

THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER



*Welcome
Fall*

September/ October 2026

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That's a wrap on another beautiful summer!

BARNSTABLE COUNCIL ON AGING • 825 FALMOUTH ROAD • HYANNIS, MA 02601

CENTER INFORMATION

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SEPTEMBER/ OCTOBER 2026

Barnstable Adult Community Center
825 Falmouth Road, Hyannis, MA 02601

Hours: Mon-Fri 8:30 am-4:30 pm

Phone: 508-862-4750

Web site: www.townofbarnstable.us/coa

To connect to our free Wi-Fi, check your settings and click on **TOBWIFIGUEST** **Stay in touch!**

CONSTANT CONTACT- Stay connected with the happenings at the BACC. Sign up for Constant Contact today and receive e-mails keeping you in the know for special events and happenings. Contact **Maureen Vetter** at (508)862-4761 or e-mail **Maureen.Vetter@barnstable.gov**

Thrive, a partnership of the Barnstable Council on Aging and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs. Any questions or suggestions in regards to **Thrive**, please call or e-mail **Jacqi Easter** (contact info noted at right).

To maintain successful and supportive services, the Barnstable Council on Aging is committed to educating itself in the diverse needs, concerns and lives of older adults in our community. Our programs and services are open to all regardless of race, ethnicity, religion, gender or sexual orientation.

The BACC offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the BACC.

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Robert (Bob) Packard - Bus Driver
William (Bill) Deitsch - Bus Driver



*"And all the lives we ever lived
and all the lives to be
are full of trees and changing leaves." Virginia Woolf*

MESSAGE FROM THE DIRECTOR, KELLY HOWLEY

Hello All-



We all had such a wonderful summer here at the Barnstable Adult Community Center and hope that you did too! Spending time with all of you during our many programs, outreach interactions, classes, cookouts, lectures, field trips and so much more, is what drives our amazing team! The BACC

offered a cool place to beat the summer heat and humidity while making new friends. Whether you opted to enjoy our tranquil outdoor spaces, participated in an exercise class or gathered some needed resources, our friendly staff is always ready to help.

During the last few years, we have been working to refresh and update the building's interior. The main floor and lower levels have received fresh coats of paint, new blinds. New flooring was also installed in both the main floor public restrooms. This past Spring we were also excited to complete carpet installations in all the main level public areas. This summer we added water bottle filling station/bubblers, on the main level and the lower level of the building. These units will help to cut down the use of plastic water bottles, plastic waste and are equipped with filters for great tasting water. We hope to continue our renovation efforts with new carpeting and flooring on the lower level of the building next year. It's hard to believe that the BACC is now 28 years old!

This year we will celebrate the first day of Fall at the BACC by hosting Barnstable's 5th Annual Community Safety Day event. This informative and fun community event will take place on September 22nd from 10:00 am- 1:00 pm at the BACC. We have a full line up of over 30 safety-related vendors, presentations, demonstrations and giveaways. The focus of this event is to provide the public with safety-related information, tools for everyday use and to be better prepared when emergencies arise. Mark your calendars and please plan to join the BACC team, Barnstable's police and fire departments for this wonderful annual event (see full blurb on page 6). We are also planning our 3rd Annual National First Responder Day event at the BACC. This event will take place on Wednesday, October 28th and provides a great opportunity for members of the community and our BACC patrons to join us in

celebrating and thanking Barnstable first responders for all they do for our community. The event will take place from 9:00-10:00 am and we hope you will join us.

*"Autumn is a second Spring
when every leaf is a flower."*

- Albert Camus

Until next time, we hope you enjoy all the beauty and crisp energy that follow the change of seasons!

Be Well,

Kelly



Please join us for the 3rd Annual First Responders Appreciation Day Coffee

Wednesday October 28th is
National First Responders Day.

(First responders include police, fire, EMTs, paramedics, 911 dispatchers, 988 crisis responders and other public health & safety workers.)

It is a day to recognize and honor those who dedicate their lives to public safety and who act quickly when an emergency is at hand.

We invite all patrons to join us at the BACC on

**Wednesday October 28
From 9:00– 10:00 am**

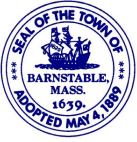


Please also join us for the 5th Annual Barnstable Adult Community Safety Day

**Tuesday, September 22
See page 6 for info.**

COA BOARD | REGISTRATION INFO

BARNSTABLE COUNCIL ON AGING BOARD



The **COUNCIL ON AGING (COA) BOARD** is one of many municipal Boards and Commissions in the Town of Barnstable. Working closely with the Town's Council on Aging Division, our mission is to advocate for and meet the needs of older people residing in the Town of Barnstable.



We meet at the Barnstable Adult Community Center the **third Wednesday of each month at 9:00 am**, and invite members of the public to join us. We welcome ideas, questions and particularly suggestions to identify the unmet needs of the Barnstable older population. Or just sit and learn who we are and what we're doing! Our meetings are open to the public and there is an opportunity for public comment at each meeting.

Meeting dates are

September 16 and October 21 from 9:00– 10:00 am

Please feel free to join us!

If you are a resident of Barnstable and looking for an opportunity to get involved, please consider submitting an application, linked on Town website. The appointments committee, made up of five Town Councilors, will interview applicants and make recommendations to the Town Council who vote to appoint members at their regular meetings.

REGISTRATION INFORMATION FOR ALL ACTIVITIES & PROGRAMS

****Please note that registration is required for all classes, events and programs****
All programs held at the BACC, unless otherwise noted.

How to Register-

- *In person at the BACC, Monday – Friday from 8:30 am- 4:00 pm
- *By phone: at (508)862-4750 during normal business hours. Credit card payment required.
- *By mail: BACC, 825 Falmouth Rd., Hyannis, MA. 02601
- *Online: at www.myactivecenter.com. Credit card payment required.

Payment Methods-

- *Check (payable to the Town of Barnstable)
- *Cash (in person only)
- *Credit card (VISA, MasterCard, Amex)

Registration Policy- Full payment is required at time of registration. Classes cannot be pro-rated. All classes/ events are filled on a first-come, first-served basis. Fees may be subject to change.

Inclement Weather Policy- If the Barnstable Public Schools are closed due to inclement weather, classes, events, and transportation at the BACC will be canceled, but the center will remain open unless the Barnstable Town Hall is closed. Also, if the schools open two hours late, our programming also begins two hours late and programming during those early hours is canceled.

Classes/ events may be canceled due to low enrollment up until the day of event.

If you have registered for a class that is subsequently canceled, you will be issued a refund to your BACC "wallet", unless otherwise requested. Refunds may take up to a month to process.

No refunds will be issued once a class has begun.

Any questions, please contact **Maureen Vetter** at (508)862-4761
or e-mail Maureen.Vetter@barnstable.gov



HAPPENINGS AROUND THE BACC



5th Annual Barnstable Adult Community Safety Day



Tuesday, September 22 10:00 am– 1:00 pm

The Town of Barnstable, the Barnstable Council on Aging, the Barnstable Police Department and the Hyannis, COMM, Cotuit, Barnstable and West Barnstable Fire Districts,

together with over 30 vendors in one convenient location to provide older residents the tools to safely navigate needs in the home, on the road and in the community.

The day will feature live demonstrations, informational talks and knowledgeable vendors to provide resources and information. Public safety talks and demonstrations will provide tools and information, including an understanding of fire safety in the home, blood pressure checks, outdoor protection advice, flu shots and how to spot and report internet and phone scams & phishing.

Explore the inside of an ambulance, EMS apparatus and BPD Swat and 'Hidden In Plain Sight' trailer.
Light snacks and door prizes.

Planned informational talks and demonstrations :

- Identifying SCAMS & PHISHING presented by Barnstable Police Dept.
- Demonstrations by the Hyannis FD of home fire extinguisher skills and fire safety.
- Explore the inside of an ambulance and EMS apparatus.



A BIG Thank You to the Barnstable Police Patrolmans Union, the Hyannis Fire fighters Local 2172, COMM Firefighters Local 3246, Barnstable Firefighters Local 3276, Cotuit Firefighters Local 3642 and West Barnstable Firefighters Local 4938 for sponsoring the refreshments and door prizes.

FYI...



***When staff from the BACC call you from the center, your Caller ID will likely now show **'Town of Barnstable (508)862-4750'**.

***You may now also dial your party directly by using (508)862- and their extension.

***If when at the BACC you leave a pet in your car, please inform staff at the Front Desk when you arrive so we know who to contact should a concern arise.



***Please be sure to swipe your key tag card at the front desk every visit. If you do not have a card or have misplaced your card, please speak with someone at the front desk to obtain one or replace. By signing in each time you visit the BACC for a program or a service, you are helping us keep track of attendance, which in turn helps the COA qualify for various grants and to know which programs are popular.



***Reminder– During the summer months, the temperature in all town buildings is climate controlled. Please plan accordingly.



Our Wheels Are Rolling

Monday - Friday 9:00 am– 2:00 pm



**Doctors Appts? Shopping? Out to Lunch?
The beach? Monthly trips to Walmart & Market Basket.
Out of town medical appoint. rides on a limited basis.**

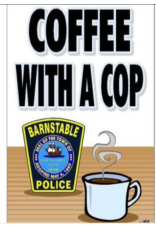
Available for Barnstable residents 60+ and disabled residents.

Rides need to be booked in advance and are scheduled first come, first serve.

Free service, but suggested donation.

Call Jen at (508)862-4752

HAPPENINGS AROUND THE BACC



Please join us the **first Wednesday** of every month at **9:00 am** for

Coffee with a Cop

Wed. September 2

Wed. October 7

October 7th is National Coffee with a Cop Day!

A day dedicated to encourage communication and positive interactions between law enforcement agencies and the public.

Members of the **Barnstable Police Department** will be here to answer questions or discuss a concern you may have. Have a coffee, ask a question or just take the opportunity to chat.

Thank you to The Pavilion Rehab & Nursing Center for providing refreshments.



CLUBS- New participants always welcome!

Artists

Fridays 9:00 am-12:00 pm

Duplicate Bridge

Fridays 12:00- 3:45pm

(Anyone interested in joining, must first contact the BACC)



Camera Club

2nd Wednesday of each month 1:30- 3:30 pm

Chess Club

Fridays 1:00- 3:45 pm

Circle of Sistas

Thursday- Call for Dates/ Time

Discussions on diverse literature open to all but focusing on women of color.

Crafty Ladies

Tuesdays 10:00 am- 12:00 pm. Drop in social hours.

Bring your own project, any craft will do. Or learn some thing new!

Cribbage

Tuesdays 1:00- 3:00 pm

Friday Flix

Fridays 12:00 pm

Haiku

First Wednesday of each month 10:00 am- 12:00 pm

Mah Jong

Mondays 9:00 am- 12:00 pm

Pinochle

Thursdays 1:00- 3:00 pm

Sunshine Crafters

Do you knit, or crochet? Please join us. Fridays, 1:00- 4:00 pm.

Talkin' Sports

Tuesdays 10:00 am

Woodcarvers

Wednesdays 9:00 am- 12:00 pm



Please donate
Blood Drive at the BACC
Tuesday, November 13
11:00 am- 3:00 pm

Better Together Café

The BCOA is thrilled to have partnered with the **Family Table Collaborative** to provide a healthy lunch for patrons on **Thursdays**. The menu changes weekly and gluten-free, vegetarian and vegan options are available.

Lunch is from 11:45 am- 1:00 pm. Cost is \$5.

Must call by Tues to register. **(508)862-4750**.



To learn more about the Town's 30-year Comprehensive Wastewater Management Plan (CWMP), please visit

barnstablewaterresources.com.

Or please join us for the **DPW Sewer Talk on Wed. Sept. 30 at 1:30 pm at the BACC**

Monday Movies- Join us on **Mondays**- September 7th through October 26th at 1:00 pm.

Friday Classic Flix- **They don't make them like they used to!** Join us on **Fridays**- September 4th through October 30th at 12:00 pm. **(BACC closed 09/07 & 10/12)**

List of movies are posted at the BACC or call the front desk at (508)862-4750 to see what is showing.



The **Sunshine Crafters** meet on Fridays from 1:00- 4:00 pm.

And the **Crafty Ladies** meet on Tuesdays from 10:00 am- 12:00 pm.

Handmade items are back in one display case off BACC lobby area. Anyone interested in purchasing an item **must do so directly from the crafters (not from BACC staff) during days & times noted above.**

ENRICHMENT PROGRAMS

Art | Language | Dance | Exercise

ART-

Acrylic Painting for the Advanced- This step-by-step class in acrylics is designed for the person who has taken previous classes. Students do progressive work each week to complete an original piece of art under the guidance of the instructor. Once registered, a material list will be emailed to you, so you may purchase your supplies before the first class.

