



E-Newsletter

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ISSUE: 242 April 19, 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

SEARCH

Barnstable County
Public Health and
Wellness Local
Service Directory

Department of
Human Services
Publications /
Data



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](#).

DEPARTMENT CORNER

Accessibility and Disability

Cape and Islands Regional Network on Homelessness

Continuum of Care

HOME Investment Partnership Program

Prevention and Wellness Trust Fund

Regional Substance Use Council

SHINE



Notice of HOME Public Notice

Barnstable County Department of Human Services announced that the **DRAFT Barnstable County HOME Consortium Annual Action Plan for Program Year 2019** is available for review and the public comment period is April 22, 2019 - May 22, 2019. Please see the notice here in [English](#) | [Spanish](#) | [Portuguese](#)

Please review the [PUBLIC NOTICE - Barnstable County HOME Consortium DRAFT ANNUAL ACTION PLAN for Program Year 2019](#)

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The 2019 Massachusetts Youth Count is Underway



The [2019 Massachusetts Youth Count](#) is underway! This year's Youth Count is taking place from Friday, April 12, 2019 through

Sunday, May 12, 2019.

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The **Massachusetts Youth Count** mobilizes youth, young adults, youth providers to survey young people under the age of 25 from all across the Commonwealth who are experiencing homelessness and housing instability. The insights and data gathered from the survey process are used to influence advocacy and programming to address youth and young adult homelessness.

Please help make this information about the **Youth Count** available. Surveys can be taken online in [English](#) or [Spanish](#), and printable surveys are currently available in [English](#), [Spanish](#), [Haitian Kreyol](#), [Cape Verdean Creole](#), and [Portuguese](#).

To access information about the Youth Count, links to the online and print surveys, and marketing materials to help you spread the word, please [click HERE](#).

COMMUNITY NEWS

April News from Cape Cod Family Resource Center

Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition offers a free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children has been compiled and distributed free for over twelve years. Access it [HERE](#).

News from the Dennis Senior Center

Now accepting clients for all days at the **Golden Age Program** at the Dennis Senior Center. Learn how to register and get details [HERE](#)

Community Health Center Hires Director of Integrated Services to Support Complex Care

Community Health Center of Cape Cod in Mashpee has hired Mashpee resident Laura Kanter, PhD, as its first Director of Integrated Services. In this role, Dr. Kanter will support the integration of behavioral health, complex care and primary care, working closely with Behavioral Health Director Alice Cook and...Read the full press release [HERE](#).

High Profile Speakers to Speak at Free Events Hosted by Independence House

Independence House has set dates to bring three high profile women survivors of domestic and sexual violence to Cape Cod for free events. These survivors bring voices not often heard in our community on a local level....Read the full press release [HERE](#).

[Conference](#)

[Transgender
Support Group](#)

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Use Drop-In Nights](#)

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News from Spaulding Cape Cod

WHAT: Spaulding Clinicians to Discuss How to Maintain Healthy Limbs
A Presentation for Individuals Seeking to Reduce Pain and Improve
Mobility

WHEN: April 23rd | 4:00 PM

WHERE: Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road
in East Sandwich.

WHO: Medical Director Rumanna Aslam, MD, and colleagues Anne-
Marie Thomas, MD, Laura Durgin, PT, Jen Thompson, OT, Dara L'Italien,
DPT, and John Zakrzewski, Orthotist/Prosthetist Read more [HERE](#).

WHAT: ArtWeek is an award-winning creative festival offering 600
events in 125 neighborhoods and towns across the state from April
26th - May 5th. Spaulding Cape Cod will participate in ArtWeek by
hosting two events, both free to the public and held at 311 Service
Road in East Sandwich: Community Drumming Circle Tuesday, April
30th from 3:30 - 5:00 PM and Employee Arts & Crafts Exhibit and
Reception Thursday, May 2 from 4:00 - 6:00 PM. [Read more HERE](#).

