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

SPOTLIGHT

2020 Annual Homeless Point in Time Count

The 2020 Cape and Islands Regional Network on Homelessness Point in Time count will start on the evening of Tuesday, January 28th and continue for 24 hours into Wednesday, January 29th. A training session for all volunteers will be as follows:

WHEN: Thursday, January 23rd from 2:30PM to 4:00PM
WHERE: Harborview Conference Room at the Barnstable County Complex, 3195 Main Street, Barnstable, MA.
WHAT: The **PIT count** is an annual "snapshot" of the number of sheltered and unsheltered homeless individuals within the region held within the last 10 calendar days of January. To count unsheltered persons, members of the Cape and Islands Regional Network on Homelessness, outreach workers, faith-based organizations, social service professionals, government representatives, and a host of volunteers from a variety of backgrounds are trained and organized to go out into the community and interview people who appear to be living in places not meant for human habitation. Participation in the count is voluntary. Information on each homeless person is collected using a short paper survey, and the de-identified results are reported back to the US Department of Housing and Urban Development (HUD).

Point in Time survey forms completed by participating agencies will be accepted by Barnstable County Department of Human Services through Friday, February 7th, and results of the Point in Time count will be made available on the [Department of Human Services website](http://www.barnstablecounty.org). To volunteer, or for more information, contact: Dan Gray, Continuum of Care Program Manager, [daniel.gray@barnstablecounty.org](mailto:daniel.gray@barnstablecounty.org) 774-224-0051.

COMMUNITY NEWS

**Annual Martin Luther King Jr. Day of Service**
**Monday, January 20th**

![MLK Day of Service Poster](image)

**WHEN:** Monday, January 20th
**FROM:** 9AM to 12PM
**WHERE:** Dennis-Yarmouth HS

Join us in a day of service benefiting:

- **NAUSET YOUTH ALLIANCE**
- **BOYS AND GIRLS CLUB OF CAPE COD**

**AmeriCorps Cape Cod** is hosting its annual Martin Luther King Jr. Day of Service on Monday, January 20th at Dennis-Yarmouth High School from 9AM-12PM.

This year's day of service is for anyone looking for an opportunity to impact Cape Cod youth. We will be collecting and organizing arts and crafts supplies for the Nauset Youth Alliance and the Boys and Girls Club of Cape Cod.

We are currently collecting NEW arts and crafts supplies at various locations in the community. Donation Bin Locations include Yarmouth Police Department, Mashpee Town Hall, Brewster Ladies Library, Sandwich Fire Department, Hyannis Red Cross, West Barnstable Fire Department, Devils Purse Brewing, Cape Cod Beer, Marstons Mills Library and the Harwich Community Center. Feel free to bring any arts and crafts donations with you the day of the event as well!

For more information visit the [AmeriCorps Cape Cod Facebook page](https://www.facebook.com/americorpscapecod) or visit their Instagram [@americorps_cape_cod](https://www.instagram.com/americorps_cape_cod).
Town of Falmouth Human Services Announces Two Requests for Proposals for Fiscal Year 2021

The **Town of Falmouth**, through the **Human Services Department**, announces two **Requests for Proposals for Fiscal Year 2021**. The Falmouth Town Manager's proposed budget for FY2021 includes $20,000 to address homelessness prevention for Falmouth residents and $20,000 to address the outmigration of working age adults from the Town of Falmouth. Proposals are due on Friday, February 28th at 4:00 PM. Read more [HERE](#).

January News from Good Grief Cape Cod

**Good Grief Cape Cod** helps children and families cope with death and tragedy on Cape Cod. This month kicks off with a fresh start to making grief good. Review the January [newsletter](#). See these events [HERE](#). Please follow Good Grief Cape Cod on Facebook. For more information call 774-302-0427 or email amy@goodgriefcapecod.org

Helping Our Women Welcomes New AmeriCorps VISTA

**Helping Our Women (HOW)** welcomes Chloe Heidepriem as the new **AmeriCorps VISTA** (Volunteers in Service to America) to serve as the Volunteer Resource Developer in their Provincetown office. **AmeriCorps VISTA** members build capacity in nonprofit organizations and public agencies to help them more effectively generate the commitment of private sector resources, encourage volunteer service at the local level and empower individuals and communities. AmeriCorps VISTA members serve full time for one-year.

In her role as the **Volunteer Resource Developer**, Heidepriem will work to strengthen the capacity of HOW through volunteer engagement and community outreach to better serve HOW clients. Raised on Cape Cod, she grew up in Orleans and recently moved back after graduating from the University of Massachusetts Amherst Honors College in the Spring of 2018. Visit HOW at [www.helpingourwomen.org](http://www.helpingourwomen.org).
Barbara Penn, MD, Joins Outer Cape Health Services Board of Directors

Outer Cape Health Services (OCHS) recently announced the appointment of Wellfleet resident Barbara Penn, MD, to its board of directors. Dr. Penn retired as a primary care physician at OCHS in 2015. Prior to her three years of service at OCHS, she was employed at Massachusetts General Hospital Charlestown HealthCare Center for three decades. As Associate Unit Chief of the Internal Medicine Unit, Penn oversaw operations and the Quality Control committee in addition to maintaining a busy adult patient practice at the Charlestown center. Please read the full press release HERE.

