



E-Newsletter

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ISSUE: 239 March 8, 2019

MY CHOICE MATTERS



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

Submission Guidelines

Please submit your request to be included by clicking on the image below.



You may also email your request to sonja.sheasley@barnstablecounty.org. If you choose to email, please follow these [submission guidelines](#).

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DEPARTMENT CORNER

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Notice of Vacancy - Barnstable County HOME Consortium Advisory Council - At-Large Member

A vacancy for an **At-Large Member** currently exists on the Barnstable County HOME Consortium Advisory Council. The HOME Consortium Advisory Council consists of 17 members: one representative from each of the 15 towns and two At-Large Members.

[READ THE FULL NOTICE HERE.](#)

Notice of HOME Public Hearing

Thursday, April 11, 2019 - 8:30 M
Barnstable County Complex
Innovation Conference Room
3195 Main Street
Barnstable, MA 02630

The purpose of the hearing is to obtain the comments and views of citizens, public agencies, community organizations, and other interested parties on Barnstable County housing needs, the scope of HOME program activities, and recommended allocation levels for HOME program activities.

[READ THE FULL NOTICE HERE](#)

Also available in Portuguese and Spanish [HERE](#).

COMMUNITY NEWS

Spaulding Brings Kid's Fitness, Mindful Eating Program to Lower Cape

New Session Begins March 11

Spaulding Outpatient Center Orleans is offering the next **Fit to Be Kids** session beginning **March 11th**. **Fit to Be Kids** is an innovative six-week program, designed especially for children K-8th grade, that promotes wellness through exercise, nutrition and mindfulness. Fit to

[Lower Cape LGBT Seniors](#)

[Free Teen Depression Webinar](#)

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Be Kids is a self-pay program, but some insurance coverage may be available. For more information, contact Susan at 508-240-7203 or sswenson@partners.org.

CHNA 27 Monthly General Meeting

WHO: COMMUNITY HEALTH NETWORK AREA 27, CAPE COD & ISLANDS (CHNA 27); CHNA 27 is a Monthly General Meeting open to the public that consists of over 45 human service organizational members who convene monthly to learn about and discuss the major challenges and best practices in their respective fields and to share their work, knowledge and experience. For the past two years CHNA has focused on social determinants of health and brought together experts from housing, transportation, healthcare, employment, public and community healthcare providers, town administrators and state legislators

WHAT: This month's meeting includes a Panel Discussion on *What does a Council on Aging do?*

WHERE: March 14, 2019, 9:00-11:00 a.m. Harbor View Room, Barnstable County Government Complex, 3195 Main Street, Barnstable, MA 02630

WHY: More about CHNA 27 here: <http://ma-chna27.org>

Bowling Tournament Fundraiser: Strike Out Cancer - One Frame at a Time

WHAT: Strike Out Cancer - One Frame at a Time Fundraising bowling tournament to benefit Team Maureen

WHAT: March 14, 2019 | 6:30-10:00PM

WHERE: The Lanes, Mashpee Commons, Mashpee, MA

TO REGISTER: www.teamamureen.org

See flyer [HERE](#).

The NAN Project Savings Lives and Healing Families

Please attend a special event at the **March General Membership Meeting** of the **Cape & Islands Suicide Prevention Coalition**. All are welcome.

WHEN: March 14, 2019 | 3:00 PM

WHERE: JRI Offices at 221 Willow Street - Yarmouthport, MA 02675

WHAT: The NAN Project emphasizes the messages of HOPE and HELP by:

Acknowledging that mental illness is a very serious problem among young people; Accepting mental health challenges as illnesses of the brain that can be treated; Providing access to treatment for all families and their children.

Dennis Senior Center News

The **Dennis Senior Center** offers a weekly "Golden Age Program" as respite for caregivers. Openings are available. Please contact Annie Rappaport at (508) 385-5067 for additional information and to schedule a complimentary day to experience the program.

