

# THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER



*Welcome  
Spring*

**March/ April 2024**

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**Blue Skies Ahead**

# MESSAGE FROM THE DIRECTOR, KELLY HOWLEY



Hello All-

We have made it through yet another hearty New England winter and will soon be seeing our favorite signs of Spring! My personal favorite sign is seeing the beautiful yellow Forsythia's in bloom and enjoying the sunlight later into the

day!

The center was a bustling place over the winter, with new Computer Classes, Valentines Music Bingo, a Golf Exercise workshop, Coffee with a Cop, Fire Safety Workshops, DPW Sewer Expansion Informational talks, BACC Outdoor Area Planning Public Discussion, Art Programs, Senior Dining, additional Respite & Caregivers Programing and even a live play! Thank you all who came out to celebrate National Blood Donors Month in January by giving blood at the center. The Red Cross reported back that they went over their goal with thirty-two donors and the collection will help over seventy patients in need. Your generosity is truly amazing!

Also in January, the results of a recent study conducted by a national finance company called, SoFi, reported that Barnstable was voted the "Happiest Place to Retire" in the country. This fun news story made the front page of the Cape Cod Times along with one of our most active BACC patrons, Kathy Strudwick, proudly wearing the center's "Sunshine Suit"! It certainly is nice to see such a cheery and positive story on the front page, showcasing all the wonderful things there are to do in Barnstable!

Our collaboration with AARP for no cost tax preparation services continued this year and over three hundred and fifty appointments took place at the center and Osterville Library. Thank you to AARP and their wonderful volunteers! April is National Volunteer appreciation month, and we would like to extend our gratitude to all our amazing volunteers for all that they do each day!

Our Age & Dementia Friendly Steering Group has continued to meet on a regular basis since the group formed in Fall 2023 and is currently focusing on how public safety affects the older adults in our community and new ways to enhance and support transportation throughout the seven villages. If you have ideas around any of these topics, please

reach out to me and I will share them with our group. Speaking of transportation, the BACC Bus Service has been back in operation since late November and has become a popular transit option for those who have utilized it for trips around the town at no cost. We are so happy to be able to offer this service once again and we hope that you keep this great transportation option in mind. Our friendly bus drivers are happy to take you wherever you need to go in town!

We have a great variety of brand new and old favorite programs lined up for you all to enjoy this Spring, so be sure to read this issue of Thrive cover to cover so you don't miss out on our great collection of programs and classes!

Be well,

Kelly



**Don't forget  
Daylight Savings Time...  
Spring Forward on  
Sunday March 10**

## *Did You See the Cape Cod Times Article?*

As Kelly noted, in a recent study of more than 200 cities, Barnstable was named the "happiest place to retire". The study conducted by the finance company SoFi, used local data points ranging from temperature to cost of living to calculate how cities ranked in metrics meant to explore communities' social networks, financials and health. Barnstable came out on top, beating out second place finisher Naples, Florida and third place Ann Arbor, Michigan.

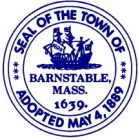
It was noted that Barnstable stood out as a community- centric destination. "As one of the largest communities on Cape Cod, it offers an abundance of entertainment and activities, creating a vibrant social scene."

"Barnstable's score was boosted by its high percentage of 65 and older residents, as well as the abundance of arts, recreation and entertainment businesses. "

The Barnstable Adult Community Center was identified as a good place to get involved due to range of programming, clubs and special events.

# COA BOARD | FRIENDS OF THE BCOA

## 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 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**

**March 20 and April 17 from 9:00– 10:00 am.**

**Please feel free to join us!**

## FRIENDS OF THE BARNSTABLE COUNCIL

The **FBCOA officers are** President, Tess August; V.P. James Donovan, Treasurer, Eileen Martel.

The FBCOA would like to invite you to become a member. Your tax-free membership donation helps to support important programs and activities at the Council on Aging. In February we sponsored the Valentine's Day Mighty Bingo party and in March we sponsor the very popular St. Patrick's Day luncheon.

The FBCOA has been supporting the COA for 30 years, providing over \$1.7 million for Town of Barnstable older adults. We will be celebrating this 30th anniversary at Alberto's Ristorante on May 21, 2024. Ticket sales will begin in April.

Retired? The FBCOA is looking to put your talents to use as a board member, for fundraising and planning other exciting 30th anniversary programs. Come meet, work and socialize!

Thank you for your support,

**Tess August, President, FBCOA**

**Join the Friends for just \$20 annually. Register here:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_



Please make checks payable to: FBCOA. Mail to: 825 Falmouth Road, Hyannis, MA 02601.



# CENTER INFORMATION

About Us | Stay in Touch! | Thrive | COA Staff Directory



**MARCH/ APRIL 2024**

**Barnstable Adult Community Center**  
**825 Falmouth Road, Hyannis, MA 02601**  
**Hours: Mon-Fri 8:30am-4:30pm**  
**Phone: 508-862-4750**

**Web site: [www.townofbarnstable.us/coa](http://www.townofbarnstable.us/coa)**

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

The Barnstable Adult Community Center E-news is sent weekly, and contains lots of information and resources for the older adult community and their families. If you'd like to have it sent to you, please email:

[Maureen.Vetter@town.barnstable.ma.us](mailto:Maureen.Vetter@town.barnstable.ma.us)

You may also wish to "like" and follow us on the Barnstable Adult Community Center Facebook Page, where you'll find updates, helpful links, and even video entertainment and resources from our instructors and others to keep older adults engaged and informed.



*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. 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.

## COA STAFF DIRECTORY

**Kelly Howley** - Director (ext. 4753)  
[Kelly.Howley@town.barnstable.ma.us](mailto:Kelly.Howley@town.barnstable.ma.us)

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*The first blooms of Spring  
always make my heart sing*

*-S. Brown*



# REGISTRATION INFORMATION & TRANSPORTATION

## REGISTRATION INFORMATION FOR ALL ACTIVITIES & PROGRAMS

**\*\*Please note that registration is required for all classes, events and programs\*\***  
**\*\*Please note that “BACC” indicates programs held at the Center.**

### 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](http://www.myactivecenter.com) . Credit card payment required

### Payment Methods-

\*Check (payable to the Town of Barnstable)

\*Cash (in person only)

\*Credit card (VISA, MasterCard)

**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 check. Please be advised that 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)862-4750 ext. 4761 or at [Maureen.Vetter@town.barnstable.ma.us](mailto:Maureen.Vetter@town.barnstable.ma.us)

**FYI...** When Staff from the BACC call you from the center, your Caller ID will likely show a **(508)790-number and may be labeled Probable SPAM/ Barnstable**. If on a cell phone, you can not reach us by tapping that missed call. **You need to call our main number (508)862-4750**. We repeatedly urge people to be cautious with accepting calls from unknown parties, but want to be sure to connect with you when you have a question or assistance is needed.



If when at the BACC you leave a pet in your car, please inform Samantha 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.



## Our Wheels Are Rolling!

Tues. Wed. & Thurs

9:00 am– 2:00 pm

Doctors Appts? Shopping? Out to Lunch?  
Local trips only

Available for Barnstable residents 60+  
and disabled residents.

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

Call Jen at (508)862-4750 x 4752

March/ April 2024 Issue | Website:

[www.townofbarnstable.us/coa](http://www.townofbarnstable.us/coa) | Phone: 508-862-4750

# ENRICHMENT PROGRAMS

Art | Dance | Exercise

## REMINDER:

When the Barnstable Schools are closed or late for inclement weather

All activities, programs and transportation at the BACC are canceled or begin late

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

## 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 e-mailed to you, so you may purchase your supplies before the first class.

**Instructor: Susan Carey**

**Th 03/07– 04/04 10:00- 12:00 am \$62.50**

**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 e-mailed to you, so you may purchase your supplies before the first class.

**Instructor: Susan Carey**

**Th 03/07– 04/04 12:30 pm– 2:30 pm \$62.50**

## LANGUAGE-

**Intermediate Spanish.** This is a class for those who have completed Beginner Spanish. (Not for advanced Spanish speakers) **No class 03/18 & 03/20, No class 04/15**

**Instructor: Rona Garfield**

**M & W 03/04– 03/27 11:00 am– 12:00 pm \$36**

**M & W 04/01– 04/29 11:00 am– 12:00 pm \$48**

**Beginner Spanish–** This is a class for the true beginner or those who may need a review. (Not for advanced Spanish speakers) **No class 03/18 & 03/20 No class 04/15**

**Instructor: Rona Garfield**

**M & W 03/04– 03/27 12:15– 1:15 pm \$36**

**M & W 04/01– 04/29 12:15– 1:15 pm \$48**

## DANCE & EXERCISE-

### Adult Ballet

Calling all adults who have always wanted to dance ballet! This class is based on the Vaganova Russian method, with a focus on balance, coordination and musicality, and lessons are adapted for all abilities. Catherine believes that dance enriches our lives and is beneficial for all ages. **No class 03/12**

**Instructor: Catherine Johnson**

**Tu 03/05– 04/30 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 04/15**

**Instructor: Kim Benton**

**M 03/25– 04/29 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 03/12**

**Instructor: Maria Zombas**

**Tu 03/05– 04/23 11:00 am– 12:00 pm \$42**

### Beginner Dance Core & More!

Have all the fun of a dance class and strengthen your core. Uncomplicated dance moves and supported balance and stability practice. NO floor work.

**Instructor: Marcia Raftery**

**W 03/06– 04/24 9:15– 10:00 am \$48**

### Intermediate Dance, Core & More!

Is it possible to have all the fun of a dance class and strengthen your core muscles? The answer is **AB**solutely! Easy to follow, dance with intervals of core work for stability, balance and posture.

