



E-Newsletter

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ISSUE: 236 January 31, 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



\$232K Grant Supports Services for Homeless Youth & Young Adults on Cape Cod & the Islands

Announcing a Homeless Youth Services grant in the amount of \$232,841.00 awarded to Barnstable County Department of Human Services from the Executive Office of Health and Human Services (EOHHS) to conduct a community needs assessment and provide support services for homeless youth and young adults. The grant will be dispersed to five community-based organizations that work with homeless youth and young adults: [Housing Assistance Corporation](#), [Homeless Prevention Council](#), [CHAMP Homes](#), [Martha Vineyard Community Services](#), and [Nantucket Fairwinds](#). [Read more HERE.](#)

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COMMUNITY NEWS

WE CAN Legal Workshop: Family Law

WHEN: January 30th | 5:30 PM - 7:30 PM

WHAT: "Everything Women Want to Know about Family Law But Are Afraid to Ask" will be presented by Attorney Muska Yousuf. This workshop will provide an overview of key legal terms and will cover the divorce process, child custody, and other family legal matters. Time will be set aside for Q & A. [Click here for Details](#) No cost; donations accepted. To Register Call WE CAN at 508-430-8111

Applications Now Available For Affordable Housing

The **Ready Renters Program** is now accepting applications for **Affordable Rental Housing**. Please see the [FLYER HERE](#) and [APPLICATION HERE](#).

Applications are **due March 8th at 11 AM** at the Plymouth Redevelopment Authority.

New Groups at Independence House

Independence House is pleased to offer these new groups as of January 2019. Click [here](#).

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Habitat for Humanity: Cars for Homes

Cars for Homes turns your car donation into cash that supports **Habitat Cape Cod's** affordable home-ownership programs. Start your donation online, or by calling our hotline. You can complete the donation process in 3 simple steps. Towing is free. Call **877-277-4344** or learn more [here](#).

Respite For Caregivers in Dennis

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. See the [FLYER HERE](#).

Attorney General's Office Community Engagement Division: Upcoming 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 every month. 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):

1. *Worker's Rights;*
2. *Consumer Protection Tips;*
3. *Non-Profit Organization Board Training*
4. *Identity Theft and Scam Prevention; and*
5. *Landlord-Tenant Rights*

See all scheduled webinars [here](#).

Vaping Prohibited in All Workplaces under the Massachusetts Smoke-Free Workplace Law

Beginning December 31, 2018, the **use of vaping products is prohibited in all Massachusetts workplaces, schools, restaurants, bars and taxis that are subject to the state's 2004 Smoke-Free Workplace Law.** Vaping products are electronic nicotine delivery systems that include e-cigarettes, vape pens, ehookahs, tanks, mods, JUULs and more. Read more [here](#).

Independence House Commemorates 40th Anniversary

As part of the commemoration of **Independence House's 40th anniversary**, a year-long series of events are offered to the community in 2019 beginning on February 1st, with a virtual contest

with prizes aimed at High School students on Cape Cod.

Along with commemorating the 40th Anniversary of Independence House, the celebration is extended to highlight the 20th Anniversary of Executive Director, Lysetta Hurge-Putnam. Read the press release [HERE](#).

February News from Cape Cod Family Resource Center



Read the February edition of the [Cape Cod Family Resource Center Newsletter/Calendar](#) and a new list of Parent Education and Support Opportunities. Click [HERE](#).

Harwich Youth & Family Services Fundraiser

WHAT: Best Friends' Valentine's Day Dance. This is a fundraiser for Harwich Children's Fund, which helps families in need in Harwich. The attendees are adults with special needs. 100% of donations go into the fund and directly to families.