Instructor: Susan Carey

Th 09/03– 09/24 10:00 am– 12:00 pm \$50

Acrylic Painting for the Intermediate- This step-by-step class in acrylics is designed for the person who has some painting experience. Students do a progressive work each week to complete an original piece under the guidance of the instructor. Once registered, a material list will be emailed to you, so you may purchase your supplies before the first class.

Instructor: Susan Carey

Th 09/03– 09/24 12:30– 2:30 pm \$50

As with all fitness programs, please be advised to use common sense. To avoid injury, check with your doctor before beginning any fitness program. By performing any exercises, you are doing so at your own risk. The BCOA /BACC will not be responsible or liable for any injury or harm sustained as a result of our fitness programs.

DANCE & EXERCISE-

Adult Ballet- Based on the Vaganova Russian method, this adult classical ballet class features both barre and center work, focusing on balance, coordination, musicality and the joy of movement. Engaging both the body and the mind, ballet is beneficial for dancers of all ages. **No class 09/22**

Instructor: Catherine Johnson

Tu 09/01– 10/27 12:15– 1:15 pm \$48

Country Line Dancing- If you love to dance and want to have a good time while you exercise physically and mentally, this is for you. Come join this rollicking group for extraordinary fun while learning short dance routines. **No class 09/28 & 10/12**

Instructor: Kim Benton

M 09/14– 10/26 9:30– 10:30 am \$30

Drums Alive- This fitness experience for all levels and ages stimulates the heart, mind, and body. It gets you moving to the music, drumming, dancing, and having fun!

No class 09/22

Instructor: Maria Zombas

Tu 09/08– 10/20 11:00 am– 12:00 pm \$36

Dance Core & More!- Have all the fun of a dance class and strengthen your core. Easy to follow, dance with intervals of core work for stability, balance and posture.

Instructor: Marcia Raftery

W 09/16– 10/28 10:00– 11:00 am \$42

Chair Exercise with Marcia- You really can benefit from great exercise while sitting. Get moving and dancing from the comfort of your chair. There are no weights or mat work – just fun! **No class 10/12**

Instructor: Marcia Raftery

M 09/14– 10/26 10:15– 11:15 am \$36

****NEW** Fit & Strong with Rita-** Strength, conditioning and stretching combine to improve your body's ability to perform everyday activities. Use strength training to increase muscle mass and improve your ability to burn calories more efficiently. We'll amp the joy of movement by changing and mixing things up. Functional training focuses on daily movements such as carrying (groceries, growing children?), lifting (luggage?), and pulling (gardening?). Please bring a yoga mat, exercise bands and a yoga ball.

Instructor: Rita Vazquez

Th 09/10– 10/29 10:00– 11:00 am \$48

Zumba Gold with Rita- A low impact, fun filled cardio fitness program that combines latin-inspired and international tunes. Great for Beginners or music lovers of all ages and fitness levels! **No class 10/12**

Instructor: Rita Vazquez– Torres

M 09/14– 10/26 10:45– 11:45 am \$36

Yoga with Bonnie- Come and enjoy a gentle Hatha Yoga experience. A class of stretching, movement and breathing techniques, finishing with a relaxed meditation. No experience necessary.

Instructor: Bonnie Silva

W 09/09– 10/14 1:00–2:00 pm \$36

It's recommended,
you should sit in nature for
20 minutes a day...
unless you are busy,
then you should sit
for an hour



ENRICHMENT PROGRAMS

Fitness | Yoga | T'ai Chi Chih | QiGong | Healing Sounds

Chair Yoga with Cindy- Chair yoga is a general modification of yoga poses, so that they can be done seated. Boost your confidence of movement, increase energy and allow yourself to relax. Learn breathing techniques and physical movements to strengthen your body and mind in this class designed for all. **No class 10/15**

Instructor: Cindy McNeely

Th	09/03– 10/29	1:00– 2:00 pm	\$48
Th	09/03– 10/29	2:00– 3:00 pm	\$48

Men's Fitness- Aimed to improve fitness and health concerns that affect men as they age. Have fun in a small group setting, build strength and endurance, improve balance and mobility, all while exercising your brain! Advanced registration, including a VNA Medical Clearance, is required. Please contact VNA Public Health directly to register (508)957-7423.

Instructor: Exercise Physiologist, VNA of Cape Cod

Tu 9:00– 10:00 am No classes Sept/ Oct

Osteo Exercise Program- Sponsored by Elder Services of Cape Cod & the Islands, we are happy to continue to offer this program. Trained volunteers lead exercise classes for people who have been diagnosed with osteoporosis or who are at risk of developing osteoporosis according to their physician. The exercises are designed to help maintain and increase strength, flexibility, balance and function. Interested individuals are asked to discuss program with physician prior to joining. ***** Program currently at capacity, if new please contact Dawn Ericson-Taylor, ESCCI Volunteer Resource Mgr. at (508)258-2490, to get on the waitlist. Priority to Barnstable residents. Must register with BACC.**

No class 09/04, 09/07, 10/02, 10/12, 10/28 ***

M, W, F on-going 8:45 am– 9:45 am Free

T'AI CHI CHIH & QIGONG-

T'ai Chi Chih—Beginner 1- Want to learn how to feel calm in the midst of hectic times? Want to work on your balance? Your blood pressure? Your overall well-being? This class can help you. T'ai Chi Chih is a mindful, moving meditation. The 19 movements are soft and flowing. They are designed to exercise, balance, and strengthen the intrinsic energy, the chi within us. This beginner class will start you on your way by teaching half of the movements. It will include a short practice at the end of each class. **No class 10/15**

Instructor: Debby McLister, Acc. TCC Teacher

Th 10/01– 11/19 10:30 am– 12:00 pm \$42

T'ai Chi Chih-Full Practice- Experienced T'ai Chi Chih practitioners are invited to gain deeper benefits with this weekly open guided practice. *You must know all of the 19 moves.*

Instructors: Bruce Childs, Debby McLister, Bonnie LeBlanc, Richard Nocella, Accredited TCCs

M 09/14– 10/26 3:00– 4:00 pm Free

Chair T'ai Chi Chih- Seated T'ai Chi Chih is a powerful variation of the standing practice of moving meditation. Regular practice will lead to increased vigor and flexibility, improved balance and mobility, and a strong sense of confidence while walking and standing. This practice can be easily done at home with gentle, easy-to-learn movements. Many individuals have successfully utilized seated T'ai Chi Chih to prepare for medical procedures and aid in the healing of both the body and mind. This practice is open to all. **No class 10/12**

Instructor: Bruce Childs, Accredited TCC Teacher

M 09/14– 10/26 1:30– 2:30 pm \$36

Therapeutic QiGong- QiGong, also called "Chinese Yoga", predates T'ai Chi and is China's most ancient art of self-healing and fitness. It is a mind/ body/ spirit system of gentle movement, specific breathing and self-acupressure massage designed to channel Qi (pronounced "chee") or life force energy, into and through the body. It is simple to learn, elegant to practice and very calming. Therapeutic qigong practice: relaxes mind and body, increases energy and strengthens immune function, improves flexibility and balance, accelerates healing and prevents disease, helps with weight loss, is a natural anti-oxidant and slows aging process. QiGong is one of the easiest, simplest, all natural ways to profoundly improve your quality of life. **No class 09/22**

Instructor: Annemarie Lang

Tu 09/15– 10/27 2:00– 3:15 pm \$36

Healing Sounds- The vibrational light therapy of crystal bowls are said to be perfectly tuned to each of your chakras. Experiencing the bowls can be healing to the mind, body, and soul, inducing feelings of wellness and peace.

Instructor: Kathleen Warren

W 09/16 & 10/28 2:00– 3:00 pm \$5 ea.


VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

BLOOD PRESSURE CLINIC

The **VNA of Cape Cod** will be here the **third Tuesday** of each month



September 15 &

October 20

9:00– 11:00 am

ENRICHMENT PROGRAMS

Mindfulness | Health & Well-Being | Hearing Clinics

MINDFULNESS-

Introduction to Mindfulness- Join us for a carefully constructed five-week mindfulness class. Mindfulness is a non-judgmental way of paying attention to our own experience, giving us tools to be less reactive and more accepting in our lives. Together we'll learn why our minds are so busy with thoughts, why we're easily distracted, why we often get hijacked by our own emotions... and what we can do about it. Mindfulness can be a very effective skill for reducing our stress, which is essential in maintaining our brain health especially in our later years. Everybody can learn to do this. This is an interactive class, and free downloadable, guided mindfulness recordings will be used for practice at home. This is a five week class, 1-1/2 hours per session. Participants must attend the first class, and are expected to try to attend the entire series. Adam Liss trained at the U Mass Medical Center's Stress Reduction Clinic and Center for Mindfulness and has more than thirty years of experience in this field.

Instructor: Adam Liss, Lotus Calm, LLC

Tu 09/29- 10/27 9:00- 10:30 am \$45

HEALTH & WELL-BEING-

Vitamins & Supplements- Vitamin supplements help fix specific nutrient gaps, but they do not replace a healthy diet. They are most important for people with diagnosed deficiencies.

Presenter: Joanne Burbank, RN, BSN, WCC, CenterWell Home Health

W 09/09 10:00- 11:00 am Free

Eating for Wellness: Nutrition Fundamentals-

With all the conflicting diet information out there how can you decide which foods and supplements are best for you? Come learn how to build a strong foundation for healthy eating and get your questions answered about all the latest trends.

Presenter: Barbara Blackwell, Community Clinical Health Educator for Barnstable Co. Public Health Nurse

Th 09/17 10:00- 11:30 am Free

Foot Health- Join us to learn about conditions affecting the feet and proper foot care. Important to put your feet first, they hold us up!

Presenter: Joanne Burbank, RN, BSN, WCC, CenterWell Home Health

W 10/14 10:00- 11:00 am Free



Self Care Activities for Mental Health- Stress, anxiety, and sadness are just some examples of challenging emotions we all experience. Join us to learn lifestyle habits you can develop to support your mental health including certain mood supporting foods, movement, and stress management techniques.

Presenter: Barbara Blackwell, Community Clinical Health Educator for Barnstable Co. Public Health Nurse

Th 10/15 9:30- 11:00 am Free

The Power of Nutrition: Enhancing Wellness as You Age

Presenter: Tara Hammes, RDN., MCOA

Tu 12:00- 1:00 pm No class Sept./ Oct.



HEARING HEALTHCARE-

Seaside Hearing Solutions (* new name)- Healthy Aging Starts with Healthy Hearing. Free hearing clinic the **2nd Wednesday** of the month. This includes testing of hearing, consultation, servicing of hearing aids, programming of hearing aids, fitting support, Otoscopy for medical referrals and ear wax removal. ***** Must call (508)862-4750 to schedule an appointment.**

Clinician: Susanne Powers, MA. Licensed Hearing

Instrument Specialist, Revolution Hearing

W 09/09 & 10/14 11:00 am- 1:00 pm Free

At Home Hearing- Free hearing clinic the **3rd Wednesday** of the month. This includes testing of hearing, consultation, servicing of hearing aids, programming of hearing aids, fitting support, Otoscopy for medical referrals and ear wax removal. ***** Must call (508)862-4750 to schedule an appointment.**

Clinician: Shawn Woodbrey, MA. Licensed Hearing

Instrument Specialist, At Home Hearing Healthcare

W 09/16 & 10/21 12:00 pm- 2:00 pm Free

**BLINDNESS SEPARATES US FROM THINGS,
BUT DEAFNESS SEPARATES US FROM PEOPLE.**

- HELEN KELLER

ASK THE NURSE

**Barnstable Town Nurse
Peg Stanton**

every Wednesday 9:00- 11:00 am

to conduct blood pressure screenings, answer all your health questions and concerns and provide information and resources.



SUPPORT GROUPS, UKULELE & TECH

BETTER BREATHER'S CLUB-

The support group provides a welcoming space for persons with chronic lung diseases, family members, friends and support persons to learn about chronic lung diseases, disease management and share their lived experiences. Better Breathers Club members learn better ways to cope with lung conditions such as COPD, pulmonary fibrosis, lung cancer and asthma while getting the support of others with similar issues. The group meets the **2nd Thursday** of each month.

Facilitators: Jenny Williams & Diane Palombo, The Pavilion Nursing & Rehab Facility

Th 09/10 & 10/08 9:30- 10:30 am Free



Independence House- Abuse in Later Life Program-

Services for victims of domestic and sexual violence age 50 and over. Services include specialized support groups, safety planning and coordination and collaboration with organizations and agencies who are also serving older adults. Meets the **3rd Tuesday** of each month.

Facilitator: Freddi Chapman, Senior Trauma Specialist for Survivors of Homicide Victims Program

Tu 09/15 & 10/20 10:00 am- 12:00 pm Free



PARKINSON SUPPORT GROUP-

For individuals with a diagnosis of Parkinson's, a family partner is also welcome. The group provides a space for those affected by the disease to connect, share experiences, ask questions and support each other. Group will meet on the **4th Thursday** of each month. For additional information, contact the APDA Information and Referral Center at 617-638-8466 or Maureen Vetter at 508-862-4750, ext. 4754. This group is sponsored by the APDA MA Chapter.