**Instructor: Marcia Raftery**

**W 03/06– 04/24 10:15– 11:15 am \$48**

### 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 04/15**

**Instructor: Marcia Raftery**

**M 03/04– 04/22 10:15– 11:15 am \$42**

### Fit and Trim Strength Training

Would you like to reduce body fat, increase muscle mass and burn calories more efficiently? Strength training to the rescue! Please bring a mat for floor work.

**Instructor: Marcia Raftery**

**F 03/08– 04/26 10:15– 11:15 am \$48**

### Stretch It Out for Flexibility

If, as we age, and do not continue to move we become less flexible. Gain flexibility with this class. So stop gumming up areas of the body and stretch. This class will gently work all muscles, joints, and connective tissue allowing for a more released and flexible body. Bring a mat, towel and theraband.

**Instructor: Holly Silva**

**W 03/13– 04/24 9:00– 10:00 am \$42**

**F 03/08– 04/26 8:30– 9:30 am \$48**

# ENRICHMENT PROGRAMS

Fitness | Yoga | T'ai Chi Chih | QiGong | Health & Well-being

## 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. **Please contact Sarah Franey , ESCCI Community Services Director at (508)394-4630, to register. No class 04/05, 04/15**

**M, W, F on-going 8:30 am– 9:30 am Free**

## 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 03/06– 04/24 1:00-2:00 pm \$48**

## Chair Yoga

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.

**Instructor: Cindy McNeely**

**Th 03/07– 04/25 1:00– 2:00 pm \$48**

**Th 03/07– 04/25 2:00– 3:00 pm \$48**

## T'AI CHI CHIH-

### Beginner 1 T'ai Chi Chih

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 also include a short practice at the end of each class.

**Instructor: Bonnie LeBlanc, Accredited TCC**

**Tu 03/05– 04/23 10:00– 11:00 am \$48**

### 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. No class 04/15*

**Instructors: Bruce Childs, Debby McLister, Bonnie LeBlanc, Richard Nocella, Accredited TCC s**

**M 03/04– 04/29 3:00- 4:00 pm Free**

## Continue Your T'ai Chi Chih Journey

*(For students who know all 19 moves and one pose)*

Perhaps you've finally worked through all movements. Ready to add Softness and Continuity? Want to feel totally Grounded? Need to amp up the warmth of Polarity? Want to perfect the circles in 'Circularity'? Fancy joining a guided group practice? Here's your chance to grow your practice, to continue your TCC journey. Or, maybe you've been away from your TCC practice for a while and want to pick it up again. Join us. We will work on improving the execution of all the movements to further your joy thru Movement.

**Instructor: Debby McLister, Accredited TCC**

**Th 10:45 am– 12:00 pm No Class March/ April**

## 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 the aging process. Qigong is one of the easiest, simplest, all natural ways to profoundly improve your quality of life.

**Instructor: Annemarie Lang**

**Tu 03/05– 04/09 2:00– 3:15 pm \$36**

**Tu 04/23– 05/28 2:00– 3:15 pm \$36**

## HEALTH & WELL-BEING-

### 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 03/13 & 04/10 2:00- 3:00 pm \$5 ea.**

## HEALTH TALKS WITH CENTERWELL-

**Stress Management-** What is stress and how can we manage it?

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

**W 03/13 10:00– 11:00 am Free**

**Summer, safety & preparation-** Let's talk about sunscreen and summer safety tips.

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

**W 04/10 10:00- 11:00 am Free**



# ENRICHMENT PROGRAMS

Hearing Clinic | LGBTQ, Caregiver, Sight Loss, Bereavement Support | Ukulele | Technology

## HEARING HEALTHCARE-

**NEW\*\*At Home Hearing Healthcare-** 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: Shawn Woodbrey, MA. Licensed Hearing Instrument Specialist, At Home Hearing Healthcare**  
W 03/13 & 04/10 10:00 am- 12:00 pm Free

## LIFE CHANGES SUPPORT GROUP- LGBTQ SENIOR SERIES-

**NEW\*\*LGBTQ Life Changes Support Group-** Change is hard, challenging and anxiety producing. It is also a part of life; unavoidable and cannot be ignored or resisted. As we age, we experience an increasing number of life changes. Career transitions, retirement, downsizing and moving, children leaving home and moving away, loss of loved ones, physical and mental health challenges, both our own and loved ones. In this group, we will learn to make these changes less painful and learn that some changes are necessary for us to adapt and grow. **A four week group on Wednesdays.** Please register at (508)862-4750

**Facilitator: Diane McCarthy**  
W 03/06- 03/27 1:00- 3:00 pm Free

## CAREGIVER SUPPORT GROUP-

**The Family Caregiver Support Program,** Elder Services of Cape Cod & Islands is pleased to offer a **weekly caregiver support group**. 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 508-394-4630 ext 451 or email at [laura.cheesman@escci.org](mailto:laura.cheesman@escci.org).**

**Facilitator: Laura Cheesman, FCSP Manager ESCC&I**  
W 03/06- 04/24 9:30- 11:00 am Free

## SIGHT LOSS SUPPORT GROUP-

**Sight Loss Support Group-** Meets the **2nd Thursday** of each month

**Facilitator: Jackie Matrianna**  
Th 03/14 & 04/11 11:00 am-12:30 pm Free

## BEREAVEMENT SUPPORT GROUP-

**Bereavement Support Group-** A support group led by a bereavement counselor, to provide a safe confidential place to share loss of a loved one and connect with others who are also coping with grief. **Will meet monthly on the second Wednesday.** Please register today, as space is limited.

**Facilitator: Sarah Stevenson, LICSW VNA Hospice of CCH**  
W 03/13 & 04/10 1:00- 2:30 pm Free

## Ukulele -



### **Ukulele- 1**

This class is for the beginner who knows some chords but needs to practice songs and easy strumming. If you took Absolute Beg. with Cathy this is your class. Cowboy tunes (\$8 material fee to instructor)

**Instructor: Cathy Hatch**  
Th 03/07- 04/18 9:00 -10:00 am \$42

### **Ukulele -2**

Songs from Cape Cod Ukulele Club (\$8 material fee to instructor)

**Instructor: Cathy Hatch**  
Th 03/07- 04/18 10:15- 11:15 am \$42

### **Ukulele- Absolute Beginner**

If you are an Absolute Beginner, brand new to ukulele this is the class for you. Learn 8 basic chords, how to tune your ukulele and basic ukulele strumming (If someone needs to borrow a ukulele from instructor, a release must be signed and a deposit submitted to her.)

**Instructor: Cathy Hatch**  
Th 03/07- 04/18 11:30 am- 12:30 pm \$42

## TECHNOLOGY-

**SENIOR PLANET**  
FROM AARP

**OATS** OLDER ADULTS TECHNOLOGY SERVICES  
FROM AARP

**Elder Services**  
of Cape Cod and the Islands

## **Computer Essentials Class-**

This grant funded 5- week course is for **beginners** and will cover the basics such as how to navigate the internet, how to organize files, send and receive e-mail and much more. No pre-requisites. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Register today. Space is limited. (Laptops available for class and practice use at the BACC) No class 04/15

**Dates: 04/08- 05/13 Time: 10:00- 11:30 am**  
**Days: Mondays & Fridays (5 weeks) No class 04/15**  
**To register: Call Denise Magnett, Elder Services Of Cape Cod & Islands (508)258-2299 or e-mail at [denise.magnett@escci.org](mailto:denise.magnett@escci.org)**

**iPad, iPhone Tips.** Discover your new devices capabilities and follow the simple guides to set up and start using it. Learn about browsing the web, sending emails, setting up security and making notes. Whether you want to take pictures and share them with loved ones or chat to your friends around the world for free, this course explains it all. PLEASE NOTE: this class is for Apple products only. 4 weeks class. Limit 20.

**Instructor: Carl Bertelsen**  
M 03/04- 04/01 9:00- 10:00 am \$30



# SPECIAL PROGRAMS & EVENTS

**Blue Cross/ Blue Shield Dental** - Dental care is essential to your overall health! Regular dental checkups help protect your smile and prevent problems down the road. Learn about our plans, where you have the freedom to access a network that offers more than 93% of practicing local dentists and more than 500,000 provider locations nationwide.

**Presenter: Rory Joyce, BC/ BS of MA.**

**Tu 03/05 1:00- 2:00 pm Free**

**How to Bring an Idea to Life with Written Words-** It starts with an idea. A basic fun course in creativity. Bring a notebook, pen and imagination. The Goal- to create a short- short story. On-going workshop on Tues.

Presenter: Sandra Bolton

**Tu 03/05- 04/30 10:00 am- 12:00 pm Free**

**Hoarding Challenges- Friends & Family Workshop-** Are you concerned that a loved one is struggling with "too much stuff"? Please join us for an info session and some Do's & Don't's for family and friends of those who present with over- collecting and Hoarding Disorder.

**Presenter: Lynn K. Mulkeen, Senior Resource Specialist, Barnstable County**

**Th 03/07 10:00 am- 12:00 pm Free**

**Painted Scarves with Karen- Unleash your inner Picasso!** In under an hour, you will paint and leave with a beautiful silk scarf of your own creation. No experience necessary. All materials provided. **Must pre-register.**

**Instructor: Karen Halloran, Webster Home Care**

**Th 03/07 2:00- 3:30 pm Free**

**St. Patrick's Day Luncheon- Get Your Irish On!** Please join us for traditional corned beef and cabbage meal & wonderful Irish music by Jackson Gillman.