WHEN: Friday, February 1, 2019 | 6:00-8:00 PM

WHERE: Harwich Community Center

TICKETS: \$10.00

Refreshments Provided | MUSIC BY D.J. JONATHAN | Don't forget to wear RED | Fundraiser for the Friends of Harwich Youth | For more info email Ann Marie Dooley at adooley492@gmail.com

Senior Corps FREE Winter Education & Film Series

RSVP of Cape Cod & the Islands' Senior Corps presents a **FREE Winter Education & Film Series**. These environmental education events are open to the public. Films will be held at the **Cape Cod Museum of Art**, and presentations will be held at various locations on Cape Cod. Please see event descriptions for more details regarding dates, times and topics. If you are interested in joining us, please register with Stefanie Paventy (508-968-5125 or stefanie.paventy@escci.org). While registration is not required, it is encouraged. See the list of films [HERE](#)

Child & Family Services of Cape Cod Hosts February Freeze Polar Plunge

Can you spare 8 seconds in February? In those 8 seconds you can do three things:

1. Role model for so many that pushing through self-doubt can be achieved.
2. Raise awareness and money for folks navigating their mental health journey.
3. Have VIP status at the most happening get together at Sam Diego's.

Child & Family Services of Cape Cod is recruiting sponsors and/or

plungers for their 6th Annual February Freeze Polar Plunge on Saturday 2/23/19 at 11:00 AM. Sam Diego's hosts our after plunge party where upon you can warm yourself up with delicious soup provided for all plungers. Learn more [here](#).

The Cape Cod Hoarding Task Force Hosts Community Event and Panel Discussion

The Cape Cod Hoarding Task Force invites you to: **Finders and Keepers: A Panel discussion and community event.** Compulsive clutter and hoarding affects an estimated 3-6% of the population, which translates to approximately 8,600 individuals in Barnstable County. You are not alone!! Whether you are concerned for yourself, a family member or neighbor; or if you provide services to an individual and would like to know more about how you can help, please join us for this community event.

WHERE: Cape Cod Museum of Art

WHEN: February 23, 2019 | 1:00 PM

WHO: Panel discussion will feature Denise Egan-Stack LMHC, Lori Miranda of Dennis Police Department, Carol Bishop, LICSW, and Carol MacDonald from the Buried in Treasures self-help support group.

WHY: To bring together members of the community who are affected by hoarding and the professionals who help them toward recovery. For more information on attendance and sponsorship, go to www.hoardingcapecod.org, or call 508-375-6620.

CORD Oldies Dance Fundraiser

Join the **Cape Organization for Rights of the Disabled (CORD)** for a rocking good time at their "Oldies Dance" fundraiser featuring live music by Crocodile Tears. Prizes will be awarded for the best oldies attire. Be sure to check out the silent auction items. Light refreshments and a cash bar will be available.

WHEN: Saturday, February 23rd | 6:00 PM to 9:00 PM

WHERE: Yarmouth Moose Lodge, 769 Route 28 in South Yarmouth.

TICKETS: \$20 | Proceeds remain on the Cape & Islands helping CORD to provide needed services to our neighbors with disabilities. Purchase tickets online at www.cilcapecod.org

or by calling CORD at 508-775-8300 (v/tty). Tickets can also be purchased at the door.

SEE FLYER HERE.

ABOUT: CORD is a non-profit organization. In order to maintain a safe and comfortable environment for all, CORD requests that you do not wear scented products to this event.

Spaulding's Next Fit to Be Kids Program Starts March 11th

The next session of the **Fit to Be Kids Program** will start on March 11th at the **Spaulding Orleans Center**. This is Spaulding's unique program designed to educate children and their families about physical fitness, nutrition and mindfulness. See details [here](#).

TOT for Opioid Overdose Prevention

This **Training of Trainers (TOT)** will focus on how to train

communities/programs on opioid overdose prevention and connect them to pharmacies. Participants will be given the information and tools necessary to become trainers on opioid overdose prevention within their community.

WHEN: Training offered on March 11th and May 24th, 2019.

See details [here](#).

