TRANSPORTATION OPTIONS

Updated July 2021

MEDICAL & GENERAL

A Transportation Resource Guide for Older Adults and Residents with Disabilities within SeniorCare’s Planning and Service Area

SERVING

Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester-By-The-Sea, Rockport, Topsfield, and Wenham

FOR MORE INFORMATION

RSVP Volunteers of the North Shore, SeniorCare Inc.

Ruth Lindsay, RSVP Director
rsvp@seniorcareinc.org
978-281-1750 x572
978-865-3572

Carole McNair, Transportation Coordinator
978-281-1750 x573
978-865-3573

Theresa Dickson, RSVP Program Assistant
978-281-1750 x568
978-865-3568

COVID-19 UPDATE:

Several transportation service providers and Senior Centers have temporarily shifted their service offerings due to Covid-19, and not all transportation services are fully functioning.

It is recommended that consumers use this guide as a reference and resource, and to contact the service provider to verify current information.
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SENIORCARE
MEDICAL TRANSPORTATION PROGRAM

COVID-19 INFO: SeniorCare’s Medical Transportation Program continues to provide transportation for essential medical appointments during the current pandemic while implementing amended safety procedures, which will be provided to all consumers and volunteers. Our goal is to ensure that our consumers can receive access to necessary medical care, while we do our best to ensure the safety for both our passengers and the volunteer drivers.

In addition, SeniorCare’s Medical Transportation Program is currently operating Door-to-Door: Volunteers DO NOT enter a consumer’s home, nor do they enter the medical facility during this time.

<table>
<thead>
<tr>
<th>Program:</th>
<th>RSVP Volunteers provide a door-through-door escort service to and from local and out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>For people 60+ who are self-mobile and not needing physical assistance, wheelchairs, or oxygen tanks, and reside within SeniorCare’s jurisdiction.</td>
</tr>
<tr>
<td>Service Area:</td>
<td>Residents within SeniorCare’s jurisdiction: Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester-by-the-Sea, Rockport, Topsfield, and Wenham. Consumers may travel both within and outside these communities.</td>
</tr>
<tr>
<td>Cost:</td>
<td>No fee. A voluntary donation is suggested related to the number and length of trips per month; this request is mailed monthly. Donations cover the costs of the program and mileage reimbursements for the Volunteer Drivers. Clients pay for tolls and parking fees. Volunteers cannot accept tips or gifts with a value exceeding $10 but can accept donation checks to help support SeniorCare’s programs.</td>
</tr>
<tr>
<td>Hours:</td>
<td>Scheduling: Monday - Friday 9:00 AM - 12:00 Noon Operating Hours (Rides): Monday - Friday 8:00 AM - 4:00 PM Exception: Holidays and when SeniorCare is closed</td>
</tr>
<tr>
<td>Scheduling:</td>
<td>Rides may be scheduled as soon as appointments are made. Advance notice of at least 3 business days is required (at least 7 business days for Burlington or Boston appointments).</td>
</tr>
<tr>
<td>Reservations:</td>
<td>Coordinator: 978-281-1750 x573 or 866-927-1050 x573 Supervisor: 978-281-1750 x572 <a href="mailto:carole.mcnair@seniorcareinc.org">carole.mcnair@seniorcareinc.org</a></td>
</tr>
</tbody>
</table>
Important Notes:

- This program is for medical transportation rides ONLY. Volunteer Drivers are not permitted to transport Consumers to the grocery store, bank, or run any other type of errands.

- Consumers should call with a transportation request as soon as a medical appointment is made, but no less than 3 business days prior.

- Long distance appointments such as Boston and Burlington should be scheduled between the hours of 11am and 1pm to avoid rush hour traffic.

- For lengthy appointments, arrangements may be made for either a drop-off or pick-up but may not always accommodate both ways.

- Consumers may be provided with more than one ride during a week but should be reminded that Volunteer Drivers must be shared with many Consumers.

- The Coordinator will provide Consumers with medical transportation options in their area (which can, and should, be utilized).

How to Schedule a Ride:

1. Call the Coordinator at 978-281-1750 X573 between 9:00 and 12:00 noon. *If you call after noon, leave a detailed message including your name and phone number.*

2. State the date, time and length of appointment, doctor’s name, and office or hospital address.

3. The Coordinator will reach out to Volunteer Drivers to provide transportation.

4. The Coordinator will call you with the Volunteer Driver’s name or notify you if no Volunteers are available.

5. The Volunteer Driver will call the Consumer no later than the day before the ride to introduce themselves. They will arrange a pick-up time and discuss any pertinent details about the ride.

