

# THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER

*Happy  
Holidays*



## November/ December 2025

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**As you sail into the new year, do so boldly and with enthusiasm.**



# CENTER INFORMATION

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**NOVEMBER/ DECEMBER 2025**

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

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

**Phone: 508-862-4750**

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

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

**CONSTANT CONTACT-** Stay connected with the happenings at the BACC. Sign up for Constant Contact today and receive e-mails keeping you in the know for special events and happenings. Contact **Maureen Vetter** at **(508)862-4750 ext. 4754** or e-mail **[Maureen.Vetter@town.barnstable.ma.us](mailto:Maureen.Vetter@town.barnstable.ma.us)**

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

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

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



**“Learn from yesterday, live for today,  
hope for tomorrow.”**

*- Albert Einstein*



# MESSAGE FROM THE DIRECTOR, KELLY HOWLEY



Hello All,

The Fall is in full swing here on the Cape and even as the colors fade, it is a great time to venture out and enjoy the fun things our area has to offer this time of year! Things are bustling here at the center with many unique program offerings, exercise classes, lectures and events. Open enrollment is a busy time of year here at the center and we have already assisted with connecting a record number of patrons with SHINE (Serving the Health Insurance Needs of Everyone) appointments. Our Outreach services are also here to assist with Respite and Caregiver programs, Fuel Assistance, Technology Support, Food Insecurities and much more.

This Fall we celebrated our fourth annual Community Safety Day Event here at the BACC. The day was packed with informative workshops, over twenty-five safety related vendors and first responder's emergency apparatus onsite. Thank you to all who made this event such a success, including Captain Dave Webb and Sara French of the Hyannis Fire Department, all the Barnstable Fire Departments, Barnstable Police Department, The Communications Team, our BCOA Team and the vendors who helped to make the day such a success! Thank you also to all of you who attended despite the rainy weather!

Please remember our supportive BACC Team is here to help in any way we can, so please don't hesitate to reach out should you need assistance or have questions regarding our services and programming.

The holidays seem to approach as quickly as the summers go by and we are ready to celebrate the season with all of you! Please be sure to read through this issue to be up to date on all the wonderful happenings coming up at the center.

Until next time, the Barnstable Council on Aging team would like to wish a Happy Veterans Day to all who have served and would also like to wish you and yours a Happy Thanksgiving and wonderful holiday season filled with peace, love and joy!

Be well,

*Kelly*



*The Staff of the Barnstable COA send warm thoughts and best wishes for a wonderful holiday season and a very Happy and Healthy New Year!*

*We look forward to seeing you all in 2026!*



## We Thank You!

The Long Pond Conservation Area in Marstons Mills has 70 community garden plots available to residents of Barnstable. State Rep. Steve Xiarhos sponsors four plots in memory of his son US Marine Cpl. Nicholas G. Xiarhos. Master Gardeners tend the plots and all flowers grown are donated. Throughout the months of September and October, beautiful dahlias are brought to the BACC weekly and are shared with our patrons. We appreciate the Nicholas G. Xiarhos Foundation, State Rep. Steve Xiarhos, Donna Lawson and Judy Liuzza for their continued support and for bringing a little beauty to the BACC. (Please consider saving and donating any glass jars (pasta sauce the ideal size) you may have.)



# COA BOARD | REGISTRATION INFO

## BARNSTABLE COUNCIL ON AGING BOARD



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



We meet at the Barnstable Adult Community Center the **third Wednesday of each month at 9 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

**November 19 and December 17 from 9:00– 10:00 am**

**Please feel free to join us!**

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

## REGISTRATION INFORMATION FOR ALL ACTIVITIES & PROGRAMS

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

### How to Register-

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

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

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

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

**If you have registered for a class that is subsequently canceled, you will be issued a refund 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 e-mail [Maureen.Vetter@town.barnstable.ma.us](mailto:Maureen.Vetter@town.barnstable.ma.us)**

# HAPPENINGS AROUND THE BACC

The Barnstable PD welcomed K-9 Evie, who is a trained Electronic Storage Detection Dog working with Det. Botsford. K-9 Evie is one of only two ESD dogs in the state. K-9 Evie receives some support from the Barnstable PD K-9 Foundation.

The Barnstable Sheriff's Office welcomed K-9 Nix, a trained Comfort Dog working with Dep. Price. K-9 Nix serves in a supportive/therapeutic role in the Sheriff's Office helping to reduce stress and provide emotional support to staff and in community settings. Just look at his face and you know K-9 Nix is a natural at his job!

## Better Together Café (formerly known as Thursday Lunch)

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

Lunch is from 11:45 am–1:00 pm and there are 25 seats available. Cost is \$5.

To sign up, please call **Samantha at (508)862-4750**



## Town of Barnstable Veteran/Senior Tax Work-Off Program

The Town of Barnstable Veteran/Senior Tax Work-Off Program is an opportunity for residents over the age of 60 to reduce their real estate tax bill by volunteering with Town Departments. The property tax credit, minus any required withholdings, will be applied to the participant's real estate tax bill. The program for FY26 is full and on-going. Applications for FY27 will be accepted between May 1–June 30, 2026. Please call **Mary Taylor at 508-862-4750 ext. 4759**, with any questions.



## Our Wheels Are Rolling!

**Tues. Wed. & Thurs.  
9:00 am– 2:00 pm**

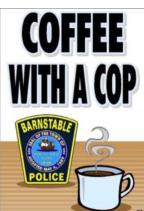
**Doctors Appts? Shopping? Out to Lunch?  
Monthly trips to Walmart & Market Basket. Out of town medical appointment rides on a limited basis.**

**Available for Barnstable residents 60+and disabled residents.**

**Rides need to be booked in advance and are scheduled first come, first serve. Free service, but suggested donation.**

**Call Jen at (508)862-4750 x 4752**

# HAPPENINGS AROUND THE BACC



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

## Coffee with a Cop

**Wed. November 5**

**Wed. December 3**

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

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

**Sgt. Cronin's Tip of the Month- Protect Your Keys:** Do not hide keys under the doormat or in other obvious places.

## The New Tax Law- "OBBA" Made Simple-

Prepare yourself for tax season. Join Don Reynolds, Assistant State Coordinator for the AARP Foundation Tax- Aide Program, to learn key provisions of the One Big Beautiful Bill Act (OBBA) and how it impacts individual taxpayers, especially older adults.

**Mon. 11/17 10:00 am- 12:00 pm Free**

## Attention All Residents!

### Understanding Barnstable's Sewer Expansion Plan-

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

**Wed. 12/03 1:30- 3:00 pm Free**

## Coming in Jan/ Feb, 2026-

- **APDA Parkinson's Support Group**- monthly
- **Barnstable County Health Talks**- monthly
  - **Men's Fitness with the VNA**- weekly
- **Tops Open House**- Thurs. 01/15, 10-11 am

## Medicare Open Enrollment What You Need to Know for 2026



Our SHINE Open Enrollment appointments are full, but join us for an informative presentation designed to help Medicare beneficiaries and caregivers navigate the Medicare Open Enrollment period.

**Mon. 11/17 1:00 pm Free**

## Cape Cod Commission Transportation Needs Assessment

The Cape Cod Commission, in partnership with the Cape Cod Regional Transit Authority (CCRTA), has launched a two-year Transit Needs Assessment to evaluate how public transportation is meeting the needs of the region. Whether someone is a year-round resident, commuter, or seasonal visitor, everyone's input is important in helping create a more accessible and connected transit system. During this first year, the study will focus on public engagement, building partnerships with stakeholders, and reviewing current conditions as well as past studies and projects. This work will inform a final report in the second year, which will provide recommendations and feedback to support the CCRTA in updating its Regional Transit Plan.



CAPE COD  
COMMISSION



**Thurs. 11/13 1:00- 3:00 pm Free**

As part of this initiative, the Commission has also developed an *Online Survey* in English, Portuguese and Spanish to share your firsthand experience and ideas for a better transit system and an *Online Transit Viewer*, a map-based tool that gives you a visual overview of current bus routes, ridership and transit conditions.

## Monday Movies- Join us on **Mondays**-

November 3rd through December 29th at 1:00 pm. 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**- November 7th through December 26th at 12:00 pm. **(BACC closed 11/28)**

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

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



# ENRICHMENT PROGRAMS

Art | Language | Dance | Exercise

## 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.

## ART-

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

**Instructor: Susan Carey**

**Th 10/23– 11/20 10:00 am– 12:00 pm \$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 emailed to you, so you may purchase your supplies before the first class.