**Join us on Tuesday March 12  
12:00- 2:00 pm**

**Must pre-register, as space is limited.**

**Please call today (508)862-4750**

**Thank you to the Friends of the BCOA for sponsoring the delicious meal.**

**Sea Captains of Cape Cod- Whaling in New England.** Many different forms of whaling have been used in Cape Cod. Drift, shore, herding and arctic whaling have all been practiced at one time or another. Each specific form of whaling has a small history connected to it. In the early 1800's whaling was among the most profitable enterprises in the US, second only to textiles. It remained strong for six decades. The reason why whale products are so valuable as well as the rationale as to why the whaling center moved from Nantucket, to Wellfleet, to New Bedford and eventually Provincetown will be told. Retelling the storied lives of several successful Cape Cod whaling captains makes the session come alive.



**Presenter: Dr. Michael Pregot**

**W 03/13 1:30- 2:30 pm Free**

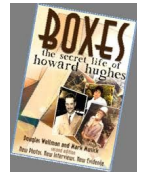
**Luck, Leprechauns & a Visit to the Emerald Isle-** Lets celebrate St. Patrick's Day! We'll explore the symbols of the holiday and visit some top attractions in Ireland. Be sure to wear your green!



**Presenter: FRANKly Speaking with Nancy Franks**

**Th 03/14 1:00- 2:30 pm Free**

**Author Talk- Boxes: The Secret Life of Howard Hughes-** This history- changing story detailing how Howard Hughes spent the last 25 years of his life, hiding with the woman he loved. Why Hughes wanted to escape, and how it was achieved, until his actual death in 2001.



The story is told by his wife, Eva McLelland, who kept his secret until his passing, at which time she was ready to reveal the truth. Eva chose to tell Mark Musick their story.

**Presenter: Major General (Ret) Mark Musick**

**F 03/15 1:00- 3:00 pm Free**

**Registry of Motor Vehicles REAL ID**

**Program-** A REAL ID or a valid Passport will be required to fly within the US starting May 7, 2025. This program will help you identify the difference between a "Standard ID" and a "Real ID" driver's license/ ID card. You will learn the steps to renewing a MA. Driver's License or a MA. ID card. You will understand the new federal and state requirements for renewing a Driver's License or ID card.



**Presenter: Michele Ellicks, MA. RMV**

**W 03/20 1:30- 2:30 pm Free**

**Joint Veteran's Presentation with Cape Cod Vet Center-** Join us, Veterans and their family



members, in joint presentation to introduce your local contacts and learn about veterans' services Cape-wide and beyond! Kim Cross will discuss caregiving, Shawney Carroll is presenting on Chapter 115, Rob Belcher will offer information on the Bourne National Cemetery and Adam Doerfler will present as your local point of contact.

**Presenters: Cape Cod Vet Center, Veterans Affairs**

**Th 03/21 10:00- 11:30 am Free**

**"Disease, Reversal, Hope" DVD-** A book and DVD that shares the personal stories of individuals from all walks of life, including physicians and health care providers, who have reversed serious and chronic health conditions by embracing a whole foods plant based lifestyle. A few of the conditions reversed include acute kidney failure, arthritis, Type 2 Diabetes, Angina, Cardiovascular Disease, High Blood Pressure, MS, Obesity, Lupus and Rheumatoid Arthritis. Healthy snacks will be provided, but please bring your own beverage.

**Presenter- Joanne Irwin. Plant Based Culinary Educator/ Consultant with Physicians Committee for Responsible Medicine**

**Th 03/21 1:00- 3:00 pm Free**

# SPECIAL PROGRAMS & EVENTS

## Brain Healthy Cooking– Impossible Quiche

Join Marcia Rafferty in creating a Brain Healthy and tasty quiche. This program will be a demonstration, dining and information session.

**Presenter: Marcia Rafferty**

**Th 03/21 1:00– 2:30 pm Free**



## Ukulele St. Patrick's Day ShamROCK Concert Cathy Hatch & the Cape Cod Ukulele Club-

Please plan to join us. Always a great time!

**Th 03/21 2:00– 3:00 pm Free**



**What is Body Mechanics?** It is important to understand the basics of body mechanics and how we can safely position our bodies when we stand, sit, sleep, lift, using a cane or a walker and even carry things.

**Presenter: Barbara Blackwell, CNS, PT Public Health Coord, Barnstable County**

**F 03/22 10:00– 11:30 am Free**

## Understanding Barnstable Sewer Expansion Plan-

Join us to learn more about the Town's Comprehensive Wastewater Management Plan (CWMP) and sewer expansion. Discover tips for navigating the Barnstable Water Resources website while learning more about anticipated sewer construction as it relates to Phases 1, 2 & 3 of the CWMP. Attendees will also be provided with an overview of the residential sewer connection process and anticipated property owners costs.

**Presenter: Kelly Collopy, Communications Mgr. for the Town of Barnstable Department of Public Works**

**Tu 03/26 1:30– 2:30 pm Free**



## Coffee with Barnstable Police Dept

Have a question or concern you would like to discuss? A representative from the Barnstable Police Dept will be at the BACC. Have a coffee, ask a question or just visit.

**W 03/27 9:00– 10:00 am Free**



## Mindfulness & Art– A Practice of Discovery- Wednesday workshop #1- Mindful Journaling / A Practice of Discovery.

Pete Cormier is the founder of The Awareness Project, which promotes mindfulness through art. This program is supported in part by a grant from the Mid-Cape Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.

Registration required for materials

**Presenter: Pete Cormier**

**W 03/27 11:00 am– 12:00 pm Free**



## Decorative Wood Block Painting Class-

Participants will be able to choose from a variety of holiday & seasonal themes for their double sided blocks that come in a 3-pack. All blocks, paint, stencils and other items needed to complete project will be supplied by instructor and included in class fee. \*\* Participants should wear or bring an old cover up shirt to protect their clothing from possible paint or varnish during class. **Must pre-register** and space is limited. Cost is \$25. (An example of the project is on display at the BACC front desk.)

**Instructor: Irene Frates**

**W 03/27 1:30– 3:30 pm \$25**



**Getting Golf Ready-** Whether a new golfer or a low handicapper, physical fitness is a fundamental part of a great golf game.

Learn the importance of strength, flexibility, balance and power and the habits of fitness to reach your full potential! With this introductory workshop you will learn the basic components of a great golf fitness regime that will enhance not only your golf game, but your overall health and fitness as well. This workshop will help bridge the gap between your current fitness level and golf abilities and the fitness necessary to improve your golf swing and reduce your risk of injury. Please bring a mat and a golf club to class.

**Instructor: Kathy Ekdahl, Strength Coach & Titleist Performance Institute Golf Fitness Instructor**

**Th 03/28 2:00– 3:30 pm \$10**



**Who was Paul Revere?** From his birth, his family, his country, to the midnight ride and the American Revolution. You may gain a better understanding of many unknown facts on the life of Paul Revere.

**Presenter: Richard Nichols**

**F 03/29 10– 11:30 am Free**



## The Dark Origins of Nursery Rhymes–

The truth is that, behind their light and fluffy exterior, many children's nursery rhymes recount dark and disturbing tales of death, disease, violence and persecution. Please join us for an active group discussion of a number of popular nursery rhymes.

**Presenter: John Jope**

**Tu 04/02 1:30– 3:30 pm Free**



**Introduction to Essential Oils-** What is all the BUZZ about essential oils??? The answer is so simple! Everyone is ready to get back to an all natural way of living and going back to the ways that our ancestors took care of simple issues.

Nature is remarkable! Please join me for some fun, as we learn, by delving into this incredible world of plants and all they can do to help us support our health naturally. (Cost is \$5.00) Please come and bring a friend!

**Instructor: Chris Ventura**

**Th 04/04 1:30– 2:30 pm \$5**



# SPECIAL PROGRAMS & EVENTS

**Opening Day Café-** Come enjoy Boston Red Sox home Opening Day vs the Baltimore Orioles Pregame festivities at the BACC. Stop in and watch along with friends. Wear your Red Sox gear and cheer on the Sox. Light refreshments will be served. Game starts at 2:10 pm.

**Tu 04/09 1:30– 3:00 pm Free**

**Mindfulness & Art– A Practice of Discovery- Wednesday workshop #2- Drum Circle: Creating a Collective Heart**

Registration required for materials

**Presenter: Norah Bourbon**

**W 04/10 11:00 am– 12:00 pm Free**

**Advanced Golf Fitness Training–** This is a workshop designed for golfers who are currently working out, but need a fitness fine tuning to improve their golf game. We all know that fitness is an important part of golf success. Whether its strength, mobility and flexibility or balance, all of these things can be worked on in the gym, with carry over to the course. So, for those of you already hitting the gym, Kathy will discuss and demonstrate advanced techniques for improving your golf strength, power and speed; the essentials for improving clubhead speed and ultimately, distance. This workshop will cover power and speed drills, medicine ball and kettlebell work, as well as advanced balance techniques and core exercises.



**Instructor: Kathy Ekdahl, Strength Coach & Titleist Performance Institute Golf Fitness Instructor**

**Th 04/11 2:00– 3:30 pm \$10**

**The Flim– Flam Singers formerly the Yarmouth Sing-Along-Singers.** Join us for a fun musical time. Light refreshments will be provided.

