

# The Mashpee

## Enterprise

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Page 10

THE MASHPEE ENTERPRISE

### CHC, YMCA Partner On Upper Cape

Community Health Center and YMCA Cape Cod announced their collaboration on the Upper Cape YMCA building project being planned on Brick Kiln Road in Falmouth, at the rear parcel of Christ Lutheran Church. The facility will include aquatics, wellness, teen/intergenerational, youth and family programs and services. The facility will also include space for Community Health Center to ensure that all people will have access to programs and services that focus on health, prevention and wellness, and reducing the incidence of chronic illness.

The two organizations have worked together to improve the lives of children with asthma, seniors at risk for falling, individuals with diabetes and adults struggling with hypertension.

"This significant collaboration on the Upper Cape will expand care beyond the walls of

CHC's medical home and will help people of all ages improve their health and prevent or control chronic illness," Karen Gardner, chief executive officer at Community Health Center, said in a press release. "Our community will get healthier together thanks to a comprehensive plan to create a place for youth, families and adults to connect and to learn to lead healthier lives."

New program opportunities at CHC's location in this YMCA facility will include primary care services; programs for children and teens focused on healthy eating, drug and alcohol abuse prevention; diabetes and nutrition education; health screenings for stroke risk, cancer, blood glucose, heart health and vision; presentations by CHC care teams about healthy living and eating, substance use, breast cancer awareness and emotional and psychological health; and support

groups addressing diabetes, multiple sclerosis, living after loss and weight management.

"The synergies between CHC and the YMCA are the wave of the future," Stacie Peugh, president and chief executive officer of YMCA Cape Cod, said. "Working collaboratively with health care providers to provide an integrated approach to serving the health and wellness needs of our community is visionary work we are proud to be co-leading with CHC."

Plans for the Upper Cape facility are already in place, and memorandums of understanding have been created and signed between CHC and YMCA Cape Cod on clinical services to be provided by CHC and a pre-construction agreement. The organizations are engaged in a two-year permitting and fundraising phase, with anticipated construction to begin after that time, the press release said.