

September 13, 2024 - Issue 36
www.BarnstableEnews.com



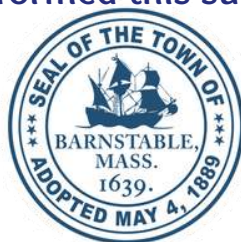
Barnstable eNEWS



9/11 Ceremony at Hyannis Fire Department

In this issue of eNews

- 'Tis the season for beach clean-ups around town with COASTSWEEP at Sandy Neck on Sunday, September 15th and Keep Barnstable Beautiful's Fall Community Litter Cleanup on September 21st;
- The Barnstable County Sheriff's Office is hosting a presentation by former Boston Celtic and recovery advocate Chris Herren on Wednesday, September 25th at Barnstable High School's Performing Arts Center;
- The Hyannis Youth & Community Center has a new website;
- The latest episode of our Discover Barnstable podcast features our Council on Aging's Stacey Cullen and the conversation is Caregiver and Support Services;
- Information regarding Vineyard Wind debris; and
- A Friendly Reminder to stay informed this summer by downloading the MyBarnstable app.





Quick Links

[TOWN CALENDAR](#)
[OFFICIAL AGENDAS](#)
[LEGAL NOTICES](#)
[BARNSTABLE PUBLIC SCHOOLS](#)



Stay Connected

www.TownofBarnstable.us
www.BarnstableWaterResources.com
www.BarnstableEnews.com
www.BarnstableLCP.com



The Town has a number of newsletters to keep you up to date and informed! Click [here](#) to learn more and sign up today!

NEXT TOWN COUNCIL MEETING
THURSDAY, SEPTEMBER 19, 2024 AT 6:00 PM



Download
the My Barnstable App!

- Receive Notifications
- Access Information
- View Latest Updates
- And more...

SCAN TO DOWNLOAD



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***The Official
Podcast of
the Town of
Barnstable***

**Meet the people who
steward the
programs and
services for the
Town of Barnstable
that connects us to
our quality of life.**

● new episode ●

Podcast

Stacey Cullen
Program
Coordinator

Lynne Poyant
Director,
Communications



Caregiver & Support Services

Listen where you enjoy
your favorite podcast





TRAFFIC ADVISORY

PLEASE BE AWARE OF POSSIBLE ROAD CLOSURES AND EXTRA VOLUME ON THE ROADS
SATURDAY, SEPTEMBER 14, 2024 AND SUNDAY, SEPTEMBER 15, 2024

FOR THE FOLLOWING EVENTS:

PLEASE DRIVE WITH EXTRA CARE & ATTENTION

SATURDAY, SEPTEMBER 14, 2024 BEGINNING @ 7:00 AM

**THE GIRLYGIRL P.A.R.T.S WALK WILL BE IMPACTING:
THE CRAIGVILLE BEACH AREA**



SUNDAY, SEPTEMBER 15, 2024 DURING MORNING HOURS

**THE SECOND SUMMER CYCLE WILL BE IMPACTING:
THE SERVICE ROAD, OAK STREET AND ROUTE 6A**



What to do if you spot Vineyard Wind Debris

If you discover any debris, please call

781-831-1134

to allow assigned crews to manage
the proper recovery and clean up of
debris. You can also report debris
online at:

vineyardwind1.ethicspoint.com

Debris Reporting Hotline

781-831-1134



CAUTION



Public Health Advisory

Human Case of West Nile Virus Confirmed in Town of Barnstable

The Massachusetts Department of Public Health (MDPH) announced today a human case of West Nile virus (WNV) in the Town of Barnstable. This raises the risk level to high in our town.

By taking a few, common sense precautions, people can help to protect themselves and their loved ones:



Apply Insect Repellent

Use a repellent with DEET, permethrin, picaridin, or oil of lemon eucalyptus



Clothing Can Help Reduce Mosquito Bites

Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.



Be Aware of Peak Mosquito Hours

The hours from dusk to dawn are peak biting times for many mosquitoes.

Information about WNV and reports of current and historical WNV virus activity in Massachusetts can be found on the MDPH website at www.mass.gov/dph/mosquito



Town of Barnstable

PUBLIC MEETING CALENDAR

For the complete calendar of events and meetings,
visit <https://townofbarnstable.us/calendar.asp>

Monday, September 16:

3:00 PM | Committee to Assess and Recommend Strategies for Housing Creation Within the Town
5:30 PM | Community Preservation Committee

Tuesday, September 17:

4:00 PM | Airport Commission
4:00 PM | Historical Commission
5:00 PM | Barnstable Municipal Water Supply Board
6:30 PM | Conservation Commission

Wednesday, September 18:

9:00 AM | Council on Aging
10:00 AM | Barnstable Disability Commission
4:45 PM | Board of Assessors
6:30 PM | Hyannis Main Street Waterfront Historic District Commission

Thursday, September 19:

9:00 AM | Site Plan Review
6:00 PM | Town Council

Friday, September 20:

3:30 PM | Committee to Review and Assess Zoning and Review the Towns use of Regulatory Agreements



September 25th

1-5pm

Barnstable Adult Community Center
825 Falmouth Road, Hyannis

This event will bring fun, educational, and safety resources to our community at the Barnstable Adult Community Center. Public safety and community partners will provide residents the real world tools and information to keep them safe in their home, online, and in their neighborhood.

