

*Dennis Housing
Community Notes*

2022 - 2023
HOLIDAY/WINTER
EDITION

Happy Holidays!

It's just about winter and time to reflect. How has your year been? Any intentions you would like to make? Anything you are particularly grateful for? I'll start... My year has been expansive. I feel like I've really grown in the Resident Services Coordinator position. One intention I have is to plan more fun and interesting events to bring our wonderful DHA Community together. I'm particularly grateful for each of you accepting me into your lives.

I am happy to inform you that we are having a Holiday drop in party complete with coffee, donuts, and presents on Thursday December 15. Read on to learn more and PLEASE JOIN US!

Looking ahead, In 2023 Wild Care will be coming to visit us and bringing some special furry and feathery guests. Of course if YOU have any ideas for activities, please be in touch. I would love to help make this community the best place to live!

Peace, Love, and Warmth to each of you,

Kara



FEEL FREE TO REACH OUT ANYTIME IF I CAN HELP YOU, YOU HAVE AN IDEA, OR JUST WANT TO SAY HI! I CAN BE REACHED BY TEXT OR PHONE.

KARA DUFF
RESIDENT SERVICES COORDINATOR
PHONE: 774-801-8331
EMAIL: KARA@HPCCAPECOD.ORG

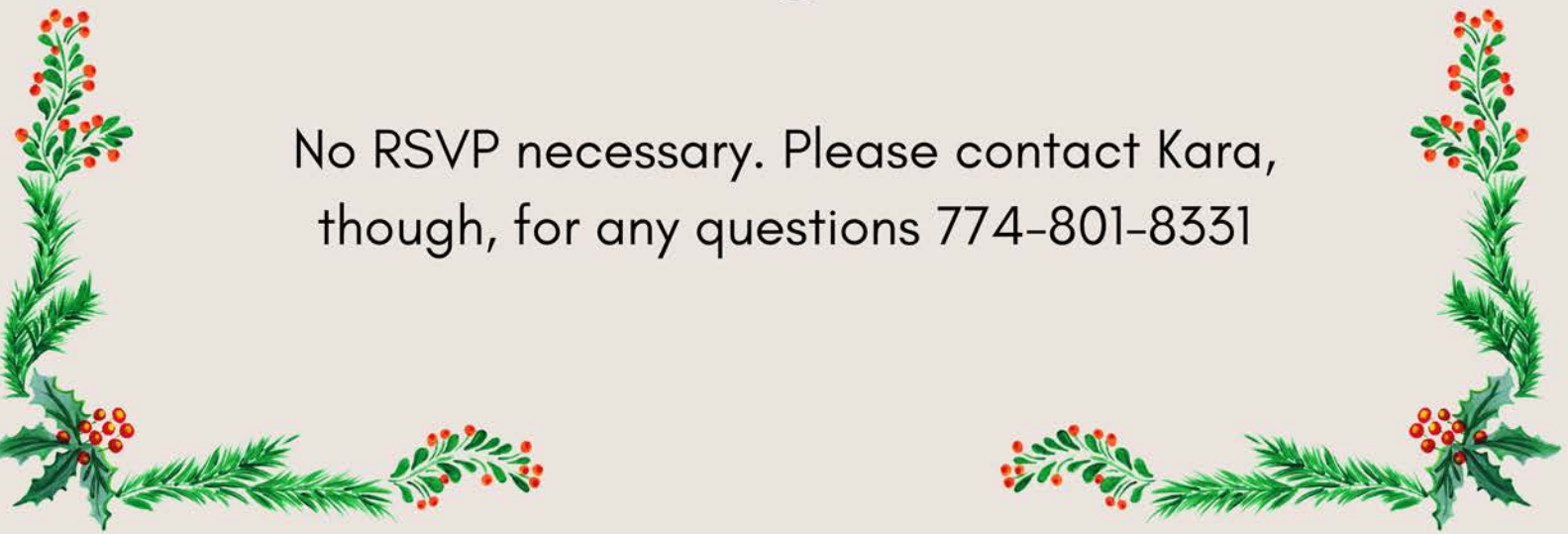




You are cordially invited to a drop-in
Holiday gathering on Thursday
December 15th from 11am-12pm at
the Center Street Village Community
room.