6. Be ready to go when the Volunteer Driver arrives at your home to pick you up!

7. If the ride needs to be canceled, it is imperative that you contact the Coordinator immediately. If the Coordinator cannot be reached, ask to speak with the Transportation Supervisor or leave a message with the SeniorCare Receptionist.
BEVERLY TRANSPORTATION OPTIONS

Beverly Council on Aging
Senior Community Center
90 Colon Street
Beverly, MA 01915
Main: 978-921-6017
Transportation: 978-921-6078
beverlyma.gov/departments/council-on-aging/transportation/

<table>
<thead>
<tr>
<th>Program:</th>
<th>The Beverly Senior Center offers curb-to-curb, wheelchair accessible, in-town transportation in addition to out-of-town medical transportation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 Service Updates:</td>
<td>Staff and Riders will be required to follow several new protocols to minimize the possible transmission of the disease.</td>
</tr>
<tr>
<td>Eligibility:</td>
<td>Beverly residents age 60+ and individuals with a disability. Must complete registration packet before first ride.</td>
</tr>
<tr>
<td>Service Area:</td>
<td>In-town transportation to medical appointments, physical therapy, grocery, and drug store visits.</td>
</tr>
<tr>
<td></td>
<td>The Senior Center van provides medical transportation to Lahey Peabody, Lahey Danvers, and Mass. General in Danvers on Mondays and Thursdays only. Please contact the Transportation Department for further information regarding out-of-town medical appointments.</td>
</tr>
<tr>
<td>Cost:</td>
<td>Due to COVID: Riders are required to purchase a $10 or $20 bus ticket to avoid exchange of cash. You may buy a bus ticket on the first day you ride the van. $1 each way for a ride within Beverly $4 each way for out-of-town medical appointments</td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday, Tuesday, Wednesday: 8:30am – 2:30pm Thursday: 8:30am – 5:00pm Friday: 8:30am – 11:30am</td>
</tr>
<tr>
<td>Scheduling:</td>
<td>Reservations may be made up to 2 weeks in advance but no later than 2 business days before the date of service.</td>
</tr>
<tr>
<td>Reservations:</td>
<td>978-921-6078</td>
</tr>
</tbody>
</table>

SeniorCare Medical Transportation Program
978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-to-door escort service to and from local & out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.
 Programme: An origin-to-destination, handicapped accessible, shared ride service for people who are eligible under the Americans with Disabilities Act guidelines.

Eligibility: People with disabilities, including seniors, who are registered with THE RIDE.

COVID-19 Update: In-person appointments are temporarily not required until further notice

To apply or recertify for THE RIDE, you will need to appear in person for a confidential interview with a Mobility Coordinator.

To set up an interview and note what you need to bring, contact THE RIDE eligibility Center at 617-337-2727.

Immediate Service for Medical Necessity provides 30 days of full service to individuals when requested by healthcare providers, hospitals, or treatment centers to deal with a medical emergency.

Service Area: Topsfield, Beverly, Boston, Danvers, Peabody, Salem, and many more (call or refer to website for complete list).

Cost: $3.00 each way (No Cash is accepted; Account must be funded in advance.)

Hours: Monday through Friday, 8:30AM to 3:30PM (evening by request)

Scheduling: 1-7 days in advance

Reservations: 844-427-7433 between 8:30AM - 5PM, or https://rider.routematch.com
TTY: 857-206-6569

Additional Transportation Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverly Shuttle</td>
<td>cantran.com</td>
<td>978-283-7916</td>
</tr>
<tr>
<td>MBTA Commuter Rail</td>
<td>mbta.com/schedules/commuter-rail</td>
<td>617-222-3200</td>
</tr>
<tr>
<td>MassHealth Transportation</td>
<td>mass.gov (healthcare transportation)</td>
<td>800-841-2900</td>
</tr>
<tr>
<td>(PT-1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taxi Services</td>
<td>Tri-City Taxi</td>
<td>978-531-3112</td>
</tr>
<tr>
<td>Beauport Ambulance Service</td>
<td>beauportambulanceservice.com/</td>
<td>978-281-6955</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>cancer.org (Suspended due to COVID)</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>Road to Recovery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veterans’ Services/City of</td>
<td>beverlyma.gov</td>
<td>978-778-5000</td>
</tr>
<tr>
<td>Beverly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mobility Links</td>
<td>glss.net</td>
<td>888-499-5324</td>
</tr>
<tr>
<td>Ride Match</td>
<td>massridematch.org</td>
<td>800-483-2500</td>
</tr>
<tr>
<td>Ride Sharing:</td>
<td>Uber – Uber.com</td>
<td>Lyft - lyft.com</td>
</tr>
</tbody>
</table>
ESSEX TRANSPORTATION OPTIONS

Essex Senior Center / Council on Aging
17 Pickering Street
Essex, MA 01929
978-768-7932
essexma.org

Program: Cape Ann Transportation Authority, in conjunction with the Essex COA and the town of Essex, provides van service for medical appts., shopping, banking, etc. Vans are wheel-chair accessible; escorts & service animals allowed.