Facilitator: Charlene Chadwick, RN

Th 09/24 & 10/22 10:00- 11:30 am Free



SIGHT LOSS SUPPORT GROUP-

Geared towards helping to reduce the fears and isolation caused by the onset of vision loss and toward helping to simplify the mechanics of daily living. Helps those losing their sight to cope with the loss and the challenges it carries. Meets the **2nd Thursday** of each month.

Facilitator: Jackie Mastrianna & Martha Person

Th 09/10 & 10/08 11:00 am-12:30 pm Free



Sight Loss Services, Inc.
Cape Cod & Islands

***See Caregiver Support Programs on page 19.

BEREAVEMENT SUPPORT GROUP-

The bereavement support group provides a positive, nurturing, confidential setting to learn ways to manage and cope with loss. The group is facilitated by experienced bereavement professionals and is free of charge. Anyone who has experienced the death of a loved one is welcome to attend. It is the process of grieving that helps us heal. Will meet the **2nd & 4th Mondays** of each month.

Facilitator: Greg Hopwood, Hospice Support Care Mgr., VNA Hospice of Cape Cod

M	09/14 & 09/28	1:00- 2:30 pm	Free
M	No 10/12 & 10/26	1:00- 2:30 pm	Free

Ukulele -



Ready for Prime Time

Players- (formerly Beginner 1)

Must know these chords- F#m, Bm, Em, Dm, Bb, Bb7, B7. (No true beginners in class) Working on "I Believe in Music" book. (\$5 book fee)

Instructor: Cathy Hatch

Th 09/10- 10/15 9:00 -10:00 am \$36

Strumming & Fingerpicking- (formerly Beginner 2)

Focus on strumming and changing keys, learning to put chords to a song (\$5 book)

Instructor: Cathy Hatch

Th 09/10- 10/15 10:15- 11:15 am \$36

Absolute Beginners- (formerly Not Ready for Prime Time Players) Learn the basic chords and chord progression, basic strumming and how to tune your ukulele. Beginner book. (\$5 book fee)

Instructor: Cathy Hatch

Th 09/10- 10/15 11:30 am- 12:30 pm \$36

Join us for **Ukulele Concert on Thurs. 10/15 at 1:30 pm.**

TECHNOLOGY-

Technology Café Learning Lab- Please join us on the **3rd Friday** of each month from 9:30- 10:30 am. Bring your phones, tablets or laptops for one-on-one or peer support.

Pre-registration required, space is limited.

F 09/18 & 10/16 9:30- 10:30 am Free

Technology Café Learning Lab on the Road-

We are taking our Tech Café Learning Lab on the road and will be available at our local libraries for tech assistance per monthly schedule.

Th 09/17 10:00- 11:00 am Hyannis Library

Th 10/08 10:00- 11:00 am Whelden Library

Each month there will be Tech Café sponsored programs open to all. Check out Special Programs & Events listings on pages 13-15.

All sessions are Free.

SPECIAL PROGRAMS & EVENTS

****Please remember that registration is required for all classes, events and programs. Call today to register. ****

Learn to Play Mahjong- Instructor Linda Baker will present a four (4) week workshop for those who want to learn the popular game of Mahjong. Participants need to purchase a 2026 Mahjong Card from the National Mahjong League prior to class. These cards can be found at local stationary stores and online. At www.nationalmahjongleague.org. (Please avoid ordering from Amazon as cards have been incorrect in the past.) **No class 09/22**



Instructor: Linda Baker

Tu 09/01- 09/29 9:30—11:30 am \$40

Coffee with a Cop- Please join us the first Wednesday of each month for coffee with members of the Barnstable Police Dept. Refreshments provided by The Pavilion Rehab & Nursing Center



W 09/02 9:00 am- 10:00 am Free
W 10/07 9:00 am- 10:00 am Free

Chair Volleyball- Join us for Chair Volleyball at the BACC! Players stay seated, use a beach ball on a smaller court with a low net, allows multiple hits per side, and restricts spiking, with focus on fun, upper-body fitness, coordination, and social interaction. Bring a water bottle and a sense of humor. If we get good participation, we hope to take it on the road to compete at other local COAs. **No play on 09/22, 10/06 & 10/13**



Tu 09/08- 10/27 10:30- 11:30 am Free

T'ai Chi Chih Demo Days- Want to learn how to feel calm in the midst of hectic times? Want to work on your balance? Your blood pressure? Your overall well-being? T'ai Chi Chih is a mindful, moving meditation. Instructor Debby McLister will be presenting two free instructional workshops demonstrating T'ai Chi Chih movements. Join her to see if this might be a class you would like to pursue.

Instructor- Debby McLister

W 09/10 & 09/17 10:30 am- 12:00 pm Free

3D Bird Model Painting Workshop- 3D printed small bird model. Dive into the world of wildlife artistry with our hands- on workshop for beginners and enthusiasts alike. Learn techniques from an expert, receive personalized feedback, connect with fellow artists and take home your own bird model. All supplies are provided. Space is limited., must pre-register.

Instructor: Peter Auger

M 09/14 9:30- 11:30 am Tree Swallow \$25
M 09/28 9:30- 11:30 am Red-Tailed Hawk \$25
M 10/26 9:30- 11:30 am American Kestrel \$25

Men's Social Group- Are you fascinated by ordinary things, minor observations, and conversations that wander delightfully off the beaten path? Please join our new men's group for relaxed discussions, lighthearted stories, interesting trivia, and the shared appreciation of life's wonderfully mundane moments. No special expertise required- just a sense of humor and a willingness to celebrate the ordinary. New members always welcome. Coffee will be available.

M 09/14 & 09/28 10:00- 11:00 am Free
M No 10/12 & 10/26 10:00- 11:00 am Free

Finding Peace and Staying Healthy- A one day interactive introduction to using Mindfulness to find peace in your later years- Stress is one of the most pernicious avoidable conditions that can predispose us toward brain diseases like Alzheimer's. Chronic stress, and the real ongoing chemical imbalance it creates throughout the body, can damage many organ systems, not the least of which is the brain. Practicing mindfulness has been shown to be an effective way to reduce stress and restore balance in our lives. It can help us build the resilience we need to stay healthy longer into our later years. Come learn the basics of how stress affects our health, and how mindfulness can help us reduce that stress. Anyone who can breathe can learn the practice of mindfulness.

Instructor: Adam Liss

Tu 09/15 9:00- 10:30 am Free

Wood Painting & Crafts with Irene- Witch Head & Thanksgiving Blocks Join us in making a painted wooden witch head in September and painted Thanksgiving theme blocks in preparation for our fall holidays! Participants should wear or bring an old cover-up shirt. All supplies and items needed to complete the project will be supplied by Irene and included in the class fee. This class is sure to fill up fast, so don't forget to sign up early. Please call to register & must pre-pay, as space is limited.



Instructor: Irene Frates

Tu 09/15 12:30- 3:30 pm Wooden Witch \$25
Tu 10/20 12:30- 3:30 pm Thanksgiving Blocks \$25

Matter of Balance (MOB)- A Matter of Balance (MOB) is an award-winning, evidence-based fall prevention program designed to help older adults (typically age 60 and above). The program aims to shift participants' mindsets and behaviors, replacing the fear of falling with confidence and active problem-solving, manage fall-related concerns, and increase physical activity levels. It is not exclusively an exercise class, but rather a re-shaping of cognitive thinking for better outcomes. It is structured as an 8-week, small group course led by two trained coaches. Space is limited. Must register.

Presenter: Gina Paglucia Morrison, MOB Master Trainer
W 09/16- 11/04 1:00- 2:00 pm Free

SPECIAL PROGRAMS & EVENTS

Field Trip- The Wall That Heals- The Wall That Heals is a traveling three-quarter scale replica of the Vietnam Veterans Memorial that tours the country with a mobile Education Center. This is Massachusetts' only stop on the 2026 tour. Will be on site for the opening ceremony and then tour the wall and exhibits. Bus will transport limited number or meet there. Register early as space is limited.

Th 09/17 9:00 am– 2:00 pm Free

The Villager's Café- Join us at the new Villager's Café, for a relaxed gathering with friendly faces and good conversation. Enjoy coffee, tea and light refreshments. Whether you feel like chatting, playing a game or just enjoying the camaraderie, the Villager's Café is the perfect spot to unwind and connect. All are welcome.

F 09/18 9:00– 11:00 am Free
F 10/16 9:00– 11:00 am Free

5th Annual Adult Community Safety Day- see page 6 for more info.



Tu 09/22 10:00 am– 1:00 pm Free

Mature Worker Job Fair with MassHire- Are you coming out of retirement? Did the place you worked for the last 20 years downsize? Are you simply looking to stay active? Talk with employers from several industries and learn about current openings. Are you a military veteran? Meet the MassHire new DVOP to learn about resources available to assist veterans with finding employment. The MassHire "Mobile Career Center" will be set up with laptops and printers and counselors will be on hand to assist you. Please register for event.

Presenter: Catherine Wilson, MassHire

F 09/25 11:00 am– 1:00 pm Free

Book Club with Massachusetts Center for the Book- Find support from others doing the 2026 Challenge here at the BACC or you can register and do from home on your own. How the challenge works: Choose a book that fits the monthly challenge. After you read it, you fill out a form to tell massbook.org about the book. A fun way to meet new people who love to read. Can visit massbook.org/readingchallenge for additional info.

M 09/28 12:15– 1:15 pm Free
M 10/26 12:15– 1:15 pm Free



National Biscotti Day & National Coffee Day

Stop in the BACC between 10:00– 11:30 am for a cozy break and treat yourself to a delicious cup of coffee and a biscotti.

Tuesday 09/29 10:00– 11:30 am

Grandparenting with a Purpose- Interesting discussion on how older adults can help grandchildren build character and confidence, and connection– with wisdom, presence and perseverance. Many lessons– good for you and your grandchildren. Presenter will provide examples of traditions he started with his grandchildren and the benefits they have experienced, as well as a wide variety of great ideas other grandparents have had.

Presenter: Henry Quinlan, a former publisher, member of the MIT Age/ Lab as a Senior Advisor and grandfather

W 09/30 10:00– 11:00 am Free

Understanding Barnstable's Sewer Expansion Project-

The Barnstable Department of Public Works invites interested individuals to attend an informative session to discuss current progress and upcoming sewer expansion plans as part of the Town's Comprehensive Wastewater Management Plan (CWMP). DPW staff will provide an overview of the CWMP and related sewer construction projects while also explaining the residential sewer connection process and resources available to assist residents anticipated to receive municipal sewer service.



Presenter: Kelly Collopy, Communications Manager, Town of Barnstable Dept. of Public Works

W 09/30 1:30 pm Free

Field Trip– Crime and Law: Barnstable Village Walking Tour with Greg Williams-

This non-strenuous amble in Barnstable Village will take you to sites conjuring tarring-and-feathering, suicides, trials of serial killers, the murder of a cherished Village figure, an 18th century trial with an all-too-contemporary resonance, courthouses past and present, and more. Arrive at 9:15 am for bus or meet there. Space is limited. Must pre-register

Tour Guide: Greg Willaims

M 10/05 9:15 am– 12:00 pm \$20

Coffee & Conversation: Let's Talk Cremation– What You Might Not Know-

Informational discussion offering a relaxed chance to learn what cremation involves. This informal program will touch on common terms, myths, options for services and memorials, and how planning ahead can help families. There will be time for questions. All are welcome. Coffee and light refreshments will be served

Presenter: Chapman Funerals & Cremations

Tu 10/06 1:00– 2:30 pm Free

SPECIAL PROGRAMS, EVENTS & FYI...

The Power of Your Voice– Storytelling through Media- Learn how to plan, record, and share audio stories on professional grade tools. No experience is required, just a love for storytelling and a willingness to learn the basic skills on new recording equipment! This program made possible in conjunction with the Alpha Ridge Fund of Cape Cod Foundation.

Presenter: Kate McMahon, Cape Media Center
Tu 10/06 & 10/13 10:00– 12:00 pm Free

Red Cross Blood Drive– Local blood drives are crucial for maintaining a stable blood supply to meet the needs of hospitals and patients in the community. They ensure a readily available source of blood for surgeries, trauma care, and treating chronic illnesses. Please join us and donate if able. Every generous donation makes a real difference!

Tu 10/13 11:00 am– 3:00 pm Free



Cathy Hatch & the Cape Cod Ukulele Club Concert- Join us for the Cape Cod Ukulele Club's fall concert. Sing along with Cathy and her crew, tap your toes or just enjoy! Always a great time!

Th 10/15 1:30– 2:30 pm Free



Joint Veterans Program– Please join us for an informative joint presentation with the Cape Cod Vet Center, the Town of Barnstable Department of Veteran's Services and others to meet your local contacts and learn about veterans services on Cape and beyond.