Refreshments provided courtesy of
Honey Dew Donuts and Stop & Shop

**Please be sure to
stop by for a
beverage and pick
up your holiday gift
bag**



No RSVP necessary. Please contact Kara,
though, for any questions 774-801-8331

RECENT HAPPENINGS

Dan the Pharmacist getting ready for Flu Clinic



Halloween Bags



Ibis Health Presentation



Donna at OBR's Halloween Display!!



Reminder!

The Affordable Connectivity Program is up and running and may be able to help you save money on your internet!

The Emergency Broadband Benefit, an FCC Program, will provide a discount of up to \$30 per month towards broadband service for eligible households. The Emergency Broadband Benefit is limited to one monthly service discount per household.



Covered Providers:

AT&T Mobile, Boost Mobile, Charter Spectrum, Comcast/Xfinity, Verizon, and many others.

Sign Up:

Call Kara for assistance

OR

<https://getemergencybroadband.org/how-to-apply/>

Email: EBBHelp@usac.org

Phone: (833) 511-0311

Eligibility

A household is eligible if a member of the household meets one of the criteria below:

Your household is eligible for the ACP if your income is at or below 200% of the Federal Poverty Guidelines, or if a member of your household participates in one of the following: Assistance programs like Medicaid, SNAP, Federal Public Housing Assistance, WIC, Lifeline, or SSI.

Update on Student Loan Forgiveness



In the past two months, student loan forgiveness has been the target of two high-profile lawsuits. As a result of these lawsuits, the Department of Education is no longer accepting applications for forgiveness, and the program has been paused until the courts make a decision. Meanwhile, the Biden administration responded by extending the student loan payment pause yet again.

If forgiveness is implemented or the litigation is resolved, borrowers will have 60 days after that before their payments resume. If not, the pause will last until June 30, 2023, and borrowers will have 60 days after that before their payments restart.



Announcements



LAST CALL!!!
*Medicare Open Enrollment ends
Dec 7*

Medicare plans can change year to year so it's important to make sure that your current plan is fitting your needs. This is where SHINE comes in. Specially trained volunteers can explain the differences in plans and help you choose the best plan for you. To get an appointment start with The Dennis Senior Center at 508-385-5067 and if you cannot get an appointment call the Regional Shine Office at 508-375-6762.



*Free Fare Fridays and Wednesday
Seniors Ride Free*

Everyone rides free on Fridays and on Wednesdays only seniors do. These apply to fixed route transit only.

FROM THE DHA Office:

We have Covid Testing Kits on hand. They are available for DHA residents. You will notice the kits are past expiration date, however, data has been submitted and the FDA has extended the life of this lot of Covid tests to January 13, 2023. It is possible shelf life may be extended once more data is submitted.

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>



Snap Benefits

If you think you may be eligible for SNAP call me. I am happy to assist you in applying. I make the process very simple. You don't have to wait on hold and I will come to you! I have already helped several of your neighbors so why not you! Food is expensive.



FUEL Assistance

Families ~ It's getting cold out there! Contact me to apply for Fuel Assistance. I will come to you to do the application and support you through the process.



MSPCA Services

If you have an animal that needs food, litter or bedding or you are holding off on getting your pet medical care because of the expense, the MSPCA may be able to help. Additionally, if you don't have a car, these items can be dropped off to you and your pet can even likely be transported to and from its medical appointment – all of this at no cost to you. Contact me and I will connect you to Caitlin, the Community Outreach Coordinator to get you started.





NEED HELP PAYING FOR PRESCRIPTION DRUGS?

Prescription Advantage can help!



Benefits are based on income
Administered by the Massachusetts
Executive Office of Elder Affairs



ABOUT US

Prescription Advantage works with your Medicare drug plan to provide you with added benefits.

No monthly premium! Apply at any time!

OUR SERVICES



Lowers your co-payments in the 'donut hole'



Change or join a Medicare drug plan any time

Benefits also available for:

- Massachusetts residents age 65+ who do not qualify for Medicare
- Persons with disabilities under age 65



Who is eligible for Prescription Advantage?

Prescription Advantage is available to Massachusetts residents who are:

Age 65 or older, eligible for Medicare, and have a gross annual household income less than 500% of the Federal Poverty Level, or

65 years of age or older and not eligible for Medicare, or Under age 65, work no more than 40 hours per month, meet MassHealth's CommonHealth disability guidelines, and have a gross annual household income at or below 188% of the Federal Poverty Level.