Eligibility: Essex residents age 60+.

Service Area: Hamilton, Wenham, Beverly, Manchester-by-the-Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody, and Danvers. Transportation is available to the North Shore Regional Dialysis Center in Beverly, Monday through Saturday, for 1st and 2nd shift dialysis treatments.

Cost: Suggested donation of $2.50 one-way for out-of-town trips.

Hours: Monday through Friday, 8AM – 4PM.

Scheduling: At least two business days' notice is required. For example, call no later than Thursday for a Monday ride. Transportation to and from a location must be scheduled at the same time.

Reservations: 978-283-7916
OR, if you need additional assistance, call:
Essex COA Staff – 978-768-7932 (press 1 for front desk)

SeniorCare Medical Transportation Program
978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-to-door escort service to and from local & out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.
Group Shopping (CATA)  
978-283-7916 (call CATA to reserve a space)  

Please note: You must register with CATA, which can take up to a week to complete. Forms are available at the Gloucester Council on Aging, by calling CATA, or visiting the CATA website (canntran.com) - $5 per passenger and a limit of 2 bags

Wednesday: Departs Essex COA at 10AM; Departs location at 1PM – These trips are suspended.  
  Week 1: Walmart  
  Week 2: Christmas Tree Shop  
  Week 3: Trader Joes  
  Week 4: Liberty Tree/North Shore Malls  
  Week 5: Ocean State Job Lots  

Friday: Market Basket, Rowley. Bus picks you up at your home at approximately 9:30AM; 1 hour to shop.

Seniors on the Go (A Manchester-by-the-Sea/Essex Partnership)  
Group trips to provide increased access to healthy food and fitness opportunities. Rides will be provided by the Manchester-by-the-Sea Council on Aging Vehicle. For more information, contact the Manchester-by-the-Sea Council on Aging at 978-526-7500 or the Essex Council on Aging at 978-768-7932.

Additional Transportation Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Website/Contact Information</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>MassHealth Transportation (PT-1)</td>
<td>mass.gov (healthcare transportation)</td>
<td>800-841-2900</td>
</tr>
<tr>
<td>Taxi Services:</td>
<td></td>
<td>978-283-0099</td>
</tr>
<tr>
<td>Beauport Ambulance Service</td>
<td>beauportambulanceservice.com/</td>
<td>978-281-6955</td>
</tr>
<tr>
<td>American Cancer Society Road to Recovery</td>
<td>cancer.org</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>North Shore Regional Dialysis Center</td>
<td>freseniuskidneycare.com</td>
<td>800-881-5101</td>
</tr>
<tr>
<td>Eastern Essex District Department of Veterans’ Services</td>
<td>eessexvets.com</td>
<td>978-356-3915</td>
</tr>
<tr>
<td>Mobility Links</td>
<td>glss.net</td>
<td>888-499-5324</td>
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<tr>
<td>Ride Match</td>
<td>massridematch.org</td>
<td>800-483-2500</td>
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<tr>
<td>Ride Sharing:</td>
<td>Uber - uber.com</td>
<td>Lyft - lyft.com</td>
</tr>
</tbody>
</table>

SeniorCare Transportation Options Guide (July 2021)
Gloucester Council on Aging / Rose Baker
Senior Center
6 Manuel F. Lewis Street, Gloucester, MA 01930
978-325-5800
[gloucester-ma.gov](http://gloucester-ma.gov)

**Program:** Volunteers provide a door-to-door escort service to and from local and out-of-town medical appointments. The Gloucester COA Volunteer Driver Program is suspended and is replaced with a free cab service for many transportation needs. Contact the Gloucester COA for details and to schedule a ride.

**Eligibility:** Gloucester and Rockport residents aged 60+.

**Service Area:** Open; Boston trips are limited.

**Cost:** No fee. Donation is appreciated.

**Hours:** Monday through Friday, 9AM to 4PM

**Scheduling:** Rides must be scheduled at least 3 days in advance.

**Reservations:** 978-325-5800

The Gloucester Council on Aging also operates an 8-passenger van, with volunteer drivers, transports Seniors to the RMV monthly, as well as shopping trips and to restaurants. Contact the COA for a schedule of trips and sign up at the Senior Center reception desk.

**CATA Dial-a-Ride**
978-283-7916

**Program:** A door-to-door service to and from local appointments and activities, with medical appointments given priority

**Eligibility:** Older adults age 60+ and adults age 18+ who have a physical, mental, or cognitive disability. Must register with CATA’s Dial-a-Ride program in advance.