Town of Falmouth's Human Services Department announces Request for Interest for Fiscal Year 2020

The Town of Falmouth, through the **Human Services Department**, announces a Request for Interest for Fiscal Year 2020 from non-profit agencies and partnerships to deliver projects, programs and services that support vulnerable citizens and address unmet human service needs for the Town. The Town will award one contract totaling \$9,500 in FY2020 (July 1, 2019-June 30, 2020).

The **Town of Falmouth** promotes quality projects, programs and services that provide a safety net for vulnerable citizens and that address human service needs of its residents and enhance the community at large. The primary intent of this funding is to provide seed money to stimulate the development of new initiatives, projects and programs that are not currently being offered in the community. Secondly, applications will be considered for funding used to enhance or grow existing programs and services that are unable to meet the community's current need.

The application and forms are available on the Town's Human Services website <http://www.falmouthhumanservices.org> and at the Human Services Office. **Applications are due on Friday, March 15, 2019 at 4:00 PM** in the Human Services Office: 65A Town Hall Square, Falmouth, MA 02540.

Announcing Evidence-based Workshops from Healthy Living Cape Cod Spring 2019

Power Over Pain (Chronic Pain Self-Management)

WHEN: 3/21-4/25

WHERE: Barnstable COA

A Matter of Balance

WHEN: 5/6-7/1

WHERE: Bourne COA

A Matter of Balance

WHEN: Info Session 3/1 from 1-2 PM, Workshop dates: 3/8-4/26

WHERE: Brewster COA

My Life, My Health (Chronic Disease Self-Management)

WHEN: 3/20-4/24

WHERE: Dennis COA

My Life, My Health (Chronic Disease Self-Management)

WHEN: 4/5-5/10

WHERE: Mashpee COA

My Life, My Health (Chronic Disease Self-Management)

WHEN: Info Session 3/7, Workshop dates: 3/14-4/18

WHERE: Orleans COA

Sugar Blues (Diabetes Self-Management)

WHEN: Info Sessions 3/12 from 1-2 PM and 3/19 from 10-11 AM,
Workshops dates: 4/2-5/7

WHERE: Truro COA

For more information, contact Gina Battles at

healthylivingcapecod@gmail.com.

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.

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](#)

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: First Tuesday of every month

WHERE: Mashpee Public Library Event Room, 64

Steeple Street | 4:00 PM - 7:00 PM. Free Narcan training and light refreshments. More information at www.itsnevertooearly.com.



EMPLOYMENT OPPORTUNITIES

Habitat for Humanity Employment Opportunity

Habitat for Humanity is currently seeking applications for **Driver/Store Associate** F/T, Year-round at both our Falmouth and Yarmouth locations:

Please respond with cover letter and application to:

Habitat for Humanity of Cape Cod/ReStore

411 Main St., Suite 6

Yarmouth Port, MA 02675

hr@habitatcapecod.org. Please see [job description](#) and [application](#).

Elder Services of Cape Cod Seeks Volunteer Program Director

Elder Services of Cape Cod and the Islands is seeking a full time Program Director to oversee the Senior Corps RSVP Program. Responsibilities include: development & implementation of goals, supervision of staff, and planning for future growth. Manage recruitment, enrollment, training & placement, and evaluation of volunteers. Ensure adherence to the policies and procedures and submission of required reports as required by the Corporation for National and Community Service and other funding sources. Seek grant opportunities for future program initiatives.

REQUIREMENTS: Bachelor's Degree, Minimum 3 yrs. experience in volunteer management, Minimum 2 yrs. supervisory experience, demonstrated track record in program development, implementation, and grant management. Experience working with older adults. Excellent written & oral communication, computer & time management skills. MA driver's license & reliable transportation. Salaried position with excellent benefits. If interested, please email cover letter and resume to Cheryl Gayle, Director of Community Services at cheryl.gayle@esci.org

VOLUNTEER OPPORTUNITIES

Elder Services of Cape Cod & Islands Seeks Money Management Volunteers

Volunteers are needed for the **Massachusetts Money Management Program at Elder Services of Cape Cod**. 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. See the flyer [HERE](#).

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