



Town of Brewster

Health and Human Services Committee

MEETING AGENDA

2198 Main St., Brewster, MA 02631
(508) 896-3701

Wednesday, January 3, 2024 @ 5:00 p.m.

Health and Human Service Committee Members

Suzanne Kenney
Chair

Sean Parker
Vice Chair

Lisa Perkins
Secretary

Deborah Blackman
Jacobs

Patricia Hess

Mary Jo Murphy

Anne O'Connell

Robert Ziegler

This meeting will be conducted in person at the time and location identified above. This means that at least a quorum of the members of the public body will attend the meeting in person and members of the public are welcome to attend in person as well. **As a courtesy only, access to the meeting is also being provided via remote means in accordance with applicable law. Please note that while an option for remote attendance and/or participation is being provided as a courtesy to the public, the meeting/hearing will not be suspended or terminated if technological problems interrupt the virtual broadcast or affect remote attendance or participation, unless otherwise required by law.** Members of the public with particular interest in any specific item on this agenda, which includes an applicant and its representatives, should make plans for in-person vs. virtual attendance accordingly.

Members of the public who wish to access the meeting may do so in the following manner:

Please click the link below to join the webinar:

<https://us02web.zoom.us/j/89269307805?pwd=SUdza05lSzM3Y3BjOVJoa2tHY1NIUT09>

Passcode: 027724

+1 646 931 3860 US

+1 929 436 2866 US (New York)

Webinar ID: 892 6930 7805

To request to speak: Tap Zoom "Raise Hand", then wait to be recognized.

When required by law or allowed by the Chair, persons wishing to provide public comment or otherwise participate in the meeting, may do so by accessing the meeting remotely, as noted above. Additionally, the meeting will be broadcast live, in real time, via **Live broadcast** (Brewster Government TV Channel 18), **Livestream** (livestream.brewster-ma.gov), or **Video recording** (tv.brewster-ma.gov).

Please note that the Health and Human Services Committee may take official action, including votes, on any item on this agenda.

1. Call to Order
2. Declaration of a Quorum
3. Meeting Participation Statement
4. Recording Statement: As required by the Open Meeting Law we are informing you that the Town will be video and audio taping as well as broadcasting this public meeting. In addition, if anyone else intends to either video or audio tape this meeting they are required to inform the chair.
5. Approval of December 6, 2023 Minutes
6. Review of Proposals for FY'25 Funding
7. Presentation: Pause a While
8. Matters Not Reasonably Anticipated by the Chair
9. Next Meetings: February 7, 2024
10. Adjournment

Date Posted:

Date Revised:

Received by Town Clerk:



Town of Brewster Health and Human Services Committee

2198 Main St., Brewster, MA 02631
(508) 896-3701

HEALTH & HUMAN SERVICES COMMITTEE MEETING MINUTES

2198 Main Street

Wednesday, December 6, 2023 @ 4:30 p.m.

Present: Suzanne Kenney (chair), Sean Parker, Mary Jo Murphy, Deborah Blackman Jacobs, Patricia Hess, Anne O'Connell, Robert Zeigler; Conor Kenny (Town office liaison), Kari Hoffman, (Select Board liaison)

Absent: Lisa Perkins

1. Call to Order: The meeting was called to order by Chair Kenney at 4:35 p.m.
2. Declaration of a Quorum: A quorum was declared.
3. Meeting Participation Statement was ready by the Chair.
4. Recording Statement was read by the Chair.
5. Introduction of new committee member Robert Zeigler

Suzanne asked Bob to introduce himself to the committee and for the other committee members to introduce themselves as well.

6. Approval of November 1, 2023, Minutes: The minutes were approved as amended with a vote of 6 people. Robert Zeigler stated his desire to abstain from voting in his first meeting and that was approved by Suzanne Kenny
7. Review of Proposals for FY'25 Funding:

Suzanne proposed discussing each of the 20 grants, 3 of which are new this year, in alphabetical order. Each member had been assigned 3 grants to review, noting in detail how many Brewster residents had been serviced by the nonprofit and a breakdown in the cost per service. Each person spoke about their 3 grants making a recommendation for funding, including where applicable at the increased request, funding at last years level or not funding.

The total dollars for all the grant requests represent a 45% increase over last year's budget, if all grants are funded at this year's requests. Connor Kenny said there is an additional 10% that can be added to last year's total budget bringing the amount available to \$144,177. The three new grants total \$37,000.

The individual discussing their 3 grants is asked to justify an increase in the nonprofits budget increase.