**Service Area:** Rockport, Gloucester, and organized trips outside Cape Ann

**Cost:** $2.00 - $2.50 for local rides

**Hours:** Monday through Friday 9:00AM - 2:30PM

**Scheduling:** Up to a month in advance, but no later than 1:00 PM on the day preceding the date of service

**Reservations:** 978-283-7916
CATA-on-Demand
978-283-7916 canntran.com/OnDemand

A public, on-demand transit service that comes when and where you want within Gloucester. Service hours are Monday-Friday, 7:30am-8pm. $2 per trip. Download the CATA on Demand app or call 978-283-7916.

SeniorCare Medical Transportation Program
978-281-1750 x573, seniorcareinc.org

RSVP Volunteers provide a door-to-door escort service to and from local and out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited. Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.

Seniors on the Go

FREE group trips to provide increased access to healthy food and fitness opportunities for Gloucester residents age 65+. Contact the Gloucester Council on Aging at 978-281-9765 for a current schedule and additional details.

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<tr>
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<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Cape Ann Transportation Authority</td>
<td>canntran.com</td>
<td>978-283-1886</td>
</tr>
<tr>
<td>MBTA Commuter Rail</td>
<td>mbta.com/schedules/commuter-rail</td>
<td>617-222-3200</td>
</tr>
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<td>MassHealth Transportation (PT-1)</td>
<td>mass.gov (healthcare transportation)</td>
<td>800-841-2900</td>
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<td>Taxi Service</td>
<td>Gloucester Taxi</td>
<td>978-281-0099</td>
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<td>Beauport Ambulance Service</td>
<td>beauportambulanceservice.com/</td>
<td>978-281-6955</td>
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<td>American Cancer Society Road to Recovery</td>
<td>cancer.org</td>
<td>800-227-2345</td>
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<td>North Shore Regional Dialysis Center</td>
<td>frenseniuskidneycare.com</td>
<td>800-881-5101</td>
</tr>
<tr>
<td>Cape Ann Veterans’ Services</td>
<td>gloucester-ma.gov</td>
<td>978-281-9740</td>
</tr>
<tr>
<td>Mobility Links</td>
<td>glss.net</td>
<td>888-499-5324</td>
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<tr>
<td>Ride Match</td>
<td>massridematch.org</td>
<td>800-483-2500</td>
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<tr>
<td>Ride Sharing:</td>
<td>Uber – uber.com</td>
<td>Lyft – lyft.com</td>
</tr>
</tbody>
</table>
Hamilton Council on Aging
Hamilton Senior Center
299 Bay Road
South Hamilton, MA  01982
978-468-5595
hamiltonma.gov/council-on-aging/

Program: Cape Ann Transportation Authority, in conjunction with the Hamilton Council on Aging and the Town of Hamilton, provides van service for medical appointments, shopping, banking, etc. Vans are wheel-chair accessible; escorts & service animals allowed.

Eligibility: Hamilton residents age 60+.


Transportation is available to the North Shore Regional Dialysis Center in Beverly, Monday through Saturday, for 1st and 2nd shift dialysis treatments.

Cost: Suggested donation of $2.50 one-way for out-of-town trips.

Hours: Monday through Friday, 8AM – 4PM.

Scheduling: At least two business days’ notice is required. For example, call no later than Thursday for a Monday ride. Transportation to and from a location must be scheduled at the same time.

Reservations: 978-283-7916

SeniorCare Medical Transportation Program
978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-through-door escort service to and from local & out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.
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<td>MBTA Commuter Rail</td>
<td>mbta.com/schedules-commuter-rail</td>
<td>617-222-3200</td>
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<td>MassHealth Transportation (PT-1)</td>
<td>mass.gov (health care transportation)</td>
<td>800-841-2900</td>
</tr>
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<td>Taxi Services:</td>
<td>Tri-City Taxi 978-531-3112, Gloucester Taxi 978-283-0099</td>
<td></td>
</tr>
<tr>
<td>Action Ambulance Service</td>
<td>actionambulance.com/</td>
<td>978-253-2600</td>
</tr>
<tr>
<td>American Cancer Society Road to Recovery</td>
<td>cancer.org</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>North Shore Regional Dialysis Center</td>
<td>freseniuskidneycare.com</td>
<td>888-373-1470</td>
</tr>
<tr>
<td>Eastern Essex District Department of Veterans’ Services</td>
<td>eessexvets.com</td>
<td>978-356-3915</td>
</tr>
<tr>
<td>Mobility Links</td>
<td>glss.net</td>
<td>888-499-5324</td>
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<td>Ride Match</td>
<td>massridematch.org</td>
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<td></td>
<td>Lyft – lyft.com</td>
<td></td>
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</table>
Program: Cape Ann Transportation Authority, in conjunction with the Ipswich Council on Aging and the Town of Ipswich, provides van service for medical appointments, shopping, banking, etc. Vans are wheel-chair accessible; escorts & service animals allowed.

Eligibility: Ipswich residents age 60+
Pre-registration is required

Service Area: IN-TOWN: Transportation to local medical appts., the Senior Center, grocery stores, pharmacy, library, etc. is provided by the Ipswich Senior Center Van.

