

CodComm Inc
WPXC-WHYA-WFRQ-WKFY
Quarterly Issues and Programs List
Q1 2019
January 1 – March 31, 2019

SECTION 1: QUARTERLY PROBLEMS AND ISSUES

1. Substance Abuse :State leaders have identified opiate abuse as an epidemic across Massachusetts. A recent County assessment of substance abuse said the same, and also called alcoholism an endemic problem on Cape Cod. The issue affects those of all genders, ages, races, and socio-economic status.

2. Health and Wellness: Interviews with community leaders and health professionals that offer programs and information on a solving local health issues from cancer treatment to the blood shortage.

3. Crime Prevention: Specifically geared towards the youth of Barnstable County this quarter we interviewed local leaders who are keeping youngsters busy with various free programs.

4. Quality of Life: Discussions with local non-profits and/or business leaders working to make a difference on Cape Cod.

5. Education: Discussions with members of the community making a difference in the lives of individuals looking for help advancing their educational skills and opportunities for a better life.

SECTION 2: QUARTERLY PROGRAMS

CATEGORY / ISSUE – Substance Abuse

DATE OF SHOW – January 6, 2019

LENGTH OF SHOW – 28:59

THIS SHOW WAS A YEAR IN REVIEW OF INTERVIEWS DEALING WITH ADDICTION AND RECOVERY ON CAPE COD INCLUDING THE FOLLOWING INTERVIEWS: (BELOW)

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Chris Hills co-founder and host of Recovery Radio. Professor Naomi Arenberg, General Manager of WKKL - Cape Cod Community College's radio station and Producer for Recovery Radio

SUBJECT MATTER – Recovery Radio a radio program that airs on Cape Cod Community College's Radio Station WKKL. The program airs every Sunday evening from 6pm to 7pm. The Program is a talk program that deals with addiction and recovery - to spread the message that people are recovering from addiction. It covers the topic of how to become drug and alcohol free and stay drug and alcohol free - through shared personal stories of people in recovery.

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Adam Burnett - Executive Director of Champ Homes and Denene Shimkus - Director of Programs at Champ Homes

SUBJECT MATTER – The guests about how Champ Homes was started in 1991 by Paul and Carolyn Hebert to address the Cape's growing homeless situation. The mission of Champ Homes is to provide transitional housing to adults on Cape Cod who are homeless or near homeless in a safe, compassionate, respectful environment, where they instill confidence and hope through providing life skills, mentoring, vocational opportunities, and self-advocacy, while building faith in one's God, one's self, in others and beyond.

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Derek Johnson – Social Worker for Friends of Prisoners

SUBJECT MATTER – Talked about the organization Friends of Prisoners – and how they help newly released prisoners from the Barnstable County House of Corrections – in a number of ways – as they help them get readjusted to life outside the walls – by providing transitional housing – at a home they run called Guindon House – that was established to house former prisoners – to help them get a fresh start. And through their reentry services – they help provide them with the tools and skills they need to a live a long – productive – crime-free life

CATEGORY / ISSUE – Substance Abuse

DATE OF SHOW – January 13, 2019

LENGTH OF SHOW – 29:36

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Kelly an Addict and Chairperson for the Public Relations subcommittee for the Cape Cod Area Narcotics Anonymous. Jeff R. An Addict and a former member of the Hospitals and Institutions subcommittee for Narcotics Anonymous. Riley an Addict and the Chairperson for Cape Cod Area Activities for Narcotics Anonymous.

SUBJECT MATTER – Talked about how Narcotics Anonymous is an option for recovery and is a fellowship of men and women for whom drugs became a major problem in their lives and they meet regularly to help each other stay clean. They talked about how they teach new members – that they can have fun while staying clean at the same time – through networking with current members via organized local activities. They also talked about how they bring Narcotics Anonymous presentations to local hospitals and institutions where they don't have regular access to Narcotics Anonymous meetings.

CATEGORY / ISSUE – Crime Prevention

DATE OF SHOW – January 20, 2019

LENGTH OF SHOW – 29:13

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – JR Mell, a two-time Big Brother and lifelong resident of Cape Cod. Regional Director of Big Brothers Big Sister of Cape Cod & The Islands.

SUBJECT MATTER – He talked about Big Brothers Big Sisters of Cape Cod & the Islands, a division of BBBS Mass Bay. They came together to ensure that more children can gain a mentor when they want one. They exist to make sure children of Cape Cod & The Islands thrive.

They are the only one-to-one youth serving mentoring organization in the area. They've been around for over 42 years and serve more than 300 kids in the community.

They talked about an upcoming event the 3rd Annual Celebration of Mentoring. A Night to celebrate past and current mentors and fun way for potential volunteers/mentors to learn about the experience of mentoring.

CATEGORY / ISSUE – Health & Wellness

DATE OF SHOW – January 27, 2019

LENGTH OF SHOW – 28:23

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Christopher Ellis the Director of Organizational Advancement at Community Health Center of Cape Cod

SUBJECT MATTER – He talked about how the non-profit organization was established to serve the health and wellness needs of the community and make sure everyone in the community has access to healthcare. They walk-in care for less serious injuries and illnesses. In addition, they also offer about every medical care need you may need, including mental health and addiction services. They also assist in signing up for medical insurance including Mass Health.

He also talked about the opening of a new location in Centerville to make it 4 locations on Cape Cod including Bourne, Falmouth and Mashpee.

CATEGORY / ISSUE – Education

DATE OF SHOW – February 3, 2019

LENGTH OF SHOW – 25:54

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Patrick Stone, the Director of Strategic Communications and Marketing for Cape Cod Community College.

