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.

DEPARTMENT NEWS

SHINE Presentation on Medicare in
SHINE Program Manager Tracey Benson will be giving a Medicare presentation on August 26th in Falmouth for those that are turning 65, thinking about retirement, or just those who may want to learn more about Medicare.
See the flyer [HERE](#).
Stay tuned for more presentations planned for the fall covering Medicare open enrollment.

**COMMUNITY NEWS**

**Cape & Islands United Way Summer News**

Read the Cape & Islands United Way Summer Newsletter [HERE](#).
This issue includes:
* Volunteer Celebration: August 13th
* Best Night Highlights
* Power of the Purse 2019 - announcing Doreen Bilezikian as Honorary Chair
* Meet our VISTA: Emily Simons
* Nonprofit Partner Spotlight: Food4Kids

**Cape & Islands Suicide Prevention Coalition Needs Help at the Falmouth Road Race**

The Cape & Islands Suicide Prevention Coalition needs 9-10 volunteers for the Gift Bag handout on August 15th from 2:15 - 5:30 PM at the Falmouth High School Gym located at 874 Gifford Street in Falmouth. Please email Frances Bassett, Training and Office Coordinator, by Friday, August 9th.

**Helping Our Women (HOW) News**

Coffee & Conversation at Helping Our Women
Benefits of a Good Night Sleep
Helping Our Women (HOW) - hosts Coffee & Conversation on Thursday, August 15th starting at 3:00 PM in their office at 34 Conwell Street, Provincetown. "Healing Sleep" is the topic of conversation and Gwynne Guzzeau, Executive Director, will share insights and information from a recent workshop she attended with Dr. Rubin Naimin. Dr. Naimin is a sleep and dream specialist from the University of Arizona Andrew Weil Center for Integrative Medicine. Please see more information [HERE](#).

**Family Resource Center of Cape Cod**

Read the Family Resource Center of Cape Cod - August Newsletter for Parent Education & Support Opportunities [HERE](#).
Support Group for Compulsive Hoarding

Join the free peer support group starting in September at the Falmouth Human Services Office at Town Hall Square in Falmouth. Get all details HERE.

Good Grief Expressive Art Therapies Family Camp Week

Got Grief? Join us during our week of exploring the world of expressive art therapies as coping tools and resources. We will host events for grieving families starting on

- Saturday, August 24th a fun filled day at camp
- Sunday, August 25th drama Therapy
- Monday, August 26th Play Therapy
- Tuesday, August 27th Drama Therapy
- Wednesday, August 28th Equine Therapy
- Thursday, August 29th Food Therapy
- Friday, August 30th our Cookout.

Each event is in a different town. All ages and all abilities always welcome. For more info and registration email amy@goodgriefcapecod.org Lets Grieve Together! Please see more information about activities HERE and the flyer HERE.

Special Program: Addiction & the Family

Few families on Cape Cod haven't been touched in some way by the epidemic of addiction. Join experts from Gosnold, the Duffy Center and the Mashpee Substance Task Force to talk about the problem and their organizations’ roles in the recovery process. This is an opportunity to come, listen and ask questions. To ensure privacy, written questions for the expert will be submitted anonymously.

WHEN: Thursday, August 15, 3:00 - 5:00 PM
WHERE: Barnstable Adult Community Center, 825 Falmouth Road, Hyannis
REGISTRATION: Free, at 508 862-4750

Barnstable Silver Alert Program

Do you know someone who may wander or who has the potential for getting lost?
If so, you may want to consider registering with the Barnstable Silver
Alert Program, which provides the Barnstable Police Department with vital information about at-risk individuals. At risk" includes persons with memory impairment, mental/behavioral health concerns or other health issues which may impair ability or judgment. To participate, complete the registration form and provide a current photo of the resident. This information will be entered into a confidential database at the Barnstable Police Station and will be utilized should that person go missing. For more information, or to request assistance, please call the Outreach Department at (508) 862-4754.

Applications may be obtained from and submitted to: Barnstable Police Station-Records Department, 1200 Phinney's Lane, Hyannis, or the Barnstable Adult Community Center, 825 Falmouth Road, Hyannis.

**Outer Cape Health Services Hosts Ninth Annual Lobsterfest at Pilgrim Monument**

*Outer Cape Health Services Announces Ninth Annual Lobsterfest at Pilgrim Monument "Moulin Rouge" Themed Gala to Benefit Health Center Operations*

Tickets are now on sale for this year's Ninth Annual Lobsterfest benefit.  
**WHEN:** Saturday, August 24 | 4:00 PM to 7:00 PM  
**WHERE:** Pilgrim Monument and Museum in Provincetown  
The 2019 "Moulin Rouge" theme will feature a harbor-view cocktail reception, sumptuous French-influenced lobster feast, silent and live auctions, and special entertainment from Miss Richfield 1981 and the Peregrine Theatre Ensemble. See more information [HERE](#).