Not MassHealth or CommonHealth members*

***In some cases, individuals receiving assistance from MassHealth to pay for Medicare Part A and/or Part B premiums, deductibles, and co-payments may still be eligible for Prescription Advantage.**



For more information about Prescription Advantage, call www.prescriptionadvantagemma.org
MassOptions at 1-800-243-4636



News from the Dennis Housing Authority
Lots of Important Information - PLEASE READ THOROUGHLY

As the holiday season is fast approaching, please remember live Christmas trees are not allowed in your unit due to fire safety. When decorating please make sure heat vents are not obstructed or decorations hung too close to the heat source and limit the use of extension cords and do not over load them. Additionally, your second means of egress cannot be blocked. If you choose to decorate outside your unit, decorations cannot be sitting on the floor nor block your unit number.

- **As a reminder, any items left outside such as pots, furniture, door mats, etc. may be damaged, removed and or discarded during snow removal and salting. Items that you want to retain or keep damage free must be brought into your unit.**
- **Kindly keep all windows closed when heat is in use.**

For your reference, please find a copy of the DHA's Snow Removal Policy to follow. We do have a contractor that will be assisting with plowing the parking lots during and after the storms.

Annual Recertifications

Reminder of the upcoming annual recertification: Please have all income verification documents to submit at the time of recertification, this can include:

- 2023 SS benefit letter
- Updated pension statement
- 4 weeks' worth of paystubs for the month of December
- 4 months banks statements: September, October, November, December 2022

The full list of required documents and the packet to be completed will be mailed at the beginning of January. Please let us know if you don't receive it.



Maintenance Information & Reminders



- What maintenance is **not** responsible for: moving tenant belongings, delivering packages,
- Do not approach maintenance for work orders- call all work orders into the office
- Call in work orders to 508-394-3120 ext. 502. By calling in work order it is assumed that you are granting permission to enter your unit, unless you specify that you want to be home.
- If maintenance is working, please don't interfere with their job.
- If you want to be notified when maintenance is entering your unit and maintenance calls and leaves you a message, it will be considered as notification
- If you want to be home when maintenance enters your unit, you must let us know each time you call in a work order.
- Trash must be bagged and placed in the dumpster, please do not leave any trash on the ground near the dumpster as the driver will not pick up anything outside the dumpster.
- After hours maintenance issues- Call 508-394-3120 to reach answering service
 1. Answering service- only relay's message, (is not a DHA employee)
 2. Emergency listing-only reason to call
 3. If calling in emergency must be at home or available, the act of calling in grants maintenance permission to enter unit
 4. If calling in due to lock out, maintenance will go to your unit and unlock the door and leave.
 5. Non-emergencies need to wait until the office is open
 6. When calling in work orders or emergencies you must leave a working number that accepts incoming calls.

EMERGENCY STATUS WORK ORDER as defined below

The following require immediate call to maintenance technician:

Fires of any kind (Call 911)

Gas leaks / Gas odor (Call 911)

Electric power failures

Electrical hazards, sparking outlets

Broken water pipes, flood,

No water / unsafe water

Sewer or toilet blockage

Roof leak

Lock outs, Door or Window lock failure

No heat / Heating system does not work

No Hot water

Snow or ice storm

Dangerous structural defects

Inoperable Smoke / CO detectors, beeping or chirping

Heater / Exhaust system leaking dangerous gases

Open Flame Policy



The Dennis Housing Authority PROHIBITS the burning of any open flame in your unit. Candles and open flames pose a considerable safety risk to both residents and the property of The Dennis Housing Authority and are prohibited. For ambience, twinkle lights or battery-operated candles are permissible.



Snow Removal Policy



- For light snow fall, the Dennis Housing Authority will remove snow from walkways. For heavier snowfall, the housing authority, or its contractor, will begin removing snow after 3 inches have fallen.
- Priority will be given to removing snow from walkways, entrances and main roadways at our elderly sites including the office before moving to the family development where the main roadways will then be cleared.
- After the family development roadway is cleared, snow removal will continue at our elderly sites, keeping up with walkways and apply salt and/or sand as well as clearing roadways at all sites. Lastly when time and manpower allows, maintenance will clear parking areas at our elderly sites if residents move their cars for plowing.
- The Dennis Housing Authority is not responsible for any areas off our property that may be used for parking by residents or their guests. Salt and/or sand will be applied to the parking lot at all sites after snow has been removed and periodically afterwards with the assistance of the Contractor. Snow removal will be done by either a maintenance staff or by a contractor, or both as soon as they are able to safely get to the property.
- During the winter months, containers of ice melt will be maintained at the main entry doors serving the elderly sites for residents to use as necessary.
- Maintenance staff will periodically spread ice melt at the elderly sites during all inclement weather.
- Residents are responsible for clearing snow from their vehicles. Dennis Housing Authority cannot control the amount of snow left behind vehicles when a plow goes through but will make efforts to minimize if tenants move their cars.