Cost: $2 round-trip

Hours: Monday through Thursday 8AM – 4PM
Friday 8AM-Noon

Scheduling: At least 24 hours in advance.

OUT-OF-TOWN: Transportation provided by CATA (Cape Ann Transportation Authority) to medical appointments including:

Addison Gilbert Hospital  Beverly Hospital Campus
Cape Ann Medical Center  Cummings Center
Fresenius Medical Center  Gordon Center for balance & mobility
Lahey Danvers  Lahey Peabody
Mass. General / North Shore Center for Outpatient Care

Volunteer drivers provide rides to areas outside CATA service area when available.

CATA suggests you bring a snack & reading material as wait times can vary.

Reservations: Monday through Thursday, 8AM - 4PM
Friday, 8AM - Noon
### Ipswich Council on Aging Group Shopping:

*Contact the Council on Aging for details and reservations – 978-356-6650*

- **Monday through Thursday** – The Council on Aging van provides transportation to Market Basket beginning at 1:00.
- **Friday** – The Council on Aging van provides transportation to various locations beginning at noon.

### SeniorCare Medical Transportation Program

978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-through-door escort service to and from local & out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

**Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.**

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<tr>
<td>MBTA Commuter Rail</td>
<td><a href="#">mbta.com/schedules/commuter-rail</a> 617-222-3200</td>
</tr>
<tr>
<td>MassHealth Transportation (PT-1)</td>
<td><a href="#">mass.gov</a> (healthcare transportation) 800-841-2900</td>
</tr>
<tr>
<td>Taxi Services:</td>
<td>Tri-City Taxi 978-531-3112 Gloucester Taxi 978-283-0099</td>
</tr>
<tr>
<td>Action Ambulance Service</td>
<td><a href="#">actionambulance.com/</a> 978-253-2600</td>
</tr>
<tr>
<td>American Cancer Society Road to Recovery</td>
<td><a href="#">cancer.org</a> Suspended due to COVID 800-227-2345</td>
</tr>
<tr>
<td>North Shore Regional Dialysis Center</td>
<td><a href="#">freseniuskidneycare.com</a> 800-881-5101</td>
</tr>
<tr>
<td>Eastern Essex District Department of Veterans’ Services</td>
<td><a href="#">eessexvets.com</a> 978-356-3915</td>
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<td><a href="#">glss.net</a> 888-499-5324</td>
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</tr>
</tbody>
</table>
Manchester-by-the-Sea Council on Aging
10 Central Street
Town Hall
Manchester-by-the-Sea, MA 01944
978-526-7500
Manchester.ma.us>Council-On-Aging

Program: Four Manchester-by-the-Sea vehicles provide transportation to medical appointments, grocery stores, pharmacies, banks, fitness facilities, general stores, post office, senior centers, etc.

Monthly trips to the malls and Trader Joes

Thursday: Group trips to Market Basket

Eligibility: Manchester-by-the-Sea residents age 60+ and disabled under 60.

Service Area: Open

Cost: No fee; donations appreciated

Hours: Monday 8:30AM - 2PM
Tuesday and Friday 8:30AM - 3PM
Wednesday and Thursday 8:30AM - 4PM

Scheduling: A minimum of 24 hours in advance if possible

Reservations: 978-526-7500

SeniorCare Medical Transportation Program
978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-through-door escort service to and from local & out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.

Seniors on the Go (A Manchester-by-the-Sea/Essex Partnership)
Group trips to provide increased access to healthy food and fitness opportunities. Rides will be provided by the Manchester-by-the-Sea Council on Aging Vehicle. For more information, contact the Manchester-by-the-Sea Council on Aging at 978-526-7500.
## Additional Transportation Resources

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Website/Contact Information</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>MBTA Commuter Rail</td>
<td><a href="http://mbta.com/schedules/commuter-rail">mbta.com/schedules/commuter-rail</a></td>
<td>617-222-3200</td>
</tr>
<tr>
<td>MassHealth Transportation (PT-1)</td>
<td><a href="http://mass.gov">mass.gov</a> (healthcare transportation)</td>
<td>800-841-2900</td>
</tr>
<tr>
<td>Taxi Services: Gloucester Taxi</td>
<td>978-283-0099</td>
<td></td>
</tr>
<tr>
<td>American Cancer Society Road to Recovery</td>
<td><a href="http://cancer.org">cancer.org</a> Suspended due to COVID</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>Cape Ann Veterans' Services</td>
<td><a href="http://gloucester-ma.gov">gloucester-ma.gov</a></td>
<td>978-281-9740</td>
</tr>
<tr>
<td>Mobility Links</td>
<td><a href="http://glss.net">glss.net</a></td>
<td>888-499-5324</td>
</tr>
<tr>
<td>Ride Match</td>
<td><a href="http://massridematch.org">massridematch.org</a></td>
<td>800-483-2500</td>
</tr>
<tr>
<td>Ride Sharing: Uber</td>
<td><a href="http://uber.com">uber.com</a></td>
<td></td>
</tr>
<tr>
<td>Ride Sharing: Lyft</td>
<td><a href="http://lyft.com">lyft.com</a></td>
<td></td>
</tr>
</tbody>
</table>
# ROCKPORT TRANSPORTATION OPTIONS