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In addition, the **Dennis Senior Center** will be hosting a "**St. Paddy's Day Luncheon**" on **Friday, March 15th, at 12:30 PM**, to include Corned Beef and Cabbage, Irish Stew and Soda Bread, live entertainment, a "Best Dressed" contest, and door prizes! See the flyer [HERE](#).

Town of Barnstable Community Block Grant (CDBG) Program | 2019 Annual Action Plan Public Notice

HYANNIS, MA - The Town of Barnstable's Planning and Development Department will conduct a public meeting: Wednesday, March 27, 2019 at 3:00 pm in the Planning & Development Conference Room, 367 Main Street, 3rd Floor, Hyannis, MA 02601. This location is accessible. If you need reasonable accommodations including translation services, please contact the Planning & Development Department at 508-862-4678, TDD# 508-790-9801 by March 14, 2019. Read more [HERE](#).

Sandwich Women's Club Announces March Program "What's New Around Town?"

WHAT: This panel presentation by **Town of Sandwich** department heads will focus on changes, future planning, new programs and little-known resources. The general public is invited to this free program, and light refreshments will be served. New baby items such as bibs, socks & diapers will be collected for high-risk newborns for the Cape Community Baby Shower.

WHEN: Monday, March 18th, at 7:00 PM

WHERE: Spaulding Hospital, 311 Service Road, East Sandwich.

For more information, please go to www.sandwichwomensclub.org or email info@sandwichwomensclub.org

Pathway to Healthy Aging Programs

WHAT: Shop Smart at the Doctor Mart. This presentation explores various ways to make the most of each visit to the doctor including how to prepare, what questions to ask, and best approaches.

This program is led by Cape Cod VNA staff.

WHEN: Wednesday March 20th 10:30-11:30

WHERE: Orleans Senior Center 150 Rock Harbor Rd, Orleans.

REGISTER: Registration is required by calling the Orleans Senior Center at 508-255-6333. This program is generously funded by a grant from the Fund for the Elderly of the Cape Cod Foundation.

Lower Cape LGBT Seniors

WHAT: MARDI GRAS Celebration! Dress Up or Dress Down. The best Mardi Gras outfit wins a prize. A light meal is served at 6:00 PM. Program is free, but donations are gladly accepted.

WHEN: Friday March 22nd 6:00 PM

REGISTER: Registration is required. Contact Judi Wilson at the Orleans Senior Center at 508-255-6333. or email at

jwilson@town.orleans.ma.us.

**This program is currently funded in part by a grant from the GALE*

Free Teen Depression Webinar

FREE WEBINAR

Understanding Teen Depression

THURSDAY, MARCH 21, 2019
7-8:15 PM ET | 4-5:15 PM PT



Learn how to

- recognize signs of depression in teenagers
- communicate effectively with your teen about your concerns
- get teens the care they need

 Register!
www.familyaware.org/trainings

Families for Depression Awareness is presenting a free Teen Depression webinar.

WHEN: Thursday, March 21 from 7:00 to 8:15 PM ET/ 4:00 to 5:15 PM

ABOUT: Presenter Rebekah Gibbons, LICSW, will provide a wonderful overview of Teen Depression. This webinar covers an overview of what teen depression is; communication strategies for teens and parents; treatment options; where to get help; and what to do if help is refused.

The program is designed for parents, guardians, caregivers, youth workers, and any adults interested in teen mental health. If you are worried about a teen, new to the topic, proactively seeking education, or in need of a refresher on teen depression, this webinar is for you.

[Register HERE](#) to join us for a live webinar discussion.

Year-Long Series Dedicated to Important Health Topics Trail # 2 - Pediatric Wellness

2019 Wellness Trail #2: Healthy Minds, Healthy Bodies For Children & Teens - A Pediatric Wellness Trail Fostering Healthy Living For Kids

WHEN: Sunday, March 24th | 1:00 - 4:00 PM

WHERE: Resort and Conference Center, 35 Scudder Avenue, Hyannis
SEE FLYER [HERE](#).

