



## E-Newsletter

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ISSUE: 245 May 31, 2019

### 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)

## 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](mailto:sonja.sheasley@barnstablecounty.org). If you choose to email, please follow these [submission guidelines](#).

## COMMUNITY NEWS

## Cape & Islands Green: Sustainable

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

**WHAT:** Community Development Partnership Hosts "Cape & Islands Green" Workshop. This is a 90 minute session that will focus on how to reduce energy costs and conserve resources, including how "being green" is good for the bottom line. After the workshop, our professional team is also available to guide you through the process of becoming Cape & Islands Green verified.

**WHEN:** Monday, June 3 from 10:30 AM - Noon

**WHERE:** Cape Space in Hyannis

**COST:** \$75 for businesses with less than 10 employees.

**REGISTER:** Contact Pam Anderson at [pam@capecdp.org](mailto:pam@capecdp.org) or call 508-240-7873 x18. To find out more information about this organization, go to [www.capecdp.org](http://www.capecdp.org).

## State Recovery Coach Commission Community Listening Session to be held on Cape Cod

**WHAT:** Members of the Commonwealth's Recovery Coach Commission will hold a community listening session. A recovery coach is a person with lived experience who serves as a mentor and advocate for individuals seeking recovery from addictions. Chaired by Health and Human Services Secretary Marylou Sudders, the Commission is charged with recommending the standards for credentialing recovery coaches, gathering data, and reviewing training opportunities for recovery coaches.

The listening sessions provide an opportunity for the Commission to gain valuable insight about the importance and current state of recovery coaches in communities throughout Massachusetts.

Individuals seeking to submit written comments for feedback can email [EHSRecoveryCoachCommission@state.ma.us](mailto:EHSRecoveryCoachCommission@state.ma.us).

**WHEN:** Monday, June 3, 2019 from 4:00 pm - 5:30 pm

**WHERE:** Cape Cod Community College, Science Building, Lecture Hall A, 2240 Iyannough Rd, West Barnstable, MA 02668

For more information about the recovery coach commission, please visit <https://www.mass.gov/orgs/recovery-coach-commission>.

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## Sexual and Domestic Violence Awareness Training

There are still seats available for the upcoming collaborative seminar offered by the **Cape and Islands District Attorney's Office**, **Independence House** and the **Immigration Resource Center**.

### PRESENTATIONS:

- Enhancing Trauma-Informed Responses to Survivors of Domestic and Sexual Violence
- Best Practices for Addressing Unique Difficulties in SDV Cases
- Domestic and Sexual Violence and Immigrant Communities

**WHEN:** (choose one of two locations):

- June 7, 2019 / 9 AM - 1PM / Eastham Public Library, 190 Samoset Rd., Eastham
- June 14, 2019 / 9AM - 1PM / Mashpee Police Department, 19

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Frank E. Hicks Dr., Mashpee

See more information [HERE](#).

## Year 4 of Its Leadership Development Program on the Cape & Islands

The **Institute for Nonprofit Practice Leadership Development Program application deadline: June 3.** Scholarships available. Questions?

Contact Nate Bae Kupel [nbkupel@nonprofitpractice.org](mailto:nbkupel@nonprofitpractice.org)

[APPLY HERE](#)

**WHAT:** The program will arm you with the confidence, skills, and network you need to be the best leader you can be, today and in the future.

- A certificate in Nonprofit Management and Leadership from the Jonathan M. Tisch College of Civic Life at Tufts University
- A concise and compelling 'story' about your organization - its mission, vision and strategy, strengths, challenges, impact, and future
- The skills to more effectively manage the financial and human resources of your organization
- A stronger and distinctive voice to confidently lead within your organization.

## CORD Workshops Series

**CORD** is having a series of workshops on Housing, the ADA & Employment, stretching your dollar and transportation. All workshops will be held at CORD at 106 Bassett Lane in Hyannis. There is no charge, but RSVPs are requested. Please contact CORD ASAP if you need reasonable accommodations. To RSVP or request reasonable accommodations, please call Cathy at CORD at 508-775-8300 (V/TTY) or email [cordinfo@cilcapecod.org](mailto:cordinfo@cilcapecod.org).

June 4, 10 - 12: Housing 101 - The basics of finding housing

June 5, 10 - 12: Housing Clinic - Bring your applications and your questions

June 6, 10 - 12: ADA & Employment - Your rights under the ADA

June 10, 2 - 4: Housing Clinic

June 11, 10 - 12: Stretching Your Dollar - Budgeting tips and ways to make your money go further

June 12, 10 - 12: Transportation Options - What are your choices

June 13, 10 - 12: Housing 101

## 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](#)

# Cape Cod Toy Library "Taking Flight" Opening

**Cape Cod Toy Library "Taking Flight" Opening** - A Family Play Learning Center for the whole community.

**WHAT:** Cape Cod Toy Library "Taking Flight" Opening Event - A FREE fun, Family Play Day for the whole family to enjoy exploring, experimenting and creating together!