Cape Housing Roundtable

This regional discussion will start with a tour of Yarmouth Commons
(881 Rte. 28, Yarmouth) and continue with a discussion at the Simpkins
Residences (134 Old Main Street, Yarmouth).

WHEN: April 24, 2019 | 6:00 - 8:30 PM | To register, see [the FLYER
HERE](#)

Seeking Veterans or Family of Veterans for a Free Workshop

Age-Friendly Yarmouth is looking for 40 participants of all ages that
are Family members of Veterans or Veterans themselves to
participate in our FREE Story Bridge Workshop.

Story Bridge workshops are sponsored by Age-Friendly Yarmouth in
collaboration with Veterans organizations across Cape Cod. Please
see more information about them [HERE](#).

Community Development Partnership Announces Community Awards Recipients

WHAT: The Community Development Partnership (CDP) announces
the celebration of their 28th Annual Meeting and and invites Lower
Cape residents to attend.

WHEN: Thursday, April 25th

WHERE: Cape Cod Museum of Natural History in Brewster. Read
more [HERE](#).

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

News from the Cape & Islands Veterans Outreach Center

WHAT: The Toll of Service on Military Families: The Cape and Islands Veterans Outreach Center is honored to be hosting Mr. Paul Monti as the second in our speaker series which attempts to educate the public on the nature and consequences of military service.

WHO: Paul is the father of Jared Christopher Monti, (20 September, 1975 - 21 June, 2006). Jared was a soldier in the United States Army, who received the United States military's highest decoration for valor, the Medal of Honor, for his actions in the War in Afghanistan.

WHEN: Friday, April 26, 2019

WHERE: Cape Cod Community College | Science Building | Lecture Hall A

2240 Iyannough Road, West Barnstable

TICKETS: Complimentary Admission | Space is limited so please RSVP to

gina@capeveterans.com by Tuesday, April 23, 2019

Lunch will be served at 11:30 AM, followed by the program at 12:00 PM.

To learn more go to www.capeveterans.com

We Can Workshops

Upcoming workshops at We Can:

Computer Basics April 27, 9:30-11:00 AM. hands on workshop in collaboration with Lower Cape Outreach Council, Orleans.

Optimize Your LinkedIn Profile May 1, 5:30 Pm - 7:30 PM. Limited seats, Upper Cape Tech, Bourne.

Computer Skills for the Workplace May 4, 9:30-11:00 AM. Hands on workshop in collaboration with Lower Cape Outreach Council

Pathmakers Mentoring Program - Information sessions- come find out how a mentor can help you achieve your goal or find out how you can empower another woman through mentoring.

5/15/19 5:30-7 PM Falmouth Public Library

5/23/19 5:30-7 PM Harwich Community Center

5/29/19 5:30-7 PM Barnstable Council on Aging

5/30/19 5:30-7 PM WE CAN, Harwich

Register at marina@wecancenter.org or 508-430-8111.

Check the website [HERE](#) for additional offerings.

News from Gosnold

GOSNOLD OFFERING (2) \$2,500 SCHOLARSHIPS

Gosnold is offering two \$2, 500 scholarships, one to a graduating Cape Cod high school senior, and one to a graduating Southeast Region high school senior, who has been accepted and is entering college in the Fall of 2019. The students must plan to major in psychology, social work, or another field of study that is relevant to the mental health or substance use disorder fields. **Applications are due no later than April 24, 2019.**

For more information on this scholarship opportunity, please visit our website at <https://gosnold.org/community/> or contact Elizabeth de la Cour, Event Coordinator, at edelacour@gosnold.org

NATIONAL PRESCRIPTION DAY BACK DAY

National Prescription Drug Take Back Day will take place on **Saturday, April 27, 2019**. Help prevent prescription drug abuse and theft by getting rid of potentially dangerous expired, unused and unwanted medications. Turn in your medication for safe disposal from 10:00 AM to 2:00 PM at any Cape Cod police station--no paperwork is required, no need to remove labels. All liquid medications must be in sealed bottles. No sharps please.