**Th 04/11 2:30– 3:30 pm Free**

**Fire Safety with Hyannis Fire Dept- Lithium-ion Battery Awareness & Safety-** Lithium-ion batteries are rechargeable, while their counterparts are not. The major issue with lithium-ion batteries is overheating causing excessive heat and chemical reaction which often leads to explosion and dangerous fires. Good to be aware and prepared with safety tips.



**Presenter: Lt. Mike Dalmau, Hyannis Fire Dept.**

**F 04/12 1:30– 2:30 pm Free**

**Massachusetts Connection to the Titanic-**

Massachusetts has many connections to this familiar story. Meet Bay State residents who were eager to be a part of the Titanic's maiden voyage. Get to know the passengers who were heading to Massachusetts for the first time, eager for a fresh start. Discover how Cape Cod played a key role in transmitting the Titanic's SOS call to ships in the area on April 14, 1912, as well as locating the wreck more than seven decades later.



**Presenter: FRANKly Speaking with Nancy Franks**

**Tu 04/16 1:00– 2:30 pm Free**

**It's a Scam! -** Protecting yourself against common scams and frauds. Educate yourself so as not to fall for malicious attempts to steal your private information. Unfortunately the active threat of scams is ever-present. Everyone needs to hear this information.



**Presenter: Det. S. Barrette, Barnstable PD, Digital Forensics & Investigative Unit, US Secret Service New England Cyber Fraud Task Force**

**Th 04/18 1:00– 3:00 pm Free**

**Home Safety– I want to be safe at Home.**

Feeling safe at home is important at any age, but especially for seniors who want to remain independent. This interactive discussion will focus on home safety techniques and suggestions to keep you safe at home.



**Presenter: Barbara Blackwell, CNS, PT Public Health Coord, Barnstable County**

**F 04/19 10:00– 11:30 am Free**

**Charting Your Solo Journey– Planning for an Independent Future–**

Worried about aging alone? You're not alone. Join the team from estate planning and elder law firm Surprenant & Beneski, P.C. for a free informational session on navigating solo aging confidently. You will learn:

- Why advanced planning is key for solo agers- finances, healthcare and beyond
- Building your personal support team– who you need and where to find them
- Demystifying legal documents– wills, power of attorney and navigating long term care
- Q & A with experienced elder law attorneys– get your specific questions answered

Whether you're single, childless, widowed or simply looking ahead, this session will empower you to take control of your future.

**Presenters: Surprenant & Beneski, P.C.**

**Tu 04/23 2:00– 3:30 pm Free**

**Mindfulness & Art– A Practice of Discovery- Wednesday workshop #3- Visual Arts/ Expressing Feelings with Color**

Registration required for materials

**Presenter: Catherine Pichura**

**W 04/24 1:00 am– 2:30 pm Free**

**The Cape Cod Regional Transit Authority-** This workshop will educate attendees about the different options our public transportation system provides on Cape Cod. There will be a brief video followed by a question & answer period.



**\*\* Information & assistance with signing up for the new GO CARD will be available.**

**Presenter: Mariela Cordero, CCRTA**

**Tu 04/30 2:30– 3:30 pm Free**



# AGING & CAREGIVING TOOLS

## Caregiver Appreciation Day is March 3rd

The day aims to honor, appreciate and thank the selfless caregivers who give their time and effort for those in need. Thank you!

**Communication Tools**– There is a saying “it’s not so much what we say, it’s how we say it” rings true for most caregivers. This discussion will review positive and successful approaches to communicating with the person we are caring for, medical personnel and families.

**Th 03/14 10:00– 11:00 am Whelden Library**  
**M 04/22 10:00– 11:00 am Marstons Mills Library**

## Caregiver Connections-: “After the Care is Over”-

Recovering from loss, rebuilding your life. Join the BCOA for an open discussion about regaining our purpose after being a dedicated caregiver.

**Tu 03/19 10:00– 11:00 am Sturgis Library**

**Caregiving 101-** This program will review the vital parts of caregiving including an overview of Dementia, communication tools, the importance of caregiver self-care and the benefits of contented involvement.

**Th 03/21 10:00– 11:00 am Hyannis Library**

**The Basics of Healthy Aging**– This program will review the many factors which influence healthy aging. While some of these factors, such as genetics, are not within our control, research shows there are many steps you can take to help manage your health, live as independently as possible and maintain your quality of life as you age.

**M 03/25 10:00– 11:00 am Marstons Mills Library**

## Dementia Friend Training– 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!

**W 03/27 10:00 am– 12:00 pm Centerville Library**

**Please check out our new Solo Agers club at your local library-** Gain some resources, make some friends and learn about your Solo Ager Village community! Solo Agers are adults that are making decisions about their future independently. You may be a solo ager if you are...

An individual or couple without children, an individual who never married or had children, an individual living alone since the divorce or death of a partner, an individual or couple whose children or relatives live far away or are estranged

**Th 03/28 10:00 am– 12:00 pm Osterville Library**  
**F 03/29 1:00– 3:00 pm Cotuit Library**

**Importance of Self-care and successful caregiving-** As we all know, on an airplane, the first rule is to put on your oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important and most often forgotten things you should do as a caregiver. When your needs are taken care of, the person you care for will benefit too “Family Caregiver Alliance”

**Th 04/11 10:00– 11:00 am Whelden Library**

**Brain Train: Part 2-** A little fun can go a long way in training our brains. Join the Barnstable COA for a Brain Train class. The class will review memory, fun games to weed out the cobwebs and pointers to understand how your brain ages.

**Tu 04/16 10:00 am– 12:00 pm Sturgis Library**

**What are Important Papers?** The answer to this question may be different for every family. This program will review basic records which your family may need access to. Remember this is the starting place. You may have other information to add.

**Th 04/18 10:00 am– 12:00 pm Hyannis Library**

**Stress Management**– Is the process of acquiring and practicing a variety of cognitive and behavioral techniques with the goal of managing and coping with stress. We will review some coping skills and emotional well-being practices.

**W 04/24 10:00 am– 12:00 pm Centerville Library**

**Finding the Anchors in our community-** Let’s take a look at our community resources for aging in place. The program covers local agencies, SHINE, caregiver needs, nutritional supports and much more.

**Th 04/25 10:00 am– 12:00 pm Osterville Library**

**Come and Share your Story: A person’s life experience is a valued asset to our community.** We welcome you to come and share your story or reminisce about the Town of Barnstable and each village.

**F 04/26 1:00– 3:00 pm Cotuit Library**

**The Barnstable Council on Aging is grateful for Mass Cultural Council and Mid Cape Council for the generous grant, which supports the BCOA Respite music program**

**“Song and Sway”.**

**Thank you for your generosity.**



# 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- 4750, ext. 4765 or [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)

### 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 2:00– 3:00 pm BACC**

**Presenter: Stacey Cullen**

**Mon. 03/04, 03/11, 03/18, 03/25 2– 3:00 pm**

**Mon. 04/01, 04/08, 04/22, 04/29 No 04/15 2– 3:00 pm**

## DESTINATION RESPITE-

We are excited to announce a partnership with the **Dennis Center for Active Living** and their grant funded program, **“Bridge the Gap Collaborative”**. This grant will promote additional respite and caregiving services in Barnstable, Yarmouth and Dennis. We are thankful to be included in the collaborative partnership, as it will afford participants the opportunity to be involved in programming in each of these towns. Please feel free to contact **Stacey Cullen (508)862-4750 ext. 4765** for additional information or questions regarding future expanded programming.

## 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-

<b>2nd Thurs.-</b>	<b>10 am– 12 pm</b>	<b>Whelden Library</b>
<b>3rd Tues.-</b>	<b>10 am– 12 pm</b>	<b>Sturgis Library</b>
<b>3rd Thurs.-</b>	<b>10 am– 12 pm</b>	<b>Hyannis Library</b>
<b>4th Mon.-</b>	<b>10 am– 12 pm</b>	<b>Marstons Mills Library</b>
<b>4th Wed.-</b>	<b>10 am– 12 pm</b>	<b>Centerville Library</b>
<b>4th Thurs-</b>	<b>10 am– 12 pm</b>	<b>Osterville Library</b>
<b>4th Fri.-</b>	<b>1 pm– 3 pm</b>	<b>Cotuit Library</b>



Alzheimer's Family Support  
Center of Cape Cod

## Alzheimer's Family Support Center

### **In- Person Psychoeducational Support Group & Companion Group for People with Cognitive Loss**

**2nd & 4th Thursdays of the month**

**March 14 & 28**

**April 11 & 25**

**1:00– 2:30 pm**

Education is the cornerstone of living well with Alzheimer's and other dementia related diseases. The Alzheimer's Family Support Center will be offering an in-person caregiver support group at the BACC. Companion group for people with cognitive loss will run simultaneously.

All services are confidential & free of charge.

\*\*\*Please call **508-896-5170** or e-mail [info@capecodalz.org](mailto:info@capecodalz.org) for information or to register\*\*\*



## BARNSTABLE COA RESPITE PROGRAM

**\*\*New days and hours\*\***

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-

<b>Wednesday</b>	<b>March 6</b>	<b>11:00 am– 2:00 pm</b>
<b>Monday</b>	<b>March 11</b>	<b>11:00 am– 3:00 pm</b>
<b>Wednesday</b>	<b>March 20</b>	<b>11:00 am– 2:00 pm</b>
<b>Tuesday</b>	<b>March 26</b>	<b>11:00 am– 2:00 pm</b>
<b>Wednesday</b>	<b>April 3</b>	<b>11:00 am– 2:00 pm</b>
<b>Monday</b>	<b>April 8</b>	<b>11:00 am– 3:00 pm</b>
<b>Wednesday</b>	<b>April 17</b>	<b>11:00 am– 2:00 pm</b>
<b>Tuesday</b>	<b>April 23</b>	<b>11:00 am– 2:00 pm</b>

### **Respite care provides caregivers:**

- A chance to spend time with other friends and family, or to just relax.
- Time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor.
- Comfort and peace of mind knowing that their person is spending time with other caring individuals.