## Rockport Council on Aging
Rockport Senior Center  
58 Broadway  
Rockport, MA 01966  
978-546-2573  
rockportma.gov/council-aging

## CATA Dial-a-Ride
978-283-7916  
canntran.com

<table>
<thead>
<tr>
<th>Program:</th>
<th>A door-to-door service to and from local appointments and activities, with medical appointments given priority. Includes rides for lunch at the Senior Center and Bingo (contact CATA for a reservation).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>Older adults age 60+ and adults age 18+ who have a physical or intellectual disability. Must register with CATA’s Dial-a-Ride program in advance.</td>
</tr>
<tr>
<td>Service Area:</td>
<td>Rockport, Gloucester, and organized trips outside Cape Ann</td>
</tr>
<tr>
<td>Cost:</td>
<td>$2.00 - $2.50 for local rides</td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday through Friday 9:00AM - 2:30PM</td>
</tr>
<tr>
<td>Scheduling:</td>
<td>Reservations must be made up to a month in advance, but no later than 1:00 PM on the day preceding the date of service.</td>
</tr>
<tr>
<td>Reservations:</td>
<td>978-283-7916</td>
</tr>
</tbody>
</table>

## SeniorCare Medical Transportation Program
978-281-1750 x573 or 978-865-3573  
seniorcareinc.org

RSVP Volunteers provide a door-through-door escort service to and from local and out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

**Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.**
Seniors on the Go
FREE group trips to provide increased access to healthy food and fitness opportunities for Rockport residents age 65+. Contact the Rockport Council on Aging at 978-546-2573 for a current schedule and additional details.

Group Shopping (CATA)
978-283-7916 (Call CATA to reserve a space or to register.)

Please note: You must register with CATA, which can take up to a week to complete. Forms are available at the Rockport Council on Aging, by calling CATA, or visiting the CATA website (canntran.com).

Monday: Group bus trip departing Rockport Senior Center weekly at 9:30 AM. Return trip departs location at 1PM. $5.00 roundtrip. 2 bag limit. Monday Group Trips are Suspended

Tuesday: Grocery shopping at your choice of Stop & Shop, Shaws (Eastern Avenue), or Market Basket in Gloucester. Reservations must be made in advance. The CATA bus will pick up riders curbside outside their homes at approximately 10:45AM and return at approximately 1:15 PM. $4.00 round trip. 2 bag limit.

Additional Transportation Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cape Ann Transportation Authority (CATA bus service)</td>
<td>canntran.com</td>
<td>978-283-1886</td>
</tr>
<tr>
<td>MBTA Commuter Rail</td>
<td>mbta.com/schedules/commuter-rail</td>
<td>617-222-3200</td>
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<tr>
<td>MassHealth Transportation (PT-1)</td>
<td>mass.gov (healthcare transportation)</td>
<td>800-841-2900</td>
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<tr>
<td>Taxi Services:</td>
<td>Gloucester Taxi</td>
<td>978-283-0099</td>
</tr>
<tr>
<td>Beauport Ambulance Service</td>
<td>beaufortambulanceservice.com/</td>
<td>978-281-6955</td>
</tr>
<tr>
<td>American Cancer Society Road to Recovery</td>
<td>cancer.org</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>North Shore Regional Dialysis Center</td>
<td>freseniuskidneycare.com</td>
<td>800-881-5101</td>
</tr>
<tr>
<td>Cape Ann Veterans’ Services</td>
<td>gloucester-ma.gov</td>
<td>978-281-9740</td>
</tr>
<tr>
<td>Mobility Links</td>
<td>glss.net</td>
<td>888-499-5324</td>
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<tr>
<td>Ride Match</td>
<td>massridematch.org</td>
<td>800-483-2500</td>
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<tr>
<td>Ride Sharing:</td>
<td>Uber - uber.com</td>
<td>Lyft - lyft.com</td>
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</table>
TOPSFIELD
TRANSPORTATION OPTIONS

Topsfield Council on Aging
Town Hall, 8 West Common Street
Topsfield, MA 01983
978-887-1523
Topsfield-ma.gov/council-aging

Programs: At this time, some transportation options provided by the Topsfield COA are temporarily suspended. Bus service for medical, financial, and other appointments, as well as special excursions and shopping shuttles.

A limited number of volunteers are available to drive senior citizens and adults with disabilities (door-to-door) to medical appointments.