**WHERE:** 1663 Main Street (6A), West Barnstable 02668

**WHEN:** Saturday, June 1st, 10:00 am - 2:00 pm

**WHAT:** CCTL will provide a family play space by hosting regular Family Play Days events each Friday and Saturday 10:00 AM - 2:00 PM following the opening June 1st.

**CONTACT:** Deb Willsea [debw@capecodtoylibrary.org](mailto:debw@capecodtoylibrary.org), mobile: 585-330-4656

[VIEW PRESS RELEASE](#)



**CAPE COD TOY LIBRARY**  
**"TAKING FLIGHT" OPEN HOUSE**

Bring your family and friends  
&  
let your playful ideas and  
creativity soar!

For more information:  
[info@capecodtoylibrary.org](mailto:info@capecodtoylibrary.org)  
(508) 658-5227  
[www.capecodtoylibrary.org](http://www.capecodtoylibrary.org)

**June 1st**  
10AM-2PM | SATURDAY  
First Lutheran Church  
our new "home"  
1663 Main Street (6A)  
West Barnstable

**FREE Family Play Day**

***Please see workshops at the Cape Cod Toy Library this month!***

**[Parent Workshop June 7 - Playing on Purpose](#)**

**[Parent Workshop June 14 - Babies and Brains](#)**

## CORD's 1st Annual Shoe & Purse Auction

**WHEN:** Saturday, June 8, 2019 | 1:00 - 4:00 p.m.

**WHERE:** Courtyard by Marriott 707 Iyannough Rd, Hyannis, MA (next to the CC Mall).

**ABOUT:** We asked for your donations and you delivered in a BIG WAY! Now you need replacements! Join us for a FUN afternoon of shopping! You know your friends and sisters have great fashion sense! Now you can literally buy their stuff! We have Coach, Michael Kors, Vera Bradley, and more! We will have Instant Specials throughout the day and you can buy a raffle ticket for a chance to win a pair of Rothy's!



## Yogis Unite Yoga Event on June 8th



### YOGIS UNITE FOR RecoveryBUILD

June 8th, from 10:30-2:00pm!  
At Monomoy Regional High School:  
75 Oak Street, Harwich, MA 02645

Doors OPEN at 10:30 am to shop in the Wellness  
Vendor Marketplace! Class from 11:30-1:00.

#### Community Gathering to follow!

Yogis from around Cape Cod are teaming up to raise funds and awareness for RecoveryBUILD, a program created by Behavioral Health Innovators, Inc. 501(c)(3), to support local teens struggling with substance use challenges. This program combines fun social activities with the support of a licensed counselor and peer recovery mentors.

On June 8th, there will be a yoga class taught by Stephanie Briody, Jill Abraham, Leigh Alberti, and Susannah van der Wende at the Monomoy Regional High School from 11:30-1:00pm. Bring your friends, create a team or set your own personal fundraising goals! Minimum donation is \$50/adult, \$10/ MS or HS student. All checks should be made payable to: Behavioral Health Innovators, Inc. (BHI, Inc.)

Don't forget to come early to shop the Wellness Vendor Marketplace for amazing merchandise and stay after class for the Community Gathering!

For more information on RecoveryBUILD, visit:  
www.bhinnov.org or contact Stephanie Briody at: (609) 203-9520.  
Please register for this event by signing up on the event page at  
www.firstgiving.com/event/bhinnov/Yogis-Unite-for-Recovery-Build.

Come support this amazing teen program! **RecoveryBUILD Alternative Peer Group (APG)** where teens enjoy fun, sober activities and receive support around their substance use from a licensed Counselor and Peer Recovery Mentors. June 8th at Monomoy High School. Community Wellness Fair, All Levels Yoga Class and Community Gathering with complimentary delicious food donated by Organic Market!

## The Family Pantry Gala Annual Benefit

**Attend the Family Pantry of Cape Cod 8th Annual Benefit**

**WHEN:** June 9, 2019 | 5:00 to 8:00 PM

**WHERE:** Wychmere Beach Club in Harwichport | Featuring the *World Premiere Band*. Learn more [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.

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

**June 20, 2019** - UMass Amherst

**June 27, 2019** - Family Center | Brockton

See flyer [HERE](#).

## News from WE CAN

**Path Makers Mentoring Program Information Sessions : Create a life vision. Become part of a diverse group; enjoy 10-months of learning**

and growth; programs offered in both Falmouth & Harwich. The info session will explain the program and how to apply.

**Mentoring Information Session:**

Tues. June 11, 5:15 PM, Mashpee

[Details Here](#) - or call to RSVP: 508-430-8111

Join WE CAN's GROW Program, a 6-month facilitated program empowering women business owners with accountability, connection, monthly time to develop goals and more.

