Greetings!

Welcome to the Barnstable County Department of Human Services' E-Newsletter. This bi-weekly newsletter is designed to provide timely information on health and human service topics of interest for people living and working in Barnstable County. For additional information visit the Department website at [www.bchumanservices.net](http://www.bchumanservices.net).

**DEPARTMENT CORNER**

Let's Make Everyone Count - January 24, 2017

The Cape and Islands Annual Point-in-Time (PIT) count is scheduled for Tuesday, January 24, 2017. Conducted by the Cape and Islands Regional Network on Homelessness,
the annual event brings volunteers together to count the number of people experiencing homelessness in emergency shelters, transitional housing, on the street, in cars, abandoned buildings, and in other places not meant for human habitation. Counts are conducted annually in communities across the nation.

- To download HUD’s posters or social media files to promote awareness of the PIT count, visit the [HUD Exchange website](https://exchange.hud.gov).
- For more information on the 2017 Annual Point Time Count, email Beth Albert, Director of Human Services.
- For more information on previous PIT counts, visit the [Point in Time Count of Cape and Islands Homeless](http://www.pointintimecount.org).

**NEWS FROM SHINE**

Do you know of anyone who failed to enroll in Medicare Part B when they became eligible for Medicare because they mistakenly believed that they could continue with Health Connector coverage with subsidies?

For a limited time, these individuals can apply for equitable relief that will give them a **Special Enrollment Period to enroll in Part B**. In addition, Part B late enrollment penalties will not apply. **Deadline for applications is March 31, 2017.** Read more....

**BEREAVEMENT PROGRAMS AND SUPPORT GROUPS**

Grief educational series and support group for adults are open to anyone who has lost a spouse or partner in the last 2 years. These groups offer safe, supportive, confidential environment to receive education on the grief process, and an opportunity to share your experience of loss and move toward healing and hope. **View listing of locations and times** for groups in Hyannis and Brewster **beginning in January 2017**.

Advance registration required. Contact Brooks Reinhold, Bereavement Coordinator, Beacon Hospice at 508/221-1009 x115 or brooks.reinhold@amedisys.com.

**SPAULDING’S EXPANSION MAKES ROOM FOR NEW WELLNESS PROGRAMS**

Beginning January 2017, new wellness programming at Spaulding Rehabilitation Hospital Cape Cod will include Restorative Yoga, Meditation and Relaxation, and BoneStrong Exercise Program. Small classes led by experienced Spaulding instructors are open to patients and the general public. Cost per class is $5, less if a 10-class punch card is purchased. Read more.....

**GRANDPARENTING 101**
The Academy for Lifelong Learning of Cape Cod presents: **Grandparenting 101** on **January 18, 2017, 9:00 AM - 3:00 PM** (registration 8:30 AM) at Cape Cod Community College. Keynote Speaker is T. Berry Brazelton, MD. Cost is $15, includes lunch. Read more.....

Contact Lili Seely at 508/362-2131 x4405 or acadlli@capecod.edu for more information.

**VOLUNTEERS NEEDED**

**MEALS ON WHEELS PROGRAM**

Meals on Wheels program needs volunteer drivers across Cape Cod to deliver meals between the hours of 10:00 AM - 12:00 PM. Time commitment is approximately 1 - 1.5 hours per week.

Interested individuals should contact Nancy Wolf at Elder Services of Cape Cod and the Islands at 508/394-4620 ext. 530.

**TOWN OF YARMOUTH AFFORDABLE HOUSING TRUST REQUEST FOR PROPOSALS**

The **Town of Yarmouth Affordable Housing Trust (AHT)** invites qualified developers and development teams to submit proposals to the Affordable Housing Trust expressing their interest to **raze and develop the Yarmouth Garden Motor Lodge** located at 497 Route 28, West Yarmouth, MA as new, high quality affordable rental housing, and to manage the affordable property after development.

**Copies of the RFP** may be obtained at the Town of Yarmouth, Department of Community Development, 1146 Route 28, So. Yarmouth **beginning at 8:30 AM on January 5, 2017**. For more information or to request a copy of the RFP contact Mary Waygan at 508/398-2231 x1275 or mwaygan@yarmouth.ma.us. Hardcopies of the proposals must be received at the Town of Yarmouth, Dept. of Community Development **by 2:00 PM on February 22, 2017**. Read more.....