Presenters: Adam Doerfler, Cape Vet Center, Greg Quilty, Dept. of Veterans Services, Kim Cross, Providence VA Caregiver Program, Ashley Kania, Bourne National Cemetery

Th 10/15 10:00– 11:30 am Free



Staying Safe on the Internet- Join us for discussion on best practices for staying safe on the internet. Learn what to beware of, all the scams that are out there and how to stay safe. What to look for in an email to protect yourself from phishing. How to surf the web safely, how to keep your passwords safe and more!

Program sponsored by the BCOA Tech Café.

Presenter: Sarah Canning, Gadgets Made EaZy
M 10/19 1:00– 3:00 pm Free

Halloween Cupcake Decorating– Join Brenda of Brenda's Cakes For All Occasions for a sweet and fun Halloween Cupcake decorating class. With 37 years of professional cake and cupcake decorating experience, Brenda will guide you step-by-step as you create beautiful, spooktacular themed cupcakes perfect for gifting or enjoying yourself. All materials are provided. Everyone will leave with four personally cont.



decorated cupcakes and wonderful memories of a fun, creative time. Come learn, laugh and spread a little sweetness this Halloween season!

Instructor: Brenda Schofield, Brenda's Cakes For All Occasions

Tu 10/20 1:30– 3:30 pm \$25

Beer Can Museum On the Road- From Billy Beer to Blatz, from Harvard Ale to Haffenreffer, from Ballentine to Black Label- Join us for a nostalgic look at the history of the beer can, along with a unique pop-up museum experience. Curator Kevin Logan will bring an impressive assortment of cans from the museum based in Southeastern Mass, including novelty cans, tv and movie props, a WWII camouflage can, and more. In this family-friendly presentation, you'll enjoy the history, art and humor of beer cans with a special focus on local breweries. Trivia and door prizes are included! A Q & A time will follow the presentation.

Presenter: Kevin Logan, Curator of the Beer Can Museum located in East Taunton, Ma.

W 10/21 12:30– 2:00 pm Free

Them Bones... Again! Facing Death in Munich and Vienna and Along the Danube- There is

plenty to see in Munich and Vienna, and in towns along the Danube River. And then there are the other things to see. Sainly relics. Crypts. Death masks. Heart burials. The scourge of the Spanish Flu, and of suicide of Vienna's leading painters. And how did a public memorial to a prolific, late-Renaissance composer of motets and madrigals come to commemorate the death of a more modern, and scandalous musician?

Presenter: Greg Williams

M 10/26 10:30 am– 12:00 pm Free



First Responders Appreciation Day- October 28th is National First Responders Day. We invite all patrons to please join us at the BACC for our 3rd Annual Coffee with Our First Responders. A perfect time to express our thanks and show appreciation for all they do in serving and protecting our community.

W 10/28 9:00– 10:00 am Free

Halloween Café- Please join us for a frightfully good time with coffee, conversation, Halloween themed treats and spooky tunes, as we celebrate Halloween at the BACC. Costumes are encouraged, but not required. Space is limited, please call today to register.

F 10/30 10:00– 11:30 am Free

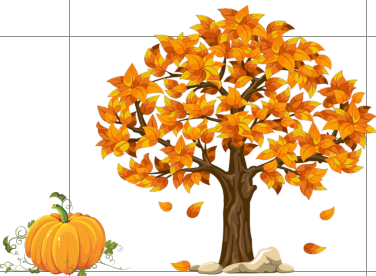


SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:30 am– Learn Mahjong begins Registration Day	9:00 am– Coffee w/ Cop 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite		BROWN BAG  12:00 pm– Movie
7	8	9	10	11
BACC is closed in observance of Labor Day 	10:00 am– BCOA at Cotuit Library 10:30 am– Chair Volleyball	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Health Talks– CenterWell 11:00 am– Hearing Clinic 11:00 am– No BCOA Respite	9:30 am– Better Breathers Club 10:00 am– BCOA at Whelden Library 10:30 am– Tai Chi Demo 11:00 am– Sight Loss Support Group 1:00 pm– Alz. Family Support & Comp Groups	10:00 am– BCOA at Centerville Library 10:30 am– The Other Side – Meet & Greet 12:00 pm– Movie
14	15	16	17	18
9:30 am– 3D Painting 10:00 am– State Rep Kip Diggs 10:00 am– Men's Social 1:00 pm Movie 1:00 pm– Music & Movement 1:00 pm– VNA Grief Support	9:00 am– VNA Blood Pressure Clinic 9:00 am– Mindfulness Wkshp 10:00 am– Independence House Support 10:00 am– BCOA at Sturgis Library 12:30 pm– Craft w/ Irene	9 am– COA Board Mtg 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 12:00 pm– Hearing Clinic 1:00 pm– Matter of Balance (MOB) 2:00 pm– Healing Sounds	9:15 am– Field Trip– Wall that Heals 9:30 am– Barns. Co. Health Talk 10:00 am– BCOA at Hyannis Library 10:30 am– Tai Chi Demo	9:00 am– Villager's Cafe 9:30 am– Tech Café Lab 12:00 pm– Movie 
21	22	23	24	25
1:00 pm Movie 1:00 pm– Music & Movement	 10:00 am– 1:00 pm	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 1:00 pm– MOB	10:00 am– Parkinson's Support Group 10:00 am– BCOA at Osterville Library 1:00 pm– Alz. Family Support & Comp Groups	9:00 am– State Rep Steven Xiarhos 11:00 am– Mass Hire Job Fair 12:00 pm– Movie
28	29	30		
9:30 am– 3D Painting 12:15 pm– Book Club 10:00 am– Men's Social 10:00 am– BCOA at Marstons Mills Library 1:00 pm Movie 1:00 pm– Music & Movement 1:00 pm– VNA Grief Support	11:00 am– BCOA Respite National Coffee Day & Biscotti Day 10:00– 11:30 am	9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Grandparenting with Purpose Talk 11:00 am– BCOA Respite 1:00 pm– MOB 1:30 pm– DPW Sewer Talk	 	

In the calendar are one time programs. For all other ongoing activities see the newsletter listings.

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				BROWN BAG  12:00 pm- Movie
5	6	7	8	9
9:15 am- Field Trip- Walk Barnstable Village 1:00 pm- Movie 1:00 pm- Music & Movement	10:00 pm- Storytelling thru Media 1:00 pm- Cremation Talk	9:00 am- Coffee w/ Cop 9:00 am- Ask the RN 9:30 am- ES Caregiver Support Prog 11:00 am- BCOA Respite 1:00 pm- MOB	9:30 am- Better Breathers Club 10:00 am- BCOA at Whelden Library 11:00 am- Sight Loss Support Group 1:00 pm-Alz. Family Support & Comp Group	10:00 am- BCOA at Centerville Library 10:30 am- The Other Side-Meet & Greet 12:00 pm- Movie
12	13	14	15	16
The BACC is closed in observance of Columbus Day/ Indigenous Peoples' Day	10:00 am- BCOA at Cotuit Library 10:00 am- Storytelling thru Media 11:00 am- Blood Drive 	9:00 am- Ask the RN 9:30 am- ES Caregiver Support Prog 10:00 am- Health Talks-CenterWell 11:00 am- BCOA Respite 11:00 am- Hearing Clinic 1:00 pm- MOB	9:30 am- Barns. Co. Health Talk 10:00 am- Joint Veterans Prog 10:00 am- BCOA at Hyannis Library 1:30 pm- Ukulele Concert	9:00 am- Villager's Cafe 9:30 am- Tech Café Lab 12:00 pm- Movie 
19	20	21	22	23
12:15 pm- Book Club 1:00 pm- Stay Safe on Internet Talk 1:00 pm- Movie 1:00 pm Music & Movement 	9:00 am- VNA Blood Pressure Clinic 10:00 am- Sturgis Library 10:00 am- Independence House Support 10:30 am- Chair Volley. 12:30 pm- Craft w/ Irene 1:30 pm- Cupcake Decorating	9 am- COA Board Mtg 9:00 am- Ask the RN 9:30 am- ES Caregiver Support Prog 11:00 am- BCOA Respite 12:00 pm- Hearing Clinic 12:30 pm- Beer Can Talk 1:00 pm- MOB	10:00 am- Parkinsons Support Group 10:00 am- BCOA at Osterville Library 1:00 pm-Alz. Family Support & Comp Group	12:00 pm- Movie
26	27	28	29	30
9:30 am- 3D Painting 10:00 am- Men's Social 10:00 am- BCOA at Marstons Mills Library 10:30 am- Them Bones Talk 12:15 pm- Book Club 1:00 pm- Movie 1:00 pm Music & Movement 1:00 pm- VNA Grief Support	11:00 am- BCOA Respite	9:00 am- Nat. First Responders Day 9:00 am- Ask the RN 9:30 am- ES Caregiver Support Prog 11:00 am- BCOA Respite 1:00 pm- MOB 2:00 pm- Healing Sounds	 	9:00 am- State Rep Steven Xiarhos 10:00 am- Halloween Cafe 12:00 pm- Movie

In the calendar are one time programs. For all other ongoing activities see the newsletter listings.

AGING & CAREGIVING TOOLS

Reducing your Risk of Dementia- This program will review healthy lifestyle choices that may help lower your risk of dementia.

Tu 09/08 10:00– 11:00 am Cotuit Library

Five Wishes- Five Wishes is a document and program created by Aging with Dignity, designed to help individuals express their wishes for end-of-life care. It goes beyond typical medical directives by addressing personal, emotional, and spiritual needs as well as medical preferences. It's a living will that helps people communicate their desires to family, friends and healthcare providers if they become seriously ill.

Th 09/10 10:00– 11:00 am Whelden Library

Stress and Memory- Nearly everyone experiences stress from time to time. It plays an important role in signaling to us when we might be in danger, and sometimes it can motivate us toward positive achievements. But too much stress can have negative effects on both the physical brain and emotional well-being. Review resources and practices to help you cope with stress.

F 09/11 10:00– 11:00 am Centerville Library

Memory Loss 101: What is Normal and What is Not- This program will provide an overview of normal aging, age related forgetfulness and serious memory problems. As we age, subtle changes in memory occur naturally as part of the aging process. However, sometimes these changes occur sooner than anticipated or faster than expected.

Tu 09/15 10:00– 11:00 am Sturgis Library

Tech Café- Technology Café hosted by the BCOA, where we'll chat about how technology can help create digital equity. We'll cover the basics of using your devices like iPhones, Androids, tablets and laptops. Feel free to bring your device along, and we'll offer both one-on-one and peer support to help you out.

Th 09/17 10:00– 11:00 am Hyannis Library

Th 10/08 10:00– 11:00 am Whelden Library

Memory Techniques- This program will provide an overview of the different ways we can jog our memory. How we process information via a learning assessment too. The program will also review different techniques for remembering names, words and appointments.

Th 09/24 10:00– 11:00 am Osterville Library

Technology and Caregiving- How can technology support your caregiving journey? This is an overview of practical tech tools for caregivers.

M 09/28 10:00– 11:00 am Marstons Mills Library

Tu 10/20 10:00– 11:00 am Sturgis Library

Dementia Friends- What is a Dementia Friend- To become a Dementia Friend, you participate in a one- hour Dementia Friends Information Session offered by a Dementia Friends Champion. You will learn five key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you turn your

new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose- because every action counts!

F 10/09 10:00– 11:00 am Centerville Library

Learning Style- Finding different methods of learning or understanding new information and possibly find out the way you understand, express, and remember information.

Tu 10/13 10:00– 11:00 am Cotuit Library

Brain Train- A little fun can go a long way in training our brains. Join the BCOA for a Brain train class. The class will review memory, fun games to weed out the cobwebs and pointers to understand how our brain ages.

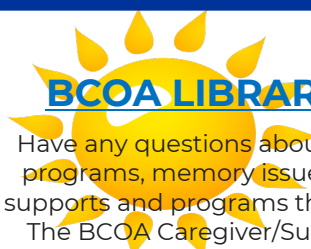
Th 10/15 10:00– 11:00 am Hyannis Library

Contented Involvement/ Setting Reasonable Goal for Caregiving- This is a realistic and highly effective goal for caregiving, especially for those supporting loved ones with cognitive decline. This program focuses on daily peace, emotional safety, and ensuring your loved one feels secure, occupied, and valued in the present.

Th 10/22 10:00– 11:00 am Osterville Library

I want to stay home! What do I need to do? Planning ahead is hard because you never know how your needs might change. The first step is to think about the kinds of help you may want in the future. Maybe you live alone, so there is no one living in your home who is available to help you. Maybe you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation. This program will discuss options according to the National Institute of Aging.

M 10/26 10:00– 11:00 am Marstons Mills Library



BCOA LIBRARY OFFICE HOURS

Have any questions about caregiving, Medicare, respite programs, memory issues, community resources, local supports and programs that the Council on Aging offers?