**Instructor: Susan Carey**

**Th 10/23– 11/20 12:30– 2:30 pm \$62.50**

**\*\* See page 15 for special one-day workshop on 12/11.**

**As with all fitness programs, please be advised to use common sense. To avoid injury, check with your doctor before beginning any fitness program. By performing any exercises, you are doing so at your own risk.**

**The BCOA /BACC will not be responsible or liable for any injury or harm sustained as a result of our fitness programs.**

## DANCE & EXERCISE-

### **Adult Ballet**

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 11/11**

**Instructor: Catherine Johnson**

**Tu 11/04–12/23 12:15- 1:15 pm \$42**

## **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.

**Instructor: Kim Benton**

**M 11/03– 12/15 9:30- 10:30 am \$42**

## **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 11/11 or 11/25**

**Instructor: Maria Zombas**

**Tu 11/04– 12/16 11:00 am– 12:00 pm \$30**

## **Dance Core & More!**

Have all the fun of a dance class and strengthen your core. Easy to follow, dance with intervals of core work for stability, balance and posture. **No class 11/26**

**Instructor: Marcia Raftery**

**W 11/05– 12/17 10:00– 11:00 am \$36**

## **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!

**Instructor: Marcia Raftery**

**M 11/10– 12/15 10:15– 11:15 am \$36**

## **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. **No class 11/27**

**Instructor: Marcia Raftery**

**Th 11/13– 12/18 10:00– 11:00 am \$30**

**\*\*\* New Day/ Time \*\*\* Zumba Gold with Rita-** A low impact, fun filled cardio fitness program that combines latin-inspired and international tunes. Great for Beginners or music lovers of all ages and fitness levels!

**Instructor: Rita Vazquez- Torres**

**M 11/10– 12/22 10:45– 11:45 am \$42**

## **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 thera-band. **No class 11/28**

**Instructor: Holly Silva**

**F 11/07– 12/19 8:45– 9:45 am \$36**

**Aging is just another word for living!**

# ENRICHMENT PROGRAMS

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

## Restorative Mat-work- Pilates

This class targets a better understanding of proper joint alignment and muscular balance. Together we can restore strength and flexibility and avoid present and future pain. The mat-work series is based on the principles of Joseph Pilates. Bring a mat, thera-band, towel and tennis ball. **No class 11/27**

**Instructor: Holly Silva**

**Th 11/06- 12/18 8:45- 9:45 am \$36**

## 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 11/07, 11/28, 12/05**  
**M, W, F on-going 8:45 am- 9:45 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 11/12- 12/17 1:00-2:00 pm \$36**

## Chair Yoga with Cindy

Chair yoga is a general modification of yoga poses, so that they can be done seated. Boost your confidence of movement, increase energy and allow yourself to relax. Learn breathing techniques and physical movements to strengthen your body and mind in this class designed for all. **No class 11/27**

**Instructor: Cindy McNeely**

**Th 11/06- 12/18 1:00- 2:00 pm \$36**

**Th 11/06- 12/18 2:00- 3:00 pm \$36**

## T'AI CHI CHIH & QIGONG-

### T'ai Chi Chih—Beginner 1

Want to learn how to feel calm in the midst of hectic times? Want to work on your balance? Your blood pressure? Your overall well-being? This class may 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 to learning the movements. It will also include a short practice at the end of each class. Will resume in Jan/ Feb.

**Instructor: Debby McLister, Accredited TCC**

**Th 9:30- 10:30 am No class Nov/ Dec**

**Chair T'ai Chi Chih** - Seated T'ai Chi Chih is a powerful variation of the standing practice of moving meditation. Regular practice will lead to increased vigor and flexibility, improved balance and mobility, and a strong sense of confidence while walking and standing. This practice can be easily done at home with gentle, easy-to-learn movements. Many individuals have successfully utilized seated T'ai Chi Chih to prepare for medical procedures and aid in the healing of both the body and mind. This practice is open to all.

**Instructor: Bruce Childs, Accredited TCC Teacher**

**M 11/10- 12/15 2:00- 3:00 pm \$36**

## T'ai Chi Chih-Full Practice

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

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

**M 11/03- 12/29 3:00- 4:00 pm Free**

## Therapeutic QiGong

QiGong, also called "Chinese Yoga", predates T'ai Chi and is China's most ancient art of self-healing and fitness. It is a mind/ body/ spirit system of gentle movement, specific breathing and self- acupressure massage designed to channel Qi (pronounced "chee") or life force energy, into and through the body. It is simple to learn, elegant to practice and very calming. Therapeutic qigong practice: relaxes mind and body, increases energy and strengthens immune function, improves flexibility and balance, accelerates healing and prevents disease, helps with weight loss, is a natural anti-oxidant and slows aging process. QiGong is one of the easiest, simplest, all natural ways to profoundly improve your quality of life. **No class 11/11 or 11/25**

**Instructor: Annemarie Lang**

**Tu 10/28- 12/16 2:00- 3:15 pm \$36**

## Healing Sounds

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

**Instructor: Kathleen Warren**

**W 11/19 & 12/17 2:00- 3:00 pm \$5 ea.**

## \*\*\* NEW\*\*\* Mindfulness & Meditation

Five Week Introduction- Learn the basics of our human stress response, and more importantly, how mindfulness can help us find moments of peace even during that stress. Anyone who can breathe can learn to practice mindfulness. The program will start with a short Power Point presentation explaining how we react to stress. Then you will learn how mindfulness can benefit your natural reactivity by engaging in simple mindfulness practices.

**Instructor: Adam Liss, Lotus Calm, LLC**

**M 11/17- 12/15 12:30- 2:00 pm \$45**

# ENRICHMENT PROGRAMS

Health & Well-Being | Hearing Clinics | Support Groups

## HEALTH & WELL-BEING-

**Seasonal Affective Disorder (SAD)-** What is it and how do we manage it. Discussion will address symptoms and treatments.

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

**W 11/12 10:00- 11:00 am Free**

**Upper Respiratory Conditions-** Can affect us through the winter months (Pneumonia, Flu, RSV). How do we minimize our exposure and how are they treated.

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

**W 12/10 10:00- 11:00 am Free**

### The Power of Nutrition: Enhancing Wellness as You

**Age-** Please join us for one, all or any number of talks.



### 11/25- How Food Affects Sleep and Energy-

will review how we can fuel our bodies for vibrant days and better rest.

**12/16- Eating to Prevent or Manage Diabetes-** will review blood sugar basics and how to build a better plate.

**Presenter: Tara Hammes, RDN., MCOA**

**Tu 11/25 & 12/16 12:15- 1:15 pm Free**

## HEARING HEALTHCARE-

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

**Clinician: Susanne Powers, MA. Licensed Hearing Instrument Specialist, Revolution Hearing**

**W 11/12 & 12/10 11:00 am- 1:00 pm Free**

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

**Clinician: Shawn Woodbrey, MA. Licensed Hearing Instrument Specialist, At Home Hearing Healthcare**

**W 11/19 & 12/17 12:00 pm- 2:00 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 the **2nd & 4th Wednesdays** of the month. Please register today.



**Facilitator: Danielle Lucca, LICSW, MSW VNA Hospice of CCH**

**W 11/12 & No 11/26 1:00- 2:30 pm Free**

**W 12/10 & No 12/24 1:00- 2:30 pm Free**

## BETTER BREATHER'S CLUB-

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



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

**Th 11/13 & 12/11 9:30- 10:30 am Free**

## SIGHT LOSS SUPPORT GROUP-

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

**Facilitator: Jackie Mastrianna & Martha Person**

**Th 11/13 & 12/11 11:00 am—12:30 pm Free**

## ASK THE NURSE

**Barnstable Town Nurse Peg Stanton**

**every Wednesday 9:00- 11:00 am**



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

## BLOOD PRESSURE CLINIC

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

**November 18**

**December 16**



**9:00—11:00 am**

# UKULELE, TECHNOLOGY & CLUBS

## Ukulele -

### **Beginner 1-**

Working on chord progressions and cleaner rhythm. Two weeks of Bluegrass, then switch to Holiday Tunes. (\$5 book fee)



gg60284329 GoGraph.com

#### **Instructor: Cathy Hatch**

**Th 11/06-12/18 9:00 -10:00 am \$36**

### **Beginner 2-**

Working on instrumentals, La Vie En Rose, Swallowtail Jig and 3 & 4 count fingerpicking, review of basic strumming. Working on Christmas instrumentals. (\$5 book)

#### **Instructor: Cathy Hatch**

**Th 11/06-12/18 10:15- 11:15 am \$36**

### **Absolute Beginner-**

Learning the basic chords and then adding easy holiday tunes. This class can be taken multiple times. Beginner book. (\$5 book fee)

#### **Instructor: Cathy Hatch**

**Th 11/06-12/18 11:30 am- 12:30 pm \$36**

## TECHNOLOGY-

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

**Pre-registration required, space is limited. Free**

**F 11/21 & 12/19 9:30-10:30 am**

### **Technology Café Learning Lab on the Road-**

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

**F 11/14 10:00-11:00 am Centerville Library**

**Tu 12/16 10:00-11:00 am Sturgis Library**

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

"Our Technology Cafe has been produced in full from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Office of Aging & Independence." **All sessions are Free.**

### **Elder Abuse Hotline**

**1-800-922-2275**

**Operating 7 days/ week, 24 hours/ day**



### **Elder Services of Cape Cod & Islands**

**Protective Services**

**508-394-4630**



## CLUBS-

### **Artists**

Fridays 9:00 am-12:00 pm



### **Duplicate Bridge**

Fridays 12:00- 3:45pm

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

### **Camera Club**

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

### **Chess Club**

Fridays 1:00- 3:45 pm

### **Circle of Sistas**

Thursday- Call for Dates/ Time

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

### **Crafty Ladies**

Tuesdays 10:00 am- 12:00 pm. Drop in social hours. Bring your own project, any craft will do. Or learn something new!