Sean Parker

AIDS Support Group of Cape Cod

Sean supports funding. Others spoke in favor of the grant and a motion was made to approve at a level funding of \$5000.

Alzheimer's Family Support Center

Sean supports the increase funding of 9%.

A motion was made and passed for the increase of \$1,000 for a total of \$12,000.

Cape Abilities

Sean approved of the level funding of \$7,000. A motion made and approved level for funding at the \$7,000.

Lisa Perkins, absent, passed her notes and recommendations to Suzanne Kenney to present.

Cape Cod Children's Place

Lisa supports increase funding of \$1,000 for a total of \$11,000.

A motion was made and passed to support the grant for \$11,000.

Church of the Holy Spirit-Food 4 Kids

The organization requested a 64% increase in funding based on inflation to \$5,750. Suzanne recommended a 5% increase. A motion was made and approved to fund the grant at \$3,675.

Consumer Assistance Council

Lisa supports the requested increase in funding of \$1,175. Suzanne pointed out it is a 96% increase from \$ 600. Suzanne recommended a 5% increase to \$630. A motion was made and passed to fund at \$630.

Patricia Hess

Duffy Health Center

Patricia supports level finding at \$1,000. A motion was made and approved \$1,000. Mary Jo Murphy abstained.

Elder Services

Deferred, pending the completed application.

Family Pantry of Cape Cod

Patricia recommended increased funding at \$6,000, \$1,000 over last years amount. A motion was made and approved for \$6,000.

Deborah Blackman Jacobs

Homeless Prevention Council

HPC requested \$18,000 a 20% increase over last year's funding.

Deborah recommended funding at the requested amount and Suzanne proposed a 5% increase. A motion was made and approved for \$15,750.

Housing Assistance Corp.

This is one of the three new agencies. They asked for \$10,000 and because it is a new agency, a motion was made and accepted to fund the first year at \$5,000.

Independence House

Deborah recommended to fund the slight increase of 3% to \$12,360. A motion was made and seconded to fund them at \$12,360.

Anne O'Connell

Lower Cape Cod Outreach Council

Anne recommended LCOC be funded at the 25% increase of \$15,000.

A motion was made and passed to fund at \$15,000.

Nauset Together We Can

This nonprofit generated the most discussion. Members felt the program served a need for a specific population, but the numbers aren't there to support it. Patricia offered that NWC is not well established but we should support it none the less. Suzanne felt more should be done to increase numbers by way of outreach. The group compromised between no funding or addition funding by funding at the current level. A motion was made and approved to fund at the current level of \$1,500.

Nauset Youth Services

Anne supports the level funding of NYA, which works with Brewster youth. A motion was made and accepted fund at \$16,000.

Mary Jo Murphy

Outer Cape Health Services

Mary Jo recommends funding them at an increased level. Suzanne thought the 20% increase was too steep considering all the other applications. A compromise was made to increase the funding by \$1,000. A motion was made and accepted to fund at \$16,000.

Pause A While

While the grant was missing some information, we all agreed they provide a valuable service in a space in Brewster. They will present at the next meeting of HHS and we'll be able to obtain more information. A motion was made and approved to fund at \$2,000.

Sight Loss Services

The group supports this nonprofit. A motion was made and approved in the amount of \$2,000 which is level funding.

Suzanne Kenney

South Coastal County Legal Services

The group supports the nonprofit and Suzanne noted staff visits the Council on Aging that was not mentioned in the grant. They are requesting an additional \$100. A motion was made and approved.

St Vincent's De Paul Society

This is a new agency requesting funding. They are a catholic lay, all volunteer agency who work with many of the other nonprofits we fund. Although there were concerns voiced over issues of separating church and state the group was satisfied the agency did not require any religious affiliation to receive services. A motion was made and approved to fund the organization at \$2,500.

8. Justification of increased amounts of funding to specific agencies:

Alzheimer's Family Support Center received a 9% increase of \$1,000 because of increase in need due to an increase in the aging population as well as uncertainty of Medicare and Medicaid funding, and the lack of public support for care givers.

Cape Cod Children's Place received a 5% due to a dramatic increase in Early Education and care tuitions across the region.

Food 4 Kids received a 5% increase due to expanding their service to Brewster, and they are providing a paid employee for the Brewster Recreation Program.

Consumer Assistance Program received a 5% increase because they are making their services more accessible, plus they have an increase in more cases affecting the elderly and scams.