The BCOA Caregiver/Support Service Coordinator has office hours at our local Libraries. Stacey Cullen will be available monthly in each village to answer questions and direct to the proper community resource.

Walk-in's welcome.

Monthly library schedule-

2nd Tues.-	10 am– 12 pm	Cotuit Library
2nd Thurs.-	10 am– 12 pm	Whelden Library
2nd Fri.-	10 am– 12 pm	Centerville Library
3rd Tues.-	10 am– 12 pm	Sturgis Library
3rd Thurs.-	10 am– 12 pm	Hyannis Library
4th Mon.-	10 am– 12 pm	Marstons Mills Library
4th Thurs.-	10 am– 12 pm	Osterville Library

RESPIRE PROGRAM & CAREGIVER SUPPORT

BARNSTABLE CONNECTS-

Barnstable Council on Aging invites caregivers and other members of our community to join Barnstable Connects. Barnstable Connects is a dementia-friendly program that provides engaging programs for members of our community with memory impairments. The program focuses on keeping our bodies in motion, cognitive exercises and of course, a little fun.

*****Registration is Required for All Programs*****

**Sign up by contacting
Stacey Cullen, Program Coordinator
at (508)862-4765 or
stacey.cullen@barnstable.gov**

Barnstable Connects Program Schedule:

Dementia Friendly Music & Movement Chair Exercise.

Gentle seated exercise program with focus on common functional movements to keep bodies in motion.



Mondays 1:00– 2:00 pm BACC
Presenter: Stacey Cullen

Mon. 09/14, 09/21, 09/28, No 09/07 1- 2 pm
Mon. 10/05, 10/19, 10/26, No 10/12 1- 2 pm

*Making a difference
in the lives of others!*



BARNSTABLE COA RESPIRE PROGRAM

Barnstable Council on Aging Respite program will provide older adults in our community a safe, social and positive environment to connect with peers while their caregivers have an opportunity to refresh and regroup.

Program dates & times-

Wednesday	Sept. 2	11:00 am– 2:00 pm
Wednesday	Sept. 9	No program
Wednesday	Sept. 16	11:00 am– 2:00 pm
Tuesday	Sept. 22	No program
Wednesday	Sept. 23	11:00 am– 2:00 pm
Wednesday	Sept. 30	11:00 am– 2:00 pm
Wednesday	Oct. 7	11:00 am– 2:00 pm
Wednesday	Oct. 14	11:00 am– 2:00 pm
Wednesday	Oct. 21	11:00 am– 2:00 pm
Tuesday	Oct. 27	11:00 am– 2:00 pm
Wednesday	Oct. 28	11:00 am– 2:00 pm

*****All respite participants and caregivers
must pre-register for program (no exceptions) *****

CAREGIVER SUPPORT PROGRAMS-

The Family Caregiver Support Program - Elder Services of Cape Cod & Islands is pleased to offer a **weekly caregiver support group on Wednesdays**. Join us and connect with other caregivers, learn self-care strategies and about services and supports that could be helpful. You are not alone!



Please register by calling Laura Cheesman at (508)258-2476 or email at laura.cheesman@esci.org.

Facilitator: Laura Cheesman, FCSP Manager ESCC&I
W 09/02– 10/28 9:30– 11:00 am Free

Alzheimer's Family Support Center (AFSC)-

In- Person Psychoeducational Support Group & Companion Group for people with cognitive loss and their caregiver that runs simultaneously. Meets the **2nd & 4th Thursdays** of each month.



Alzheimer's Family Support
Center of Cape Cod

Call (508)896-5170 for more info or to register.

Facilitator: Alzheimer's Family Support Center

Th 09/10 & 09/24 1:00– 2:30 pm Free
Th 10/08 & 10/22 1:00– 2:00 pm Free

GUIDE Program

GUIDE is a new Medicare program designed to help people with dementia and their family caregivers get the support they need to stay in their homes safely.

- \$2563 Annual Respite Allowance
- Care Planning/ Support
- Care Navigation

The goal of GUIDE is to provide compassionate, person-centered support for the person living with dementia and their caregiver that promotes quality of life and reduces stress.



For info: Call **508-896-5170** or
Visit: **guide@alzfamilysupport.org**



Minimizing the Risk of Scams for People Living with Dementia

Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims of fraud and financial abuse. As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions.

They may not remember or report the abuse– or understand that someone is taking advantage of them.

This abuse can occur anywhere- including at home or in care settings.

You can help protect those at risk by learning to recognize common signs of financial exploitation and abuse and by taking the steps to safeguard their finances.

See page 32 for additional information.

SUPPORT SERVICES / OUTREACH

Be Safe At Home

Telephone Reassurance Program-

If you are living alone and a little nervous about it, consider the telephone reassurance program. Monday through Friday daily morning check-in phone calls are made to make sure you are up and about for the day. This program will add just a touch of security for you.



File of Life Magnet- Help rescue workers quickly find important medical information when every second counts. The File of Life card which contains vital personal medical and contact information should be kept up to date and displayed on your refrigerator for easy access.



Brown Bag Program- In conjunction with the Greater Boston Food Bank, the program provides a bag of groceries the first Friday of every month. Bags can either be picked up at the BACC or can be home delivered. Free to qualified recipients.



Caregiver Support- The Barnstable Council on Aging continues its commitment to caregivers in our community. Caregiver Support Services provides educational programs, respite opportunities, dementia friendly programs and resources to caregivers. (See pages 14-15)

Mailbox Sticker Program- Working with our local Post Offices, a sticker is placed in your mailbox that simply says "if there is an accumulation of three days mail in the box, please notify the Barnstable Council. Call for info."



Health Insurance Counseling/ SHINE- The SHINE Program is for anyone who has Medicare or are about to become eligible for Medicare and need to connect with a trained volunteer counselor to learn about benefits and options. (See page 22)



Fuel Assistance- Support Services continues to be available to assist with Fuel Assistance applications. In August, Fuel Assistance renewal forms will be sent out to those who had FA the previous year. New applications are usually available to be filed in October through April 30. Once the application has been filed, any inquiries regarding status of application should be made to the South Shore Community Action Council at 508-746-6707. (See page 21)



Real Estate Tax Abatement Program/ 41C-

Support Services continues to be available to assist with the Residential Exemption application and the Senior Real Estate Tax Abatement(41C) application. The 41C application must be filed annually. Applications can be filed between July and April. (See page 21)



We are now offering limited Notary Public services



Call Outreach Coordinator
Mary Taylor at **(508)862-4759**
to schedule an appointment.

Be prepared for your Notary Public visit-

- Bring a valid, government issued photo ID
- Bring the unsigned documents; as they must be signed with the notary present

A notary is not authorized to give legal advice or to prepare legal documents on the behalf of others.

The Barnstable Silver Alert Program

The program provides the Barnstable Police Department with vital information about "at risk" residents. Having this key data will reduce police response time, and in turn, may save lives. Please contact Caregiver/ Support Services Coordinator

Stacey Cullen at
(508)862-4765, for
additional information.



Bridging the Digital Divide

Technology plays a huge role in our daily lives and it is important for everyone to have access to reliable and user-friendly devices. The BCOA/BACC now has a **Chromebook** for your use and we are here to assist you with connecting to virtual-appointments, resources, and online programs in a safe and secure environment. Contact: **Stacey Cullen** or **Mary Taylor**, Support Services Coordinators for assistance.

MEDICAL EQUIPMENT-

The BACC has medical equipment available to borrow free of charge. We also greatly appreciate any donations of new or gently used equipment. **(Please do not leave any equipment after hours.)** At this time, we are not handling any commodes, raised toilet seats or any equipment related to toileting. Equipment must be cleaned thoroughly, or we will be unable to accept the donation. Please contact Outreach Coordinator **Mary Taylor** at **(508)862-4759** with any inquiries.

Cape Cod HELP, Inc., is a 501(c)3 non-profit organization run by the Free Masons of Cape Cod. HELP (Hospital Equipment Loan Program) seeks to match new/ gently used medical equipment with people in need free of charge. They have larger type items that the BACC cannot manage. Drop off/ pick-up times are Saturdays from 10:00 am- 12:00 pm at the Fraternal Lodge, 1989 Falmouth Rd., Centerville. **Their contact number is (774)552-2199.**



SUPPORT SERVICES / OUTREACH

FYI... Fuel Assistance-

For those who had Fuel Assistance last year, your recertification application will be mailed to you sometime in August, so be on the lookout.

When you receive your recertification application, gather all the required documents and mail in. If you need assistance with application process, please call **Mary Taylor at (508)862-4759** for an appointment.

If you did not have Fuel Assistance last year and want to apply this year, new applications are usually available by the end of October.

Fuel Assistance (FA)- Support Services continues to assist with Low- Income Home Energy Assistance Program (LIHEAP) applications. Applications are processed through the South Shore Community Action Council, Inc., 71 Obery St., Plymouth, Ma. Eligibility is based on income and benefit amount awarded to eligible households depends on several household factors. Fuel Assistance renewal forms are mailed out to those who received FA the previous year.



The following documents are needed when applying-

Proof of income for every person in home-

Social Security benefit letter **2026**
Any pension statement
Interest and/ or Dividends statements
Wages
Any other income
If Self-employed- **2025** Federal Tax Return

Housing costs-

Copy of Real Estate tax bill
Copy of homeowner's insurance policy
Copy of Water bill

Utility Costs-

Copy of Heating bill (gas, electric, oil receipt, propane, wood)
Copy of Electric bill

Other Items needed-

Picture ID/ Driver's License
Social Security card (**for every person in home**)
Birth Certificate (**for every person in home**)

Please call **Mary Taylor at (508)862-4759**, with any questions or to schedule an appointment.



If you or someone you know has been a victim of elder fraud (financial scams and abuses), help is standing by at the National Elder Fraud Hotline.

Real Estate Tax Abatement Program/ 41C-

Support Services continues to be available to assist with the Senior Real Estate Tax Abatement / 41C application. **This application must be filed annually.**



Applications for the FY27 can be filed from July 1, 2026 until April 1, 2027.

The following documents are needed when applying-

Birth Certificate (only for first timers)

Proof of Income-

Social Security benefit statement **2025**
Federal Income Taxes 1040 for **2025**, if filed
Pension statements (1099 form)
All Interest and/ or Dividends statements (1099 form)
Any wages, salaries or income earned in 2025.
Bank statements*- for all accounts
***Must have Dec. 2025 bank statement (or Nov/ Dec 2025 statement) to show interest earned for year, for each account**

Proof of assets-

Bank statements*- for all accounts
***Must have July 1, 2026 bank statement (or June/ July 2026 statement) to show balance on July 1, 2026, for each account**
All Stocks & Bonds statements (must have 07/01/26 date)
CD's and/ or Certificates (must have 07/01/26 date)
Any Real Estate owned other than primary residence.

Please call **Mary Taylor at (508)862-4759**, with any questions or to schedule an appointment.

Lock Box for your home-



Having a lock box on your home can save emergency responders valuable time. A dispatcher can simply notify responders that a lock box is in use. The lock box provides an alternative to forced entry, which would likely result in damage to your home. In the event of an emergency, **only responders from your local fire department have access to your box.** Provides peace of mind for residents and their families. Contact your local fire department for further information, if interested. Be safe!

Fire Depts. (non-emerg.)-

Barnstable Fire Dept.- (508)362-3312
Centerville- Osterville- Marstons Mills (COMM) Fire Dist.- (508)790-2375
Cotuit Fire Dept.- (508)428-2210
Hyannis Fire Dept.- (508)775-1300
West Barnstable Fire Dist.- (508)362-3241



SHINE | MEDICARE



Are you ready for Medicare Open Enrollment? SHINE Can help!

The time is **now** to review your Medicare coverage! Open enrollment is **October 15 – December 7** and state certified SHINE counselors are available in-person, **by appointment** to help you understand your health care coverage, review cost increases, and find out what's new with Medicare.

By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor.

Meeting with a certified SHINE counselor during open enrollment may reduce your out of pocket medical and/or prescription drug costs. In addition, a SHINE counselor can help you identify public programs that may help with premiums, copayments and health coverage based on income and assets. SHINE appointments fill up fast during this busy period.

Plan to have the following information available for your SHINE appointment:

- Medicare A/B Card
- Prescription Drug Plan Member Card
- If you have created an account with Medicare.gov, bring your username and password – this will save time as all medications and dosage information are stored and can be updated.
- Medigap or Medicare Advantage Card
- List of your medications, dosages and how often you take them.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on **find a health and drug plans** tab.

Monday 09/21/26

We will start taking calls to schedule SHINE Open Enrollment appointments

Call (508)862-4756

Please leave your name & number.
Will call you back to schedule.

For **SHINE** questions, appointments or assistance with MSP applications, please call
Jacqi Easter at (508)862-4757

Medicare Savings Programs (MSPs) (formerly MassHealth Buy-In)

If your income is below the designated limits, a Medicare Savings Program (MSP) may save you money.