**Adult Education Classes at DYHS**

*Adult Education Classes* in the **Dennis Yarmouth School District** will begin in September with many exciting classes: watercolor art, learning a foreign language -Spanish or Portuguese or maybe how to be more fluent in English with ESOL classes. 5 different Fitness Programs will be offered: Yoga, Body Image (Tone/Strength/Stretch), Tai Chi, Zumba, and Interval Muscle Conditioning Class. There are a variety of computer classes for all levels (Basic Beginner-learn how to use a desk top computer and Microsoft Word for Beginners and Intermediate level. Guitar classes will be offered, and a class covering economy: learn how to invest wisely in today's market-Financial Foundation.

View our brochure [www.dy-regional.k12.ma.us](http://www.dy-regional.k12.ma.us) under the D-Y Regional School District web page, Adult Education side bar menu tab. Pre-registration is at the D-Y Administration Building, 296 Station Avenue, S. Yarmouth, MA 02664, **Friday, August 30th through Friday, September 20th** between 9:00 & 3:30. Classes begin the week of September 23rd. For more information, please call 508-398-7601.

**ROAR Motorcycle Ride for Opioid Addiction**
WHAT: ROAR is a 24-mile motorcycle ride to raise funds for Opioid Addiction Recovery Transition. Join us on a 24 mile ride through the town of Barnstable. Lunch, silent auction, raffle and entertainment to follow the ride.

WHEN: September 8, 2019. Staging at 9:00 AM and Kick Stands Up At 11:00 AM.

WHERE: Barnstable High School, 744 West Main Street, Hyannis

Collaborative Assessment and Management of Suicidality Trainings

The National Strategy for Suicide Prevention Grant is sponsoring two trainings in North Falmouth on the Collaborative Assessment and Management of Suicidality (CAMS). CAMS is a therapeutic framework for suicide-specific assessment and treatment of a client's suicidal risk used across disciplines and treatment settings. CAMS has demonstrated reductions in suicidal ideation and attempt behaviors, an increase in hope and client satisfaction, better utilization of emergency services, and resolution of suicidality.

WHEN: September 12th for CAMS 101 and September 13th for CAMS for Clinicians

WHERE: Sea Crest Beach Hotel, North Falmouth

CEUs: Both trainings provide 6 CEUs

FEES: CAMS 101 is free to attend. CAMS for Clinicians is only $99 (or free for staff from agencies participating in the Cape and Islands Zero Suicide Learning Collaborative).

HOW: Please click to register for CAMS 101 or to apply for CAMS for Clinicians.

CONTACT: Please contact Jessica McHugh, NSSP Grant Program Coordinator, at Jessica.McHugh@state.ma.us with any questions

American Parkinsons Disease Association
Optimism Walk

Cape Optimism Walk - A fun-filled fundraising event!
WHEN: Sunday, September 29, 2019
WHERE: Barnstable High School
See the flyer and details on how to register HERE.

Request for Proposals for CDBG Funded Projects and Activities

PUBLIC NOTICE - TOWN OF YARMOUTH
REQUEST FOR PROPOSALS TO CARRY OUT THE TOWN OF YARMOUTH COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM YEAR 2019
The Town of Yarmouth Community Development Block Grant (CDBG) Program is seeking proposals from experienced, qualified businesses, organizations and agencies, public or private, to carry out objectives identified in the Town of Yarmouth Community Development Block Grant Program. The Town is a Community Development Block Grant (CDBG) entitlement community, funded by US HUD. For Program Year 2019, the Town anticipates an overall CDBG budget of $291,257 for Program Year 2019 with budgets of $70,000 for Economic Opportunity Activities, $20,439 for Public Service Activities, and $173,567 for Affordable Housing Activities.

Please see the copy of the RFP and Legal Ad for more details. Please note the program's new RFP format.

Habitat Cape Cod's New Volunteer Website, Habitat Connect Has Launched

All Non-construction volunteers and NEW volunteers please create your online accounts today. We would like ALL Habitat Cape Cod volunteers, including Board Members, office team, family partners, snack, devotion, registration, ReStore, event, and more to make online accounts. This will ensure that we have your updated contact information, as well as a current waiver and your emergency contact information on file. Over the next few months, you will have the chance to sign up for many types of opportunities online, as we gradually add them to the site. Click HERE.

Please don’t make a new account if you already have one. If you had an account on Volunteer Up, and you were an active construction volunteer, then you would have recently received an activation email from Habitat Connect. If you already have an account, Habitat Connect will recognize your email and ask you to reset your password and update your information the first time you log in.

Watch the video below; this video walks you through the entire registration process, so you will know what to expect before you start.
General Office Community Engagement Division Summer & Fall Webinars

General's Office Community Engagement Division would like to notify you on our upcoming Summer and Fall Webinars. The Community Engagement Division is continuing their effort to inform the public about Attorney General’s Office resources and will provide train-the-trainer webinars through the rest of the year. These webinars are an excellent opportunity for service providers to learn about new tools on how to assist clients and community members.