Nutrition Nuggets Program

WHAT: Celebrate National Nutrition Month and learn ways to enhance healthy eating. Nutritionist Maggie Davis MS, RD, LDN, FADA, CDE will teach us how to grocery shop smartly, read labels, and choose foods to create a well balanced nutritious diet.

WHEN: Tuesday March 26th 2:00 PM

WHERE: Orleans Senior Center , 150 Rock Harbor Rd, Orleans.

REGISTER: Pre-Registration is required, please call the Orleans Senior Center at 508-255-6333.

Elder Suicide Prevention Training

This suicide prevention training led by **The Samaritans on Cape Cod** and the Islands is designed to reduce the incidence of suicide among adults age 55 and older.

March 26, 2019

Sand Hill School
Community Center
Dewey Avenue
Sandwich, MA

June 26, 2019

Harwich Community
Center
100 Oak Street
Harwich, MA

This training is available free of charge. We are able to offer 7.0 Continuing Education Units (CEUs) to Registered Nurses, Social Workers and Licensed Mental Health Clinicians. All participants will receive a certificate of attendance.

[SEE REGISTRATION FORM HERE.](#) For more information, please contact Stephanie Kelly at the Samaritans on Cape Cod and the Islands: 508-548-7999 or ExecutiveDirector@capesaritans.com

Mature Worker's Job Fair

WHAT: If you are 55+ and looking for work, you won't want to miss this event! This is a **FREE** job fair open to mature job seekers, featuring mature worker friendly employers. Participation in the job fair is free and without obligation, but participants may wish to take advantage of additional free job finding resources which require completion of a membership form. This program is cosponsored by Mass Councils on Aging, Elder Services of Cape Cod, and MassHire Cape and Islands Career Center.

WHEN: Friday March 29th 9:00 am - 12:00 PM

WHERE: Orleans Senior Center. 150 Rock Harbor Rd, Orleans.

MORE INFORMATION: Contact Marsha Golden at MassHire at 508-862-6107.

WE CAN Workshops

Create U: Create Ways to Reignite Your Original Spirit with Maria Jones, Life Coach

WHEN: 8-Week Workshop, Thursdays | March 28- May 16, 6:00-8:00 PM

Information Session: March 21, 6:00-7:00 PM

WHERE: West Yarmouth

Circle of Support: for Women Experiencing Separation or Divorce with Deborah E. Blackman-Jacobs, Ed.D and Ashley Hallman, MSW Intern
6-Week Series, Thursdays

WHEN: March 21- April 25, 5:30 - 6:30 PM

Information Session: March 14, 5:30-6:30 PM

WHERE: Hyannis

1:1 Legal Consultations: Employment Law

WHEN: Friday, March 15, 9:30 - 12:30 PM

WHERE: Harwich Port

Legal Workshop: Everything Women Want to Know About Family Law But Are Afraid to Ask with Attorney Chantal Hayes-Rice

WHEN: Thursday, March 21, 5:30 - 7:30 PM

WHERE: Hyannis

Financial Empowerment Workshop: How to Get Debt Free

Touches on Student Loan Debt

WHEN: Thursday, April 4, 6:00 - 9:00 PM

WHERE: Cape Cod Chamber of Commerce | Barnstable

TO SEE MORE DETAILS AND HOW TO REGISTER [CLICK HERE.](#)

Grief Recovery Method Course

The **Grief Recovery Method** is a course designed to give people coping skills to deal with many of the typical responses associated with grief: *Reduced Concentration; a Sense of Numbness; Disrupted Sleeping Patterns; Changed Eating Habits; or the Roller Coaster of Emotional Energy. We will deal with the many losses that are considered Grief: Death; Divorce, Retirement, Moving, Pet Loss, Financial Change, Loss of Health, Legal Problems, Empty Nest, End of Addiction, or Gender Change of a Loved One.* Please call Linda Colby, LCSW at 508-394-7606 X1337 to pre-register.