- Practice and understand fire safety in the home
- Free blood pressure and wellness checks
- Kitchen Fire Demo
- Learn to spot and report internet and phone scams
- Discover all the safety resources available to Barnstable residents
- Raffle Prizes and so much more!



CoastSweep 2024

SUNDAY, SEPTEMBER 15TH, 9:00 AM - 12:00 PM

Sponsored by the Massachusetts Office of Coastal Zone Management and coordinated by the Urban Harbors Institute, thousands of COASTSWEEP volunteers remove debris that would otherwise pollute our oceans, beaches, lakes, and rivers. Participants collect bag after bag of trash and debris, and record their findings onto data cards. The data is sent to the Ocean Conservancy and entered into a massive marine debris database. This information is then analyzed and used to identify the sources of marine debris, which helps to prevent the problem in the future.

If you're interested in volunteering, contact Donna Bragg at Sandy Neck Gatehouse at 508-362-8300 or email us at sandyneck@town.barnstable.ma.us



Keep Barnstable Beautiful September Cleanup
Saturday, September 21, 2024
10:00 am 12:00 pm

Location:

Hyannis Youth & Community Center
141 Bassett Lane, Hyannis

Cleaning Areas:

Nearby parks and roadways in Hyannis

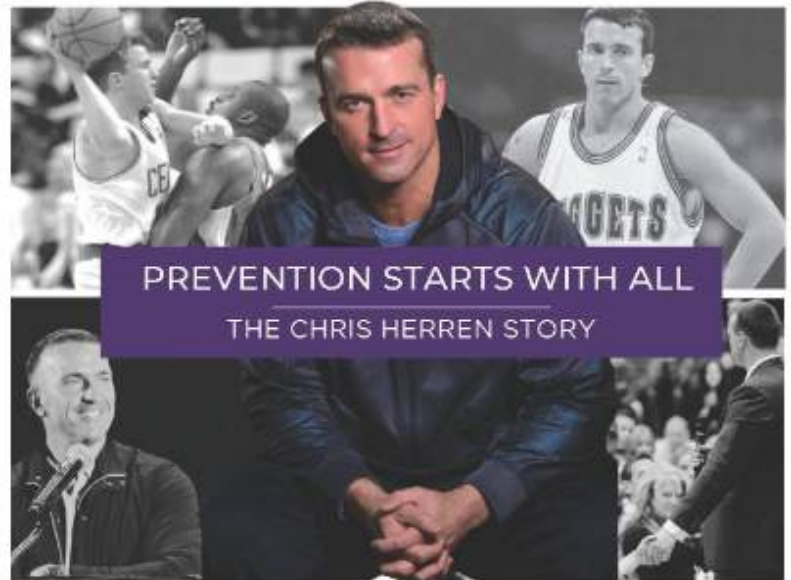
Community Spirit:

Special recognition for the most litter collected



Volunteers of all ages are welcome, including families, individuals and community groups. Pre-registration is required. To Register, please visit www.keepmassbeautiful/events.

Hosted by Barnstable County Sheriff's Office
Supported by State Representative Kip Diggs



ABOUT CHRIS HERREN

Chris Herren, a basketball legend from Fall River, Massachusetts, was an All-American, broke scoring records and was recruited by the nation's top colleges. Herren realized his lifelong dream of playing in the NBA when he was drafted by the Denver Nuggets in 1999 and then traded to his hometown team, the Boston Celtics, before losing his career and almost his family to the disease of addiction.

In long term recovery since 2008, Chris inspires people to start the conversation on wellness and educate themselves on the disease of addiction. It is his hope that strength will be found in the struggle and communities will come TOGETHER to address the issue of substance use disorder, advocate for effective treatment and embrace the power of recovery.

Age appropriate for middle schoolers and up.

DATE:

September 25, 2024

TIME:

7pm to 8:15pm

LOCATION:

Barnstable Performing Arts Center
at Barnstable High School
744 W Main St, Hyannis, MA 02601



Register to secure
your spot!



FREE EVENT

www.herrentalks.com

Flu Vaccination Clinic

LOCATION:

St. George Greek
Orthodox Church
Route 28, Centerville

DRIVE THRU ONLY



DATES



October 16th

1:00-3:00PM

November 6th

9:00-11:00AM

Consent forms will be available at the clinic and online at: www.town.barnstable.ma.us

You may print-out and complete the consent form before arriving to reduce waiting time.