Eligibility: Topsfield residents age 60+ and adults with disabilities

Service Area: 15-mile radius of Topsfield

Cost: No fee; $2 in-town and $4 out-of-town suggested donation. Complimentary service to/from Programming Site (Town Hall), Election Day Polling Site and certain special events.

Hours: Medical transport available: Monday all day, Thursday all day and Wednesday afternoon:
Tuesday Mornings: Special trips (call Topsfield COA for info)
Wednesday Mornings: Shopping Shuttle runs to Market Basket Plaza, Rowley, including CVS, TJ Maxx, and more.

Scheduling: Medical rides may be scheduled up two months in advance. All other rides must be scheduled at least 24 hours in advance, on a first-come, first-serve basis.

Reservations: 978-887-6866 (Mon. through Thurs. 9AM - 4PM & Fri. 9AM - Noon)

SeniorCare Medical Transportation Program
978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-through-door escort service to and from local & out-of-town medical appointments. Long distance trips to Boston and Burlington are limited.

Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.
THE RIDE
617-337-2727
mbta.com/accessibility/the-ride

Program: An origin-to-destination, handicapped accessible, shared ride service for people who are eligible under the Americans with Disabilities Act guidelines.

Eligibility: People with disabilities, including seniors, who are registered with THE RIDE.

**COVID-19 Update: In-person appointments are temporarily not required until further notice**

To apply or recertify for THE RIDE, you will need to appear in-person for a confidential interview with a Mobility Coordinator.

To set up an interview and note what you need to bring, contact THE RIDE eligibility Center at 617-337-2727.

*Immediate Service for Medical Necessity* provides 30 days of full service to individuals when requested by healthcare providers, hospitals, or treatment centers to deal with a medical emergency.

Service Area: Topsfield, Beverly, Boston, Danvers, Peabody, Salem, and many more (call or refer to website for complete list).

Cost: $3.00 each way *(No Cash is accepted; Account must be funded in advance.)*

Hours: Monday through Friday, 8:30AM to 3:30PM (evening by request)

Scheduling: 1-7 days in advance

Reservations: 844-427-7433 between 8:30AM - 5PM, or rider.routematch.com

TTY: 857-206-6569

### Additional Transportation Resources

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<td>800-841-2900</td>
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<td>Taxi Services</td>
<td>Tri-City Taxi</td>
<td>978-531-3112</td>
</tr>
<tr>
<td>Lyons Ambulance Service</td>
<td><a href="cataldoambulance.com/">cataldoambulance.com/</a></td>
<td>978-774-1500</td>
</tr>
<tr>
<td>Northeast Regional Ambulance Service</td>
<td><a href="nerems.com/">nerems.com/</a></td>
<td>866-234-0981</td>
</tr>
<tr>
<td>American Cancer Society Road to Recovery</td>
<td><a href="cancer.org">cancer.org</a> Suspended due to COVID</td>
<td>800-227-2345</td>
</tr>
<tr>
<td>Topsfield Veterans’ Services</td>
<td><a href="topsfeld-ma.gov">topsfeld-ma.gov</a></td>
<td>978-887-0335</td>
</tr>
<tr>
<td>Mobility Links</td>
<td><a href="glss.net">glss.net</a></td>
<td>888-499-5324</td>
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<td>Ride Match</td>
<td><a href="massridematch.org">massridematch.org</a></td>
<td>800-483-2500</td>
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<td>Ride Sharing:</td>
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<td>Lyt - <a href="lyft.com">lyft.com</a></td>
</tr>
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Wenham Council on Aging
Aging Resource Center
10 School Street
Wenham, MA 01984
978-468-5529
wenhamma.gov/council_on_aging

<table>
<thead>
<tr>
<th>Program:</th>
<th>Van service for medical appointments, shopping, banking, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday:</td>
<td>Group shopping trips to Market Basket</td>
</tr>
<tr>
<td>Additional group</td>
<td>Contact the COA Van Service for details</td>
</tr>
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Eligibility: Wenham residents age 60+. Handicapped accessible lift.

Service Area: Wenham, Hamilton, Beverly, Danvers, Peabody, Manchester, Essex and Topsfield.

Cost: No fee; $4 donations are appreciated

Hours: Monday through Friday, 8AM – 3:30PM

Scheduling: 24 hour notice preferred

Reservations: 978-468-5534

SeniorCare Medical Transportation Program
978-281-1750 x573
seniorcareinc.org

RSVP Volunteers provide a door-through-door escort service to and from local & out-of-town medical appointments. Long distance trips such as Boston and Burlington are limited.

Please call Monday – Friday, 9AM – 12:00 Noon to schedule appointments, request appointments, and to learn about current COVID procedures to keep you and your driver safe.
**Program:** An origin-to-destination, handicapped accessible, shared ride service for people who are eligible under the Americans with Disabilities Act guidelines.