MSPs are not insurance plans. They are programs based on income that help lower your Medicare costs, by assisting with your Medicare Part B premium, deductibles, co-pays and prescriptions.

MSPs are always combined with Medicare and do not offer any additional coverage or services that Medicare does not provide. (Administered by MassHealth, but you do not need to be on MassHealth to apply.)

If you need assistance with
MassHealth
please contact the **Community Action Committee**,
372 North St., Hyannis at **(508)771-1727**

Medicare Savings Programs (MSPs) Renewal applications-

If you have had the MSP you will likely be receiving notice in the mail to complete the MSP Renewal application. This renewal is now required to be completed every six months. This notice will likely arrive in a large **blue envelope**. The renewal application now requires some additional information. Please complete application form and mail as directed. If assistance is needed with application, please call.



**SHINE- Serving the Health Insurance
Needs of Everyone (508)375-6762**

SHINE County Office Is located at the
Courthouse Complex, 3195 Main St., Barnstable

SHINE Program Manager, Kristina Whiton-O'Brien

SHINE Project Specialist, Bill Redmond

Helpful telephone numbers and websites:

Medicare -
www.medicare.gov
800-633-4227

MassHealth-
800-841-2900

**Social Security-
Local Office-**
**100 Independence Dr., Ste
4, Hyannis 866-467-0440**
www.ssa.gov / 800-772-1213

Prescription Advantage-
www.prescriptionadvantage.org
800-243-4636

VOLUNTEER OPPORTUNITIES

**"The greatness of a community is most accurately measured
by the compassionate actions of members."**

Please consider volunteering.

Please call Jen Fratus at (508)862-4752 to inquire about volunteering opportunities at the BACC.

Barnstable Neighbor 2 Neighbor

(BN2N) is a network of volunteers who assist older residents in maintaining their independence and staying connected to their community.



We bring together older residents, who are living independently in their own homes, but need some additional support, with a network of volunteers who are looking for ways to assist their neighbors. This creates opportunities to build relationships, support one another, and strengthen our community.

Our members receive services such as transportation, light household and yard work, grocery shopping, running errands, and assistance with devices such as smart phones, TVs and tablets.

To be eligible for membership, one must be a Town of Barnstable resident, at least age 60 and living independently and safely in their own home. We offer reduced-fee memberships for eligible residents unable to afford the full membership fee.

Our volunteers are CORI-screened and receive training prior to providing services. BN2N is a nonprofit, all volunteer 501(c)(3) organization.

Please visit www.barnstableneighbor.org if you are interested in joining BN2N as a member or a volunteer, or call us at (508)418-9220.

Keep Barnstable Beautiful Help make Barnstable a Cleaner, Greener Place to Live, Work & Play



Keep Barnstable Beautiful is a volunteer-led organization that is working to clean up and green up our town in partnership with local municipal leaders, the Barnstable DPW and local businesses. If interested in getting involved, please email them at keepbarnstablebeautiful@gmail.com.

"Keeping Barnstable Beautiful One Village at a Time"

AARP Foundation Tax-Aide Needs Volunteers

AARP Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP and funded by the IRS, the program is staffed entirely by volunteers who enjoy working together, learning new things, and serving their community. We need new volunteers at our locations across the Cape and Islands. A background in taxes is NOT required.

In addition to tax counselors who prepare tax returns, AARP Tax-Aide needs volunteers to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. New volunteer training starts in the fall and a Tax Aide computer is supplied. AARP membership is not required.

Want more information? Please email at TAVolunteerd18@gmail.com



Become a SHINE Volunteer

If you like helping people and enjoy technical information and problem solving, you may be the perfect SHINE volunteer!



SHINE volunteers offer free, confidential insurance counseling on Medicare options. Their services help the many Medicare beneficiaries on Cape Cod and the Islands. Volunteers participate in a 10-day training and must pass a state certification test.

For more information, please contact SHINE Program Manager, Kristina Whiton- O'Brien at (774)243-2953.

Elder Services is in need of additional volunteer Meals-On- Wheels drivers.



Meals are delivered to homes of seniors 60 and older, Monday through Friday between 10:00 a.m.-12 noon, and deliveries take roughly two (2) hours.

Training is provided and mileage reimbursement is available. Please contact Dawn Ericson-Taylor, Volunteer Resource Center Manager, 508-394-4630, ext. 530 or at dawn.ericson-taylor@escci.org to learn more about this rewarding opportunity.

Volunteers deliver a nutritious meal,
a well-being check and a smile!

Companion Animals of Cape Cod-

www.companionanimalprogram.com

The Family Pantry, 133 Queen Anne Rd., Harwich
(508)432-6519

MSPCA, 1577 Falmouth Rd., Centerville (508)775-0940

**One of the greatest gifts
you can give
is your time.**



COMMUNITY RESOURCES

MassHire-Cape and Islands Career

Center, 372 North St., Hyannis, serves adults of all ages, including mature workers, and youth 16 and older looking for full or part time employment. Call **(508)771-5627** or visit www.masshire-capeandislands.com to learn about our workshops and employment services.



Cape Cod Disaster Animal Response Team (DART) Pet Food Pantry for Dogs & Cats

E-mail if you have a need for pet food:-
ccdart@gmail.com. They can assist with locating additional resources.



Cape Wellness Collaborative

Helps those fighting cancer feel better.

(774)408-8477

Mon, Tues & Fri 10 am– 2 pm
436b Station Ave., South Yarmouth

Compassionate Care ALS

Leading a New Vision in ALS Care Since 1998

Offers an innovative and holistic range of services tailored to meet the needs of individuals with ALS and their families.

CCALS

COMPASSIONATE CARE ALS
LEADING A NEW VISION IN ALS CARE SINCE 1998

17 Chase Rd., Falmouth
(508)444-6775 or at info@ccals.org

Mended Hearts of Hyannis-

Heart Patients Helping Heart Patients. Providing support & education. You are not alone. All are welcome! 3rd Thurs. of month CCH Martin's Conf or Zoom 6:45– 8:15 pm
george.f@capecodmendedhearts.com



Mended Hearts
of Cape Cod

Need assistance with legal matters?



South Coast Counties Legal Services: Hyannis Office– 460 W. Main St. This non-profit organization provides legal services to those age 60+. Advocate for people struggling economically to help protect their homes, their families, their health, their livelihood and their rights. Call Ms. Rasheda Dickerson at **(774)487-3251**.

MA Attorney General's Office: Reach them at **(888)243-5337** or TTY at **(617)727-4765**

RMV 65+ Contact Center-

The RMV has a contact number **(857)368-8005** for customers who are unable to make an appointment reservation on-line. This number is reserved for customers over age 65, as well as people with disabilities. The RMV offers dedicated senior appointment hours on Wednesdays at select locations.



***MA law requires drivers who are 75 years of age or older to renew in person.**

Representative Kip Diggs-



In order to provide better access, Kip Diggs, Massachusetts State Representative for the 2nd Barnstable District (Precincts 1, 2, 3, 4, 5, 6, 7, 8, 9 & 13 in Town of Barnstable) will be at the BACC on the **second Monday** of each month from 10:00 am– 12:00 pm. Please stop by to address any questions or concerns or to just talk.

Mon. September 14 10:00 am– 12:00 pm
BACC closed Mon. 10/12- Kip.Digg@mahouse.gov

Representative Steven Xiarhos-



In order to provide better access, Steven Xiarhos, Massachusetts State Representative for the 5th Barnstable District (Precincts 10, 11 & 12 in Town of Barnstable) will be at the BACC on the **last Friday** of each month from 9:00– 10:00 am. Please stop by to address any questions or concerns or to just talk.

Fri. September 25 9:00 am– 10:00 am
Fri. October 30 9:00 am– 10:00 am

For a list of **Commonly Requested Resources** or **Support Services & Groups**, please see Receptionist at the Front Desk.

MEALS & NUTRITIONAL SUPPORT:

Barnstable COA– Brown Bag Program- For information, call Mary Taylor at (508)862-4759

Cape Cod Family Table Collaborative
<https://acfcapocod.com>

Cape Cod Hunger Network- For local nutritional support, www.capecodhungernetwork.org

Cape & Islands Veterans Outreach Center, 223 Stevens St, Hyannis. Pantry open to Veterans only, weekly on Thursdays, 9 am– 6 pm

Faith Family Kitchen Meals
Faith Assembly of God
154 Bearses Way, Hyannis
Mon., Wed. & Fri.
5:30– 6:30 pm

Family Pantry of Cape Cod, 133 Queen Anne Rd, Harwich. Food distribution on Tues, Wed, Thurs

& Sat. Provide food to anyone in need. Welcome to return every 10 days. Clothing also available. Call (508)432-6519

First Baptist Church Pantry, 487 Main St, Hyannis. Open Tuesdays 9 am– 12 pm

Meals on Wheels
Elder Services of Cape Cod & the Islands. Home delivery of free meals to older adults over 60. Call **508-394-4630** to make referral.

St. Vincent De Paul Food Pantry at St. Francis Xavier Church– 21 Cross St., Hyannis, Open Tuesdays & Fridays 10 am– 12 pm

Salvation Army Pantry & Soup Kitchen, 100 North St, Hyannis
Office & Social Service hours-
M– F 9 am– 4 pm
Pantry hours-
M– F 10 am– 11:30 am
Soup Kitchen hours- M– F
Breakfast– 8:30– 9:30 am
Lunch– 11:30 am– 12:15 pm

COMMUNITY RESOURCES

Elder Services of Cape Cod & the Islands



**68 Rte. 134, South Dennis
(508)394-4630**

Not-for-profit providing community-based elder services.

CORD– Cape Organization for Rights of the Disabled

**765 Attucks Ln., Hyannis
(508)775-8300**



CORD is a non-profit organization that advances independent living and the rights of people with disabilities on Cape Cod & Islands.

TOPS is a nonprofit, noncommercial wellness organization, TOPS has helped millions to **Take Off Pounds Sensibly** since 1948. The BACC chapter formed in 2017 and, since then, we've made friends as we've lost pounds. If you've struggled with your own weight or weight-related health issues, join us! For more information, please contact **Robb at (508)258-9284** or drop in on a **Thursday 9:30 am meeting at the BACC**.



**Real People.
Real Weight Loss**

Community Action Committee

"Helping people help themselves."

Services for low-income individuals and families to attain and retain independence and self-sufficiency. A number of services available, including:



**Community
Action Committee
OF CAPE COD & ISLANDS**

SNAP OUTREACH PROGRAM - If you need assistance with SNAP/ Food Stamp application or recertification.

ACCESS TO HEALTH INSURANCE/ MASS HEALTH - Certified MA. Health Connector Navigators assist with applying, renewing, selecting plan and enrolling in Health Connector or MassHealth and Dental insurance plans.

**(508)771-1727
372 North St., Hyannis**

Cape Cod Regional Transit Authority



Fixed Route Service— Operates Mon– Sat., Hourly service most routes, flag down service
Now fare free

Dial-A-Ride Transportation (DART)— Door to door, by appt. Seniors/ Disabled \$1.50, Adults \$3.00

Boston Hospital Transport— Operates Mon– Thurs. Fares- \$30.00 round trip, \$15.00 one way

SmartDART— Smartphone app, on-demand service. For assistance call **(508)418-3278**

**Toll Free : (800)352-7155 Local : (508)385-1430
TTY: (800)439-0183**

LGBTQ+ Links



"The Other Side": A LGBTQ Group-

A meet and greet social group for the LGBTQ community at the BACC. Meeting the **second Friday** of each month at the BACC

F 09/11 & 10/09 10:30– 11:30 am Free

Cape Cod LGBTQ+ Senior Friends -

www.capecodlgbtqseniorfriend.org

Cape Cod Trans, Non-Binary, Gender Diverse and Questioning Virtual Peer Support Group- Fenway Health Violence Recovery Program. Looking for a safe space and supportive peers? Social based drop in group open to all trans and gender diverse persons regardless of gender identity or expression, ages 18+. Group meets on the first and third Wednesdays of the month, 5:30– 7:00 pm, both in person and via Zoom. In person groups typically held at the UU Church, 3330 Main St., Barnstable Village. Call or e-mail Ann in advance to attend: (617)515-6679 or **aburke@fenwayhealth.org**.