Portable Space heater



The Dennis Housing Authority PROHIBITS the use of Portable Space Heaters.

Portable Heaters pose a considerable safety risk to both residents and the property of The Dennis Housing Authority and are prohibited.

*The only exception to this policy would be a temporary measure, determined on a case-by-case basis, with written authorization from the DHA and only when the DHA has determined that the existing building heat source are temporarily inadequate. It is very important to report any heating issues to the office immediately.

Dennis Housing Authority assumes no responsibility when residents attempt to drive or walk during inclement weather. We encourage residents not to go out after a storm unless it is absolutely necessary.

Power Outages



Reminder to the Elderly; Community Room gas stove is available for cooking. We ask if you use the stove to please be sure it is completely shut off and clean when finished.

Contact Eversource at 800-592-2000 to report a power outage in the area and inquire when it may be restored.

The Dennis-Yarmouth Regional Emergency Shelter is located at:

Dennis-Yarmouth Regional High School
210 Station Avenue
South Yarmouth, MA

Pets are accepted at this location. Please bring carriers, pet food and other pet care items.

Contact Dennis Police Department non-emergency number to inquire about emergency shelter opening, warming and charging stations and rides to Emergency Shelters. (508) 394-1315

Should you need a COVID Test kit please contact the office or Kara to have one delivered to your unit.

ON BEHALF OF ALL THE STAFF AT DENNIS HOUSING AUTHORITY WE WISH
EVERYONE A
HAPPY, HEALTHY & SAFE HOLIDAY SEASON!

*Happy
Holidays*

Upcoming Happenings

South Yarmouth Library Association Cookie Stroll

Where: South Yarmouth Library, 312 Old Main Street ,
Yarmouth MA

Saturday, December 10, 2022, 9:00 AM – 4:00 PM

How Much: Free

More Info : CONTACT: Jane Cain 508-760-4820
jcain@clamsnet.org



About South Yarmouth Library Association Cookie Stroll...Walk through our historic Bass River neighborhood. Tour designated homes and sheds, earning a cookie or candy at each location. A trolley bus will be available this year. Start your day at the South Yarmouth Library, where you can enter a drawing for holiday decorations and enjoy homemade treats, to purchase and take home. You can purchase tickets in person (no phone orders) at the South Yarmouth Library from December 5-10, for \$25.00. Order tickets online through the Cultural Center website (under special events) – for \$27.50 from now until early December. This is our Association's largest fundraiser of the year. All proceeds benefit the library. Stroll time: 10:00 a.m. – 4:00 p.m.

Dennis Village Stroll



Where: Gazebo on the Village Green, Corner of Old Bass River Road and Route 6A, Dennis

When: Sunday, December 11, 2022, 11:00 AM – 3:00 PM

How Much: Free

More Info: dennischamber.com

About Dennis Village Stroll...Music, food, fun and more. Primarily along Dennis Village Green and area merchants

Plant ID Walk: Native vs. Non-native Basics

Where: Barnstable Land Trust, 1540 Main St., Barnstable MA

When: Wednesday, December 14, 2022, 11:00 AM - 12:00 PM

How Much: Free

More Info: <https://blt.org/events>

Contact Sandra: (508) 771-2585 or sandra@blt.org

Have you ever wondered about the differences between winterberry vs. bittersweet, or whether poison ivy is native or invasive? Join TerraCorps service member Ben Woishnis on this FREE plant ID excursion which will explore the relationships and differences between native and non-native plants and which ones are invasive. Learn how to better identify some of the most common and problematic invasive species seen across Cape Cod, while also learning how we can better support native habitats like the beautiful Pogorelc Sanctuary.