The webinar training topics, include, but are not limited to, as follows (with more options to come):

- Landlord-Tenant Rights;
- Surprise Medical Billing Training;
- Competitive Electric Supply Training;
- Retail Rights and Identity Theft; and
- Worker’s Rights.

The webinar will be held on Tuesday, September 10th, 2019, on Landlord & Tenant Rights and Responsibilities. You can register online here: [https://ltrwebinar.eventbrite.com](https://ltrwebinar.eventbrite.com)

If you have any additional questions or comments you can email our office at: [AGOCommunityEngagement@Mass.Gov](mailto:AGOCommunityEngagement@Mass.Gov)

You can find registration to all our webinars online here: [http://massago.eventbrite.com/](http://massago.eventbrite.com/)

**Upcoming Webinar Schedule**

**Tuesday, September 10th, 2019 at 10:30 a.m.**
Landlord-Tenant Rights & Responsibilities Presentation
Register Here: [https://ltrwebinar.eventbrite.com](https://ltrwebinar.eventbrite.com)

**Wednesday, October 2th, 2019 at 10:30 a.m.**
Surprise Medical Billing Presentation
Register Here: [https://medbilling.eventbrite.com](https://medbilling.eventbrite.com)
Wednesday, October 30th, 2019, at 10:30 a.m.
Competitive Electric Supply Presentation
Register Here: https://compelecsupply.eventbrite.com

Wednesday, November 13th, 2019, at 10:30 a.m.
Retail Rights & Identity Theft Presentation
Register Here: https://retailandidtheft.eventbrite.com

Tuesday, December 10th, 2019, at 10:30 a.m.
Workers' Rights Presentation
Register Here: https://workers-rights.eventbrite.com

Spaulding Orleans | Fit to Be Kids Program

The Spaulding team wanted to remind you of their unique program, Fit to Be Kids, designed to educate children and their families about physical fitness, nutrition and mindfulness will be running 2 sessions next year.

The first session begins October 7th!

Run by Physical Therapists, a Registered Dietician and a Social worker, our 6 week program @ $120 includes two, 90 minute sessions per week. Our passionate clinicians are ready to foster positive changes in our community. Our sessions over the past year have made positive changes in many families lives. See the flyer HERE.

Peer Support for Suicide Loss Survivors

The Samaritans on Cape Cod and the Islands to offer Safe Place in October, a peer run support group for suicide loss survivors.

"Losing a loved one to suicide is painful and difficult and can leave you feeling isolated with your grief. Safe Place is a confidential environment where you can share your grief with other suicide loss survivors. Facilitated by Samaritans staff, loss survivors are free to express their grief or just listen—we know everyone experiences grief differently and at their own pace."

Safe Place will run for six consecutive weeks in the mid Cape area starting in the beginning of October. Participants must register for the group and are encouraged to attend all sessions, if possible.

Whether you lost your spouse, child, family member, friend, neighbor or colleague, Safe Place is here for you. For more information or to register contact Karen Ellery-Jones 508-548-7999 or assistantdirector@capesamaritans.com

SENIOR CENTERS

Bourne Council on Aging News

See a list of events this month at the Bourne Senior Center HERE.
Chatham Council on Aging News
See a list of events in August at the Chatham Senior Center [HERE].

Eastham Senior Center News
See a list of events this month at the Eastham Senior Center [HERE].

Mashpee Senior Center News
See a list of events in August at the Mashpee Senior Center [HERE].

EMPLOYMENT OPPORTUNITIES

Employment Opportunities at Cape Abilities
The following positions are now open at Cape Abilities:
  Account Associate
  Development Officer
  Payroll and Benefits Specialist
  Events Manager
  Day Programs Aide
  Direct Support Professionals
  Caregivers
  Community Resource Specialist
  Individual Support Case Manager
  Residential LPN
  Quality and Performance Specialist
  Community Resource Specialist
  Manager of Pre-ETS
  Pre-ETS Vocational Specialist

See all job descriptions and how to apply [HERE].

US Census Bureau Employment Opportunity
Interested in employment with the US Census Bureau? See regional opportunities [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 with an updated summer schedule [HERE].
The Samaritans on Cape Cod and the Islands Senior Outreach Program is open to all older adults living on the Cape or Islands who are experiencing signs of isolation, loneliness, and/or depression and would benefit from a weekly call. Samaritan trained volunteers are matched with seniors on Cape for weekly telephone chats. Volunteers listen without judgement, with compassion and empathy, and all calls are confidential. Seniors are typically referred to the program by Elder Services, COA, primary care physicians, friends, family, religious organizations or they may self refer using a simple referral form. For more information, or to refer a senior please contact Karen Ellery Jones assistantdirector@capesamaritans.com

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.


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
• 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.