**BRIDGEWATER STATE UNIVERSITY CAPE COD**

**Small Business Management Class at BSU Cape Cod**

Small Business Management is designed for small business entrepreneurs, or those wishing to become entrepreneurs. The course concentrates on starting a business from scratch, with emphasis on creating a complete business plan.

Class will meet on **Wednesdays, 6-8:40 PM beginning 1/18 through 5/9/17** at the BSU campus at 1175 Rte. 28, South Yarmouth, MA and is a 3 credit course. Apply and enroll here.
January is National Mentoring Month. Big Brothers Big Sisters of Cape Cod invites you to celebrate the positive impact of mentoring in our community. Join the newly formed Big Council, supporters, volunteers, and community members at Cape Cod Beer, 1336 Phinneys Lane, Hyannis, MA on Thursday, January 26, 2017 from 6-8:00 PM to thank our current Bigs for all that they have done for their Littles over the year and celebrate the future of mentoring on Cape Cod. Admission is free but a $10 donation at the door is encouraged. Food, games, raffles, music and cash bar available. For more information about the event click here.

Big Brothers Big Sisters is actively looking to enroll more girls ages 7-14 into their mentoring programs on the Cape & Martha’s Vineyard. Visit the easy online referral tool to refer a child. Contact jrmell@bbbscci.org with questions about Big Brothers Big Sisters.

2017 PATHWAY PRESENTATION SERIES

The Kennedy-Donovan Center announces 2017 Pathway Presentation Series - Journey of Success. The series is a basic training for parents, professionals, and providers of children and adults with developmental considerations. The Series will begin on January 26, 2017 at the Kennedy-Donovan Center, Cape Cod Community Services, 30 Ansel Hallett Rd., West Yarmouth, MA.

For information and registration contact Juliane Dillon, Outreach & Family Support Coordinator at jdillon@kdc.org or 774/352-1325. Limited childcare and light supper provided. View flyer for more information.

MENTAL HEALTH FIRST AID COURSE OFFERED IN FALMOUTH

On Saturdays, January 28th and February 11th, from 10:00 AM - 2:30 PM, the North Falmouth Congregational Church is going to be offering a course called Mental Health First Aid. This two-day course will help us understand risk factors and warning signs where there are mental health concerns. Read more....

The cost of the course is $30 and includes lunch for both days. To register call North Falmouth Congregational Church and speak with Debbie at 508/563-2177. Visit www.mentalhealthfirstaid.org for more information about the program.

NEWS FROM CAPE COD SHELTER AND DOMESTIC VIOLENCE SERVICES

Women Who Rock Cape Cod Music Festival, Saturday, January 28, 2017, 12:30 - 7:00 PM, 3065 Cranberry Highway, East Wareham. Vendors, raffles, VIP Silent Auction. Special
guest hosts, radio personalities Lori Welch and Matty B of PIXY 103. Tickets are $15.00 in advance and are available online now and $20.00 at the door. Weather date, Sunday, January 29th. All proceeds to benefit Cape Cod Shelter and Domestic Violence Services. For more information or to purchase tickets visit www.capecodshelter.org.

SAVE the DATE: Annual Jeans to Jewels Gala at the Sea Crest Beach Hotel, April 1, 2017, 6-11:00 PM. Music, silent auction, candy bar, buffet dinner, cash bar and more. Please contact 774/763-2222 for sponsorship details, volunteer opportunities or to donate an auction item.

PERSONAL CARE ATTENDANT FUNDAMENTALS PROGRAM

The Center for Corporate and Professional Education at Cape Cod Community College is responding to the increasing demand for quality Personal Care Attendants (PCA) by offering a PCA Pre-Employment Preparedness Program. This 25-hour program is free to those who are eligible to participate.

Program Details:
Tuesdays/Thursdays, 2/21 - 3/16/2017, 5-8:30 PM (8 sessions)
Location: Hyannis Center, 540 Main St., Hyannis, MA.
Cost: This program is offered at no charge to eligible students.

Registration will only be available at the free information session on Tuesday, February 7, 2017 from 5-6:00 PM. Students are required to attend the information session in order to be qualified for enrollment into the course. Registration for the free information session is offered online. Call Mary Conklin, Program Coordinator with questions at 508/375-5010.

DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT (DHCD) - NOTICE OF FUNDING AVAILABILITY (NOFA), WINTER 2017, FOR AFFORDABLE RENTAL PROJECTS

The Department of Housing and Community Development (DHCD) announced the start of the winter 2017 affordable housing competition for rental projects. Deadline for submitting applications for the winter 2017 competition will be February 16, 2017. On or before that date, DHCD will accept applications from sponsors whose projects were approved in January 2017 through the pre-application process. Read the complete DHCD 2017 NOFA document.

FALMOUTH HUMAN SERVICES RELEASES FY2018 RFP

In FY2018, the Town of Falmouth will distribute via a competitive RFP, $20,000 for each of the following need areas: Homeless Prevention and Reduction of the Outmigration of Working Age Adults. Funds are intended to stimulate NEW initiatives outside the scope of existing programs and services.
The contracts resulting from this Request for Proposals shall cover the fiscal year 2018 (July 1, 2017 - June 30, 2018) with the potential for renewal for up to 2 additional years if deliverables and benchmarks are achieved and funds are appropriated by town meeting in the next fiscal year's operating budget.

Please see the attached RFP and Appendices for details. Proposals must be received no later than 4 PM February 24, 2017. A public forum to answer questions will be held on February 1, 2017 at 9:00 AM at Falmouth Town Hall. Questions can be directed to Karen Cardeira at 508/548-0533 ext. 16 or kmcard@falmouthhumanservices.org.

ONE BILLION RISING MOVEMENT

Age-Friendly Yarmouth has taken a stand against Elder Abuse and will once again celebrate with Women around the World as part of the One Billion Rising movement. Age-Friendly Yarmouth is working with the Cape Cod Elder Abuse Coalition to connect this day with other abuse events throughout the lifespan on Cape Cod in 2017. Read press release. View flyer.

One Billion Rising event will be held on February 24, 2017 at 1:30 PM at the Yarmouth Senior Center, 528 Forest Rd., West Yarmouth, MA. Please RSVP to 508/394-7606 ext 1330.

CAPE COD HOARDING TASK FORCE

Meetings of the Cape Cod Hoarding Task Force are held the first Thursday of every other month (subject to change). 2017 meeting dates are February 2, April 6, June 1, August 3, October 5 and December 7 at the Dennis Police Department, 90 Bob Crowell Rd., South Dennis, MA.

These meetings are geared towards professionals who work with individuals with hoarding disorder in any capacity. For more information about these meetings or for assistance and resources, email info@hoardingcapecod.org or visit the Cape Cod Hoarding Task Force website at www.hoardingcapecod.org.

NEWS FROM CAPE COD VOLUNTEERS

The work of the Cape and Islands United Way and Cape Cod Volunteers is made up primarily of volunteers like you.

With a little bit of training, you could be part of a Disaster Action Team with the Red Cross of Cape, Islands and Southeast MA. Click here to learn more.

Making strides against breast cancer is always looking for people to join their committee for their annual walk. Tasks are wide ranging and can accommodate any age or ability. Click here for more information.

Visit Cape Cod Volunteers today to find your next volunteer opportunity.

NEWS FROM THE FAMILY PANTRY
In 2017 the Pantry has plans to continue to feed and clothe those in need across the Cape. The **Healthy Meals in Motion** mobile pantry will expand into Provincetown, the **Summer Gala** is set for **June 11th** and the **Second Glance Thrift Boutique** continues to provide a valuable resource and a dependable revenue stream for the Pantry.

The **Shop for the Hungry Campaign** is nearing the half way mark. To date the Pantry has raised $485,000 of the one million dollar goal, thanks to the generosity of many contributors large and small.

The Cape Cod Chronicle has been a great supporter of the Family Pantry by running the **Neighbors Helping Neighbors Campaign** over the past 13 years. This year $60,000 was raised and the generosity of a summer family from North Chatham helped hit this goal. This money will provide 240,000 meals for Pantry clients.

Read more about what's happening at the Pantry in the [January 2017 Newsletter](#).

**HOUSING ASSISTANCE CORPORATION**

**EDUCATIONAL WORKSHOPS**

**Housing Assistance Corporation** (HAC) offers a variety of **educational workshops** focused on financial literacy. Classes include: First-time Homebuyer Education, Home Forever (post purchase), Rebuilding Your Credit, Creating a Budget, Be a Successful Tenant, and Community Resources. Workshops are held throughout the year with some even offered online. [Click here](#) to register for a class or for more information. [View flyer](#). Contact Cheryl Kramer, Housing Consumer Education Center Manager for more information at 508/771-5400, ext. 287 or ckramer@haconcapecod.org.