Adult Button (ages 12 or older)

\$ 25

Child Button (ages 3-11)

\$ 5

Children 2 and under are Free: No button needed

Chatham First Night Celebration

Main Street, Chatham beginning at 6:30pm

Dec 31, 2022

More Info:

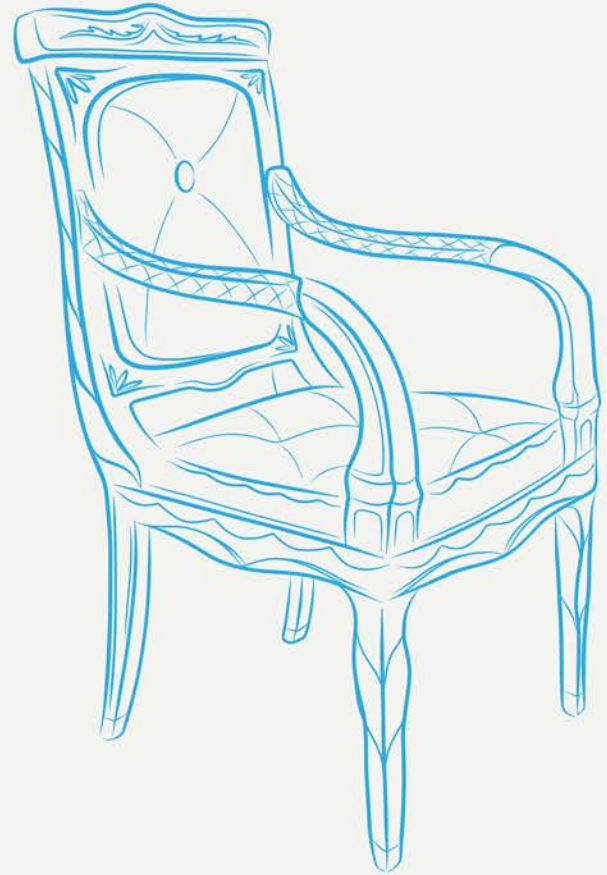
<https://www.firstnightchatham.com/buybuttons.html>:

Come join us for First Night Chatham! We are a family-friendly, alcohol free, town-wide celebration of the arts with over 70 performances and events. December 31st, 2022 will be First Night Chatham's 32nd New Year's Eve celebration. The past two years have been of limited scope, but this year the plan is to come back to "more normal". Activities will start with the Town Photo at the Chatham Lighthouse at Noon, with indoor performances as in all but the past two years, reaching a peak of noise and awe with the Noise Parade and Veterans Field Fireworks, and more activities until finishing at 9 PM.!

WINTER MAGIC: A QUALITY ANTIQUES SHOW

Where: Cultural Center of Cape Cod, Inc.
When: Sunday, January 1, 2023, 10:00 AM to 3:00 PM
How Much: \$5 in advance, \$6 at the door
More Info: <https://www.cultural-center.org/>
508-394-7100

This full-scale antiques show will feature known and esteemed dealers from Cape Cod and beyond the bridges. Antiques will include country furniture, nautical items, samplers, Canton China, Chinese Export, cut and pressed glass, folk art, paintings, chocolate molds, prints, hooked rugs, baskets, stoneware, decoys, Bennington pottery, and more. All proceeds benefit the Cultural Center, a non-profit bringing "All the Arts for All of Us" to the greater Cape community. Come and uncover some treasures. No admission before 10am. Organized by Cultural Center members Charles and Barbara Adams. Generously supported by the Yarmouth Tourism Fund.



Yarmouth Winter Carnival

Where: Bass River Sports World, 934 MA-28,
Yarmouth MA
How much: Free

When: Saturday, February 18, 2023,
Sunday, February 19, 2023,
Monday, February 20, 2023



Bass River Sports World in South Yarmouth. The Winter Carnival will have an outdoor synthetic ice skating rink, food trucks, s'mores fun, and family-friendly activities that everyone of all ages can enjoy! A full schedule of events will be posted soon.

CHEW YOUR FOOD Slowly

EATING SLOWLY COMES WITH A WHOLE HOST OF HEALTHY BENEFITS



Americans could use a tutorial on eating food slowly. In certain countries and cultures, a meal can last for hours. People sit around a table with their extended families and talk, eat, and drink until late in the evening.

In the United States, this is less likely to happen. In fact, the average American spends just over an hour a day altogether on meals.¹ Some breakfasts and lunches last barely two minutes. But is eating fast a problem? Should we be concerned? The answer is “yes” and there are some good reasons to learn how to eat slowly.