### **Cribbage**

Tuesdays 1:00- 3:00 pm

### **Friday Flix**

Fridays 12:00 pm

### **Haiku**

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

### **Mah Jong**

Mondays 9:00 am- 12:00 pm

### **Pinochle**

Thursdays 1:00- 3:00 pm

### **Sunshine Crafters**

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

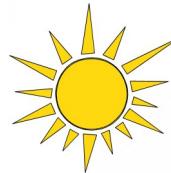
### **Talkin' Sports**

Tuesdays 10:00 am

### **Woodcarvers**

Wednesdays 9:00 am- 12:00 pm

**New participants always welcome**



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

Anyone interested in the items they make are welcome to stop by to speak with them during this time.



# SPECIAL PROGRAMS & EVENTS

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

**Coffee with a Cop-** Please join us the first Wednesday of each month for coffee with members of the Barnstable Police Dept. Have a question or would just like to visit and say "thank you", please join us. Refreshments provided by The Pavilion Rehab & Nursing Center



**W 11/05 9:00 am- 10:00 am Free**  
**W 12/03 9:00 am- 10:00 am Free**

## **The Revolutionary War on Cape Cod & the Islands-**

This book gathers previously published historical society articles into a single publication and reveals new findings by Cape historians who report on skirmishes, shipwrecks and privateering. They chronicle Patriot/ Loyalist differences of opinion and town reactions.

**Presenter: David Martin, President of Marstons Mills Historical Society & Past- president of the Cape Cod Genealogical Society**

**W 11/12 11:30 am- 1:00 pm Free**

## **Transit Needs Assessing Barnstable Listening Session-**

The Cape Cod Commission, in partnership with the Cape Cod Regional Transit Authority (CCRTA), has launched a two-year Transit Needs Assessment to evaluate how public transportation is meeting the needs of the region. Please see page 7 for additional info.



**Presenter: Joyia Smikle, Transportation Planner, Cape Cod Commission**

**Th 11/13 1:00- 3:00 pm Free**

**Thankful Trivia Café-** Please join us in gathering together to give thanks for BACC friends and have fun testing your Thanksgiving knowledge with Family Feud and Concentration style trivia. Hosted by Kevin Richman who has over 30 years of entertainment experience. Seasonal treats, light refreshments and prizes will be on hand. Always a fun time!



**Host: Kevin Richman**

**F 11/14 12:00- 2:00 pm \$5**

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

**Instructor: Peter Auger**

**M 11/17 9:30- 11:30 am \$20**

## **The New Tax Law- "OBBA" Made Simple-**

Prepare yourself for tax season. Join Don Reynolds, Assistant State Coordinator for the AARP Foundation Tax- Aide Program, to learn key provisions of the One Big



Beautiful Bill Act (OBBA) and how it impacts individual taxpayers, especially older adults. Bring your questions- plenty of time for questions & answers following presentation.

**Presenter: Don Reynolds, Assistant State Coordinator, AARP Foundation Tax- Aide Program.**

**M 11/17 10:00 am- 12:00 pm Free**

## **The Troublesome Billingtons-** Not all "Mayflower"

passengers were saints. In one family, the Billington's: a son who nearly blew up the ship, another who wandered away from Plymouth Colony, forcing a military expedition led by Myles Standish to bring him home, and... a father whom William Bradford, the Colony's Governor, branded a "knave". And that was before a Billington became the first person executed (for murder) in the Colony.

**Presenter: Greg Williams**

**Tu 11/18 10:30 am- 12:00 pm Free**

## **Wood Painting & Crafts with Irene- Pilgrim-** Join us in

painting a festive Pilgrim just in time for Thanksgiving and for many Thanksgivings to come! Participants should wear or bring an old cover-up shirt. All supplies and items needed to complete the project will be supplied by Irene and included in the class fee. Irene has taught and created all types of painted wood artwork for over 40 years and is a very talented artist. This class is sure to fill up fast, so don't forget to sign up early. Please call to register, and must pre-pay, as space is limited.



**Instructor: Irene Frates**

**Tu 11/18 12:30- 3:30 pm \$20**

## **How to Shuck Oysters & More!** Come join the

Town of Barnstable's Shelfish Propagation Team and learn how to shuck oysters! It's the perfect time of year as oyster season has just opened in the town and they are ripe for the picking! First you will learn what to look for when picking out oysters either from the grocery store, a restaurant, or even along the shoreline. Next, we will practice the proper technique for shucking oysters and you'll learn the tips and tricks of the trade! Sampling is encouraged so we can discuss the merroir of different kinds of oysters. Just for fun, since it is also scallop season, we will cover the basics on picking the perfect scallop. Bring a pair of garden gloves, an oyster knife if you have one, and prepare your tastebuds for a briny delight. Space is limited., register early!



**Presenter: Elizabeth Lewis, Shellfish Biologist, Marine & Environmental Affairs, Town of Barnstable Natural Resources**

**Th 11/20 1:00- 2:30 pm Free**

# SPECIAL PROGRAMS & EVENTS

## Countdown to the Macy's Thanksgiving Day Parade-

Let's get ready for the 99th Macy's Thanksgiving Day Parade on November 27, 2025! You'll learn the rich history of the parade, discover how character balloons are created, and meet some of the celebrities who have served as Grand Marshall. Then, we'll preview the floats, balloons, and bands who will be making their debut in 2025! The presentation will be followed by a parade-themed raffle.



**Presenter: Nancy Franks, Frankly Speaking w/ Nancy Franks**

F 11/21 10:00– 11:30 am Free

## Fire Safety with Hyannis Fire Dept.- Cooking & Holiday Safety-

Keep yourself and your home safe during the holidays with cooking and holiday preparation tips. Safety presentation and discussion points followed by question and answer time.



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

F 11/21 1:00– 2:00 pm Free

**Finding Light in the Darkness: Navigating Grief During the Holidays-** The holiday season can be both joyful and challenging, especially for seniors who have experienced loss. This talk will offer coping tips, practical suggestions, and encouragement to the bereaved explaining how they can decide to incorporate ways to bring light and hope into their holidays.

**Presenter: Nancy Sorbo, Grief Coach/ Grief Educator, Chapman Funerals & Cremations**

M 11/24 1:00– 2:30 pm Free

## Seasons Greetings Card Café- Be the Reason Someone Smiles!

Sometimes the simplest act of kindness makes the biggest impact! Please join us for eggnog, snacks, holiday music and good company, as we write holiday cards to those who could use some cheer during this holiday season. We have cards, but if you would like to donate cards or draw your own, please do. Cards will be delivered to The Pavilion Nursing & Rehab facility.



Tu 12/02 10:00– 11:30 am Free

## Understanding Barnstable's Sewer Expansion Plan-

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



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

W 12/03 1:30– 3:00 pm Free

## Felted Winter Farm Scene-

Cozy up with this relaxing felting project! In this class, you will learn the art of needle felting by "painting with wool" on craft felt stretched inside an embroidery hoop. Using soft, colorful wool fibers and a special barbed needle, you'll create a charming winter scene—a snowy red farmhouse at night, framed by tall evergreen trees. Add your own unique touches such as a starry sky, a crescent moon or a chimney. You'll gain the basic skills of needle felting, walking away with a finished piece and the confidence to continue your felting journey independently.



**Instructor: Pop Up Art School**

Th 12/04 10:00– 11:30 am \$25

**Taking Better Photos with iPhone Camera-** Getting a deep look into your iPhone camera. Everything from taking a picture, editing it and sharing it. Program sponsored by the BCOA Tech Café.