SUBJECT MATTER – He talked a new program be offered at the College called “Quick-Term” offered in both the Fall and Spring Semesters. It's a 14-week course – condensed into a and intensive 7-week condensed semester. There were designed for students that may have time or financial constraints. They offer a wide variety of courses for the “Quick Term” program.

CATEGORY / ISSUE – Addiction

DATE OF SHOW – February 10, 2019

LENGTH OF SHOW – 28:54

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –

Patricia Mitrokostas – Director of Public Relations and Organizational Advancement for Gosnold Cape Cod. Dylan Benoit – a Supervisor for the Recovery Programs at Gosnold Cape Cod. Tommy McCann – a Treatment Specialist for Gosnold Cape Cod. Lindsey Bartlet – Director of Care Management Services at Gosnold Cape Cod.

SUBJECT MATTER – They talked about what Gosnold Cape Cod is – which is a nationally accredited non-profit leader in prevention, treatment and recovery of mental health and substance use disorders. They offer a full, end-to-end continuum of care – for drug and alcohol addiction and substance use disorder – offering a wide range of treatment options with care tailored to fit the needs of each individual – in and outpatient programs as well as recovery support.

CATEGORY / ISSUE – Education / Health & Wellness

DATE OF SHOW – February 17, 2019 and March 3, 2019

LENGTH OF SHOW – 20:43

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Elaine Madden – the Director of the Dental Hygiene Program at Cape Cod Community College. Holley Braga – a student of the Dental Hygiene Program at Cape Cod Community College.

SUBJECT MATTER – They talked about the Dental Hygiene Program/Clinic at Cape Cod Community College, which started in 1975. They talked about the mission of the Dental Hygiene Program/Clinic being the education of the Dental Hygiene students – but also for providing affordable dental hygiene care for patients and the community. For those individuals that may not have or be able to afford Dental Insurance. They have an opportunity to be treated by the students with their

supervisors/teachers watching over the whole process.

CATEGORY / ISSUE – Health & Wellness

DATE OF SHOW – February 24, 2019

LENGTH OF SHOW – 28:58

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Maura Weir – Advisor for Active Minds at Cape Cod Community College.

SUBJECT MATTER – She talked about the mental health and mental health issues of college students on the campus of Cape Cod Community College. For example – dealing with the stress and anxiety of college life – including mid and final exams – daily classes and social life (i.e. friendships and relationships). She talked about the organization called Active Minds – which is dedicated to the prevention and treatment of mental health issues – as well as – raising awareness about this very important issue – at colleges and universities nationwide. She said Depression and Anxiety are the two biggest problems they see on campuses all over – so they provide a safe place to help students talk about and deal with the respective issues – instead of turning to harmful practices (ex. Drugs, Alcohol, Self-Harm, etc.) to deal with their mental health issues.

CATEGORY / ISSUE – Health & Wellness

DATE OF SHOW – March 10, 2019

LENGTH OF SHOW – 24:57

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Christine Morin – Director of Prevention / Education Outreach at Independence House on Cape Cod.

SUBJECT MATTER – She talked about his organization Independence House – which is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and widespread programs for children (ages 5+), teens, adults and the later-in-life (elderly) community who are survivors of – or impacted by domestic or sexual violence.

She talked about the issue of Elder Abuse and how the organization offers specialized services for victims of domestic and sexual violence age 50 and over. Independence House is a member of the Cape Cod Elder Abuse Coalition to advocate and support seniors of all genders, to live independently with dignity, and to live safely without worry of abuse of any kind, accomplishing this through a cross disciplinary collaboration, engaging our community in education and outreach, and making those who abuse accountable.

CATEGORY / ISSUE – Health & Wellness

DATE OF SHOW – March 17, 2019

LENGTH OF SHOW – 18:51

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – No guests were interviewed.

SUBJECT MATTER – As part of suicide awareness, the host discussed the staggering statistics associated with suicide in our country and how it's the 10th leading cause of death in the U.S. He discussed some of the organizations that raise awareness about the problem of suicide - and offer help to prevent suicide. For example, the American Foundation for Suicide Prevention – and SAVE: Suicide Awareness Voices of Education.

He went on to talk about some of the probable causes of suicide – warning signs to take note of – and what are some of the things we can do to

prevent suicide.

CATEGORY / ISSUE – Quality of Life

DATE OF SHOW – March 24, 2019

LENGTH OF SHOW – 21:07

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION –

Kristine Callahan, Executive Director of Flower Angels USA on Cape Cod in South Yarmouth. Tracy Shaughnessy, Attorney who sits on the organizations Board of Directors.

SUBJECT MATTER – They talked about their organization Flower Angels USA Cape Cod – a non-profit organization driven and run primarily by volunteers – whose mission is to recycle and re-purpose donated flowers – that come to them from local sponsors. They then take the donated flowers and make beautiful new flower arrangements.

Then their volunteers deliver the flowers to individuals at the Cape's Nursing Homes – as well as – the Assisted Living and Hospice Facilities. The Floral recipients are chosen by nurses and caregivers. Patients served by Flower Angels USA include people who wouldn't normally receive flowers, are forgotten about, haven't had visitors, and are without friends and family to visit.

CATEGORY / ISSUE – Quality of Life

DATE OF SHOW – March 31, 2019

LENGTH OF SHOW – 21:20

GUESTS ON THE SHOW – NAMES / TITLES / ORGANIZATION – Kelly

Brocks the manager of the Family Pantry of Cape Cod Community College.

SUBJECT MATTER – She talked about the food pantry at the school – that provides non-perishable food to students, staff, faculty, and families of The Children's College of Cape Cod Community College in a non-judgmental and supportive environment. She runs the pantry with the help of volunteers. The pantry was created to address the need of students, staff and more – who may not be able to afford the basic essentials – on top of paying for school. They also offer health and beauty aids for students in need – for interviews and everyday use. The pantry operates on donations and food drives.