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

Town of Barnstable Annual Action Plan

WHAT: The Town of Barnstable **Annual Action Plan for the Community Development Block Grant (CDBG) program**

WHEN: Available April 3rd and accepting written comments on the draft through May 3, 2019. Please see notice below.

[SEE NOTICE HERE \(ENGLISH\)](#)

[PORTUGUESE](#)

[SPANISH](#)

Duffy Health Center Announces 10th Annual Gala

WHAT: Duffy Health Center 10th Annual Gala is Duffy's largest fundraiser of the year and an opportunity for community members to come together and celebrate the care that Duffy clinicians provide their patients each day. The event will feature a silent and live auction, led by John Terrio from Auction Knights. The strolling dinner will be provided by The Casual Gourmet, a raw bar provided by The Naked Oyster and the Bert Jackson Trio will perform. A signature of the Duffy Health Center Gala is a trip giveaway.

WHEN: Friday May 3rd | 6:00 PM

WHERE: Barnstable Municipal Airport.

TICKETS: Gala tickets are \$195 each and can be purchased online at

<https://duffy.givesmart.com>. Learn more at

www.duffyhealthcenter.org

Town of Yarmouth Announces Public Comment Period for Notice of Intent to Request Release of Funds

NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS: On or after May 8, 2019 the Town of Yarmouth will submit a request to the U. S. Department of Housing and Urban Development (HUD) for the release of funds under Title I of the Housing and Community Development Act of 1974 (PL-93-383). More details can be found in the attached Public Notice [HERE](#).

Event at Independence House

WHAT: A Conversation with Jenna Quinn

WHO: Ms. Quinn is a survivor of Child Sexual Abuse and the drive behind "Jenna's Law" in Texas, mandating that all education personnel receive training on the signs of child sexual abuse. Light refreshments served.

1.5 CE's available for Social Workers, Psychologists, Nurses and Mental Health Counselors.

WHEN: May 7, 2019 | 6:00 - 8:00 PM

WHERE: Cultural Center of Cape Cod, S. Yarmouth

For more information, contact Chris Morin at chrism@indhouse.net

Alzheimer's Family Support Center for the Dave Birtwell Memorial Walk for Alzheimer's

WHEN: Saturday, May 11, Brooks Park, 100 Oak Street, Harwich.

WHAT: Live music, dancing, barbecue, community!

To register, go to www.alzheimerscapecod.org

For information, call (508) 896-5170

You don't have to walk to give and you don't have to give to walk.

Fun for the entire community!

Until there's a cure, there's community! See the flyer [HERE](#).

Habitat for Humanity and Cape Cod Synagogue Raffle Party

WHAT: Cape Cod Synagogue is partnering with Habitat Cape Cod for their \$10,000 RAFFLE PARTY

WHEN: May 11th | 7:00 PM

TICKETS: \$80 and admit TWO people

Tickets include: Entry for TWO to the PARTY | DINNER

and COMPLIMENTARY COCKTAILS | LIVE MUSIC by the Grab Brothers

Purchase your tickets [HERE](#).

Notice of Document Availability: Draft Annual One-Year Action Plan and Citizen Participation Plan

Please find the **Public Notice** for the **Community Development Block Grant** [HERE](#) and the **draft Annual One-Year Action Plan** [HERE](#).

Yarmouth residents are encouraged to participate in the CDBG program. Comments on these documents may be submitted in writing to the Department of Community Development, Town of Yarmouth, 1146 Route 28, South Yarmouth, MA 02664. Comments will be accepted through May 13, 2019. Comments will be included in the final plans to be submitted to U.S. HUD on or after May 15, 2019. Please contact the Department of Community Development, at (508) 398-2231 ext. 1275 (TDD# (508) 398-2231) or mwaygan@yarmouth.ma.us with questions or inquiries about the CDBG Program.