Department of Children and Families Recruits Foster Parents

Learn About Foster Parenting and Adopting from Foster Care

The Massachusetts Department of Children & Families serves children of all ages - from infants to adolescents - from every community - who need a home.
✦ You can be single, married, partnered, divorced; or widowed.
✦ You can rent or own a home.
✦ Time spent with you in a stable and secure environment gives a child a chance to heal.
✦ The rewards of providing daily care, guidance and acceptance to a child are immeasurable. Learn About Foster Parenting and Adopting from Foster Care HERE or visit 1-800-KIDS-508 |
Upcoming Programs & Events at WE CAN

Everything Women Want to Know About Family Law But Are Afraid to Ask

- Family Law Overview with Attorney Kristen Rufo
- Daytime session held on January 15 in Orleans at Snow Library
- Register: karaf@wecancenter.org

[Link to Detailed Flyer]

Personal Development: Create U

- Creative ways to reignite your original spirit with Maria Jonas, Life Coach
- 8-week series
- Info session Thursday, February 27, 6:00-7:00 PM
- Sessions on Thursdays, March 5 through April 23 from 6:00-8:00 PM
- Register: elisa@wecancenter.org

[Link to Detailed Flyer]

Attend WE CAN's 3rd Annual Valentine's Day Luncheon

**WHEN:** Wednesday, February 12th | 12:00 PM  
**WHERE:** Chatham Bars Inn, 297 Shore Road  
Chatham, MA 02633  
**ABOUT:** Support WE CAN's GROW program for women entrepreneurs on Cape Cod. Your ticket includes a champagne reception, two course luncheon, raffles, keynote speaker and the chance to network with over 150 women business owners, leaders and entrepreneurs. ($60 of each ticket is tax deductible)  
[REGISTER ONLINE HERE]

**Attend Duffy's Community Yoga Event**

Attend this community yoga event: Wellness on the Water! Renowned yoga instructors from studios around the Cape will lead individuals from across our community as they practice in
WELLNESS on the WATER

WHEN: Saturday, March 7, 2020 | 7:30 AM - 2:00 PM
WHERE: Wychmere Beach Club, Harwich Port
INCLUDES: Breakfast + 3 yoga sessions (slow, moderate, restorative) + Lunch and Community Celebration. All levels are welcome.
REGISTRATION: Registration is free. Sign up HERE. Each participant commits to raising $200 to attend the all-day event. All money raised at Wellness on the Water benefits Duffy Health Center to support our programs and services.

Samaritans on Cape Cod & the Islands News
The Samaritans on Cape Cod and the Islands have scheduled their next Crisis Line training for January 2020. Come join a vibrant, caring, and committed group of volunteers who actively listen without judgement to those who call in need. For more information please call 508-548-7999 or visit www.capesamaritans.org.

OLDER ADULTS

Barnstable Adult Community Center News
Please see this month's news from the Barnstable Adult Community Center HERE.

Bourne Senior Center News
Please see this month's news from the Bourne Senior Center HERE. Also see information on the Winter Wonderland Dance HERE.

Brewster Senior Center News
Please see this month's news from the Brewster Senior Center HERE.

Chatham Council on Aging News
Please see the latest events at the Chatham Council on Aging HERE.

Mashpee Senior Center News
See this month's events at the Mashpee Senior Center HERE.
VOLUNTEER OPPORTUNITIES

Habitat Cape Cod Seeks Volunteers for Golf Tournament

Habitat Cape Cod is planning their first golf tournament to be held in June 2020 at the Ridge Club in Sandwich. Six (6) volunteers needed to help plan and execute the tournament. If you have interest in volunteering, email or call Events Coordinator Adrianne Wytas events@habitatcapecod.org or 508-362-3559 x 18.

Family Pantry of Cape Cod Volunteer Opportunities

There are immediate volunteer openings in the following areas:
- Family Pantry Clothing Boutique - Tuesday, Thursday and Saturday shifts
- Family Pantry Stocking - Tuesday, Thursday and Saturday shifts
Please click the link below to submit your application to volunteer. Linda, the volunteer coordinator, will call you once she has received your application. She will set up a tour of the Pantry to discuss your interests. Visit Volunteer at The Family Pantry of Cape Cod

Latham Center's Human Rights Committee Seeks a Volunteer Nurse

Latham Centers, Inc. is a non-profit Cape Cod based agency that provides educational, residential and vocational training and support to individuals with disabilities. We serve 50 children in our special education, residential school in Brewster. We also serve 50 adults in 11 residences scattered around the Cape.