For More
Information:
Public Health
Division
(508) 862-4644



\$3



www.TOWNOFBARNSTABLE.us

**THE HYCC HAS
A NEW WEBSITE!**

**Check out the new look at:
CAPECODHYCC.COM**

Fall program registration for residents begins on Tue



Hyannis Youth & Community Center
141 Bassett Ln, Hyannis, MA 02601 • (508) 790-6345

[SCHEDULE](#) [REGISTER](#) [JOIN NOW](#) [RENTALS](#)

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Latest Updates

HYCC Advertising space is still available. Reserve your space now. [MORE DETAILS](#)

We've Got Ice! Request your sheet now! [MORE DETAILS](#)

Posted July 3rd, 2024 - Work hard, play hard... [READ MORE](#)

[PROGRAM REGISTRATION CALENDAR](#)



UPCOMING EVENTS

CLIMATE
conversations

September 2024

BOG STOMPING at Crocker Neck

Saturday, September 14, 2024 | 10 AM
CROCKER NECK, COTUIT



2024 Cape Cod

wildlife festival

Celebrating Cape Cod's wildlife & habitats
free • family friendly

10 AM-3 PM
SATURDAY
**SEPT.
14th
2024**

Mass Audubon
Long Pasture
Wildlife
Sanctuary

345 Bone Hill Road
Barnstable, MA

ALL DAY

- Interactive exhibits
- Fun for all activities
- Local food trucks

• Live Music

11 AM & 1 PM

- Live Animal Presentations

REGISTER IN ADVANCE AT:
massaudubon.org/programs

Presented by



Minority (MBE) Woman (WBE) and Veteran (VBE) Construction Contractors Outreach Event

September 18th 4-6:00PM | Barnstable High School

Presented by:



DIVISION OF
CAPITAL ASSET
MANAGEMENT &
MAINTENANCE



Supplier Diversity Office

Representatives from the Division of Capital Asset Management & Maintenance (DCAMM), Massachusetts Supplier Diversity Office (SDO), Town of Barnstable Procurement Office and Barnstable County Procurement Office will be present to answer questions and share information on how to get involved with public projects and the processes to apply and receive relevant certifications.

Focus: Connecting local contractors with opportunities and resources that may enhance their marketability when bidding on public contracts and certification for diverse businesses.

When: Wednesday, September 18th 4-6PM

Where: Barnstable High School, Senior Cafeteria,
744 West Main Street, Hyannis, MA 02601.

Ample Parking is available at the location

[Click HERE to Register](#)



Are You Connected?

Do you have the devices, skills, and access you need to connect to the internet?

Can you easily get online to:



Connect with friends and family

Pay bills and manage finances

Manage healthcare

Access homework and schoolwork

Stay connected with your community

The Town of Barnstable is working with the Cape Cod Commission to form a municipal digital equity plan. This project will help us better understand challenges that community members like you face with the internet and technology and to identify solutions that ensure all have access to the information technology needed to fully participate in our community.



Stay Connected. Scan the code
or visit cccom.link/barnstable-de
to learn more.



This project was funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Planning Program. Funding was provided by Massachusetts ABPA State Fiscal Recovery Funds.



Find out what's going on in the newest issue of THRIVE!

RESPITE PROGRAMS WITH STACEY CULLEN



Fall Prevention and Brain Health

Wednesday, October 16th
9:00-10:00am

Barnstable Adult Community Center
825 Falmouth Road, Hyannis

This hour long presentation with the Public Health Exercise Physiologist from the **VNA of Cape Cod**, focuses on fall risk mitigation and the cognitive changes that occur with aging.

Learn how you can decrease your risk of falling, strategies to improve memory, and exercises that can help. An open discussion will occur at the end of the presentation.

Register online in **MyActiveCenter** or call the BACC (508) 862-4750 or the VNA of Cape Cod directly to register at (508) 957-7423.



VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

Importance of Self-Care and Successful Caregiving

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important and one of the most often forgotten things you can do as a caregiver.

Tuesday, September 17 - Sturgis Library

Memory Loss 101: What is Normal and What is Not

This program aims to offer insights into typical aging, age-related memory lapses, and severe memory issues. As individuals grow older, gradual alterations in memory are a natural part of the aging journey. Nevertheless, there are instances when these alterations manifest earlier than predicted or progress more rapidly than usual.

Thursday, September 19 - Hyannis Library



BACC Weekly Calendar

Sept 16

1:00 PM Movie Mondays

Sept 17

11:30 AM Senior Dining

2:00 PM Author Talk:
Brad Bickford - *How to Live Healthier, Happier & Longer in Retirement: 8 Essential Pillars*

Sept 18

9:30 AM Elder Services
Caregiver Support Prgm

10:00 AM Hearing Clinic
(by appointment)

11:30 AM Senior Dining

Sept 19

9:30 AM Veteran's Cafe

10:00 AM Buried In
Treasure: Hoarding
Challenges

11:30 AM Senior Dining

1:30 PM Cut the Cord
(streaming presentation)

Sept 20

10:00 AM Health Talk:
Fall Screening &
Prevention

12:00 PM Friday
Classic Flix with Roger

THE LAST WORD...

"Try to be a rainbow in someone's cloud."

— Maya Angelou

**Thank you for receiving and reading
eNews each week!**



**BARNSTABLE
RECREATION**



**BUSINESS
BARNSTABLE**



SEVEN VILLAGES • ONE TOWN