**Instructor: Sarah Canning, Gadgets Made EaZy**

Th 12/04 1:00– 3:00 pm Free

**Essential Oils- Toxin Free Living-** Do you feel overwhelmed with the idea of eliminating some chemicals in your life? There are some very simple "ditch and switch" ideas - to help us get back to the life style that our grandparents and great grandparents lived. We will learn how simple it is to use things like white vinegar, baking soda and essential oils to clean everything. Did you know that Peppermint oil, white vinegar and baking soda can unclog a sink; or that white vinegar, baking soda and Lemon oil can clean your oven? Come have fun, learn, and get healthier at the same time as we learn some simple basics of toxin free living.

A \$10 fee covers a wonderful toxin free item for you to take home.



**Instructor: Chris Ventura**

Tu 12/09 10:00– 11:30 am \$10



## The BCOA Holiday Lunch

Tuesday, December 9

12:00– 2:00 pm

Lunch &  
Musical

Entertainment

Cost \$10

Must pre-register,  
space is limited. Call today



# SPECIAL PROGRAMS, EVENTS & FYI...

**Acrylic Art Workshop with Sue Carey**– Holiday/ Winter Scene! Painting in a day for all levels of painting experience. Acrylic paint will be provided. Please bring an 8x10 canvas, a ruler and pencil, wear an old shirt and bring a lunch/ drinks. Enjoy a fun step-by-step painting experience.



**Instructor:** Sue Carey

**Th 12/11 10:00 am- 12:30 pm \$40**

**The Story Behind Our Favorite Christmas Carols**– Let's explore the stories behind our favorite Christmas Carols and holiday songs. Our musical journey will take us from the 13th century to the 1990's. You can be sure there will be plenty of singing. The presentation will be followed by a Christmas-themed raffle.



**Presenter:** Nancy Franks, Frankly Speaking w/ Nancy Franks

**F 12/12 10:00- 11:30 am Free**

**Wood Painting & Crafts with Irene**– Painted wood

**Reindeer with light up nose**– Join us in painting this adorable reindeer with a light up nose. Will be a favorite decoration for years. Participants should wear or bring an old cover-up shirt. All supplies and items needed to complete the project will be supplied by Irene and included in the class fee. Irene has taught and created all types of painted wood artwork for over 40 years and is a very talented artist. This class is sure to fill up fast, so don't forget to sign up early. Please call to register, and must pre-pay, as space is limited.



**Instructor:** Irene Frates

**Tu 12/16 12:30- 3:30 pm \$25**

**Cathy Hatch & the Cape Cod Ukulele Club Holiday Concert**– Sing along with Cathy and her crew, tap your toe or just enjoy! Holiday songs to get you in the spirit of the season! Always a great time!



**Th 12/18 1:30- 2:30 pm Free**

**Live Music at the BACC**– Join us the **third Friday of the month** for an afternoon of country music with Matt York. Sing along or just enjoy. Light refreshments will be provided.

**Entertainer:** Matt York

**F 12/19 1:00- 2:00 pm Free**



## Stress, depression and the holidays Tips for coping

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

**1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief.

**2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. It may help to talk with a friend or family member about your concerns. Volunteering your time or doing something to help others is also a good way to lift your spirits and broaden your friendships.

**3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones.

**4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.

**5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Instead, donate to a charity in someone's name, give homemade gifts or start a family gift exchange

**6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities.

**7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.

**8. Don't abandon healthy habits.** Don't let the holidays become a free for-all. Overindulgence only adds to your stress and guilt.

**9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

**10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you can find peace and joy during the holidays.

**"Remember to pause and enjoy the simple things".  
Be well!**

# NOVEMBER 2025

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   |   |    |  |   |
| 3   | 4<br><b>Election Day</b>   | 5  | 6  | 7<br><b>BROWN BAG</b><br>                                  |
| Registration Begins! 8:30 am<br><br>1:00 pm- Movie<br>1:00 pm- Music & Movement   |  | 9:00 am- Coffee with a Cop<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>11:00 am- BCOA Respite  |  | 12:00 pm- Movie   |
| 10<br><br>10:00 am- State Rep Kip Diggs<br>1:00 pm Movie<br>1:00 pm- Music & Movement   | 11<br><br><b>BACC closed in Observance of Veterans Day</b><br>  | 9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>10:00 am- Health Talks- CenterWell<br>11:00 am- Hearing Clinic<br>11:00 am- BCOA Respite<br>11:30 am- Revolutionary War Talk<br>1:00 pm - VNA Grief Support Group | 9:30 am- Better Breathers Club<br>10:00 am- BCOA at Whelden Library<br>11:00 am- Sight Loss Support Group<br>1:00 pm-Alz. Family Support & Comp Groups<br>1:00 pm- Transit Needs Listening Session | 10:00 am- Tech Café Lab at Centerville Library<br>10:30 am- The Other Side- Meet & Greet<br>12:00 pm- Movie<br>12:00 pm- Thankful Trivia Cafe |
| 17  | 18   | 19   | 20   | 21  |
| 9:30 am- 3D Model Decoy Workshop<br>10:00 am- AARP Tax Prep Talk<br>1:00 pm- Movie<br>1:00 pm- Music & Movement<br>1:00 pm- Medicare OEP Talk       | 9:00 am- VNA Blood Pressure Clinic<br>10:00 am- BCOA at Sturgis Library<br>10:30 am- Troublesome Billingtons Talk<br>12:30 pm- Craft w/ Irene<br> | 9 am- COA Board Mtg<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>9:30 am- Veterans Cafe<br>11:00 am- BCOA Respite<br>12:00 pm- Hearing Clinic<br>2:00 pm- Healing Sounds                                    | 10:00 am- BCOA at Hyannis Library<br>1:00 pm- Learn to Shuck & More Talk   | 9:30 am- Tech Café Lab<br>10:00 am- Macy's Thanksgiving Parade Talk<br>12:00 pm- Movie<br>1:00 pm- Fire Safety w/ Hyannis FD                  |
| 24  | 25   | 26   | 27<br><b>BACC closed in observation of Thanksgiving</b><br>   | <b>BACC Closed</b><br>                                   |
| 10:00 am- BCOA at Marstons Mills Library<br>1:00 pm- Movie<br>1:00 pm- Navigating Grief during Holidays Talk<br><b>NO</b> 1:00 pm- Music & Movement | <b>NO</b> 11:00 am- BCOA Respite<br>12:15 pm- Nutrition Talk w/ Tara   | 9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Group<br><b>NO</b> 11:00 am- BCOA Respite   |  |   |

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

# DECEMBER 2025

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| 1<br>1:00 pm- Movie<br>1:00 pm Music & Movement  | 2<br>10:00 am- Seasons Greetings Card Cafe<br>                             | 3<br>9:00 am- Coffee with a Cop<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>11:00 am- BCOA Respite<br>1:30 pm- Sewer Expansion Talk   | 4<br>10:00 am- Felted Winter Scene Class<br>1:00 pm- Take Better Photos w/ iPhone Talk  | 5<br>BROWN BAG<br>12:00 Movie<br>   |
| 8<br>10:00 am- State Rep Kip Diggs<br>1:00 pm- Movie<br>1:00 pm- Music & Movement<br> | 9<br>10:00 am- BCOA at Cotuit Library<br>10:00 am- Essential Oils<br>12:00 pm- BCOA Holiday Lunch & Music   | 10<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>10:00 am- Health Talks- CenterWell<br>11:00 am- BCOA Respite<br>11:00 pm- Hearing Clinic<br>1:00 pm- VNA Grief Support Group   | 11<br>9:30 am- Better Breathers Club<br>10:00 am- BCOA at Whelden Library<br>10:00 am- One Day Acrylic Art Workshop<br>11:00 am- Sight Loss Support Group<br>1:00 pm- Alz. Family Support & Comp Groups | 12<br>10:00 am- BCOA at Centerville Library<br>10:00 am- Story Behind Christmas Carols Talk<br>10:30 am- The Other Side- Meet & Greet<br>12:00 pm- Movie                     |
| 15<br>1:00 pm- Movie<br>1:00 pm- Music & Movement<br><br>Happy Hanukkah             | 16<br>9:00 am- VNA Blood Pressure Clinic<br>10:00 am- BCOA Tech Café Lab at Sturgis Library<br>12:15 pm- Nutrition Talk w/ Tara<br>12:30 pm- Craft w/ Irene | 17<br>9 am- COA Board Mtg<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>9:30 am- Veterans Cafe<br>11:00 am- BCOA Respite<br>12:00 pm- Hearing Clinic<br>2:00 pm- Healing Sounds | 18<br>10:00 am- BCOA at Hyannis Library<br>1:30 pm- Ukulele Holiday Concert   | 19<br>10:00 am- Tech Café Lab<br>12:00 pm- Movie<br>1:00 pm Live Music w/ Matt York<br> |
| 22<br>10:00 am- BCOA at Marstons Mills Library<br><br>1:00 pm- Movie<br>NO 1:00 pm- Music & Movement   | 23<br>NO 11:00 am- BCOA Respite   | 24<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>NO 11:00 am- BCOA Respite<br><br>BACC closes at 12:00 pm   | 25<br>BACC closed Christmas Day<br>  | 26<br>12:00 pm- Movie<br><br>Happy Kwanzaa    |
| 29<br>1:00 pm- Movie<br>NO 1:00 pm- Music & Movement<br>                            | 30  | 31<br>9:00 am- Ask the RN<br>9:30 am- ES Caregiver Support Prog<br>NO 11:00 am- BCOA Respite  | Jan 1<br>BACC closed New Years Day  | 2<br>12:00 pm- Movie   |