Tai Ji Quan: Moving for Better Balance Instructor Training 2019

WHAT: Tai Ji Quan: Moving for Better Balance Instructor Training 2019

WHERE: Pocasset Community Building-314 Barlow's Landing Rd.

Pocasset, MA 02559 (Upper Cape Cod)

WHEN: April 3rd and 4th, 5/15 and 7/10 | 9:00 AM-5:30 PM

FEE: The fee for all 4 days including training materials is \$400.

TO REGISTER: Contact Gina Battles at **Healthy Living Cape Cod** at 508-957-7620 or email healthylivingcapecod@gmail.com

See flyer [HERE.](#)

Applications Available for New Habitat for Humanity Home

Applications are available for one new affordable **Habitat for Humanity** three-bedroom home on Degross Road in Mashpee.

Application deadline is Tuesday, April 16, 2019

Detailed information and application available [HERE](#)

More questions, call Habitat Cape Cod's Family Programs Manager, Mary Ann Mills-Lasiter at 508-362-3559 ext. 21

Habitat for Humanity Bowling Tournament

Rally the Alleys Bowling Tournament

WHEN: April 26, 2019 5:00 p.m.

WHERE: Ryan Family Amusements | Route 28, South Yarmouth

[REGISTER HERE.](#)

Free Healthy Eating Program

WHAT: Healthy Eating for Successful Living in Older Adults™ is a proven way to make lifestyle changes that will improve your health! Achieve your eating and exercise goals by strategizing with your peers age 60+. Build new behaviors step-by-step throughout this six-week workshop. Motivate yourself and others by sharing your challenges and victories. Receive trusted answers to your nutrition questions from Registered Dietitians. Free 100-page manual is provided.

WHERE: Falmouth Senior Center, 300 Dillingham Avenue, Falmouth, MA 02540

WHEN: Participants will meet for six sessions on Tuesdays from 9:00 AM to 11:30 AM April 30, 2019 to June 11, 2019 **NO CLASS ON TUES. 5/7/19**

REGISTER: CALL FALMOUTH SENIOR CENTER TO REGISTER 508-540-0196

Workshop led by Dot Kingsbury, Registered Dietitian

Elder Services of Cape Cod and the Islands

68 Route 134, South Dennis, MA 02660

508-394-4630 x407 dot.kingsbury@escci.org

Transgender Support Group

The group meets on the **first and third Wednesday of the month.**

5:30 PM-7:00 PM at Unitarian Universalist Church in Barnstable located at 3330 Main Street, Barnstable. See flyer [HERE](#).

March News | Cape Cod Family Resource Center

See the March edition of the Cape Cod Family Resource Center Newsletter and Calendar [HERE](#).

March News | Cape & Islands Suicide Prevention

Read Cape & Islands Suicide Prevention March Newsletter [HERE](#).

Attend the 18th Annual Monica Dickens Golf Tournament

Support the **Samaritans on the Cape & Islands** at the **18th Annual Monica Dicken Golf Tournament.**

WHEN: June 24, 2019

WHERE: Pocasset

ABOUT: Lunch, golf, dinner, prizes, raffles, and an auction. Includes a Men's, Women's, and Mixed Division.

[SEE FLYER HERE](#)

Community Action Committee of Cape Cod & Islands Certified Health Connector Navigators Available

STAY COVERED! Despite Federal Changes Massachusetts Residents age 18 and older are still required to have health Insurance or face a state tax penalty. Community Action Committee of Cape Cod & Islands Certified Health Connector Navigators are available to assist

you. *Don't file your taxes until you have all your 2018 Health Insurance Tax Forms needed from the Health Connector and MassHealth!* CACCI also offers free tax preparation. We are an IRS certified VITA site. Call us to make an appointment at 508-771-1727. Walk-ins are welcome. Nos falamos portuges. Hablamos espanol. [MARCH FLYER FOR FALMOUTH HEALTH CONNECTOR/MASS HEALTH](#) [MARCH FLYER FOR ORLEANS HEALTH CONNECTOR/MASS HEALTH](#) [HEALTH ENROLLMENT SPECIAL EVENTS FLYER FALMOUTH](#) [HEALTH ENROLLMENT SPECIAL EVENTS FLYER ORLEANS](#) [VOLUNTEER TAX ASSISTANCE PROGRAM FLYER](#)

