...”

# Substance Abuse Support

**Alcoholics Anonymous- [www.capecodaa.net/wordpress](http://www.capecodaa.net/wordpress)**

**Narcotics Anonymous - [www.nerna.org/find-a-meeting](http://www.nerna.org/find-a-meeting)**

**Cape Cod Intergroup-508-775-7060**

**Gosnold on Cape Cod-508-444-0561**

**About** “Addiction and substance use disorder are preventable, treatable diseases affecting countless men and women and their families. Since 1972, Gosnold on Cape Cod has provided addiction treatment services that are tailored to address the unique needs of each of those affected by the disease. Gosnold Offers complete end-to-end treatment services ranging from medical detox to residential inpatient rehab to convenient outpatient clinics to extended sober living.

Our professional, credentialed staff is also adept at treating a range of mental health issues that tend to occur alongside addiction. Our reputation of innovative programs and our commitment to clinical excellence makes Gosnold on Cape Cod the program of choice for addiction and substance use disorder treatment.”

**Gosnold School-Based Counseling Program-508-540-6550 ext. 6003**

**About** “...This service is a collaboration between the school and Gosnold. We offer individual counseling, mental health or substance use assessment, information about alcohol and drugs or other high risk activities. Our goal is to help your child overcome personal difficulties, work up to his or her academic potential, and make healthy choices both at school and home.”

Weekly Family Support Groups: (Gosnold)

Tuesday-

From 6:00-7:30 p.m. Gosnold Counseling Center 1185 Falmouth Rd., Centerville, MA 02632

Wednesday-

From 6:00-7:30 p.m. Gus Canty Community Center 790 Main Street, Falmouth, MA 02540

# Caregiver's Support

**Alzheimer's Family Support and Center of Cape Cod-508-896-5170**

**About:** “The Alzheimer's Family Support Center of Cape Cod is here to help families and individuals live their fullest lives. Created by caregivers for caregivers, the Alzheimer's Center provides an array of personalized services and pragmatic counseling to the 10,000 families, individuals, and caregivers on Cape Cod currently living with Alzheimer's and other dementia-related illnesses. Our goal is to help families navigate the complexities and challenges they face across the span of these diseases, while providing a research-based family and community-centered social model. What's more, all our services are provided free of charge.

**Atria Woodbrair** Park offers support for friends and families of those living with dementia

Individual Counseling -every Wednesday from 11 am to 1 pm, sessions by appointment with Molly Perdue, PhD, of above Alzheimer Family Support Center of Cape Cod, offering complimentary one-on-one counseling sessions. **Call 508-896-5170 to schedule an appointment.**

**Memory Care Support Groups call the above number and note: support groups are currently online.**

**Maplewood at Mayflower Place-508-790-0200**

**About:** “Maplewood at Mayflower Place offers a host of choices to suit varying needs of today's seniors. Whether you're considering Independent Living, Assisted Living, Memory Care or Skilled Nursing and Rehabilitation, you will find a premium apartment home that is right for you.” Located in West Yarmouth

# Mental Health/Crisis

**The Samaritans On Cape Cod and the Islands-508-548-7999 or Crisis Lines 508-548-8900 or 800-893-9900**

**About:** “Providing hope to those in need. “Founded in 1977, The Samaritans on Cape Cod and the Islands is a non-denominational, non profit volunteer organization whose mission is to provide emotional support to those who are lonely, depressed, or suicidal. Samaritan volunteers provide non-judgemental active listening to callers in need on our crisis hotlines, older adults in our Senior Outreach program, and survivors in our Safe Place support groups for those who have lost someone to suicide. As members of the oldest and largest suicide prevention network in the world, The Samaritans on Cape Cod and the Islands encourages our community to talk openly about suicide in order to best help and provide hope to those in need.”

**Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24-7 support**

**Falmouth Human Services-508-548-0533**

**About:** “Since 1975 Falmouth Human Services has been supporting and empowering Falmouth residents and strengthening the community as a whole through advocacy, broad community participation and by ensuring access to a comprehensive range of community-based health and human services.”

**Services:**-mental health,-crisis intervention services,-mental health hotlines,-outpatient counseling,-inpatient psychiatric hospitalization,-Partial hospitalization or day treatment,-Health Ins. and How it Works,-Medication Prescribers,-Substance Abuse,-Support/Self Help Groups,-Mental Health Concerns,-Anxiety/ Worry,-Stress,-Depression,-Grief,-Bipolar Disorder,-Obsessive-Compulsive Disorder,-Hoarding,-PTSD,-Screening Tools,-Community resources,-Basic needs,-Mental Health Services,-Substance Abuse Services,-Domestic Violence Services,-Children and Family Services,-Health Care,-Elder Services,-Handicapped/Disability Services,Employment & Education Services, Fuel Assistance (They will process fuel assistance applications for the South Shore Community Action Council the agency that administers to MA low income home energy assistance program LIHEAP)

**Community Health Center of Cape Cod – 508-477-7090**

**About:** “As a patient-centered medical home, Community Health Center of Cape Cod is a resource for prevention, wellness and quality healthcare — not just a place to go when you are sick. We provide our patients with primary care, dental care, behavioral health services, pharmacy, optometry, women’s health, case management/patient navigation, walk-in care and insurance enrollment assistance. We have **offices in Mashpee, Falmouth, Bourne and Centerville**. We accept new patients with all types of insurance — including MassHealth, Commonwealth Care, Medicare, new federal plans and private insurance — or patients with no insurance at all.

**Duffy Health Center-508-771-9599 for and appointment**

**About:** “provide medical care, mental health treatment, treatment for substance use disorders, benefits enrollment, case management, support groups and outreach”

**SouthBay Community Services-508-427-5362**

**About:** “Bringing community-based behavioral health care to those who need it most.”

**Clinical Psychologist, Lisa J. Condon-508-283-4073**

**About:** “People typically come to see me when they feel anxious, depressed, stressed out, or stuck. I work with clients to help them be more compassionate with themselves, so that they can develop a sense of curiosity and acceptance toward their experiences. As people become curious about why they feel and act the way they do, they are able to see their situation in a new light, and can come up with new solutions. “ Lisa works with adults of all ages and is accepting new clients.

# Legal

Attorney at Law ( Wills, Estate Planning and Trusts)

Eileen R. Sprague-508-444-2447

# Transportation

**Cape Cod Regional Transit-508-385-1430 (local number for information)**

**About:** “ Our mission is to provide excellent customer service through efficient, reliable, safe and affordable transit options to all our customers and communities.”

**Care.com, Inc. ( is an online way to connect with dozens of transportation providers in Falmouth)**

[www.care.com/senior-transportation](http://www.care.com/senior-transportation)

**Inter-Generations (is an online way to connect to many resources devoted to serving older adults on Cape Cod and the Islands) [www.intergens.com/adc.html](http://www.intergens.com/adc.html)**

**Food (no fees):**