### **Respite care services give participants an opportunity to:**

- Interact with others having similar experiences.
- Spend time in a safe, positive and social environment.
- Participate in activities designed to match personal abilities and needs.

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

For more information, please contact Stacey Cullen at **(508)862-4750 ext. 4765** or [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)


# MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>BROWN BAG</b>  12:00 pm Movie
				
4 9:00 am– iPad, iPhone class begins 1:00 pm– Movie 2:00 pm– Music & Movement	5 10:00 am– Bring an Idea to Written Words Workshop 11:30 am– Senior Dining 1:00 pm– BC/BS Dental Talk	6 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 11:30 am– Senior Dining 1:00 pm– LGBTQ Support Group begins	7 10:00 am Hoarding Support Talk 11:30 am– Senior Dining 2:00 pm– Painted Scarves	8 12:00 pm– Movie  <b>Remember– Daylight Savings– Spring Forward Sunday 03/10</b>
11 10:00 am– State Rep. Kip Diggs 11:00 am– BCOA Respite 1:00 pm– Movie 2:00 pm– Music & Movement	12 No Senior Dining 12:00 pm– St. Patrick’s Day Luncheon	13 9:30 am– Veterans Cafe 9:30 am– ES caregiver Support Prog 10 am– Hearing Clinic 11:30 am– Senior Dining 1:00 pm– VNA Grief Support Group 1:30 pm– Sea Capt/ Whaling Talk	14 10:00 am– BCOA at Whelden Library 11:00 am– Sight Loss Support Group 11:30 am– Senior Dining 1:00 pm–Alz. Family Support & Comp Groups 1:00 pm– FRANKLY Speaking– Ireland Talk	15 10:00 am– Computer Essentials Class 12:00 pm Movie 1:00 pm– Boxes: The Secret Life of Howard Hughes Talk
18 1:00 pm Movie 2:00 pm– Music & Movement	19 <b>9:00 am BP Clinic</b> 11:00 am– BCOA Respite 11:30 am– Senior Dining 10:00 am– BCOA at Sturgis Library  <b>First Day of Spring</b>	20 9 am COA Board Mtg 10:30 am FBCOA Mtg 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 11:30 am– Senior Dining 1:30 pm– RMV Talk	21 10:00 am– BCOA at Hyannis Library 10 am– Joint Vet’s Talk 11:30 am– Senior Dining 1:00 pm– Disease, Reversal, Hope Talk 1:00 pm– Brain Healthy Cooking– Quiche 2 pm– Ukulele Concert	22 10:00 am– Body Mechanics Talk 12:00 pm– Movie
25 10:00 am– BCOA at Marstons Mills Library 1:00 pm–Movie 2:00 pm– Music & Movement	26 11:00 am– BCOA Respite 11:30 am– Senior Dining 1:30 pm– Town Sewer Expansion Talk	27 9:00 am– Coffee with Barnstable PD 9:30 am– ES Caregiver Support Prog 10 am– BCOA at Centerville Library 11:00 am Journaling Workshop 11:30 am– Senior Dining 1:30 pm– Wood Block Painting Class	28 10:00 am– BCOA at Osterville Library 11:30 am– Senior Dining 1:00 pm– Alz. Family Support & Comp Groups 2:00 pm– Getting Golf Ready	29 10:00 am– Paul Revere Talk 10:00 am– BCOA at Cotuit Library 12:00 pm– Movie 

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



# APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>April is Volunteer Appreciation Month</b></p> 	<p><b>2</b></p> <p>11:30 am Senior Dining 1:30 pm– Dark Origins of Nursery Rhymes</p>	<p><b>3</b></p> <p>9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 11:30 am– Senior Dining</p>	<p><b>4</b></p> <p>11:30 am– Senior Dining 1:30 pm– Essential Oils</p>	<p><b>5</b></p> <p><b>BROWN BAG</b></p>  <p>12:00 pm Movie</p>
<p><b>8</b></p> <p>10:00 am– State Rep Kip Diggs 10:00 am– Computer Essentials Class begins 11:00 am– BCOA Respite 1:00 pm– Movie 2:00 pm– Music &amp; Movement</p>	<p><b>9</b></p> <p>11:30 am– Senior Dining 1:30 pm– MLB Opening Day Cafe</p> 	<p><b>10</b></p> <p>9:30 am– Veterans Cafe 9:30 am– ES Caregiver Support Prog 10:00 am– Hearing Clinic 11:00 am– Drumming Workshop 11:30 am– Senior Dining 1:00 pm– VNA Grief Support Group</p>	<p><b>11</b></p> <p>10:00 am– BCOA at Whelden Library 11 am Sight Loss Support 11:30 am– Senior Dining 1:00 pm– Alz. Family Support &amp; Comp Groups 2:00 pm– Advanced Golf Fitness 2:30 pm– Flim– Flam Singers Concert</p>	<p><b>12</b></p> <p>12:00 pm Movie 1:30 pm– Fire Safety/ Lithium-ion Batteries Talk</p>
<p><b>15</b></p> <p><b>BACC closed in observance of Patriots' Day</b></p>	<p><b>16</b></p> <p>10:00 am– BCOA at Sturgis Library 11:30 am– Senior Dining 1:00 pm– FRANKLY Speaking– Titanic Talk</p>	<p><b>17</b></p> <p>9 am COA Board Mtg 10:30 am FBCOA Mtg</p> <p>9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 11:30 am– Senior Dining</p>	<p><b>18</b></p> <p>10:00 am– BCOA at Hyannis Library 11:30 am– Senior Dining 1:00 pm– Scam Talk w/ BPD</p>	<p><b>19</b></p> <p>9:30 am– Caregiver Connections 10:00 am– Home Safety Talk 12:00 pm Movie</p> 
<p><b>22</b></p> <p>10:00 am BCOA at Marstons Mills Library 1:00 pm Movie 2:00 pm– Music &amp; Movement</p>	<p><b>23</b></p> <p><b>9:00 am BP Clinic</b> 11:00 am– BCOA Respite 11:30 am– Senior Dining 2:00 pm– Charting your Solo Journey</p>	<p><b>24</b></p> <p>9:30 am– Veterans Cafe 9:30 am– ES Caregiver Support Prog 10:00 am– BCOA at Centerville Library 11:30 am– Senior Dining 1:00 pm– Visual Arts Workshop</p>	<p><b>25</b></p> <p>10:00 am– BCOA at Osterville Library 11:30 am– Senior Dining 1:00 pm– Alz. Family Support &amp; Comp Groups</p>	<p><b>26</b></p> <p>12:00 pm– Movie 1:00 pm– BCOA at Cotuit Library</p>
<p><b>29</b></p> <p>1:00– Movie 2:00 pm– Music &amp; Movement</p>	<p><b>30</b></p> <p>11:30 am– Senior Dining 2:30 pm– CCRTA Talk</p>			

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

# VOLUNTEER OPPORTUNITIES

## Thank You to All Volunteers!

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

April is National Volunteer month, a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes.

The staff at the BACC want to give a BIG thank you to all of the volunteers who have assisted us throughout the year!

We thank all of our Brown Bag volunteers who assist monthly and the Cape Abilities staff and clients who deliver faithfully. We thank our Respite program volunteers, our Thrive mailing crew, our Turkey Trot delivery drivers, our dedicated SHINE volunteers and the hard working AARP Tax Prep volunteers. We thank the Steering Committee and the volunteers of the Barnstable Neighbor 2 Neighbor program. Thank you to Cape Cod Beer and their patrons for their time and generosity sponsoring the Cape Cod Santa for a Senior program. We thank the Friends of the BCOA and the COA Board for their valued ongoing support.



**We couldn't do it without you all!**

We would love for you to consider volunteering with our COA Board, Friends of the BCOA, Meals-On-Wheels, Barnstable Neighbor 2 Neighbor or right here at the center with the many events and services (SHINE, AARP Tax-Aide) we provide. Please call Jen Fratus at (508)862-4750 ext. 4752 to find out more about volunteering opportunities.

### Elder Services needs volunteer Meals On Wheels drivers.



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

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

Volunteer once a week, or serve as a substitute/fill-in driver, as needed.

Volunteer on your own, partner with a spouse or friend, or adopt a route with your group or business.

Training is provided and mileage reimbursement is available.

Please contact Dawn Ericson-Taylor, Volunteer Resource Center Manager, 508-394-4630, ext 530 or [dawn.ericson-taylor@escci.org](mailto:dawn.ericson-taylor@escci.org) to learn more about this rewarding opportunity.

### 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 assistance, with volunteers who will provide those services.

Our members receive services such as transportation, light household and yard work, grocery shopping, running errands, socialization 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](http://www.barnstableneighbor.org) if you are interested in joining BN2N as a member or a volunteer, or call us at (508)418-9220.

### Looking for a great way to serve your community?

#### AARP Foundation Tax-Aide Needs Volunteers!

Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP Foundation 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 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, Tax-Aide needs volunteers to contact, greet and check-in clients; assist with administrative tasks; or to help manage technology. All volunteers get training and support to learn the necessary skills and procedures. AARP membership is not required. Training begins in early December and tax preparation begins the first week of February through mid-April. Interested in more information? Please e-mail us at [TAVolunteer18@gmail.com](mailto:TAVolunteer18@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 many Medicare beneficiaries on Cape Cod and the Islands. Volunteers participate in a 10-day training and must pass a state certification test annually. To meet the needs of our communities you may be asked to serve in an area other than where you live.