If you are not currently on the **Cape Cod Pride** mailing list, you may want to consider joining! Cape Cod Pride is **connecting the Cape's LGBTQ Community** with an impressive array of social groups, events and programs. The mission of Cape Cod Pride is to build bridges of understanding, connection and support among the LGBTQ community, its allies and the community at large. Isolation and loneliness have been the most challenging aspects of the past year. Being part of an LGBTQ social group can really be of tremendous help. Go to the **Cape Cod Pride website for more information - www.capecodpride.org**

"PFLAG (Providing Support, Education & Advocacy to Parents, Families, Friends, Allies & Members of the LGBTQ+ Community) envisions a world where diversity is celebrated and all people are respected, valued and affirmed inclusive of their sexual orientation, gender identity and gender expression." Go to their website and sign up for emails at **www.pflagcapecod.org**

The LGBT Aging Project is a great resource for health information: **www.fenwayhealth.org**

The Lower Cape LGBTQ Older Adults is a group of those 55+ who get together to network and meet new friends. They gather for social time, meals, entertainment and activities. They hope you will join them. Like many organizations, their activities changed during the pandemic. Registration is required as they have attendance limits depending on the activity, no walk-ins will be permitted. They are always mask friendly and sometimes they are required depending on current transmission rates and/ or nature of the activity. Contact: Judi Wilson, Director of the Orleans Senior Center & COA, 150 Rock Harbor Rd., Orleans, MA at (508)255-6333 or at **jwilson@town.orleans.ma.us**.

FYI & VETERANS INFO



September is National Suicide Prevention Awareness Month

A time to raise awareness of this stigmatized, and often taboo topic. Awareness is important to shift public perception, spread hope, and share vital information to people affected by suicide.

With a global focus on **"Changing the Narrative on Suicide"**, the month aims to erase the stigma around mental health, encourage open conversation, and share resources.

World Suicide Prevention Awareness Day is observed globally on September 10th to promote empathy and understanding.

**Call or text 988
to reach the 988 Suicide & Crisis Lifeline 24/7.
Chat with the Suicide & Crisis Lifeline at
988lifeline.org**

Text NAMI to 741-741 to connect with a live, trained crisis counselor 24/7.

**NAMI HelpLine call 1-800-950-NAMI (6264) or email
helpline@nami.org for non-emergency information
and resource referrals M-F 10 am– 10 pm.**

**HAVING THE COURAGE TO ASK FOR HELP
IS A STRENGTH
NOT A WEAKNESS**

Enhance the efficiency of your home with support from the Cape Light Compact

As a sponsor of **Mass Save**, the Cape Light Compact has been helping Cape Cod residents reduce energy bills and improve their home's comfort by providing easy access to a no cost home energy assessment.

Call the **Cape Light Compact** at **800-797-6699** to request a home energy assessment. Our Hyannis-based Home Energy Assessment Contractor—RISE, will contact you to schedule a convenient time to meet with a professional Energy Specialist. The Energy Specialist will identify areas in your home that could benefit from energy efficient upgrades.



Suicide Prevention Awareness

The Department of Veterans Affairs is dedicated to raising awareness about the high rates of suicide among veterans and connecting those struggling with mental health challenges to resources and support. Important to know that you do not have to be suicidal to call the Veterans Crisis Line. It is a service to help with a crisis no matter how big or small. You also do not have to be enrolled in the VA to use the Veterans Crisis Line.

COMPACT Act- In acute suicidal crisis, any veteran, whether enrolled in VA or not, can go to any VA or non-VA emergency room for emergent suicidal care. If you are a veteran or know a veteran who is struggling, please reach out.

The U.S. Army's 2026 suicide prevention theme is **"We Are Stronger Together. Connect to Protect."**

This theme emphasizes the role that strong, positive relationships play in countering suicide risk. It highlights small acts of connection, removing barriers to care, and utilizing confidential support resources. Connecting with others fosters a sense of belonging, encourages healthy coping and creates a support system of people and resources we can rely on when difficulties arise.

**Call or text 988, then press 1 to reach the
Veterans Crisis Line**

Or call the DoD Safe Helpline at 1-877-995-5247



The CCRTA now has Veterans Medical Transportation Service to the Providence VA Medical Center in Providence RI.

Safe, comfortable, wheelchair– accessible transportation from Cape Cod to the Providence VA Medical Center operating on Tuesdays and Wednesdays by reservation.

Call **(800)352-7155** Mon– Fri, 8:00 am– 2:00 pm

The Department of Veterans Affairs (VA)

understands that the caregiver community is vital to the recovery and care of many Veterans. These caregivers need support, which is why the **VA Caregiver Support Program (CSP)** offers clinical, educational, and wrap-around services to individuals who care for Veterans enrolled in VA health care.

**VA Caregiver Support Line 1-855-260-3274
www.caregiver.va.gov**

VETERANS SERVICES & EVENTS

for veterans & their families

With Respect, Honor & Gratitude



Veteran's Services-

Cape Cod Vet Center, 474 West Main St., Hyannis. Connection. Camaraderie. Community. Readjustment Counseling for Veterans and their Families. Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives. Contact **(508)778-0124** VBA Reps first Tues. of each quarter from 9:00 am–1:00 pm.

Heroes in Transition, Inc., Assisting Veterans and military families. 22 Bates Rd., Ste. 135, Mashpee, **(508)539-1010** or contact heroesintransition.org

Home Base, National non-profit dedicated to healing the invisible wounds of war through direct clinical care, wellness, education and research: all at no cost to Veterans, Service Members and their families. New England Regional programs. For info: homebase.org

VA Caregiver Support Line: **(855)260-3274**

Vet Center Call Center, **(877)WAR-VETS (877)927-8387**

Veterans Crisis Line (VCL): **Dial 988 then Press 1**

The Cape & Islands Veterans Outreach Center (CIVOC), 247 Stevens St., Hyannis. Connecting veterans, their families and the Cape and Islands community through comprehensive, life-sustaining services and support since 1983. **(508)778-1590**.

Transportation to Veterans- (must be less than 30% service-connected disabled) by appointment with 3 business days notice given. Request a ride **(508)827-0908**.

Food Distribution- weekly on Thursdays from 9:00 am–6:00 pm at the CIVOC location at 233 Stevens St. In order to receive food, former military personnel must bring proof of their veteran status, such as a DD-214 and must meet criteria for assistance as defined by the Emergency Food Assistance Program. May draw 2x/ mo.

Veterans Services, Barnstable District, 66 Falmouth Rd., Hyannis Veterans' Services District Office and its branch offices handle applications for financial and medical assistance, arrange transportation to VA facilities, visit housebound veterans and those in hospitals and nursing homes, advise veterans on community resources, and provide assistance with housing, home loans, education and the full range of veterans benefits. Located at 66 Falmouth Rd., Hyannis. Contact Director Greg Quilty, Major USMC (Ret) at **(508)778-8740** or visit capevets.org

Cape & Islands Veterans Outreach Center Rendezvous Café

Contact **Barbara-Anne Foley**
at CIVOC
(508)237-3349 to register



The Marine Corps League Of Cape Cod



Is engaged in volunteer support for our Marine Corps Veterans, scholarships for high school students and Toys for Tots.
Please join our mission.

For info: mcldet125.org
Semper Fi

The Wall That Heals

September 15– 20, 2026

Parkers River Landing, 669 Rt. 28, Yarmouth, Ma.

The Wall That Heals is a traveling three-quarter scale replica of the Vietnam Veterans Memorial that tours the country with a mobile Education Center.

This is Massachusetts' only stop on the 2026 tour. The Wall honors the more than three million Americans who served in the US Armed Forces in the Vietnam War and bears the names of 58,281 men and women who made the ultimate sacrifice in Vietnam.

For more information contact: Debi Robinson (253)226-1588 or Barbara-Anne Foley (508)237-3349



Stand Down for Veterans

Cape Cod 2026

Friday October 2nd
9:30 am– 2:30 pm
(Patriotic Opening at 10:00 am)

Margaritaville Resort
1225 Iyannough Rd., Hyannis
RSVP: (508)237-3349



Local resources
& support
services.
All veterans
welcome. Free



Joint Veterans Program

Please join us at the BACC for an informative joint presentation with the Cape Cod Vet Center and the Town of Barnstable Department of Veteran's Services to learn about veterans services on Cape and beyond.

Presenters: Adam Doerfler, Cape Vet Center,
Greg Quilty, Dept. of Veterans Services,
Kim Cross, Providence VA Caregiver Program,
Ashley Kania, Bourne National Cemetery

Thursday October 15 10:00– 11:30 am

HAPPENINGS AROUND TOWN



Hyannis Youth & Community Center 141 Bassett Lane, Hyannis

**Annual membership- \$20 Residents/
\$40 Non-residents or \$5 for a daily/ guest pass.**

Ask about discounted Family Memberships! Benefits include unlimited use of Walking Track 8:00 am– 8:00 pm daily; use of Gymnasium and Game Room during scheduled hours. All proceeds from memberships stay within the HYCC; so members can take pride that they are helping support the amenities that they enjoy.



**Barnstable
Golf**



One Membership. Two Great Courses

Barnstable Golf oversees **two great Cape Cod public golf courses** in the town of Barnstable, MA.

The **18 hole par 71 at Hyannis Golf Course** provides fun, hilly terrain, with many elevated tees and greens. Located at 1800 Rte. 132, Hyannis. **(508)362-2606**

The **18 hole par 71 at Olde Barnstable Fairgrounds Golf Course** in Marstons Mills offers an open and walkable layout, with receptive, bunkered greens. Located at 1460 Rte. 149, Marstons Mills. **(508)420-1141**

We are open to the general public. Non-residents are welcome to join as members, or to book a tee time and see what everyone is talking about. **barnstable.golf**
We can't wait to see you!

Town of Barnstable Age Discrimination Resources



If you feel that you have been unlawfully discriminated against in housing, education, employment, public accommodation, town or county services, banking or credit **based solely upon your age**, please contact Theresa M. Santos. Ms. Santos is the Town of Barnstable liaison to the Barnstable County Human Rights Advisory Commission. This Commission provides the public with an outlet for identifying and addressing human rights concerns, including unlawful discrimination, within Barnstable County and, where possible, assisting in the resolution of complaints. All communication with Ms. Santos is confidential.

**Contact: (508)862-4658
or theresa.santos@town.barnstable.ma.us**

State/ Town Election Tuesday November 3, 2026



**Polls are open from 7:00 am– 8:00 pm
In all 13 precincts**

Deadline to register to vote: Sat. October 24
Deadline to request a mailed ballot: Tues. October 27

If you are unsure where to vote,
Call the Town Clerk's Office at **(508)862-4044**

Remember– Your vote is your voice!

2026 Household Hazardous Waste Collections

at Barnstable Transfer Station
45 Flint St., Marstons Mills



Sat. **September 26:** 9:00 am– 12:00 pm

LOVE Your Local Water. It's a Cape Cod Thing.
Find your collection details and items accepted at:
www.loveyourlocalwater.org

Town of Barnstable Dog Policy



Effective immediately, only service dogs that are trained to assist people with disabilities will be permitted at the Barnstable Adult Community Center. This is a required directive from the Town of Barnstable Board of Health, since we are a licensed food establishment. This directive also includes outdoor patio areas. Please note that emotional support animals and pets **do not** qualify as service dogs. Please note that this is not a new regulation but was brought to our attention and needs to be enforced at our facility. We apologize in advance for any inconvenience.

Download the **My Barnstable App** to receive notifications, access information and view latest updates and more

Barnstable E-News– Subscribe today!

Barnstable eWeekly is the Town of Barnstable's opt-in newsletter delivered to your inbox each Friday. To stay up to date on events, meetings, roadwork notices, village news and more - subscribe today at **www.barnstableenews.com**

Town of Barnstable Disability Commission



The purpose of the Barnstable Disability Commission is to advise and guide the Town of Barnstable and the general public regarding issues of accessibility in accordance with the Americans with Disabilities Act and the Massachusetts Architectural Access Board. In addition, the Barnstable Disability Commission provides information and referral services to residents.

Contact: (508)862-4694

FYI...



National Police Woman Day

is celebrated annually on **September 12** to honor the bravery, dedication, and contributions of women in law enforcement and to encourage more female representation in the field. We thank you!

September is National Senior Center Month “Happier Birthdays Happen Here”

The 2026 theme is “Happier Birthdays Happen Here”, celebrates the dynamic role that centers play in fostering creativity, connection, purpose and resilience in later life. Happier birthdays don’t start with candles or cake– they start with connection, purpose, support and community. Every day at senior centers across the nation people walk through the doors and find relationships, resources and opportunities that make each year richer than the last.

This is where happier birthdays begin.

Senior centers make happier birthdays possible through: social connection that combats loneliness and isolation, health and wellness programs to promote vitality, economic security resources that offer stability, creative and cultural engagement that brings joy and purpose and access to services that support independent and well-being. The Surgeon General has identified loneliness as a national epidemic, but senior centers have long been the antidote. They are welcoming places where people gather, support one another and build community.



DEA National Prescription Drug Take Back Day

Sat. October 24

Improperly disposing of medications, such as flushing them down the toilet or throwing them in the trash, can result in harmful chemicals entering Cape Cod’s drinking water supply. Join us in using a safe, convenient and responsible means for disposing of your unneeded medications.

Barnstable Police Department has a drop box for medications. (Sharps can be taken to local Fire Depts.)