**Eligibility:** People with disabilities, including seniors, who are registered with THE RIDE.

**COVID-19 Update:** In-person appointments are temporarily not required until further notice

To apply or recertify for THE RIDE, you will need to appear in-person for a confidential interview with a Mobility Coordinator.

To set up an interview and note what you need to bring, contact THE RIDE eligibility Center at 617-337-2727.

*Immediate Service for Medical Necessity* provides 30 days of full service to individuals when requested by healthcare providers, hospitals, or treatment centers to deal with a medical emergency.

**Service Area:** Topsfield, Beverly, Boston, Danvers, Peabody, Salem, and many more (call or refer to website for complete list).

**Cost:** $3.00 each way *(No Cash is accepted; Account must be funded in advance.)*

**Hours:** Monday through Friday, 8:30AM to 3:30PM (evening by request)

**Scheduling:** 1-7 days in advance

**Reservations:** 844-427-7433 between 8:30AM - 5PM, or rider.routematch.com

TTY: 857-206-6569

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<td>Lyft - lyft.com</td>
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ADDITIONAL TRANSPORTATION RESOURCES

American Cancer Society Road to Recovery
cancer.org
800-227-2345
COVID Update: Program is currently suspended due to COVID.
The American Cancer Society provides a list of organizations and volunteers that provide helpful tips for finding transportation to and from cancer treatments and appointments. Included are: Road to Recovery, Lifeline Transportation, hospital services, and much more.

Dialysis Treatments
freseniuskidneycare.com
978-921-2052
The North Shore Regional Dialysis Center at 133 Brimbal Avenue, Beverly, has partnered with CATA to provide residents of Essex, Gloucester, Hamilton, Ipswich, and Rockport with round-trip transportation for dialysis treatments. Hours are Monday thru Saturday, first or second shift dialysis treatments. Contact the Dialysis Center to coordinate the transportation.

MBTA Commuter Rail
mbta.com
888-499-5324
The handicapped-accessible commuter rail offers easy connections to and from Boston and surrounding communities. Check with your Boston-based hospital to arrange possible shuttle transportation from North Station. Seniors receive a discounted rate after submitting a Senior CharlieCard and Transportation Access Pass (TAP) application.

MRI - Free Transportation to/from MRI Appointments
beverlyhospital.org
866-674-0466
Transportation to and from your MRI is available and can be arranged at the time you schedule your appointment.

MassHealth Transportation (PT-1)
www.mass.gov
800-841-2900
As a MassHealth or Medicaid member, you may be eligible for non-emergency medical transportation to and from your covered services when you are unable to access public or private transportation.

Mobility Links
glss.net
888-499-5324
Mobility Links provides a customer-focused approach to connecting people with transportation services so that seniors, people with disabilities, & low-income workers can access transportation to medical appointments, services, community life, and jobs.
Partners Transportation Department
Shuttle Transportation to/from North Station to individual Hospitals
https://m.partners.org/shuttles
617-726-2250

Partners Health Services, including Mass. General, Mass. Eye and Ear, Brigham and Womens, and Spaulding Rehab., offers a shuttle service from North Station to individual hospitals. Refer to the website or contact the number above for specific details and schedules.

Ride Match
massridematch.org
800-483-2500

Ride Match provides an online directory of transportation options. By entering your town and destination, you will receive a list of public, private, and non-profit transportation services available to you.

Ride Sharing/On-Demand Ride-Hailing
On-demand, ride-hailing companies that use smartphone apps to connect riders with drivers. Drivers typically drive their own cars. On-demand means that riders do not need to book in advance; they summon the ride when they’re ready to go.

Common examples include:
Lyft (lyft.com) and Uber (uber.com)

VETERANS’ SERVICES
mass.gov/veterans/
617-210-5480

northshorevetcoalition.com
Veterans residing in each city and town can contact their local Veterans’ Services office as listed in the above link by city/town, as well as the state and regional offices listed above, for information regarding benefits, illness, outreach, transportation, and much more.

www.danversma.gov/departments/veterans-services/
Free shuttle bus transportation is provided to both the Bedford VA and the Jamaica Plain VA. Doctor appointments and transportation are restricted to specific times. For info, contact Veterans Services.
781-687-2000 - Gloucester with stop at Vittoria Rocci Post #56 (Beverly) to the Bedford VA Shuttle
978-531-2254 - Peabody (Torigian Senior Center) to Jamaica Plain VA Shuttle

ADDITIONAL RESOURCES:
Cape Ann Time Bank
CapeAnnTimeBank.org
978-219-6776

A Time Bank is an alternate economy that is based on time rather that dollars. Members use a simple web-based system to let others know what services they are able to give in exchange for services they need. Services include rides, child and pet care, mending, computer help, music lessons, companionship, and much more.