For more information, please call Kristina Whiton-O'Brien at 774-243-2953



**Volunteers do not necessarily have the time;  
they just have the heart -Elizabeth Andrew**

# COMMUNITY RESOURCES



**Real People.  
Real Weight Loss**

**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.**



**Cape Wellness**  
COLLABORATIVE

**Cape Wellness Collaborative helps those fighting cancer feel better.**

Cape Wellness Collaborative offers free-of-charge integrative wellness therapies and support for anyone in our community facing cancer. Integrative therapies to manage pain and nausea, reduce anxiety and increase well-being during their illness, such as acupuncture, massage, energy work, yoga, nutritional counseling and more are often not covered by insurance. CWC connects people facing cancer directly with local practitioners who provide those therapies, and they cover the cost.

**(774)408-8477 Mon, Tues & Fri 10 am– 2 pm**  
436b Station Ave., South Yarmouth

## 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 Seniors/ Disabled \$1.00, Adults \$2.00

**Free fare Wednesdays for Seniors over 60**

**Free fare Fridays for Everyone**

**Dial –A– Ride Transportation (DART)**- Door to door ride 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



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

## LGBTQ Links



### Things To Do in March-

**Thurs. 03/21- Rainbow Rally Dinner**– Celebrate Spring with a dinner at the First United Methodist Church, located at 569 Main St., Chatham, 5:00- 7:00 pm. Event is free, but donations welcome.

**Wed. 03/27- How Does the Spring Season Influence Change?** A journaling workshop led by Tina Games, certified creativity coach & journal writing facilitator. 2:00– 3:30 pm.

**Thurs. 03/28- LGBTQ+ Documentary Series**, Featuring: Paris is Burning (1990). 2:00– 4:00 pm

**Call the Chatham Center for Active Living at (508)945-5190 to register. All events sponsored by Elder Services of Cape Cod & the Islands.**

**\*\*NEW- Life Changes Support Group– LGBTQ Senior Series**– Change is hard, but a part of life and unavoidable. In this group, we will learn to make these changes less painful and learn that some changes are necessary for us to adapt and grow. **See full description with dates and times on page 10.** Wednesdays in March from 1:00– 3:00 pm. Four week group led by Diane McCarthy.

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](http://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](http://www.pflagcapecod.org)**

**The LGBT Aging Project** is a great resource for health information: **[www.fenwayhealth.org](http://www.fenwayhealth.org)**

The **Lower Cape LGBTQ Seniors** 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. 508-255-6333 or at [jwilson@town.orleans.ma.us](mailto:jwilson@town.orleans.ma.us)

**Volunteers Needed**– The Orleans COA has lost many of their LGBTQ group volunteers. They really need volunteers to help greet and check people in at events, help set-up and serve food and help break-down. Without volunteers they have to limit their activities as these are “after hours” events and their staff needs help. If interested, please call Orleans COA Program Coordinator, Lillian at 508-255-6333 ext. 14, or e-mail her at [lparnell@town.orleans.ma.us](mailto:lparnell@town.orleans.ma.us).

**See SUPPORT GROUPS page 28**



# COMMUNITY RESOURCES



## 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

## The 988 Suicide & Crisis Lifeline

Provides 24/7 service via toll-free hotline with the number **9-8-8**

## 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:** Elder Hotline helps older adults with a range of issues, and is open Monday-Friday 10am-4pm. 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.

**Wednesdays between 9:00– 10:00 am are reserved for customers over age 65 who need a license or ID transaction.**

**A reservation is required.**

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

**DHS has extended the REAL ID full enforcement date from May 3, 2023 to May 7, 2025.**

Beginning May 7, 2025, air travelers 18 years of age and older will need a REAL ID compliant Driver's License or ID, or another TSA- acceptable form of identification, for domestic air travel and to enter certain federal facilities.

Learn more at: [www.dhs.gov/real-id](http://www.dhs.gov/real-id)



## Representative Kip Diggs-



In order to provide better access, Massachusetts State Representative Kip Diggs will be at the BACC on the third Monday of each month from 10:00 am– 12:00 pm. (4th Mon due to holidays) Please stop by to address any questions or concerns or to just talk.

**Mon. March 11 & April 8  
10:00 am– 12:00 pm**

## Blood Pressure Clinic

The third Tuesday of each month

**March 19 &  
April 16  
9:00 am– 11:00 am**



## MEALS & NUTRITIONAL SUPPORT:

**Barnstable COA– Brown Bag Program-** For information, call Kerri Pasquerella at (508)862-4750, ext. 4759

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

**Cape Cod Hunger Network-** For local nutritional support, [www.capecodhungernetwork.org](http://www.capecodhungernetwork.org)

**Cape & Island 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

## Senior Dining is available on Tuesday, Wednesday & Thursday

from 11:30 am– 1:00 pm

Call **Carol at 508-790-2746** to register

**Sign up for a program or activity around lunch time and stay for lunch.**

**Tues. 03/12 lunch is canceled due to event**

# SHINE | MEDICARE



## Medicare Advantage Plans Open Enrollment Period (MA OEP): For Part C– runs January 1st– March 31,

with coverage effective the first of the month after change

### What can I do?

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can drop your Medicare Advantage Plan and return to Original Medicare. You will also be able to join a separate Medicare drug plan.

### What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare.

**Note:** If you enrolled in a Medicare Advantage Plan during your initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first 3 months you have Medicare.

(**Note:** "Original Medicare" is Part A (hospital) and Part B (doctors) and optional Part D (drug plan))



## Medicare Savings Programs

There are several programs under the MassHealth umbrella. **MassHealth Standard** is for those with very low income. If over 65, income of less than \$1,133/ month and \$2,000 asset limit. If a couple, income of less than \$1,526/ month and \$3,000 asset limit.

### Medicare Savings Programs, otherwise called Buy-In Programs in Massachusetts.

**MassHealth Senior Buy-In (QMB)**– Income of less than \$2,309/ month for individual and \$3,123/ month for a couple. With asset limit of \$18,180 for individual and \$27,260 for a couple.. Senior Buy-In assists with paying Medicare A and B premiums, deductibles and copays with automatic full extra help with prescription costs.

**MassHealth Buy-In (SLMB, QI-1)**- Income of less than \$2,734/ month for individual and \$3,698/ month for a couple. With asset limit of \$18,180 for individual and \$27,260 for a couple. Buy-In assist with paying Medicare B premium and automatic full extra help with prescription costs.

If your income and assets are below these limits, a Medicare Savings Program may indeed save you money. One way these programs save money is by paying your Medicare B premium for you; thus the Social Security income you receive monthly would be higher. You need to complete one of two applications and send to MassHealth for them to determine you qualify. You may want to meet with a SHINE counselor to explore these programs further.

## Prescription Advantage-

Each year thousands of Medicare beneficiaries reach a **gap** in their Medicare prescription drug plan that is often referred to as the **"donut hole"**.

If you reach the gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state– sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 am– 5:00 pm or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org)

### Helpful telephone numbers and websites:

Medicare  
[www.medicare.gov](http://www.medicare.gov)  
800.633.4227

MassHealth- 800-841-2900

SHINE– Barnstable County Office 508-375-6762

### Social Security-

[www.ssa.gov](http://www.ssa.gov)

800-772-1213

Local Office–

100 Independence Dr., Ste 4, Hyannis 866-467-0440

### Prescription Advantage-

[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

800.243.4636

**As April is National Volunteer month, we again send out A BIG Thank You to our dedicated volunteer SHINE counselors here at the BACC.**

**Frank, Hector, Jay, Judy, Kathy, Melissa and Peter**

**So greatly appreciated!**

**Are you turning 65, thinking about retiring or have an issue with your current Medicare coverage.**

**Please call Jacqi Easter at (508)862-4750 ext. 4757 to schedule an appointment.**

# SUPPORT SERVICES / OUTREACH

**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. (See page 20)

**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) Call Stacey Cullen at (508)862-4750 ext. 4765



**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. 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 23)

**Health Insurance Counseling/ SHINE**- The SHINE Program is for people who have 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 21)

**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 (3) days of mail in the box, please notify the Barnstable Council on Aging". By putting this sticker in your box you are adding an extra set of non-invasive eyes watching out for you. If we receive a call from a mail carrier and are unable to make contact with you a call will be placed to the police for a well-being check. Call Kerri Pasquerella at (508)862-4750 ext. 4759



**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 23)

**Telephone Reassurance Program**- Families are living so far away now, wouldn't it be nice to have someone check on you just in case. 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. Should you not answer the morning call after a couple of tries, we will send an outreach worker to your home to check on you and will follow up with a request for a well-being check, if necessary. Call Kerri Pasquerella at (508)862-4750 ext. 4759

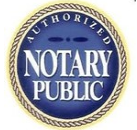


## Bridging the Digital Divide

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 Kerri Pasquerella**, Caregiver & Support Services Coordinators for assistance.



## We are now offering limited Notary Public services



Be prepared for your Notary Public visit-

- Bring a valid, government issued photo ID
- The unsigned documents; you need to sign them with the notary present

Please call Kerri Pasquerella at **(508)862-4750 ext. 4759** to schedule an appointment, as hours are limited.