Family Pantry of Cape Cod received a 20% increase because of greater need of nearly 71% in visits to the pantry.

Homeless Prevention Council requests was increased 5% due to a 41% increase in services.

Housing Assistance Counsel is newly funded this year in the amount of \$5,000. We strongly support their mission.

Independence House funding was modified to \$12,000, because there has been a slight decrease in services in Brewster.

Lower Cape Outreach funding was increased by 25% because of the substantial increase in need for services given inflationary issues.

Outer Cape Health Services was granted a 5% increase due to the rising cost of health care.

Pause A While is a new nonprofit to HHS. They provide a very useful service, a place to meet for individuals in recovery from substance abuse including Brewster residents as well as residents of surrounding towns.

St Vincent DePaul, another new nonprofit, was given \$2,500 for services received by predominantly Brewster residents. The organization stated they supplied \$70,000 to residents this year.

Financial Summary from Sean Parker

With a 10% increase from the town, our budget is \$144,177.

With our preliminary recommendations amount to \$147,925.
The gap is \$3,748.

If there were no new agencies and just the agencies from last year, based on our preliminary recommendations, we would be increasing our budget by 5.61%. That's twice as much of a typical budget increase of 2.5% and it's a little more than half as much as our allotted increase of 10%.

9. Matters Not Reasonably Anticipated by the Chair - none

10. Next Meetings: January 3, 2024, at 5:00 p.m.

Conor will reach out to Pause A While to present at our next meeting with Housing Assistance Corp (HAC) as a back-up should Pause A While representatives not be available. If Pause A While presents in January HAC will be asked to present at a later meeting.

11. Adjournment was at 6:15 p.m.

Date Posted:
Foot note

Date Revised:

Received by Town Clerk:

Agency	FY25 Request	FY25 Recommend	FY24 Recommend	FY23 Recommend	FY22 Recommend	FY21 Recommend	FY20 Recommend	FY19 Recommend	FY18 Recommend
Aids Support Group of CC	\$7,500	\$5,000	\$5,000	\$5,000	\$4,000	\$3,000	\$2,500	\$2,500	\$2,500
Alzheimer's Family Support Center	\$12,000	\$12,000	\$11,000	\$11,000	\$10,000	\$10,000	\$10,000	\$9,000	\$9,000
Cape Abilities	\$7,000	\$7,000	\$7,000	\$7,000	\$7,000	\$7,000	\$7,000	\$7,000	\$7,000
CC Children's Place	\$11,000	\$11,000	\$10,500	\$10,500	\$9,000	\$9,000	\$8,500	\$8,000	\$8,000
Food 4 Kids Church of the Holy Spirit	\$5,750	\$3,675	\$3,500						
Consumer Assistance Council	\$1,175	\$630	\$600	\$600	\$600	\$500	\$500	\$600	\$500
Duffy Health Center	\$1,500	\$1,500	\$1,500	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	
Elder Services	\$10,500	\$9,120	\$9,120	\$8,600	\$8,600	\$8,600	\$8,500	\$8,500	\$8,500
Family Pantry of Cape Cod	\$6,000	\$6,000	\$5,000	\$5,000	\$5,000	\$4,300			
Homeless Prevention Council	\$18,000	\$15,750	\$15,000	\$15,000	\$15,000	\$15,000	\$15,000	\$15,000	\$13,500
Independence House	\$12,360	\$12,000	\$12,000	\$10,000	\$9,000	\$7,300	\$6,000	\$6,000	\$5,500
Lower Cape Outreach Council	\$15,000	\$15,000	\$12,000	\$10,000	\$9,500	\$9,500	\$9,500	\$9,500	\$9,500
Nauset Together We Can	\$3,000	\$1,500	\$1,500	\$1,500	\$1,500	\$3,000	\$3,000	\$3,500	\$2,500
Nauset Youth Alliance	\$16,000	\$16,000	\$16,000	\$16,000	\$12,000	\$10,800	\$10,800	\$10,000	\$8,500
Outer Cape Health Services	\$18,000	\$16,000	\$15,000	\$15,000	\$15,000	\$15,000	\$15,000	\$15,000	\$15,000
Sight Loss Services	\$2,000	\$2,000	\$2,000	\$1,500	\$1,500	\$1,500	\$1,200		\$1,200
South Coastal Counties Legal Services	\$4,350	\$4,250	\$4,350	\$4,250	\$4,200	\$4,120	\$4,134	\$4,120	\$4,240
Totals:	\$151,135	\$138,425	\$131,070	\$121,950	\$124,900	\$121,620	\$114,133.50	\$110,720.00	\$105,940.00
Percentage Increase	15.31%	5.61%	2.38%	-2.36%	2.70%	6.56%	3.08%	4.51%	
New Agency									
Pause A While Inc.	\$12,000	\$2,000							
Society of St. Vincent de Paul	\$15,000	\$2,500							
Housing Assistance Corp	\$10,000	\$5,000							
New Agency Sum	\$37,000	\$9,500							
Total Sum New and Historic	\$188,135	\$147,925							
		12.86%							
To Meet 10% Difference		\$144,177							
		\$3,748							