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

# AGING & CAREGIVING TOOLS

**Memory 101- What's Normal and What's Not:** This program aims to offer a comprehensive understanding of normal aging, the typical forgetfulness associated with aging, and more severe memory issues. As individuals grow older, it is common for subtle alterations in memory to take place as a natural aspect of the aging process. Nevertheless, there are instances when these changes manifest earlier or progress more rapidly than one might expect.

**Th 11/13 10:00- 11:00 am Whelden Library**

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

**F 11/14 10:00- 11:00 am Centerville Library**  
**Tu 12/16 10:00- 11:00 am Sturgis Library**

**Holiday Stress Buster-** This time of year provides many moments of joy and celebration, yet when caregiving it can cause some challenges. This program will review helpful tools for a successful and enjoyable holiday season.

**Tu 11/18 10:00- 11:00 am Sturgis Library**

**Far & Away- Distant Caregiving-** Long-distance caregiving is a type of caregiving where the caregiver lives an hour or more away from the person needing care. This can present unique challenges, but also offers ways to support loved ones despite the geographical distance.

**Th 11/20 10:00- 11:00 am Hyannis Library**

**Brain Booster-** A brain enhancement program which involves activities and practices aimed at improving cognitive abilities, memory, and general brain wellness. Such programs may consist of cognitive training exercises, physical activities, and lifestyle changes.

**M 11/24 10:00- 11:00 am Marstons Mills Library**

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

**Th 12/04 10:00- 11:00 am Cotuit Library**

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

**Th 12/18 10:00- 11:00 am Hyannis Library**



## Holiday Stress

The holiday season is often a time of joy and celebration, but it can also be a significant source of stress.

To cope with holiday stress as a caregiver, simplify your plans and delegate tasks, set clear boundaries to manage your time, and prioritize self-care by taking breaks and maintaining healthy habits. Communicate with your loved one to understand their needs and expectations, and ask for help from your support network. Focus on connection and small joys rather than perfection, and consider using respite care or joining a support group for assistance.

- 1. Adjust Expectations & Simplify Celebrations-** Let go of perfection, simplify routines and streamline traditions. Often times the most special moments are the ones that aren't complicated at all.
- 2. Plan & Delegate-** Plan ahead, accept help and delegate tasks. You don't have to do it all!
- 3. Seek & Accept Support-** Communicate openly, connect with your network, explore professional support and utilize respite care.
- 4. Don't worry if it goes wrong.** Close your eyes, take a few deep breaths and remember it's just another day. It's the little moments of connection that people remember more than anything else.
- 5. Prioritize Self-Care-** Self care is the most crucial thing when dealing with caregiver stress any day! Take breaks, set boundaries and focus on your physical, mental and emotional health.

Rest when you can, carve out a few hours for yourself, talk with someone, whether a friend, relative or therapist.

Exercise programs or mindfulness practices and meditation can also be helpful.

Remember caregiver support and such programs are available at the BACC. Please join us!

**November is  
National Family  
Caregiver  
Month**



National Family Caregivers month is celebrated annually throughout the month of November. This observance aims to recognize the crucial, often unseen work of family caregivers, raise awareness about caregiving issues, educate communities and increase support for caregivers. Being a caregiver is an extremely challenging role. The hours are long, the days can be very stressful and the job can go on for many years.

We express our thanks and admiration for those who so graciously provide care for the health and well-being of their loved ones. Give yourself credit for doing the best you can in one of the toughest jobs there is!

# RESPITE 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**

### Barnstable Connects Program Schedule:

#### Dementia Friendly Music & Movement Chair Exercise.

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

**Mondays 1:00– 2:00 pm BACC**

**Presenter: Stacey Cullen**

**Mon. 11/03, 11/10, 11/17 No 11/24 1- 2 pm**  
**Mon. 12/01, 12/08, 12/15 No 12/22 & 12/29 1- 2 pm**

**Live Music at the BACC-** Please join the Respite staff for an engaging, crowd pleasing musical entertainment.

**F 12/19 1- 2 pm Matt York Free**



## BARNSTABLE COA RESPITE PROGRAM

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

### Program dates & times-

|                      |                       |                              |
|----------------------|-----------------------|------------------------------|
| <b>Wednesday</b>     | <b>November 5</b>     | <b>11:00 am– 2:00 pm</b>     |
| <b>Wednesday</b>     | <b>November 12</b>    | <b>11:00 am– 2:00 pm</b>     |
| <b>Wednesday</b>     | <b>November 19</b>    | <b>11:00 am– 2:00 pm</b>     |
| <b>Tuesday</b>       | <b>November 25</b>    | <b>No program</b>            |
| <b>Wednesday</b>     | <b>November 26</b>    | <b>No program</b>            |
| <br><b>Wednesday</b> | <br><b>December 3</b> | <br><b>11:00 am– 2:00 pm</b> |
| <b>Wednesday</b>     | <b>December 10</b>    | <b>11:00 am– 2:00 pm</b>     |
| <b>Wednesday</b>     | <b>December 17</b>    | <b>11:00 am– 2:00 pm</b>     |
| <b>Tuesday</b>       | <b>December 23</b>    | <b>No program</b>            |
| <b>Wednesday</b>     | <b>December 24</b>    | <b>No program</b>            |

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

## CAREGIVER SUPPORT PROGRAMS-

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



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

**Facilitator: Laura Cheesman, FCSP Manager ESCC&I**  
**W 11/05– 12/31 9:30– 11:00 am Free**

#### Alzheimer's Family Support Center (AFSC)-

**In- Person Psychoeducational Support**

**Group & Companion Group** for people with cognitive loss and their caregiver that runs simultaneously.



Meets the **2nd & 4th Thursdays** of each month.

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

**Facilitator: Alzheimer's Family Support Center**

**Th 11/13, No 11 27, 12/11, No 12/25 1:00– 2:30 pm Free**

**There are only four kinds of people in the world:**  
**those who have been caregivers,**  
**those who are currently caregivers,**  
**those who will become caregivers,**  
**& those who will need a caregiver.**

**- Rosalynn Carter**

**Thank You to All Caregivers!**

## 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 Tues.-</b>  | <b>10 am– 12 pm</b> | <b>Cotuit Library</b>         |
| <b>2nd Thurs.-</b> | <b>10 am– 12 pm</b> | <b>Whelden Library</b>        |
| <b>2nd Fri.-</b>   | <b>10 am– 12 pm</b> | <b>Centerville 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> |

# SUPPORT SERVICES / OUTREACH

## Be Safe At Home

### 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 or an emergency contact person, a call will be placed to the police for a well-being check.



### 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 and are unable to make contact with an emergency contact person, we will send an outreach worker to your home to check on you. A call will be placed to the police for a well-being check, if necessary.



### File of Life Magnet-

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



## Lock Box for your home-



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

Contact your local fire department for further information, if interested. Be safe!

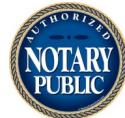
### Fire Depts. (non-emerg.)-

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



## We are now offering limited Notary Public services

Call Outreach Coordinator **Mary Taylor** at **(508)862-4750 ext. 4759** to schedule an appointment.



Be prepared for your Notary Public visit-

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

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

## The Barnstable Silver Alert Program

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

**(508)862-4750**

**ext. 4765**, for

additional information.



## Bridging the Digital Divide

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

Contact: **Stacey Cullen** or **Mary Taylor**, Support Services Coordinators for assistance.

