



# *The Gathering Place*

## ***The Gathering Place*** **-Do Something Great Today-**

Since our doors opened in 1985, the mission of *The Gathering Place* has been to provide a **supportive** and **productive** environment for adults who want to **enrich** their lives.

Our Center is a place seniors can come to make **friends**, participate in **hobbies** & special **interests**, enhance **health** through daily **exercise** & delicious meals, **celebrate** holidays & birthdays, **share** life experiences & **learn** from others.



## *The Gathering Place*

Hello Neighbor,

I would like to introduce myself. My name is Jillian Benelli and I am the Program Director for Lower Cape Adult Day Services; better known as ***The Gathering Place***. Our program provides adults with a variety of health and social services in a protective group setting. Over the years we have helped and cared for hundreds of seniors and their families, which is why I am writing to you. I would like to extend our services to any and all people that would be interested or could benefit from our services.

People who may need our care are . . .

- Partially dependent on others
- In need of good nutrition
- Socially isolated
- Physically impaired
- Mentally confused
- Having trouble managing personal care and hygiene

What we offer . . .

- Health screening
- Meals
- Recreation
- Transportation
- Exercise
- Counseling
- Cultural activities
- Medical assessments
- Speech, occupational, physical, and remediation therapy
- Education

We not only offer a social center for seniors, we also offer respite for their caregiver's. If it sounds like you, your family members, or someone you know could benefit from our services, please do not hesitate to call.

Do something great today, call . . . *The Gathering Place*.

Jillian Benelli  
Program Director  
LCADC  
(508) 255-6734  
LCADC@comcast.net



# *The Gathering Place*

## **What WE can offer YOU . . .**

### **Flexibility:**

At *The Gathering Place*, we work around YOUR schedule, not the other way around! Whether you would like to attend our center once a month or every day, we can accommodate any of your scheduling needs. Half days are also available if transportation is provided.

### **Transportation:**

Here at *The Gathering Place* we provide you with door-to-door transportation! Clients arrive here either by private car, or via the b-bus/DART, which is run by the local authority, the CCRTA. Our staff will take care of scheduling pick-ups and drop-offs. We will also inform caregivers when a pass is about to expire. For any additional information, please call CCRTA directly at (800) 352-7155.

Need a ride to the Doctor's office? No problem. Our Center will also provide transportation to any appointments you may have. Adequate notice prior to the scheduled appointment is required.

### **Nutritious Meals:**

Our ServSafe Certified staff members create healthy and delicious meals for both breakfast and lunch every day. We cater all meals to each client's specific nutritional needs.

### **Exercise:**

We offer a wide variety of daily exercise including dance, aerobics, seated strengthening, and walks. We have certified exercise instructors to lead classes. All exercises are designed to improve flexibility, strength, and coordination. No matter what age or ability we provide fun ways to stay active.

### **Counseling:**

Our Outreach Staff is always available to help with financial and legal decisions, emotional concerns, or living changes. We promote educational programs that encourage learning new information or skills.

### **Recreation:**

We offer a wide-range of daily activities for our clients. Trivia, puzzles, current events, games, art, history, music, and movies are just a few of the wonderful activities at *The Gathering Place*. We spend as much time out of the building as we do inside. We take weekly trips to museums, art galleries, gardens, beaches, conservation land, and historic monuments. We live in the most beautiful place in the world; let's explore it!

**(508) 255-6734**  
**1405 NAUSET ROAD**  
**PO BOX 1203**  
**NORTH EASTHAM, MA 02651**

***The Gathering Place: Do Something Great Today!***  
**Please call us at (508) 255-6734**

The Eastham Council On Aging welcomes you to join *The Gathering Place*. We've been serving all Lower & Outer Cape Cod since 1985. Door-to-door transportation provided.

- **Get together to share life experiences**
- **Allow us to provide respite & support**
- **Take part in informative & fun events**
- **Heal body & mind with healthy meals, exercise & cultural outings**
- **Experience new hobbies**
- **Relax in our therapeutic environment**
- **Immerse yourself in enriching programs**
- **Nurture & grow new friendships**
- **Guide & learn from others**

***The Gathering Place* is open Monday-Friday from 8am-2pm,  
and located at 1405 Nauset Road, North Eastham, MA 02651**



***The Gathering Place***



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NORTH EASTHAM, MA 02651

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## Do Something Great Today!

### ***We Are Here for You***

**Please call us today  
at (508) 255-6734**

For many families, the health and safety of a loved one at home can be a constant worry. Having the piece of mind that your loved one is safe and receiving high quality care can be a great comfort.

Caring for a loved one can be demanding and requires both time and energy. It can be an exhausting, full-time job. Regular attendance to *The Gathering Place* provides welcome assistance for those giving care at home. We give families time to meet their own needs. Everybody needs break!

### ***We Are Here to Help***



#### ***Who are Caregivers?***

***A caregiver is someone who provides on-going physical, emotional or financial support to another person who is unable to provide these things for themselves. Spouses, significant others, children, parents or grandparents may all be considered caregivers (Elder Services Cape Cod & Islands).***

#### **We Provide Respite for Caregivers . . .**

- Are you providing for—or worrying about—an elderly family member?
- Are you worried about the isolation or inactivity of a family member?
- Are you increasingly worried about the health and safety of an elderly loved one?