Every Day is Take Back Day

The following pharmacies in the Town of Barnstable have drop boxes for unneeded medications every day.

CVS Pharmacy, 176 North St., Hyannis
CVS Pharmacy, 1030 Putnam Ave., Marstons Mills
Cape Cod Healthcare Pharmacy (Cape Cod Hospital),
27 Park St., Hyannis
Whole Health Pharmacy, 596 W. Main St., Hyannis
Stop & Shop, 425 Attucks Ln., Hyannis

Good Neighbor Day

September 25- 29



It Starts with a Hello!

Good Neighbor Day was first proclaimed in 1978 by US President Jimmy Carter. The purpose was to recognize and encourage the importance of being a good neighbor, promoting kindness, community engagement, and mutual respect. Loneliness, social isolation and disconnection are a public health crisis affecting both individuals and our society.

Let’s come together and make a difference. Residents are encouraged to strengthen community connections, foster belonging and fight social isolation through small acts of kindness. Wave to someone, do a small favor or just say hello. Please also consider checking in on a neighbor, especially if elderly or isolated.

**No act of kindness,
no matter how small,
is ever wasted.**



DEA Red Ribbon Campaign

(Created in memory of fallen
DEA Special Agent
Enrique “Kiki” Camarena)
This years theme

“Make a Difference. Be a Hero. Stay Drug Free”,
highlights that choosing to live drug-free is an act of leadership and courage– and that everyday decisions can positively influence peers, families and communities.

Observed nationally from **October 23-31, 2026.**
Purpose is to mobilize communities, schools, and families to promote visible anti-drug commitments and healthy choices.

SCAM INFO / A NOVEL IDEA

SCAM Info- Protect Your Loved Ones with Cognitive Decline

The FBI, AARP and many senior-focused healthcare organizations have warned that older adults and people suffering from dementia are prime scam targets. Scam artists look for people who may feel isolated and crave interaction. Older adult victims are often polite and trusting of strangers. Someone with declined cognitive abilities may not be able to discern a stranger's true motives, making them vulnerable to being manipulated

S. A. F. E. tips to protect loved ones with dementia

S- Solidify good security practices- Keep written reminders near the phone or computer, to not give out personal information or to not click on links in emails.

A- Apply blocking tools. Use blocking tools on the person's phones to help prevent suspicious calls and text messages. Ensure computers have anti-virus software installed and safety controls to block unknown apps and websites.

F- Find someone to help monitor financial activity. Identify someone (i.e., family member, financial professional, etc.) who can help the person review their bank and credit card statements regularly for unusual activity. Immediately report any suspicious or fraudulent activity.

E- Establish stronger financial safeguards. Add a trusted family member onto the person's account to monitor transactions and to be alerted about purchase or withdrawal. Consider freezing loved one's credit with the three major credit agencies.

If your loved one has already shown some inability to use good judgment relating to phone calls, mail and solicitors

Ensure you have a Power of Attorney in order to monitor/ manage their finances or hire a professional money manager to assist.

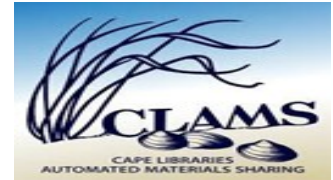
Take their checkbook, ATM card and credit cards away (hide paperwork showing account numbers). Consider talking with your loved one's local banking manager, alerting them to concerns.

Use online banking to monitor account activity; set up bank account alerts relating to withdrawals.

Consider setting up a post office box for mail delivery so that you can filter out junk mail; or have bills forwarded to your address

Remove house phone; get a cell phone and have calls forwarded to voice mail.

A Novel Idea...



Reading: Fascinating Facts & Surprising Benefits

Reading is not only a pleasurable pastime, but also offers a wealth of fascinating facts and surprising benefits. From the evolution of reading practices to the impact on cognitive health, there's more to reading than meets the eye. For example, reading can improve memory, reduce stress and even enhance empathy.

'A Novel Idea'... offering book recommendations provided by staff from our local libraries. Happy Reading!

Homeschooled: A Memoir by Stefan Merrill Block (Sturgis)

Aging Out: An Exploration of Caregiving, Community, and How Americans Grow Old by Lucy Schiller
The Stationery Shop by Marjan Kamali (Cotuit)

Mastering the Art of French Murder: A Charming New Parisian Historical Mystery by Colleen Cambridge (Whelden)

Belgravia by Julian Fellowes (Osterville)

One Day in September: Baseball, Brotherhood, and the Birth of the All-Star Game by Scott Reich
Yesteryear by Caro Claire Burke (Hyannis)

Sunrise on the Reaping by Suzanne Collins (Centerville)

The Tiffany Girls by Shelley Noble
The Spoon Stealer by Lesley Crewe (Marstons Mills)

Visit your local library today!



Elder Abuse Hotline

1-800-922-2275

Operating 7 days/ week, 24 hours/ day

Elder Services of Cape Cod & Islands

Protective Services

508-394-4630



To file a complaint with the Massachusetts Attorney General's Office (AGO)

Elder Hotline (if over 60)- **(888)243-5337**

Consumer Hotline- **(617)727-8400**

or file a complaint online through their website

SAFETY AT HOME

Home Safety Tips- Better Safe Than Sorry!



Feeling safe at home is important at any age, but especially for seniors who may live independently.

Home Security/ Lock Box- Consider installing a home security system and/ or motion- activated lights. Install a peephole in doors. Consider installing a lock box which gives first responders access to home in case of an emergency. Keep doors and windows locked. Never let a stranger inside your home when you're alone. Do not share personal information over the phone especially with someone you do not know.

Keep emergency numbers handy- 911, poison control contacts, EverSource and healthcare providers.

Maintain home and keep in good repair- A home that features preventable hazards like exposed cords, slippery stairs, or clutter is dangerous. Do you need modifications made to your home to make it more accessible/ safe? Maintain smoke detectors and CO detectors by changing batteries regularly.

Identify safety needs in home- Install grab bars in bathrooms. Bathrooms are high-risk for falls due to water, slippery floors, tight spaces and porcelain tubs, toilets and sinks, which make for very dangerous injuries. Grab bars can also be very help at doorways/ thresholds where there may be steps. Remove items such as throw rugs and clutter, which could make navigating rooms unsafe. Add lights and railings to hallways and staircases. Use night lights. Walk slowly and carefully around the house.

Use adaptive medical equipment as needed- With unsteady gait, use a cane or walker, as needed. If hearing impaired, use hearing aids, as they allow you to hear possible alerts around you and allow you to be better engaged in conversation in social settings, on the phone and to follow television. Unaided hearing impairment is another factor that often leads to isolation. Replace door handles and faucets with ones that are easier and more comfortable to use.

Consider a medical alert system or a PERS (Personal Emergency Response System) such as Lifeline, MedicalAlert or Medical Guardian, which allows you to contact help in case of an emergency.

Develop a list of emergency contacts / File of Life and post on refrigerator or another spot where first responders can easily access. This list should include medical professionals, family members and friends contact info. Important to keep this information updated.



Other Safety Tips-

Develop contact with neighbors. They can see your surroundings, can notice any unusual activity and get to you quickly if assistance is needed.

Build a close circle of friends/ support system- Senior isolation can contribute to depression, poor health and the worsening of cognitive decline. Maintaining an active social life and seeing friends on a regular basis is a great way to boost health and well-being.

Check in often with family and friends- This makes it easier for your support system to assess and identify potential concerns quicker. Consider a quick daily reassurance call which keeps you connected yet allows you to maintain your independence.

Stay in good health and physically active- The biggest risk for seniors who live alone is injury. A simple fall, when there is no one around could quickly become life-threatening. Things like exercise, a healthy diet, an active social life and drinking plenty of water can reduce this risk.



Manage medications- Take medications as prescribed and seek assistance with managing, if needed. Specialists recommend that seniors keep extra medication on hand so that running out prematurely does not lead to a disastrous event

Manage mental health- Many people struggle with depression, anxiety, grief, mood and other stress related disorders. Unfortunately, due to the stigma surrounding mental illness, most people suffer rather than seek help that will improve their well-being. Help is available, don't be afraid to ask for it.

Emergency Notification System-

The Barnstable Police Department uses the **CodeRED** emergency notification system to alert residents and businesses about time-sensitive emergency situations and important community alerts.

This system allows officials to send messages via telephone, cellular phone, text message, or e-mail to specific neighborhoods or entire town. Residents and visitors can sign up free to receive these alerts.

By utilizing the CodeRED system, the Barnstable Police Department can effectively communicate critical information to the community and help ensure the safety and well-being of its residents..

Residents can register for CodeRED by visiting the Barnstable Police Dept. website

barnstablepolice.gov

Messages are sent via phone calls, text messages, emails and TDD/ TTY devices.

Alerts are sent only to the areas affected by the specific emergency or alert, ensuring residents receive relevant information.

A CodeRED Mobile Alert app is available for those who want to receive alerts on their smartphones while traveling through other communities.



SAFETY ... Scams & Driving

Protect Yourself from Scams

Warning signs of a scam-

Pressure to act immediately, often with an alarming call, text or e-mail that plays on your emotions.

Asked to provide personal or account information, such as bank account number, PIN or account verification code.

Scammers will manipulate the method they want you to pay them. Such as a gift card or, they may send you a check and ask for you to send money back; however, the check they sent you turns out to be fake.

Claim you are in trouble with the government (ie. IRS, Local Police)

Claim you have won an amazing prize, often related to a lottery or sweepstake you have never played

Tips to prevent scammers at home-

Do not open your door to sales people or strangers; consider posting a "no soliciting" sign.

Use a telephone answering machine to screen calls; do not respond to strangers' messages; if a female living alone, consider having a male record your greeting; register all phone numbers on the "Do Not Call" registry. (www.donotcall.gov)

As phone numbers and emails can easily be spoofed to look legitimate, verify the organization contacting you outside of the initial contact. For instance, if the caller claims to be from the IRS, get off the call, look up the phone number for the IRS and call the IRS office directly.

Never give out personal or financial information for a request you were not expecting or did not initiate.

Donate to charities you are familiar with through their official websites; not to requests in person, received through the mail or by phone

Do not place outgoing mail in your mailbox, thieves can steal it.

Tips to prevent scammers online-

Do not buy from unfamiliar online companies; shop securely.

Do not respond to emails received indicating a grandchild or distant relative needs money or is in trouble.

Do not respond to emails from even trusted companies requiring personal information, even if email looks official, like from a bank or credit card company. Typically they are trying to get your account information or passwords. Call your bank directly using number you have, Do not call number provided on email.

Have virus protection software installed on your computer. Do not respond to junk emails.

Remember- Scammers lie to gain your trust. Slow down, think and then respond. You should not feel pressured into acting immediately. Scammers will exploit whatever they can to manipulate victims into sharing personal information or sending money. Get a second opinion!

Stop and ask someone you trust.
If it sounds too good to be true, it is!

Driving Safety

Warning signs that it might be time to stop driving



There is no set age when people should stop driving, but it's critical to consider individual factors. If an older driver is experiencing difficulty with vision, hearing, cognitive function or physical abilities like reaction time and coordination, it may be the time to consider stopping or reducing driving.

Warning signs-

- Frequent near-misses or accidents: Even minor incidents can indicate a decline in driving ability.
- Trouble with basic driving maneuvers: Difficulty staying in lane, parking or turning can be a red flag
- Getting lost in familiar areas: Memory problems can make it difficult to navigate and follow routes.
- Driving too slowly or too fast for road conditions: Inability to adapt speed to traffic or road conditions can be dangerous.
- Being easily distracted or having trouble concentrating: Distraction can make it harder to react to changes in driving environment.
- Difficulty responding to unexpected situations or emergencies: Slow reaction times can be a problem when encountering unexpected hazards.
- Family or friends expressing concerns about driving: Input from loved ones can be valuable in assessing driving ability.
- Receiving traffic citations or warnings: Multiple citations or warnings can indicate a pattern of unsafe driving behavior.





Barnstable Adult Community Center
Barnstable Council on Aging
825 Falmouth Road
Hyannis, MA 02601

PRSRT STD
US POSTAGE
PAID
PERMIT #87

PLACE
MAILING LABEL HERE

Hurricane season peaks in September and high risk spans through October.
Make a plan. Be prepared!

HURRICANE PREPAREDNESS

Be Ready Before the Storm

Hurricanes and tropical storms can impact the entire Commonwealth, not just coastal regions



Use MEMA's interactive map to find out if you live or work in a hurricane evacuation zone

Know Your Zone

Make a Plan

Have a predetermined emergency plan tailored to your family's needs



Build an emergency kit that can sustain you and your family for 3-5 days

Build a Kit

Stay Informed

As a storm approaches, closely monitor media reports and promptly follow instructions from public safety officials



Visit mass.gov/mema for more hurricane preparedness resources

Source: Massachusetts Emergency Management Agency (MEMA)

Mass.gov