## MEDICAL EQUIPMENT-

The BACC has medical equipment available to borrow free of charge. We also greatly appreciate any donations of new or gently used equipment. (**Please do not leave any equipment after hours.**) At this time, we are not handling any commodes, raised toilet seats or any equipment related to toileting. Equipment must be cleaned thoroughly, or we will be unable to accept the donation. Please contact Outreach Coordinator **Mary Taylor** at **(508)862-4750 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., Centerville. **Their contact number is (774)552-2199.**



# SUPPORT SERVICES / OUTREACH

## **FYI.... Fuel Assistance-**

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

When you receive your recertification application, gather all the required documents and mail in. If you need assistance with application process, please call Mary Taylor **(508)862-4750 ext. 4759** for an appointment.

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

## **Fuel Assistance (FA)-**

Support Services continues to assist with Low-Income Home Energy Assistance Program (LIHEAP) applications. Applications are processed through the South Shore Community Action Council, Inc., 71 Oberry St., Plymouth, Ma. Eligibility is based on income and benefit amount awarded to eligible households depends on several household factors.



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

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

Social Security benefit letter **2025**  
Any pension statement  
Interest and/ or Dividends statements  
Wages  
Any other income  
If Self-employed- **2024** Federal Tax Return

### **Housing costs-**

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

### **Utility Costs-**

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

### **Other Items needed-**

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

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



**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.

## **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 FY26 can be filed from July 1, 2025 until April 1, 2026.**

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

Birth Certificate (\* only for first timers)



### **Proof of Income-**

Social Security benefit statement **2024**  
Federal Income Taxes 1040 for **2024**, if filed  
Pension statements (1099 form)  
All Interest and/ or Dividends statements (1099 form)  
Any wages, salaries or income earned in 2024.  
Bank statements\*- for all accounts  
**\*Must have Dec. 2024 bank statement (or Nov/ Dec 2024 statement) to show interest earned for year, for each account**

### **Proof of assets-**

Bank statements\*- for all accounts

**\*Must have July 1, 2025 bank statement (or June/ July 2025 statement) to show balance on July 1, 2025, for each account**

All Stocks & Bonds statements (must have 07/01/25 date)  
CD's and/ or Certificates (must have 07/01/25 date)  
Any Real Estate owned other than primary residence.

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

## **House Numbers... It's the Law!**

**Massachusetts General Law C. 148, S. 59 specifies that every building in the state must have clearly visible address numbers posted.**

If your house is more than 100 feet from the roadway, then property must have numbers at the end of driveway in addition to on the house.

Numbers need to be at least three (3) inches in height, visible during adverse conditions or weather and visible in both directions.

Contrasting colors are best for visibility and keep plantings trimmed that might interfere with sightline.

No handwritten or script numbers.

Clearly displayed house numbers allow first responders to find you faster in an emergency.

Contact your local fire department for assistance, if needed.



# SHINE | MEDICARE



## Are you ready for Medicare Open Enrollment? Oct. 15– Dec. 7

The time is **now** to review your Medicare coverage! By September 30, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs. In addition, a SHINE counselor can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Any change, coverage effective January 1.

SHINE appointments fill up fast during this busy period so contact your local senior center to avoid making last-minute decisions or staying in a plan that no longer works for you.

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

- Medicare A/B card
- Medigap or Medicare Advantage Card
- Prescription Drug Plan Member Card (if you have a Part D plan)
- List of medications and dosages which can be obtained from your local pharmacy.
- If you have created an account with Medicare.gov, bring your username and password – this will save time as all medications and dosage information are stored and can be updated.

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

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

**SHINE Program Manager, Kristina Whiton- O'Brien**

**SHINE Project Specialist, Bill Redmond**

**(508)375-6762**



## SHINE

**Serving the Health Insurance Needs of Everyone**

For **SHINE** appointment, please call  
Jacqi Easter at **(508)862-4750 ext. 4757**

## Medicare Advantage Plans

### Open Enrollment

**(MA OEP): For Part C plans- runs January 1– March 31, 2026**

**You must already be enrolled in a Medicare Advantage (MA) Plan to make change during open enrollment period.** Medicare Advantage Plans combine Part A, Part B

and Part D and is also known as Part C. You must have Part A and Part B to be eligible. It replaces "Original Medicare". They are run by Medicare approved private insurance companies. They must cover medically necessary services and plans can charge different co-pays, co-insurance or deductibles for these services than Original Medicare.

Coverage effective the first of the month after the change.

## Medicare Savings Programs (MSPs)

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

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

MSPs are always combined with Medicare and do not offer any additional coverage or services that Medicare does not provide.

These programs are administered by MassHealth, but you do not need to be on MassHealth to apply. Please call to discuss further or to schedule an appointment.

## Medicare Savings Programs (MSPs) Renewal applications-

If you have had the MSP you will likely be receiving notice in the mail to complete the MSP Renewal application.

This notice will likely arrive in a large **blue envelope**.

The renewal application is the same one page MSP application initially completed.

Please complete application form and mail as directed.

If assistance is needed with application, please call Jacqi Easter at (508)862-4750 ext. 4757

### 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.prescriptionadvantagema.org](http://www.prescriptionadvantagema.org) 800-243-4636

# VOLUNTEER OPPORTUNITIES

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

Please consider volunteering with our COA Board, Meals-On-Wheels, Barnstable Neighbor 2 Neighbor or right here at the BACC with the many events or services (SHINE, AARP Tax-Aide) we provide.

Please call Jen Fratus at **(508)862-4750 ext. 4752** to inquire about volunteering opportunities.

## 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**.

## 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**.

**Companion Animals of Cape Cod-**  
[www.companionanimalprogram.com](http://www.companionanimalprogram.com)

**The Family Pantry**, 133 Queen Anne Rd., Harwich  
(508)432-6519  
**MSPCA**, 1577 Falmouth Rd., Centerville (508)775-0940

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



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

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 a 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.

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

## AARP Foundation Tax-Aide Needs Volunteers!



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

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

Want more information? Please email at [TAVolunteer18@gmail.com](mailto:TAVolunteer18@gmail.com)

**We must find the time to stop and thank the people who make a difference in our lives.**  
- John F. Kennedy

# COMMUNITY RESOURCES

## MassHire-Cape and Islands Career

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



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

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



## Cape Wellness Collaborative

Helps those fighting cancer feel better.  
**(774)408-8477**

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

## CCALS

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

**Compassionate Care ALS**  
**Leading a New Vision in ALS Care Since 1998**  
Offers an innovative and holistic range of services tailored to meet the needs of individuals with ALS and their families.

17 Chase Rd., Falmouth

**(508)444-6775** or at [info@ccals.org](mailto:info@ccals.org)

## Need assistance with legal matters?



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

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

## RMV 65+ Contact Center-

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

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

As of May 7, 2025, air travelers 18 years of age and older must have 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.



## Representative Kip Diggs-



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

**Mon. November 10 10:00 am- 12:00 pm**

**Mon. December 8 10:00 am- 12:00 pm**

## Representative Steven Xiarhos-



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

**Due to holidays, Rep. Xiarhos's hours at the BACC will resume in January, 2026**

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

## MEALS & NUTRITIONAL SUPPORT:

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

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

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

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

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

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

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

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

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

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

**Salvation Army Pantry & Soup Kitchen**, 100 North St, Hyannis Office & Social Service hours- M- F 9 am- 4 pm

**Pantry hours-**  
M- F 10 am- 11:30 am

**Soup Kitchen hours-** M- F  
Breakfast- 8:30- 9:30 am  
Lunch- 11:30 am- 12:15 pm

# COMMUNITY RESOURCES

## Elder Services of Cape Cod & the Islands



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

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

## CORD- Cape Organization for Rights of the Disabled-

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



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

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



## 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:



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

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

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

## Cape Cod Regional Transit Authority



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

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

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

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

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

## LGBTQ+ Links



### "The Other Side": A LGBTQ Group-

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

**F 11/14 & 12/12 10:30- 11:30 am Free**

### Cape Cod LGBTQ+ Senior Friends - [www.capecodlgbtqseniorfriend.org](http://www.capecodlgbtqseniorfriend.org)

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

If you are not currently on the **Cape Cod Pride** mailing list, you may want to consider joining! Cape Cod Pride is **connecting the Cape's LGBTQ Community** with an impressive array of social groups, events and programs. The mission of Cape Cod Pride is to build bridges of understanding, connection and support among the LGBTQ community, its allies and the community at large. Isolation and loneliness have been the most challenging aspects of the past year. Being part of an LGBTQ social group can really be of tremendous help. Go to the **Cape Cod Pride website for more information** - [www.capecodpride.org](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 Older Adults** is a group of those 55+ who get together to network and meet new friends. They gather for social time, meals, entertainment and activities. They hope you will join them. Like many organizations, their activities changed during the pandemic. Registration is required as they have attendance limits depending on the activity, no walk-ins will be permitted. They are always mask friendly and sometimes they are required depending on current transmission rates and/ or nature of the activity. Contact: Judi Wilson, Director of the Orleans Senior Center & COA, 150 Rock Harbor Rd., Orleans, MA at 508)255-6333 or at [jwilson@town.orleans.ma.us](mailto:jwilson@town.orleans.ma.us).