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

## 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 Kerri Pasquerella at **(508) 862-4750, ext. 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. in Centerville. **Their contact number is (774)552-2199.**



# SUPPORT SERVICES / OUTREACH



**Attention MassHealth members age 65 or older-  
Important MassHealth Redetermination info-  
Act now. Stay covered.**

**When continuous coverage requirements ended on April 1, 2023, MassHealth returned to their standard annual eligibility renewal processes.**

1. Update your address with MassHealth by calling MassHealth Customer Service at 800-841-2900 (TTY:711)
2. Look out for all mail that could be from MassHealth, especially a large blue envelope with a renewal notice.
3. Respond to MassHealth by the listed deadline on your notices; if you missed a deadline, call MassHealth at 800-841-2900 (TTY: 711) to learn about your health coverage options.

**MassHealth Customer Service - 800-841-2900**

## **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 FY24 can be filed until April 1, 2024.**

**The following documents are needed when applying-**

Birth Certificate (only for first timers)

### **Proof of Income-**

Social Security benefit statement 2022

Federal Income Taxes 1040 for 2022, if filed

Pension statements (1099 form)

All Interest and/ or Dividends statements (1099 form)

Any wages, salaries or income earned in 2022.

Bank statements\*- for all accounts

**\*Must have Dec. 2022 bank statement (or Nov/ Dec 2022 statement) to show interest earned for year, for each account**

### **Proof of assets-**

Bank statements\*- for all accounts

**\*Must have July 1, 2023 bank statement (or June/ July 2023 statement) to show balance on July 1, 2023, for each account**

All Stocks & Bonds statements (must have 07/01/23 date)

CD's and/ or Certificates (must have 07/01/23 date)

Any Real Estate owned other than primary residence.

Please call Kerri Pasquerella at **(508)862-4750 ext. 4759**, with any questions or to schedule an appointment.

## **The Barnstable Silver Alert Program-**

The Silver Alert Program provides the Barnstable Police Department with vital information about potential "at risk" residents in the Town who may wander or may have the potential for getting lost. Please contact Caregiver/ Support Services Coordinator **Stacey Cullen** at (508)862-4750 ext. 4765, for additional information.



**NATIONAL ELDER  
FRAUD HOTLINE  
1-833-FRAUD-11  
1-833-372-8311**

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.

**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. **New applications are available and can be filed until April 30, 2024.**



**The following documents are needed when applying-**

### **Proof of income for every person in home-**

Social Security benefit letter 2023

Any pension statement

Interest and/ or Dividends statements

Wages

Any other income

If Self-employed- 2022 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 Kerri Pasquerella at **(508)862-4750 ext. 4759**, with any questions or to schedule an appointment.



# CLUBS | VETERANS SERVICES

## CLUBS-

### Artists

Fridays, 9:00 am-12:00 pm

### 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

### 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, crochet, or sew? Our group works on items that are sold to help older people in need under the auspices of the Friends of the Barnstable Council on Aging. Fridays, 1:00- 4:00 pm.

### Talkin' Sports

Tuesdays 10:00 am

### Woodcarvers

Wednesdays 9:00 am– 12:00 pm

***New participants always welcome***



VETERANS  
OUTREACH  
CENTER  
-CAPE & ISLANDS-

## Veterans Outreach Center Rendezvous Café at BACC

March 20  
April 17  
9:30– 11:00 am

The 3rd Wednesday of each month  
Contact **Barbara-Anne Foley at CIVOC**  
**(774)237-3349 to register**

**March 29th is National Vietnam War Veterans Day  
A Grateful Nation Thanks & Honors You!**

## 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 Tuesday of each month 9:00 am– 1:30 pm.

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

**Veteran's Crisis Hotline:** (800)273-8255

**The Cape & Islands Veteran's 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. Contact Barbara-Anne Foley, Outreach & Programs Manager at (774)237-3349.

**Transportation to Veterans** (with a true need and no vehicle of their own) by appointment with 48 hours (2 business days) notice given.

Request a ride (508)778-1590, ext. 9.

Contact Barbara-Anne Foley, Outreach & Programs Manager at (774)237-3349.

**Food Distribution**—weekly on Thursdays from 9:00 am– 6:00 pm at the CIVOC location at 223 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.

**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. Contact Greg Quilty at (508)778-8740.

**Steven G. Xiarhos**, State Representative, Gold Star Father— e-mail at [STEVEN.XIARHOS@MAHOUSE.GOV](mailto:STEVEN.XIARHOS@MAHOUSE.GOV)



**Do you play the guitar?** Would you be interested in playing for a couple of hours weekly with other individuals for fun in order to learn, encourage and support each other? Please call Samantha at the front desk **(508) 862-4750** and leave your name and number.

# HAPPENINGS AROUND TOWN & FYI...

## Hyannis Youth & Community Center 141 Bassett Lane, Hyannis



**BARNSTABLE  
RECREATION**



### Hyannis Youth & Community Center

**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.



## The Cape Cod RTA is goin' your way

**With a special announcement for  
our friends over 60 and people  
with disabilities**

Starting February 1st, all eligible passengers will enjoy **FREE** fares on all our fixed routes throughout the Cape! If you are 60 or over or have a disability you must have the new **Go Card** or current reduced fare **Charlie Card** to get this special fare. Cape Cod RTA fixed route buses are accessible and our friendly drivers await you.

**(800)352-7155 | CapeCodRTA.org**



**FC Affordable Connectivity Program  
ACP Wind-Down**

### **The FCC has begun taking steps to wind down the Affordable Connectivity Program (ACP)**

Starting on 02/08/2024, ACP applications and enrollments will no longer be processed.

Households that are currently receiving the monthly internet discount will continue to do so until the ACP funds run out, which is projected to be April, 2024.

After the ACP funds run out (projected to be April, 2024), participating households will no longer receive the ACP discount and monthly bills will increase.

ACP households may switch their internet plans without penalty.

Any questions, contact the ACP Support Center at  
**877-384-2575**

## Town of Barnstable Yearly Census



The 2024 Census Forms were mailed to each Town household the beginning of the new year.

This information gathered is very important to the Town. Residents are encouraged to review, update, sign and return forms, as soon as possible. Even if there are no changes to your information, the form needs to be returned to the Town Clerk's office. For your convenience, you can drop your completed form at the BACC and we will deliver to the Clerk's Office for you.

### BEACH STICKERS 2024-

Below are the options by which you can obtain a 2024 Parking Permit. Please be advised that Parking Permits are no longer being issued in person. **However, permit applications are available at the Hyannis Youth & Community Center (HYCC) and the BACC, if you are unable to print the application.**

**Online:** Beach stickers may be purchased online by logging into <https://barnstablema.viewpointcloud.com/categories/1089> and following the instructions to purchase your permit(s).

**By Mail:** Mail-in applications can be downloaded from townofbarnstable.us the link: <https://www.town.barnstable.ma.us/Departments/Recreation/Beach-Stickers.asp>

**Drop Box:** Completed forms can be placed in the drop box located outside the front door of the HYCC or at the BACC front desk. As noted, permit applications may be picked up at the HYCC or the BACC.

### Things to Do-

**Cape Cod Irish Festival.-** Cape Cod Irish Village at The Emerald Resort & Conference Center, 35 Scudder Ave., Hyannis. Friday 03/08, 5:00 pm– Sunday 03/10, 11:00 pm



**19th Annual Yarmouth St. Patrick's Day Parade-** South Yarmouth, Sat. 03/09, 11:00 am– 2:00 pm

**Hyannis Rotary Home, Garden & Lifestyle Show-** Hyannis Youth & Community Center, 141 Bassett Ln., Hyannis, Sat. 03/23, 9:00 am– 4:30 pm

**Cape Cod Symphony Orchestra-** "Better Together", Barnstable Performing Arts Center, 744 Main St., Hyannis, Saturday 04/06 at 7:30 pm & Sunday 04/07 at 3:00 pm. From \$32+ for adults and \$16+ for students

**Heritage Museums & Gardens Opening Day-** 67 Grove St., Sandwich. Sat. 04/20. Opening day at Heritage Gardens is a sure sign that winter is finally over and a great way to say welcome to Spring. Adults \$22, Youth (3-17) \$12, Children 2 & under Free, members free.

# SUPPORT SERVICES & GROUPS

## SUPPORT SERVICES & GROUPS

**Al- Anon Family Groups**, [al-anon.org](http://al-anon.org)

**Alcoholics Anonymous**, [aa.org](http://aa.org)

**Alzheimer's Family Support Center of Cape Cod (AFSC)**, 2095 Main St., Brewster Help families navigate the complexities and challenges they face across the span of these diseases, while providing a research- based family and community- centered social model at no cost. AFSC offers 40+ support groups for caregivers, people living with dementia diseases and bereavement groups. **508-986-5170**

**American Parkinson Disease Assoc. Cape Cod Virtual Support Group**, This group designed for people with Parkinson's and care partners. 3rd Wednesday of the month, 10- 11:15 am. Registration is required. **Contact Jeanne at 508-367-4267** or e-mail [jahjackson@comcast.net](mailto:jahjackson@comcast.net)

**Bereavement Support Group**, Provides a positive, nurturing, confidential setting to learn ways to manage and cope with loss. Facilitated by experienced **VNA Hospice** bereavement professionals. Meets at BACC second Wednesday of month 1- 2:30 pm. See schedule for additional dates at [capecodhealth.org](http://capecodhealth.org)

**Cancer Support Groups/ Cape Cod Healthcare**, When fighting cancer, personal support gives you strength and helps you heal. The survivorship program at Cape Cod Healthcare provides emotional and psychological support to you and your family. With a variety of classes and support group opportunities. **Contact: Judi Pregot at 508-862-5302 or capecodhealthcare.org**