Latham has a volunteer oversight committee that helps review our human rights practices. The Human Rights Committee is comprised of at least 5 members including a parent of a service recipient, an individual who receives services, an attorney, a social worker and a nurse.

ABOUT THIS POSITION: We currently have a vacancy for the volunteer nurse position. The role can be filled by an RN or LPN and can be someone currently practicing or retired (current license not required). The nurse role is to give a quality check to our medication administration practices. The Human Rights Committee meets 4 times a year, from 5:00 to 7:00 pm at our facility in Brewster. Teleconferencing is available.

Please contact Rebecca Amaral, Human Rights Coordinator, for Latham at 774-353-9293 if you might be interested in learning more about this volunteer activity.

EMPLOYMENT OPPORTUNITIES

Habitat Cape Cod Seeks Director of Resource Development

The Director of Resource Development (DRD) provides knowledge and expertise of non-profit development and donor relations. The DRD leads and oversees all fundraising activities as they relate to the Annual Fund, including but not limited to appeals, major gifts, home sponsorships, planned giving and grants. The DRD is responsible for cultivating relationships with businesses,
individual donors, the faith community and the community at large, and contributes to the Public Relations and Marketing initiatives. This position reports directly to the Executive Director and supervises the Events Coordinator and Volunteer Services Manager.

A full position description and more information can be found on the Habitat for Humanity Cape Cod website.

## Town of Falmouth Employment Opportunities

**Temporary Kitchen Assistant - Town of Falmouth** has an immediate opening for a temporary Kitchen Assistant in our brand new state of the art Senior Center kitchen. Position is responsible the following: assists in the preparation and display of all food items and daily service and special events; assists in taking food orders and completing each transaction while providing high quality customer service; provides guidance to volunteers; practices hygienic food handling, preparation and serving techniques under the general direction of the Kitchen Supervisor; properly greets and informs guests of daily specials and all other duties as assigned. High school graduation or equivalent and one year of food service experience; ServSafe Certification. This is a long term temporary position for approximately 19 hours per week. $15.39/hour. Interested candidates please apply online at: [http://www.falmouthmass.us/723/Current-Job-Openings](http://www.falmouthmass.us/723/Current-Job-Openings). Candidates who apply by January 3, 2020 will be given preference. The Town of Falmouth is proud to be an EOE employer.

**Temp Kitchen Supervisor - Town of Falmouth** has an immediate opening for a temporary Kitchen Supervisor in our brand new state of the art Senior Center kitchen facility. Position is responsible the following: Ensures the practice of hygienic food handling, preparation and service of all foods; trains and oversees staff and volunteers in customer relations and service relative to the Kitchen and the Senior Center as a whole; works directly with the Senior Center Director in regards to daily operations, special events, promotions, and other uses of the Kitchen facility; monitors sanitary conditions in the physical kitchen and service areas; coordinates the implementation and maintenance of food service policies and procedures in consultation with the Senior Center Director; reviews approved menus, checks supplies, assistants and volunteers for proper daily operation and special event coverage; completes monthly paperwork in an accurate and timely manner. High school graduation and three (3) plus years of managerial food service experience, extensive food preparation/handling techniques, including sanitary measures required by regulations; Current ServSafe, Allergen and CPR Certification. This is a long term temporary position for approximately 19 hours per week. $25.42 per hour. Interested candidates please apply online at: [http://www.falmouthmass.us/723/Current-Job-Openings](http://www.falmouthmass.us/723/Current-Job-Openings). Candidates who apply by January 3, 2020 will be given preference. The Town of Falmouth is proud to be an EOE employer.

**Temporary Senior Center Laborer** - Town of Falmouth has an immediate opening for a temporary Senior Center Laborer in our brand new state of the art Senior Center facility. Position is responsible the following: cleans and sets up rooms as needed; collects and disposes of refuse; removes snow and chips ice; moves and sets up furniture; opens and closes buildings; replaces lights and performs minor repairs to furniture, buildings and equipment; operates vacuum cleaners; performs general maintenance activities; watering of lawns and plants; performs cleanup of outside grounds; may make deliveries or pickup materials related to department activities; may drive town vehicle; may provide building security and all other duties as assigned. High school graduation or equivalent and 3 years of work experience,
needed for ala carte service and special events, places required orders for the same; monitors deliveries for accuracy, breakage, spoilage; supervises proper cash handling practices and credit/debit card sales; reconciles and reviews all daily sales for monthly reporting purposes; schedules Kitchen

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 schedule HERE. Please see information about an event in November, A Day of Remembrance 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@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 - 6 PM.

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

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.

- **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.**
- **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.**