FUN FACT about eating and our emotions:

Why does food affect our mood in so many different ways?

Our gut or gastrointestinal tract (also known as our second brain) is home to billions of bacteria. The food we eat directly affects our gut health (or the balance of good and bad bacteria) and influences the production of neurotransmitters (our body’s chemical messengers that are constantly carrying messages from the gut to the brain).

Ninety percent of serotonin receptors — our mood regulators that influence our biological and neurological processes such as aggression, anxiety, cognition, mood, and sleep — are located in the gut. So, for example, when we eat something sweet or sugary, it produces dopamine (the feel-good hormone) and serotonin (the happiness hormone). The neurotransmitters carry those chemicals to the brain, and we feel happy.

The same goes with other kinds of food. Foods can trigger physiological changes associated with emotions. Consuming hot food increases discomfort and sometimes even pain, whereas, as we saw earlier, foods high in caloric value can trigger positive moods, and consuming protein can improve motivation and concentration. Certain foods contain chemicals or ingredients that by nature trigger how parts of our bodies function — in some cases resulting in an increased heart rate or sweating due to a rise in body temperature.

The Purpose of Chewing



Since the dawn of time, chewing has been the primary way of breaking down food into smaller, more digestible particles that can easily pass through the digestive tract. Of course, different foods take a different amount of chewing to break down, and early hominids likely used their teeth to grind down plants and breakthrough tough meat sources. Today, most foods are tender enough to be pulverized with a moderate amount of chewing, but there's still something to be said for taking your time to chew slowly and mindfully.



Here are some of the benefits of prolonged and thorough chewing of your food:



Chewing helps to signal the beginning of the digestive process. As your body releases saliva to help break down food, it also relaxes the stomach ahead of digestion to allow food and nutrients to pass through more easily.



When food particles are left on the teeth, they provide fuel for bacteria that can cause tooth decay. Prolonged and thorough chewing produces more saliva, which helps remineralize teeth and restore your mouth's pH after eating acids and sugars.



Chewing food slowly gives the stomach enough time to signal the brain for satiety. Chewing food slowly actually reduces food intake between meals, meaning it can be a great tip to help you curb overeating and increase your satisfaction at mealtimes.



Reasons to Eat Slowly

By slowing down your meal, you may gain potential health and wellness benefits. You're also more likely to enjoy your meal.

1

Increases Food Satisfaction

One obvious benefit of eating more slowly is that you will taste your food more. If you double the amount of time it takes you to eat a meal, you'll experience more of the flavors, textures, and smells of the food you eat. Your food will become more interesting.



2

Enables Better Food Choices

When you slow your eating pace, you have more time to make more thoughtful food choices. This is good because the more you pay attention to your foods, the more you give yourself the opportunity to select nutritious, healthy foods. Many empty calorie foods are heavily processed by food manufacturers. They are often high in sodium and added sugar. These foods are carefully designed by food engineers to taste great for the first three or so bites. After a few bites, many people say that their desire for more salt and more sugar increases. Studies have shown that people often eat more when they consume ultra-processed foods. Natural foods, on the other hand, contain no added sugar or added sodium (unless you add them during meal preparation). They have simple, but delicious tastes and textures. A strawberry starts out with a burst of juice but then stays interesting as you chew. Oranges, nuts, and vegetables are the same.

3

Allows for Social Connection

Eating can be a social event. Meals are a time when people gather and spend time together. Once the meal is over, everyone goes their separate ways. By taking more time at a meal, you'll be able to talk to your friends and family more, improve relationships, and feel more connected.



4

Promotes Weight Loss

When you take longer to eat, you might find that you learn to stop eating sooner. You might notice that you are full and don't need that extra bite.

In fact, slower eating is associated with a lower body mass index (BMI).³

Studies have found that eating slowly improves satiety (the feeling of fullness and satisfaction after a meal).

Body Mass Index (BMI) is a dated, biased measure that doesn't account for several factors, such as body composition, ethnicity, race, gender, and age.

Despite being a flawed measure, BMI is widely used today in the medical community because it is an inexpensive and quick method for analyzing potential health status and outcomes.

5

Prevents Becoming Overstuffed

Researchers have found that it takes your stomach about 20 minutes to produce the hormones that tell your brain that you are full.⁶ If you slow down, you give yourself more time to feel satisfied. This gives you a better chance of stopping before you "get stuffed."