**Cape & Islands Veteran's Outreach Center (CIVOC)**, 247 Stevens St., Hyannis. Connecting veteran's and their families to comprehensive and life- sustaining services and support. Contact Barbara - Anne Foley, Outreach & Programs Manager **774-237-3349**

**Cape Cod Intergroup- AA**, Primary purpose to stay sober and help other alcoholics to achieve sobriety. [capecodaa.net](http://capecodaa.net) Hotline- **508-775-7060**

**Cape Cod Mended Hearts**, Inspiring hope and improving the quality of life for heart patients and their families through on-going peer to peer support. 3rd Thursday of month at YMCA in Hyannis via Zoom or in person 6:45- 8:15 pm. For additional information [www.capecodmendedhearts.com](http://www.capecodmendedhearts.com)

**Cape Cod Neighborhood Support Coalition- Grandparents & Kinship Parenting**, Cape Cod Neighborhood Support Coalition offers services to help Grandparents feel supported in bringing up their grandchildren, as well as others who are in a Kinship role. They offer support groups and confidential conversations to discuss the challenges a Grandparent/ Kin- parent may be facing. **508-771-4336** Leave a message and they will reach out to you or e-mail at [familysupport@capecoalition.com](mailto:familysupport@capecoalition.com)

**Cape Cod Vet Center**, 474 W. Main St., Hyannis, Readjustment counseling for Veteran's and their families. **508-778-0124**

**Compassionate Care ALS**, 17 Chase Rd., Falmouth. **508-444-6775** or information online at [info@ccals.org](mailto:info@ccals.org)

**Elder Services of Cape Cod & Islands, Caregiver Support Group**, At the BACC, Wednesdays from 9:30-10:30am Register by calling Laura Cheesman at **508-394-4630 X451**

**Grandparents Raising Grandchildren Support Group**, Cape Cod Family Resource Center, 29 Bassett Ln., Hyannis. Meets the third Tuesday of each month 5:00- 7:00 pm with facilitator Kerry Bickford. This group provides a supportive environment for all grandparents and kin who play a role in raising their grandchildren. Dinner & child care is provided. Registration is required. **508-815-5100**

**Grieving Grandparents**, Monthly support for grandparents who have experienced the loss of a loved one to addiction. This group is a safe place to share your feelings and experiences with others who understand how you feel. First Thursday at 5:30 pm & Third Monday at 12:00 pm. Facilitated by Kerry Bickford, Grandparent Peer Grief Specialist. Peer Support Community Partners. Please e-mail: [kerry@peersupportcommunitypartners.com](mailto:kerry@peersupportcommunitypartners.com) for Zoom link.

**Independence House**, Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence. 160 Bassett Ln., Hyannis. Office 508-771-6507 ext. 230 24-hour Hotline: 800-439-6507

**LGBTQ Grief Support Group**, A free 8- week LGBTQ Grief Group, co-sponsored by Helping Our Women and Sharing Kindness. An in-person support group for members of the LGBTQ community who have experienced the loss of a loved one at any time in their life. Meets in Eastham. Registration is required. Please contact Ella at **508-487-4357** for more information.

**Nathan's Circle**, For adults who have experienced the loss of a loved one to addiction. Sponsored by the Cape Cod Neighborhood Support Coalition. **Contact: Kerry Bickford at 508- 771-4336** Online first and third Wednesday of the month.

**National Suicide & Crisis Lifeline: Dial 988**

**New England Region Narcotics Anonymous**, [nerna.org](http://nerna.org)

**Overeaters Anonymous**, [capecodaa.org](http://capecodaa.org) or [oa.org](http://oa.org)

**PFLAG Cape Cod Support for LGBTQ+ People & Families** Support group for parents, families, allies and members of the LGBTQ+ community. Anyone over 18 is welcome. In-person in Brewster- third Monday of month 7:00- 8:00 pm, First Parish Brewster UU Church Virtual via Zoom- first Monday of month 7:00- 8:00 pm website: [pflagcapecod.org](http://pflagcapecod.org)

**Samaritans on Cape Cod & Islands**, Caring and compassionate listeners dedicated to helping people contemplating suicide or personally affected by suicide. **Local Crisis Hotline: 508-548-8900** or e-mail [info@capesaritans.org](mailto:info@capesaritans.org)

**Sepsis Alliance Connect** Free monthly virtual support group meetings for anyone affected by sepsis, including survivors, family/ friends, caregivers and those who have lost a loved one. [www.sepsis.org](http://www.sepsis.org)

**Sight Loss Services, Inc. Cape Cod & Islands** Call **508-394-3904** or e-mail [info@sightloss.org](mailto:info@sightloss.org)

**Transgender Social Support Group**

Open to trans, non-binary, questioning and other gender diverse- identified people ages 18 plus. Online first and third Wednesday of the month, 5:30-7pm **Contact: Ann at [aburke@fenwayhealth.org](mailto:aburke@fenwayhealth.org)**

# HAPPENINGS AROUND THE BACC

## Solo Aging-

### Worried about aging alone? You're not alone-

Solo agers are adults who are facing a future of aging alone. These adults may include individuals or couples without children, people who never married, individuals who lost a spouse to divorce or death and people who are estranged from their children or live far away from them. Some individuals do not intend to age alone but still find themselves navigating senior life as a solo ager. The best way to make the most of life as an independent older adult is to plan for your home, finances, medical needs, and social community *before* your health declines. If you're looking forward to aging alone and independently, set yourself up for success by creating a plan with these facets in mind.

- **Location:** Where will you live? Would you like to age in place or move to a new community with extra support, such as a continuing care retirement community. It is suggested that you should begin any search in your 70's but be where you want to live out your life by age 85.
- **Home Modification:** If you decide to age in place, will your home be able to accommodate your needs? Will you need to add modifications to make your house more accessible?
- **Financial Planning:** Will your financial situation support the lifestyle you have in mind as a solo ager. Will you be able to afford care if you need it?
- **Legal Planning:** Seek the advice of preferably an Elder Law Attorney. Do you have an Advance Directive or Financial Power of Attorney (POA)? A POA will oversee your decisions and estate if you are not able to do so yourself. If you have a pet or someone you are supporting, you will need a Will or a Trust that documents how they will be provided for should you die before they do.
- **Medical Planning:** Are there any health conditions that run in your family that you should plan for? Do you have someone (a friend or attorney) who can act as a healthcare proxy?
- **Social Life:** Are you in any clubs or organizations where you can build strong support systems as you navigate life as a solo ager? Having close relationships with friends is important to remain emotionally healthy as you age.

**Please join us on Tuesday April 23 at 2:00 pm for a free informational session on navigating solo aging confidently presented by the team from estate planning and elder law firm Surprenant & Beneski (See pg. 13)**

## A Novel Idea...



### Reading books can lengthen your lifespan, study finds.

A 2016 study published in the journal *Social Science & Medicine* found reading books can reduce mortality by up to 20%. According to the researchers, "any level of book reading gave a significantly stronger survival advantage", particularly for adults 65 and older who "redirect leisure time" from watching tv into reading books.

'A Novel Idea'... starting this issue and going forward, we will be offering book recommendations provided by staff from our local libraries. Happy Reading!

The River We Remember by William Kent Krueger (Sturgis)

The Blue Zones Secrets for Living Longer: Lessons from the Healthiest Places on Earth by Dan Buettner (Cotuit)

First Edition Library Mysteries Series (3books) by Marty Wingate (Whelden)

Remarkably Bright Creatures by Shelby Van Pelt (Osterville)

Goodbye Winter, Hello Spring by Kazuo Iwamura (Hyannis) (Intergenerational book for grandparents and grandchildren)

Arc of a Scythe Series by Neal Shusterman (Sci-Fi) (Centerville)

Sea of Tranquility by Emily St. John Mandel (Si-Fi) (Marstons Mills)

**Visit your local library today! Staff members are always available to provide reading recommendations if you need assistance.**



On the Cover- 'Blue Skies Ahead'... is an English idiom meaning that **everything is good or one's future looks promising.**  
**Happy Spring!**

The **My Barnstable app** is a great source of information for town news, events and service interruptions and updates and important links to the town's website.

To download the free app, go to the Apple App Store or Google Play Store and search "My Barnstable" to find the app.







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

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**Monday Movies-** Join us on **Mondays**– March 4th through April 29th at 1:00 pm. (BACC is closed on Monday 04/15) List of movies are posted at the BACC or call Samantha at (508)862-4750 to see what is showing.

**Friday Classic Flix-** **They don't make them like they used to!** Join us on **Fridays**– March 1st through April 26th at 12:00 pm.

Thank you Roger, for your continued dedication to organizing the Friday Flixs!

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



### **Water Flushing Program-**

Throughout the months of March to June (weather permitting) our local Water Departments will be flushing water mains. Flushing will take place between the hours of 8:00 am and 4:00 pm, Monday through Friday. Flushing signs will be posted in the areas of work. During the flushing operation, customers may notice a temporary discoloration of their water and fluctuations in water pressure. Customers are encouraged to refrain from drawing water (such as laundry) when flushing is being conducted. Customers are also encouraged to set aside water for drinking and cooking purposes and after flushing in your area check the water clarity before using. **Wait until 4:00 pm and run your cold water.** Running the cold water only through a high-volume faucet such as a bathtub for a few minutes should clear the lines. Any questions should be directed to your local Water Department.



**Hyannis (508)775-0063    Cotuit (508)428-2687**  
**COMM (508)428-6691    Barnstable (508)362-6498**