# VETERANS SERVICES & EVENTS

for veterans & their families

## With Respect, Honor & Gratitude

### Veteran's Services-



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

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

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

**VA Caregiver Support Hotline:** [\(855\)260-3274](http://(855)260-3274)

**Vet Center Call Center**, [\(877\)WAR-VETS](http://(877)WAR-VETS) [\(877\)927-8387](http://(877)927-8387)

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

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

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

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

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



### Cape & Islands Veterans Outreach Center Rendezvous Café at BACC

Wed. November 19  
Mon. December 15  
9:30– 11:00 am

Contact Barbara-Anne Foley at CIVOC  
[\(508\)237-3349](http://(508)237-3349) to register



### Legal One-on-One Appointments for veterans & their families

Discussing Power of Attorney, Wills & Health Care Proxy

First Wednesday of the month, 9:00 am–12:00 pm  
Wed. Nov. 5 & Wed. Dec. 3

**Law Office of Chantal Hayes Rice, Esq.**  
at Cape & Islands Veterans Outreach Center  
**Pre-registration required, by appointment only, no walk-ins.** Call **(508)237-3349**

### Honoring All Who Served

Lunch with State Representative Kip Diggs and the Cape & Islands Veterans Outreach Center

Monday November 10, 2025  
12:00– 2:00 pm

at the Barnstable Adult Community Center



Must pre-register, space is limited.  
Call today **(508)862-4750**

Master of Ceremonies: Jim Seymour, Executive Director, Cape & Islands Veterans Outreach Center



### Barnstable Veterans Day Ceremony



November 11, 2025 at 9:30 am  
Hyannis Village Green/ Town Hall

### Cape Cod Symphony A Salute to Service

Dates: November 15 & 16, 2025  
Showtimes: Sat 4:00 pm, Sun 3:00 pm  
Location: Barnstable Performing Arts  
744 West Main St., Hyannis  
[capesymphony.org](http://capesymphony.org) for tickets

# HAPPENINGS AROUND TOWN



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

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

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



## Barnstable Golf



### One Membership. Two Great Courses

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

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

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

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

## Town of Barnstable Age Discrimination Resources



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

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

**The Town of Barnstable BMEA and AFSCME Local 3003 will again be collecting toys for the Marine Corps Reserve Toys for Tots annual toy drive.**



Watch for donation box in the BACC lobby. When you donate a toy, please also consider donating a new book. Thank you!

### Town Election- Tuesday November 4



Polls are open from 7:00 am- 8:00 pm in all 13 precincts.

**Town Clerk's Office (508)862-4044**

### Barnstable E-News- Subscribe today!

Barnstable eWeekly is the Town of Barnstable's opt-in newsletter delivered to your inbox each Friday. To stay up to date on events, meetings, roadwork notices, village news and more - subscribe today at [www.BarnstableEnews.com](http://www.BarnstableEnews.com)

## Town of Barnstable Disability Commission



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

**Contact: (508)862-4694**

## Inside Barnstable Town Government 30th Session Begins January, 2026



The 30th session of *Inside Barnstable Town Government, A Citizens Leadership Academy* will begin Tuesday, January 27, 2026. The academy is a 12-week commitment with the goal of educating the citizens of Barnstable about the operations of town government, while also obtaining valuable feedback from those citizens participating in the Academy. The classes are on Tuesday evenings from 6:30- 9:00 pm and held at various locations throughout the Town. The program is free and open to anyone who resides or works in the Town of Barnstable. Applications are available at the Town Manager's Office, at Town Hall, 367 Main Street, Hyannis, online or call (508)862-4610.

# HOLIDAY HAPPENINGS AROUND TOWN & BEYOND

## November-

11/11- Veterans Day Ceremony, Hyannis Village Green & Town Hall, 9:30 am

11/14- 11/15- Harvest Market at Hyannis Arts Hall, 320 Main St., Hyannis, Fri. 2—7 pm, Sat. 10 am—2 pm

11/14-12/30- 16th Annual Glassblowers' Christmas, Sandwich Glass Museum, Sandwich, 5:30—7:30 pm

11/21-12/23- Polar Express Christmas Train, Cape Cod Central Railroad, weekends through 12/23, more info—capetrain.com

11/26- Annual Lighting on the Hill, at the Pilgrim Monument, High Pole Hill, Provincetown. 3—5 pm. Lights on at 5 pm.

11/28-11/29- Holiday Market at Hyannis Arts Hall, 320 Main St., Hyannis, Fri. 2—7 pm, Sat. 10 am—2 pm

11/28-12/27- "Gardens Aglow" at the Heritage Museum & Gardens, dazzling light displays, festive décor, Santa, and seasonal activities for all ages, weekends 4:30—8:30 pm. For info—heritagemuseumandgardens.org

11/28-12/28- Edaville Festival of Lights, 5 Pine St., Carver. Hours vary, admission, for info—edaville.com

## December-

12/03- Barnstable Village Winter Stroll, Rt. 6A, Barnstable Village, 6 pm

12/05-12/07- Falmouth Holidays by the Sea weekend. 12/06-14th Annual Jingle Jog 5K and GhELF Run for kids. Falmouth Village Holiday Stroll, Lighting of the Village Tree. 12/07 62nd Annual Falmouth Christmas Parade, theme "Holiday Movie Nights" 12 pm.

12/05-12/06- Holiday Market at Hyannis Arts Hall, 320 Main St., Hyannis, Fri. 2—7 pm, Sat. 10 am—2 pm

12/05- Sip & Shop event and the 3rd Annual lighting of the boat on Village Green. Festive holiday kickoff on Hyannis Main St., Hyannis, 5-8 pm.

12/06- Hyannis Main St. Stroll and boat parade. 10 am—4 pm.

12/06- Love Local Fest—Holiday Edition, Hyannis Village Green, 10 am—4 pm

12/06- An Osterville Coastal Christmas, The Osterville Garden Club presents - Tours of five exquisite homes. For more info—OstervilleGardenClub.org

12/06- Holiday Fair, Unitarian Church of Barnstable, 3330 Main St., Barnstable. Festive food, crafts, shopping, 9 am—2 pm, Santa arrives at 10 am

12/06-12/07- Taylor-Bray Farm Holiday Fest, 108 Bray Farm Rd. Yarmouth Port. Hayrides, refreshments, farm animals, 11 am—3 pm

12/07- Centerville Stroll, along Main St., Centerville Village, 3—6 pm

12/07- Yarmouth Port Christmas Stroll, along 6A Yarmouth Port. Tree lighting and caroling on Village Green, 1-4 pm.

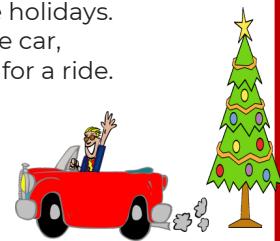
12/12- 56th Annual Osterville Christmas Open House & Stroll, Main St., Osterville Village, 4—9 pm

12/13-12/14- Holiday Market at Hyannis Arts Hall, 320 Main St., Hyannis, Fri. 2—7 pm, Sat. 10 am—2 pm

12/13- 19th Annual Season of Illumination Parade, theme Coastal Cheer at Mashpee Commons, 6 pm



**Christmas Holiday Displays-** Do you love driving around on a December evening looking at holiday lights? Local businesses and private homes are beautifully decked out for the holidays. Bundle the family into the car, listen to festive music and go for a ride. Always local favorites— the giant lighted sculptures in Sandwich and Barnstable, along Rt. 6A and of course the Mashpee Rotary!



## **Operation Green Light for Veterans**

A nationwide initiative runs the week leading up to Veterans Day (11/11) aiming to raise awareness of the unique challenges veterans face and promotes the resources available to them at the local, state and federal levels.

The Barnstable Superior Courthouse has been illuminated green the past couple of years. Residents, businesses and other organizations are encouraged to participate by simply changing one light bulb in their home/ business to a green bulb. By shining a green light, we let our veterans know that they are seen, appreciated and supported.

## **Lessons from a Christmas Tree**

- \* Be a light in the darkness.
- \* We all fall over sometimes.
- \* You can never wear too much glitter.
- \* Bring joy to others.
- \* Sparkle & twinkle as often as possible.
- \* It's okay to be a little tilted.

