

RESOURCES

The following information is provided by the Great Island Sunshine Committee. The Committee does not endorse any of these service providers but, rather, offers this information regarding some of the many possible places to explore if and when one has the need.

THE PLYMOUTH COUNCIL ON AGING (COA)

10 Cordage Park, Suite 108, Plymouth, MA 02360

Tel. (508) 830-4230

Hours: Monday through Friday 8:30 a.m. to 4:00 p.m.

The COA offers a variety of services to the disabled and the elderly. You may call the office to make an appointment to meet with staff regarding specific services. If you are physically unable to go to their site, someone will come to your home to meet with you.

A comprehensive list of services provided by the COA is attached. Some COA services of particular interest are also included in the meals and transportation sections of this resource list.

TRANSPORTATION

Dial-a-Ride (a service of the COA) – This curb-to-curb transportation service is provided through Churchill Transportation, Inc. (GATRA buses). It is available to persons over 60 years of age and to persons who meet American Disabilities Act (ADA) requirements. Rides are available for medical appointments, grocery shopping, hair appointments, etc. The cost is \$1.25 one way or a \$10 pass may be purchased to use for 10 one way trips. To arrange a ride, call (800) 433-5995, Monday through Friday from 7:00a.m. to 4:30 p.m. You must call by 2:00pm of the day before you wish to schedule a ride.

COA – Contact Terry Greer at 508-830-4230 to schedule a ride to a medical appointment. The service is available to persons 60 years of age or older. Rides are provided by volunteers, so it is important to schedule as far ahead of time as possible.

South Shore Community Action Council, 265 S. Meadow Road, Plymouth, MA, 02360, 508-747-7575. Provides transportation to non emergency medical appointments. Requests

can usually be honored if they are made at least two days before the appointment. Transportation is provided on vans, all of which have wheel chair lifts. The cost is \$23.00 plus \$1.30 per mile each way. For example, the cost of a trip to Boston would be \$85.00 each way. Vans run Monday – Friday from 6:00am – 6:00pm. To schedule a ride call the Council office and ask for Doug. Office hours are Monday – Friday, 7:00am – 5:00pm.

Road to Recovery – Call (800) 227-2345 for information regarding transportation to appointments for cancer treatment. This agency also provides other services for those being treated for cancer. The local office is: 5 Manley Street, West Bridgewater, MA 02379, tel. 508-584-9600, but it is necessary to call the 800 number for an initial intake interview.

Veterans Administration – Nathan Hale Veterans Outreach Center, tel. 508-747-2003, provides free transportation to VA hospitals in Brockton, Jamaica Plain, and West Roxbury. Contact Patty for an application. You will need to provide a copy of your VA card. Once your application is accepted, you need to provide 2 week notice of transportation required and your appointment must be between 9:00am and 11:00am.

MEALS/GROCERIES

Stop and Shop Peapod, online shopping service, www.peapod.com Customer Service (800) 5 PEAPOD. Minimum order is \$60. Delivery charges: \$9.95 for under \$100, \$6.95 for over \$100, there may be a gas surcharge if gas prices are particularly high.

Meals on Wheels (a service of COA) Delivers one meal a day, five days a week, for anyone 60 or older who is homebound and unable to prepare a nutritious meal. The cost is \$2.50 per meal.

Rose and Vicki's Bakery and Sub Shop, 747 State Road, Manomet, (508) 224-6809, pizza, subs, salads, pastries. Home delivery. \$2.00 delivery charge.

Cappy's Pizza, State Road, Manomet, (508) 2224-6868. Home delivery. \$1.00 delivery charge.

Café Olio, 3 Village Green North, Suite 312, Plymouth, MA 02360, (508) 224 4200. Eat in or carry out a range of breakfast, lunch and dinner items, including entrees, soups, salads, sandwiches, side dishes, and pastries. No delivery.

The Market, 6 Purchase Street, Plymouth, MA 02360, (508) 209-0000. A full service market, deli, and bakery, also carrying an extensive array of prepared foods, including entrees, side dishes, soups, salads, sandwiches, and sushi. No delivery.

IN-HOME CARE/HOMEMAKING/HOUSEKEEPING

Overlook Visiting Nurse Assoc., Inc., 1 Village Green, Suite 123, Plymouth, MA 02360, (508) 746-5544, www.overlookvna.org, Provides home health care, companions, and homemaking services. If the referral is made by a hospital or doctor, insurance may cover the cost. The cost is an hourly rate depending upon the type of service provided.

Home Care Plus, 385 Court Street, Plymouth, MA 02360 (508) 747-0023. Provides home based assessments of the individual's needs and then provides home health aide, CNA, or RN, as appropriate. Services generally not covered by health insurance, but some Long Term Care policies reimburse for services.

Comfort Keepers, 37 Industrial Park Road, Plymouth, MA, (866)888-5800. Provides a range of services for individuals in their own homes, including light housekeeping, home health aide, companion care, etc. Costs for services are generally not covered by health insurance.

MEDICAL ALERT (button which is worn on the wrist or as a necklace and can be used to summon emergency assistance at any time) Health insurance generally does not cover this, but Long Term Care Insurance may reimburse.

CVS Medical Alert (800)381-3293. Medical Alert is shipped FEDEX within a week (\$9.50 shipping charge), and includes the receiver and two waterproof emergency buttons. Monthly fee is \$29.95.

Connect America Medical Alert (800) 420-5900, x108, Bob Leto. Shipped to your home at no charge, and includes the receiver and waterproof emergency buttons to wear. Monthly fee is \$29.95.