News from Community Health Center of Cape Cod

Community Health Center of Cape Cod's Dental Director Dr. Theresa Guanci received the Massachusetts Dental Society's 10 Under 10 Award. [SEE PRESS RELEASE HERE.](#)

Community Development Partnership (CDP) Seeks Nominations for Annual Awards

The **Community Development Partnership** seeks nominations for two annual awards recognizing deserving community members. Find more information at www.capecdp.org

Seeking Volunteers

Habitat For Humanity Volunteers Needed

Seeking **Construction Volunteers, Family Partners, Devotion, Snack and Registration Helpers** with the upcoming Brewster, Wellfleet and Mashpee builds.

A **Volunteer Coordinator** is needed for the Degross Road, Mashpee Build. The one home build is expected to begin after Labor Day. The Volunteer Coordinator oversees all the volunteers at the construction site and keeps operations running smoothly. The commitment is from 4 to 20 hours per week, depending on the phase of construction, over approximately eight to twelve months of building. **Call Tara for details at 508-362-3559 x 16**

Money Management Volunteers Needed on Nantucket

Volunteers are needed for the **Massachusetts Money Management Program**. This is a free service which promotes independent living by assisting seniors, age sixty and older, who may be at risk of losing their independence due to their failure to pay rent, utility or other basic bills on time. Volunteers are trained to provide in-home money management services to clients. For more information please contact Marsha Whittaker, Program Manager, marsha.whittaker@escci.org or 508-394-4630, ext. 510.

Employment Opportunities

Social Services Coordinator Council on Aging

The Orleans Town Administrator is accepting application for the position of **Social Service Coordinator for the Council on Aging**. Position is 40 hours per week and may include occasional nights and weekends. Salary range is \$24.91 - \$31.88 per hour, with full benefits. Position manages the coordination of social services to older adults and caregivers including community outreach, coordination of support groups, and information and referral services.

Town employment application and job description available at: www.town.orleans.ma.us under **Job Opportunities**. Please submit cover letter, resume, and signed application to the Town Administrator, 19 School Road, Orleans, MA 02653 by 4:30 PM **by March 15, 2019**.

The Town of Orleans is an Equal Opportunity Employer.

News From The Barnstable County Public Health Nursing Division

The **Barnstable County Public Health Nursing Division** offers immunizations to all county residents i.e. influenza, pneumonia and varicella. We offer travel vaccines including Typhoid and Hepatitis A. Vaccines are administered by appointment on Tuesdays and Thursdays. Please call 508-375-6617 for more information or to make an appointment. For a complete list visit the [Barnstable County Health and Environment website](#)

Substance Abuse/Plans of Safe Care Coordinator - Southern Region

The Department of Children and Families seeks dedicated child welfare professionals who are committed to upholding the Department's fundamental mission of protecting children from abuse and neglect. To see the full job description and to apply go [HERE](#).

Ongoing Substance Use Drop-in Night in Mashpee

Substance Use Drop-In Night provides one-on-one substance use information, education and treatment resources options from local organizations.

WHEN: 1st Tuesday of every month | 4 PM - 7 PM.

WHERE: As of April 2, 2019, Drop-In Night we will be moving back to the Community Health Center of Cape Cod located at 107 Commercial Street in Mashpee.

Free Narcan training and light refreshments. More information at www.itsnevertooearly.com.



E-NEWSLETTER ARTICLE SUBMISSIONS

To submit articles via email to

Sonja.sheasley@barnstablecounty.org

Please include the following information:

- 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 508-375-6628.



Creating a Healthy Connected Cape Cod