Cove Clubhouse Open House

WHAT: Cove Clubhouse is having an open house!

WHEN: May 15th from 3:00-5:30 PM

ABOUT: Cove is a non profit mental health rehabilitation program for adults. The open house is intended to educate the public about who they are and what they have to offer. The Cove is located at 383 Route 28 Harwichport. You can reach them at 508-432-7774. All are welcome to the event. Please see the flyer [HERE](#).

Free Training on Trauma and Resilience

Learn about these Trauma & Resilience Trainings for community providers supporting youth in MA. This training will be held at six sites across MA from 11:00 AM - 3:00 PM.

May 17, 2019 - The Cape Codder, Hyannis

May 28, 2019 - Beechwood Hotel, Worcester

May 31, 2019 - UMass Lowell

June 11, 2019 - New Bedford Harbor Hotel, New Bedford

June 20, 2019 - UMass Amherst

June 27, 2019 - Family Center | Brockton

Register [HERE](#) See flyer [HERE](#)

HAC Celebrates 45 Years

WHAT: 45th Anniversary Celebration

WHEN: Wednesday, May 8, 5-7:30 PM

WHERE: Cape Cinema and Cape Cod Museum of Art in Dennis

ABOUT: In 1974, Housing Assistance Corporation opened its doors as a small nonprofit with a big mission to help year-rounders access safe, stable housing. Forty-five years later, our agency has grown to meet the ever-changing needs of Cape Cod and the Islands, but our mission remains the same. Thanks to your support, we have sheltered more than 20,000 homeless, built more than 550 affordable homes and apartments, and empowered 175,000 individuals through housing since that time. [PURCHASE TICKETS](#) or [BECOME A SPONSOR HERE](#)

Attend WE CAN's 15th Annual "A Day of Words, Wit and Wisdom"

WHAT: WE CAN's 15th Annual "A Day of Words, Wit and Wisdom" will take place on Thursday, June 6, 2019, from 8:30 AM until 2:30 PM.

Announcing the 2019 W3 authors and the 2019 WE CAN Woman of the Year.

WHEN: Thursday, June 6th | 8:30 AM - 2:30 PM

WHERE: Wychmere Beach Club in Harwich Port
REGISTER | DETAILS: [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 24th, 2019

WHERE: Pocasset

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

[SEE FLYER HERE](#)

Outer Cape Health Services' Second Annual Charity Golf Classic

Registration is now open for **Outer Cape Health Services' Second Annual Charity Golf Classic**

WHEN: Monday, June 24th | The scramble format tournament commences at 1:00 PM (with check-in starting at noon) followed by a 5:30 PM Cocktail and Dinner Reception and Raffle/Auction.

WHERE: The Captains Golf Course in Brewster on the beautiful Par 72 "Port Course" designed by Geoffrey Cornish.

REGISTER: Registration is open to all. To register or sponsor the event, visit outercape.org/blog or contact the Outer Cape Health Services development office at 508-905-2850 or development@outercape.org Players can register individually at \$150 per person or as a foursome at \$600. Golf registration also includes a box lunch and banquet dinner. All Charity Golf Classic proceeds benefit the operation of Outer Cape Health Services' three community health center sites and programs in Harwich Port, Wellfleet and Provincetown.

SAVE THE DATE: Cape Cod Transgender Day of Remembrance

WHAT: To remember those who came before us. That we who face the world today can live for what they no longer can. A light dinner will be available. Follow on Facebook [HERE](#)

WHEN: Wednesday, November 20, 2019 | 5:30 PM

WHERE: Barnstable Senior Center | 825 Falmouth Rd | Hyannis, MA 02601

National Collegiate Recovery Conference

WHAT: 10th National Collegiate Recovery Conference

WHEN: June 29th - July 2nd

WHERE: Hyatt Regency in Cambridge, MA

REGISTER [HERE](#).

ON-GOING

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](#).

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.itsnevertotooearly.com.

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](#)

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.

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