**GROW Info Sessions:**

Mon. June 10, 9-10 AM, Harwich Port

Tue. June 25, 6-7 PM Cape Space, Hyannis

Tue. July 16, 5:30-6:30 PM, Osterville

[Details Here](#) - or Call Marina at 508-430-8111

## People Against Human Trafficking

**HUMAN TRAFFICKING ON CAPE COD?** Yes, it's everywhere. Even here. **Cape Cod PATH** (People Against Human Trafficking) presents a talk by Audrey Morrissey, a trafficking survivor, now Associate Director of My Life My Choice, a Boston-based anti-trafficking advocacy and service group.

**WHEN:** June 15, 2019 1:00 - 3:00 PM

**WHERE:** Brewster Ladies Library 1822 Main Street (Route 6A), Brewster

**TICKETS:** FREE and Open to the Public [www.capecodpath.org](http://www.capecodpath.org) or email [info.capecodpath@gmail.com](mailto:info.capecodpath@gmail.com)

\*Cape Cod PATH is a fund of the Cape Cod Foundation.

## News from Learn2Cope

**Attend Knowledge is Power: A Conference for Families Struggling with Substance Use Disorder - featuring guest speakers and workshops.**

**WHEN:** Saturday, June 22, 2019

**WHERE:** Worcester Polytechnic Institute

For information please contact: Kim Leman, [kleman@learn2cope.org](mailto:kleman@learn2cope.org)

**REGISTER:** [www.learn2cope.org](http://www.learn2cope.org)

## Cape Cod PRIDE Festival

**WHEN:** Saturday, June 22, 2019 | noon to 5 PM

**WHERE:** Hyannis Village Green followed by a PRIDE Dance Party from 6:00 PM - 9:00 PM at Cape Cod Beer. All welcome to this celebration of the Cape's LGBTQ Community. Please see flyer [HERE](#) for more details.

## Learn Hands-Only CPR in Less than 30 Minutes

**Learn Hands-only CPR in less than 30 minutes.**

**WHERE:** Barnstable Senior Center

**WHEN:** 4th Thursday of the month: 6/27, 7/25, 8/22, 9/26, 10/24 | 3:00 PM | **CONTACT:** Gerry Tierney at [getnurse@aol.com](mailto:getnurse@aol.com)

## 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](http://outercape.org/blog) or contact the Outer Cape Health Services development office at 508-905-2850 or [development@outercape.org](mailto: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.

## National Collegiate Recovery Conference

**WHAT:** 10th National Collegiate Recovery Conference

**WHEN:** June 29th - July 2nd

**WHERE:** Hyatt Regency in Cambridge, MA

**REGISTER** [HERE](#).

## News from Cape Cod Family Resource Center - May

**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](#).

## Powerful Tools for Caregivers Course

**Powerful Tools for Caregivers** is a six week educational program designed to help family caregivers take care of themselves. This class will give you, the family caregiver, tools to:

- Reduce stress
- Communicate more effectively

- Take care of yourself
- Reduce guilt, anger and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

**WHEN:** Thursdays, July 11-August 15, 2019 | 10:00 AM - 11:30 AM

**WHERE:** Elder Services of Cape Cod & Islands, 68 Route 134, So. Dennis

**REGISTER:** Beth Gilmore, FCSP Program Manager (508) 394-4630 x450  
Class size limited - registration is required - call soon!

**FEE:** Free and a copy of the Caregiver Helpbook will be provided as well.

## Outer Cape Health Services Opens New Public Pharmacy at Harwich Port Health Center

**Outer Cape Health Services (OCHS)** announces the opening of its newest pharmacy in Harwich Port. The pharmacy is located inside OCHS' new Harwich Port health center located on the ground floor of 710 Route 28, across from Brax Landing Restaurant.

The pharmacy is open to the public for all prescription and over-the-counter needs and provides personalized service, and accepts most insurances, including MassHealth and Health Safety Net. Learn more about Outer Cape Health Services at [www.outercape.org](http://www.outercape.org).

## SENIOR CENTERS

### Barnstable Senior Center News

See a list of events this month at the **Barnstable Senior Center** [HERE](#).

### Eastham Senior Center News

See a list of events this month at the **Eastham Senior Center** [HERE](#).

### Orleans Senior Center News

See a list of events this month at the **Orleans Senior Center**. Please see the full list [HERE](#).

### Yarmouth Senior Center News

New class offerings at the **Yarmouth Senior Center**: Meditation & Mindful Movement Classes. Read more [HERE](#).

## EMPLOYMENT OPPORTUNITIES

### ASGCC Seeking to Fill Multiple Positions



The **AIDS Support Group of Cape Cod** saves lives through prevention, education and life-sustaining services that address public health crises to build healthy communities across the Cape and Islands. Full-Time Positions, part-time positions, and seasonal jobs are currently available. Find out more information [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](#).

### Samaritans Senior Outreach Program

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@capesaritans.com](mailto:assistantdirector@capesaritans.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.

Free Narcan training and light refreshments. More information at [www.itsnevertooearly.com](http://www.itsnevertooearly.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](mailto: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*