- Jane Lee Logan



# SAFETY DAY / A NOVEL IDEA



## Community Safety Day

The 4th Annual Barnstable Adult Community Safety Day was held at the BACC on Wednesday September 24th. The Community Safety Day brings together the Town's five Fire Districts, the Barnstable Police Dept, the Town of Barnstable and a number of professional and governmental agencies/vendors in one convenient location to provide older residents the tools to effectively navigate safety needs encountered in the home, online, on the road and in the community. There were also public safety talks and demonstrations, including an understanding of fire safety in the home, blood pressure checks and how to spot and report internet and phone scams.

A big thank you to Capt. David Webb and Sara French with the Hyannis Fire Dept, Chief Challies and Lt. Riley with the Barnstable Police Department and Sarah Beal with the Town of Barnstable Communications Dept. for their time and commitment put into the organization of this event.

Special thanks to the Barnstable Firefighters Local 3276 and the COMM Firefighters Local 3246 for sponsoring the refreshments and door prizes.



**Thank You** to all the following vendors for their participation. Much appreciated!

Alzheimer's Family Support Center (AFSC)  
American Red Cross

Barnstable County- Emergency Preparedness, Public Health

Barnstable Disability Commission

Barnstable Housing Authority

Barnstable Neighbor 2 Neighbor (BN2N)

Barnstable Sheriff's Office

Cape Cod Healthcare VNA

Cape Cod Regional Transit Authority (CCRTA)

Cape & Islands Veterans Outreach Center (CIVOC)

Cape Light Compact

Cape Organization for Rights of the Disabled (CORD)

Community Action Committee

Elder Services of Cape Cod & Islands

Embrace Mobility

Independence House

Libraries

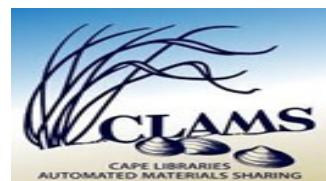
Mass. Behavioral Health Help Line

Operation Lifesaver

US Coast Guard Flotilla

Whole Health Pharmacy (vaccines)

## A Novel Idea...



### Reading: Fascinating Facts & Surprising Benefits

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

See below for fun facts.

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

**Twelve Post-War Tales** by Graham Swift (Sturgis)

**Broken Country** by Clare Leslie Hall (Cotuit)

**Mrs. Christie at the Mystery Guild Library** by Amanda Chapman (Whelden)

**Ocean: Earth's Last Wilderness** by David Attenborough

**Three Wild Dogs (and the truth!)** by Markus Zusak

**We'll Prescribe You a Cat** by You Ishida (Osterville)

**Notes from the Porch** by Thomas Christopher Greene (Hyannis)

**Another** by Paul Tremblay

**Black Ice** by Becca Fitzpatrick (Centerville)

**The Spoon Stealer** by Lesley Crewe

**Wayward Girls** by Susan Wiggs (Marstons Mills)

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



### Some fun facts about reading

The longest sentence ever printed consists of 832 words. You may find it in Victor Hugo's "Miserables". The novel was also translated into 60 languages and adapted to screen countless times.

People who steal books are called bibliocleptomane.

The three best-selling books in the world- The Holy Bible (6 billion copies), Quotations from Chairman Mao Tse-Tung (900 million copies) and the Harry Potter series (500 million copies) sold

Stay tuned for additional fun facts in upcoming Thrive issues.

# IMPORTANT INFORMATION

## Holiday Scams- Protect Yourself

Unfortunately this information is vital! Watch out for holiday scams like phishing emails, fake shopping sites, misleading social media ads, fraudulent charities, and package delivery scams that exploit the holiday season's busy and distracted environment. Be cautious of offers that are too good to be true, especially concerning gift cards, and verify suspicious communications by contacting the sender directly through official channels, not links they provide.

### Online Scams-

**Phishing Scams:** Scammers send fake emails or texts pretending to be legitimate companies (banks, delivery services, retailers) to trick you into revealing sensitive information or downloading malware.

**Fake Websites & Ads:** Be wary of look-alike stores or social media ads offering deals that are too good to be true; these sites are designed to steal your information or sell counterfeit goods.

**Malicious Downloads:** Be cautious about links in unexpected emails or texts, as they can lead to malicious downloads and compromise your device.

### Scams Involving Deliveries & Purchases-

**Package Scams:** Look out for fake notifications about missed deliveries or issues with a package, often accompanied by a link that leads to a phishing site or installs malware.

**Counterfeit Products:** Some fake sites and sellers offer counterfeit versions of popular holiday items or other goods.

**Non-delivery/ Non-payment:** You might pay for goods online but never receive them (non-delivery scam), or you could be a victim of someone who ships goods but doesn't receive payment.

### Charity & Social Scams-

**Fake Charities:** Scammers exploit people's generosity during the holidays by creating fake charities to solicit donations from unsuspecting victims.

**Social Media Scams:** Be suspicious of fake profiles or giveaways on social media, which may be used to trick you into providing personal information or downloading apps.

### How to Stay Safe-

**Verify Communications:** Don't click on links in suspicious emails or texts. Instead, open a new browser window and go directly to the company's official website.

**Be skeptical of deals:** If an offer seems too good to be true, it probably is!

**Research businesses:** Before making a purchase or donating, research the business or charity on the Better Business Bureau (BBB) website.

**Protect Your Financial Information:** Never provide personal or payment information to unsolicited emails or texts.

**Be Cautious with Gift Cards:** Purchase gift cards directly from trusted merchants and register them when possible.



## Stay Safe Know the Facts

**Operation Lifesaver** is a mission driven rail safety education non-profit powered by dedicated people. Their goal is to end collisions, deaths and injuries on and around railroad tracks and trains.

**Obey all warning devices at railroad grade crossings.** Trains are quieter and faster than you think. The average freight train traveling 55 miles per hour can take a mile or more to stop- the length of 18 football fields!

### **Make Safe Choices-**

**Cross Legally & Safely-** The only safe and legal place for anyone to cross railroad tracks is at designated crossings.

**Wait, Look Both Ways-** Always expect a train. Ensure you can see down the tracks in both directions before proceeding. AVOID crossing while lights are flashing or gates are down.

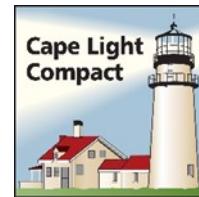
**Avoid Getting Struck-** Trains overhang tracks. Leave at least 15 feet between the front and rear of your vehicle and the nearest rail.

**Get Out! Get Away! Find the Blue and White Sign-** If your vehicle gets stuck or stalls at a crossing, get everyone out and far away immediately. If you see a blue and white sign, call number. Dial 911.

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

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

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



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

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

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

or file a complaint online through their website

# SUPPORT GROUPS & SERVICES

## **SUPPORT GROUPS & SERVICES**

**Al-Anon Family Groups, al-anon.org**

**Alcoholics Anonymous, 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**

**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**

**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 **508-237-3349**

**Cape Cod Intergroup- AA,** Primary purpose to stay sober and help other alcoholics to achieve sobriety. **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 ongoing 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**

**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**

**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**

**Elder Services of Cape Cod & Islands, Family 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** 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.

**Massachusetts Behavioral Health Help Line,** Get help now. We're here for you 24/7, including holidays. Call or text **833-773-2445**

**Nathan's Circle** For adults who have experienced the loss of 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**

**Overeaters Anonymous,** In person meetings Wednesdays 7:30-8:30 am, S. Congregational Church, 565 Main St., Centerville **capecodoa.org or 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**

**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@capesamaritans.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**

**Sight Loss Services, Inc. Cape Cod & Islands**

Call **508-394-3904** or e-mail **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**



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

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PLACE  
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**Remember to change your clocks**  
**Sunday, November 2**



**And the batteries in your smoke detectors at least once a year.  
(For 9 volt batteries recommended to replace every 6 months.)  
Good reminder to do when you change clock for daylight saving time.**

**Do You Want to Become A Superhero?**  
**FREE Intro to First Aid & CPR Course**

An introduction to life saving skills with Barnstable Public Safety.

First Wednesday of every month, 6:00– 8:00 pm

- Learn about Emergency Situation
- Get started with CPR
- Get started with First Aid
- Real-life demonstrations
- Fire station & ambulance tour

All ages are welcome!

**Wednesdays Nov. 5th & Dec. 3rd  
6:00– 8:00 pm**

At the Hyannis Fire Department  
95 High School Rd., Ext., Hyannis

**Call or email to register:  
508-775-1300, option 2 or  
[info@hyannisfire.org](mailto:info@hyannisfire.org)**