6

Improves Digestion

Eating slower gives your stomach more time to start working on the food. When you send an entire meal down your throat in five minutes, you may find yourself suffering from indigestion. Instead, take 20 minutes to eat the same amount of food.

Your stomach will have a much easier job. Eating slower might also result in you chewing more, giving your stomach a head start in the digestive process.



Get to know... Pears!

Pears are tasty and versatile, and are at home on their own or in a variety of dishes.

Like many fruits and vegetables, pears offer health benefits because of their fiber and antioxidants. These compounds mean pears can help support the immune system, reduce inflammation, and reduce the risk of stroke and chronic diseases including diabetes, high blood pressure, and heart disease.

Pears are a high-fiber source of carbohydrates that provide a low-calorie burst of vitamin C as well as minerals like copper and potassium.

- **Highly nutritious. Pears come in many different varieties. ...**
- **May promote gut health. ...**
- **Contain beneficial plant compounds. ...**
- **Have anti-inflammatory properties. ...**
- **May offer anticancer effects. ...**
- **Linked to a lower risk of diabetes. ...**
- **May boost heart health. ...**

Pear and Lentil Stir-fry

Serves 4, halve to make less

- Prep Time: 10 minutes
- Total Time: 35 minutes

Directions:

- 1** Cook the lentils and drain them; reserve.
- 2** Peel and cut the carrots in round slices. Dice the bell pepper, onion and pears.
- 3** Heat the olive oil in a deep pan; add the lentils, along with the red onion; sauté for 3 minutes.
- 4** Add the carrots and pears, moving constantly; add the bell pepper and season.
- 5** Finally, add the parsley and herbs and let it sit for 5 minutes.

Ingredients:

- 1 cup lentils
- 1 Bosc pear
- 1 Red Anjou pear
- 1 Green Anjou pear
- 1 red bell pepper
- ½ red onion
- 2 carrots
- ½ cup vegetable oil
- 3 springs parsley
- 2 tablespoons salt
- black pepper



BANANA PEAR OATMEAL COOKIES

These banana pear oatmeal cookies are real crowd pleasers. Luckily, they are a pretty low lift recipe and you likely have the 5 ingredients already.

recipe from
abbysfoodcourt.com



Notes : makes about 10-15 cookies



Ingredients:

- 1 RIPE BANANA
- 1/2 CUP MASHED PEAR (FROM ABOUT 2/3RDS OF A MEDIUM SIZED PEAR)
- 1.5 CUPS OATS
- 3 TBSP ALMOND or PEANUT BUTTER
- 1/2 TSP CINNAMON
- COCONUT OIL, FOR Greasing pan

Directions:

- Mash the banana and pear with a fork in a mixing bowl until smooth with just a few small chunks.
- Add the oats, almond butter, cinnamon to the bowl and mix until combined. (If the batter seems a bit too liquidy, add more oats).
- Grease a baking sheet with coconut oil.
- Scoop the cookie batter onto the baking sheet.
- Bake in a 375F oven for about 15-20 minutes (cook for shorter if you like a chewier cookie and longer if you like a crispy cookie).
- When the cookies are done and have reached your desired consistency, remove from the oven and let cool for 10 minutes. (This is hard because they smell and look so good).
- That's it! Now eat!!

Enjoy!

The 12 Days of Christmas Word Search



S L P V J G N I M M I W S A T T L
E R S C X S D I A M L E Z Z G S M
G G E D R G G R C O M A F L E S E
D F O P R J N D U O P R D V E M E
I D G L I I I I T M E J O I S U P
R T N S D P B E P N M D C I E A E
T N I D F R V G C A E I S F M S A
R U P R C A I H N L E N N I A H R
A P I O G P H N T I A L L G L N T
P M P L N E Y R G W L K A O A M R
W L C Q N L U R S S I L V O Y T E
M K Y S L T R U E N O E A N I J E
D R U M M E R S G S G N I C N A D
A X G M A C H R I S T M A S G Q A

CHRISTMAS

TRUE

LOVE

GAVE TO ME

PARTRIDGE

PEAR TREE

TURTLE DOVES

FRENCH HENS

CALLING BIRDS

GOLD RINGS

GEESE

A-LAYING

SWANS

A-SWIMMING

MAIDS

A-MILKING

LADIES

DANCING

LORDS

A-LEAPING

PIPERS

PIPING

DRUMMERS

DRUMMING