**2017 GERONTOLOGY INTENSIVE CERTIFICATE SERIES**

The Center for Corporate and Professional Education at Cape Cod Community College is accepting registrations for the **2017 Gerontology Intensive Certificate Series**. The 10 session certificate series is for professionals currently working with older adults or exploring gerontology as a career choice.

**Gerontology Intensive Certificate Series (WHN014-65)**

**Wednesdays, 3/5-5/24/17**

5-7:30 PM, 10 sessions (no class 4/19/17)

The Center for Corporate and Professional Education

Hyannis Center, 540 Main Street, Hyannis

Cost: $200 for workshops #1-10. Workshops may also be purchased separately

[Register Now](#).

*The Barnstable County Dept. of Human Services sponsors*
SAVE THE DATE: YOUTH SUMMIT: MY CHOICE MATTERS CAPE COD

On March 14, 2017, the "Youth Summit: My Choice Matters Cape Cod" will take place at Cape Cod Community College. The goal of the Summit "is to provide a safe place outside of school to engage students in conversations about choosing healthy behaviors to reduce substance use." Read more....

Youth Summit: My Choice Matters Cape Cod
Tuesday, March 14, 2017
8:30 AM - 1:00 PM
Cape Cod Community College

To reserve a spot for your school, click here. For more information, contact Stephanie Briody at Stephanie@bhinnov.com.

NEWS FROM LATHAM CENTERS

Latham Centers Shared Living Program: Latham Centers is looking for competent, kind and caring adults - individuals, couples or families, who can open their homes and hearts to an individual with special needs, age 22 or older. The goal for both the supported individual and the home provider is to develop a long lasting, safe and happy relationship that allows the person with special needs to build their daily living skills, have a sense of belonging, and participate more fully in community activities. This is a great opportunity to earn a generous monthly stipend while enriching the lives of a special needs individual.

View informational brochure about Latham Centers Shared Living Programs, Cape Cod, MA. View and share informational flyer.

NEWS FROM THE COMMUNITY HEALTH CENTER OF CAPE COD

Community Health Center of Cape Cod announced the promotion of two employees. Katy O'Connell has been appointed as Chief Operating Officer. Christopher Ellis has been appointed as Senior Development Associate. Read more.....

NEWS FROM THE CAPE ORGANIZATION FOR RIGHTS OF THE DISABLED

The Cape Organization for Rights of the Disabled (CORD) announced that its Board of Directors has appointed Coreen Brinkerhoff as Chief Executive Officer, effective immediately. Brinkerhoff has served as Executive Director of the organization since 2008. Read more....

NEWS FROM THE MASSACHUSETTS
Links to Funding Opportunities:

- Housing Projects Serving Rural Veterans
- Disabled American Veterans Charitable Service Trust Grants
- Public Safety Innovation Accelerator Program
- National Environmental Public Health Internship Program Application for Students

Links to Articles of Interest:

- How the Opioid Epidemic is an Infrastructure Issue
- Addressing the Opioid Epidemic: Keeping Medicare and Medicaid Beneficiaries Healthy

Links to Public Comment, Webinars, Events:

- Guidance for Preventionists: Engaging youth and parents in substance use referrals
- Webinar: Breaking the Back of the Beast: Improving Outcomes in Chronic Pain Management through Commonsensical Opioid Use

E-NEWSLETTER ARTICLE SUBMISSIONS

To submit articles, include the following information and email to kcallahan@barnstablecounty.org

- Descriptive Title
- Brief Content Description (who, what, why, when, where)
- Attachments must be submitted in PDF and text format to comply with the Americans with Disabilities Act. (DOC or RTF files are acceptable.)
- Weblink or Hyperlink if available
- Contact information of the person submitting the information and if appropriate, the contact person for the event (include name, address, phone, TTY, email)

- Submission deadline is every other Wednesday at 12:00 P.M. See Calendar for dates.

- Content Policy - We are prioritizing timely information on the ever-changing landscape of health and human services events and opportunities.
- Due to the increasing number of submissions to the newsletter, the Department reserves the right to limit the number of times a submission is published.

Creating a Healthy Connected Cape Cod

Click here for more news in our web postings

Posting of articles submitted for publication in the Barnstable County Department of Human Services E-Newsletter is at the discretion of the Department. To request this newsletter in alternate formats, please call Kathie at 508-375-6628 or TDD at