Mission

The Pause is a Community Center for Recovery which supports both alcoholics and addicts as well as family members and loved ones of those suffering from substance misuse. We facilitate this by providing a dedicated space for 12-step meetings and year-round sober social activities.



Who We Are

The Pause is one of the largest facilities of its type in Massachusetts serving people from Hyannis to Provincetown year-round as well as seasonal visitors from around the world. Pause A While, Inc. also facilitates daily online meetings.

Why We Are Here

Since Covid, relapse rates for substance misuse have increased 30% nationwide, as have deaths from overdoses. Alcohol related deaths are up 25%. Within Massachusetts, Barnstable County has consistently had one of the highest levels of substance misuse. It would not be an overstatement to say that substance misuse has touched virtually every family on Cape Cod and is now endemic.

12-step recovery in-person meetings held at *The Pause* serve all social and economic groups, genders, religious affiliations, race and nationalities. Participants range from 20 to 80+ years of age. Average sobriety within these groups is well north of 10 years of continuous recovery and can range from day 1 to 50+ years of sobriety.

Successful recovery depends upon developing a sober social network, especially for young people. Having a single facility which offers a continuous range of meetings and activities fosters that network development and limits the time a newly sober addict/ alcoholic spends alone. 12-step meetings are known for the adoption of new members into their folds. In fact, it is their mission to help the newly sober individual. According to Alcoholics Anonymous' statistics, close to 40% of meeting attendees received their very first day of sobriety directly through attending a meeting versus from a recent hospitalization or rehab visit. The sharing of life experiences is a critical factor in successful 12-step meetings.

Our Alanon Family groups are working with local schools to provide a secure and supervised meeting space for Alateen, which is a fellowship of mostly teenagers whose lives have been affected by someone else's drinking or substance misuse. It is important to introduce this vulnerable age group to the lifesaving messages delivered in recovery meetings.

Pause A While, Inc. is an all-volunteer organization. To further enrich recovery services at The Pause, we are collaborating with other local non-profits such as Recovery Without Walls and Wellstrong to offer modalities such as acupuncture, meditation and yoga.

How You Can Help

All Donations to Pause A While, Inc. are tax deductible and will help:

- Replenish our operating reserve, to cover annual operating expenses and ongoing maintenance of The Pause.
- Pay down the mortgage, making The Pause sustainable for future generations.

**Donate online at pauseawhile.org or
send a check to Pause A While, Inc., P.O. Box 1973, Brewster, MA 02631.**

The Pause

A Community Center for Recovery

pauseawhile.org

info@pauseawhile.org

P.O. Box 1973 / 250 Underpass Rd
Brewster, MA 02631

Pause A While, Inc
Board of Directors

Joanne Wisniewski, President
Kurt Hauge, Secretary
Allen C. Bragdon, MD, Treasurer
Fran Reynolds
Hilary Sandler
Kari Stroh

Executive Advisors

Lori Meads, President &
CEO Seamen's Bank
Paul D. Dart, Former
Board President
Jim Curran,
Cape Cod 5

As of 1/2/2024



Meetings at The Pause

Daily 7am AA OD
5pm AA OD

Monday	12pm AA OD** 6:30pm Recovery Dharma
Tuesday	12pm Al-Anon Step 7pm Men's AA OD
Wednesday	12pm AA OD 6:30 We are Enough Women's AA
Thursday	12pm Al-Anon OD 5pm Al-Anon OD Sea Pine* 5pm Alateen Salt Flats* 6:30pm Recovery Modalities w/ <i>Recovery Without Walls & Wellstrong</i>
Friday	12pm AA OD 6:30pm Co-ed Big Book Step Study
Saturday	12pm AA OD 2:30pm Beginner's AA OD
Sunday	9:45am Beginner's Al-Anon OD 10:30am Al-Anon OD 6:30pm 11th Step Mediation

**upstairs room*

*** open discussion*