

Dennis Housing Community Notes

Happy Fall Residents!

I love this time of year when the days are still beautiful and sunny, the traffic lessens, and stickers aren't needed to visit our treasured beaches. You can feel the first stirrings of the chill to come yet the warm sunshine is on your back. In the morning the sun hangs low in the sky. As the sun sets, it's time to get our cozy on! The air feels brisk and new, and we have reason to break out the sweaters and throw blankets. Fall is the best of both worlds, the light and dark and the warm and cold. Soon the leaves will change colors and fall off the trees; we are reminded that change and letting go, is part of the cycle of life. With this fall edition of the newsletter will begin a new format of a quarterly distribution. Nothing else will change, it will still always include a couple of yummy plant-based recipes, select upcoming happenings, and the well-loved word search. This November marks my two years as Resident Services Coordinator. I want to thank each one of you for making my job so wonderful. I love coming to work and I look forward to each new day and experience. I have met so many interesting and amazing people. If we have not connected yet, please reach out and say hello and of course if there is any way I can be helpful, please ask!

In the meantime, join me in reveling in the fall.

Warmly,

Kara



PLEASE NOTE!

We had an excellent time with the Ice Cream Truck in late July. For my families who live in the scattered site apartments, I did not forget about you. Last year I gave you gift certificates to Auntie's Ice Cream. This year when I went to purchase gift certificates again they informed me they were closing and would not be reopening and could not sell me any gift certificates. I still plan on doing something special for all of you, either getting certificates from another ice cream place or somewhere else so stay tuned... I'll be knocking on your door with something this fall!

Also BINGO is still on first Thursday of the month...

September- OBR

October- Center Street

November- WMV

NEWS & UPDATES



Jigsaw puzzle
put together by
resident Sterling
Farrenkopf

Ice Cream Truck Day!
Thank you to Perry's Last Stand



NEWS & UPDATES CONTINUED

Open Enrollment



Open Enrollment for Health Insurance begins on Nov 1 and closes on Jan 23. During this time you can shop and select a new health insurance plan for any reason. After open enrollment ends you need a qualifying event to change your plan or purchase health insurance. Help is available by contacting the Fishing Partnership who can enroll any MA resident in the MA Health Connector or MA Health Programs. Phone number is 774-840-9393.

Medicare Open Enrollment is October 15- December 7. During this time you can join, switch or drop a plan. SHINE is a wonderful resource to help you decide what plan is right for you. SHINE appointments fill up quickly during this time. To get an appointment, please call the Yarmouth Senior Center and ask for a SHINE appointment. You can also call the Barnstable County SHINE for an appointment. Their number is 508-375-6762.



[Medicare.gov](https://www.Medicare.gov)

FISHING PARTNERSHIP



SUPPORT SERVICES



Reminders



Sunday Nov 6th begins Daylight Savings Time. Don't forget to set your clock back.



SNAP

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.

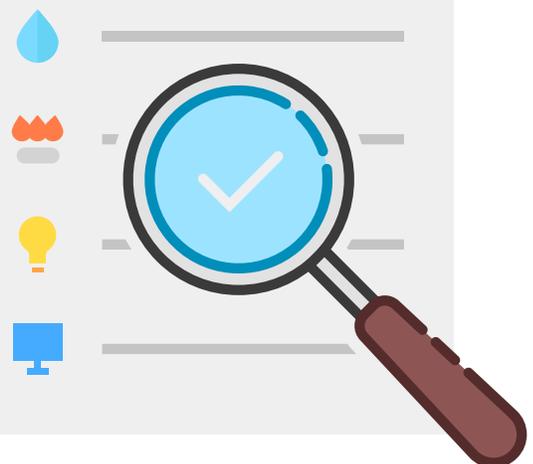
To do a quick check for eligibility go to
<https://dtaconnect.eohhs.mass.gov/screening>

Families JOIN US

Fuel Assistance

begins Nov 1st. Please contact me to apply. Also keep an eye out for an upcoming UTILITY ASSISTANCE workshop where you can apply for Fuel Assistance and other utility discounts and more. Date TBD but I will deliver a bulletin to your front door once it's scheduled.

Utility Bills



Facts and techniques for BETTER Breathing

Just
BREATHE



1

Your lungs work all day and night, whether you're awake or asleep. That's 20,000 or so breaths per day! By the time you're 50, you have taken around 400 million breaths.

2

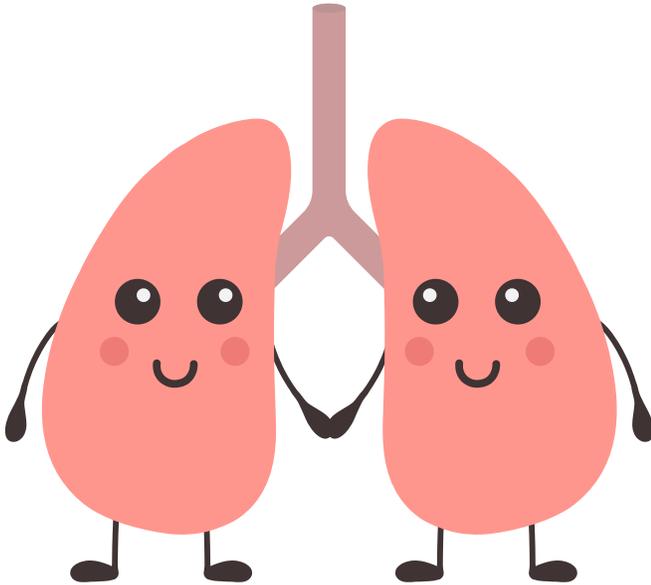
Air is made up of almost 79% nitrogen, 21% oxygen, and small amounts of elements like helium, carbon dioxide, and hydrogen.

Inhaled air is made up of 16% oxygen, 4% carbon dioxide, and the same 79% nitrogen. Our lungs swap around 4-5% oxygen for carbon dioxide.

3

Waste Removal

70% of waste in your body is eliminated through exhalation in the form of carbon dioxide



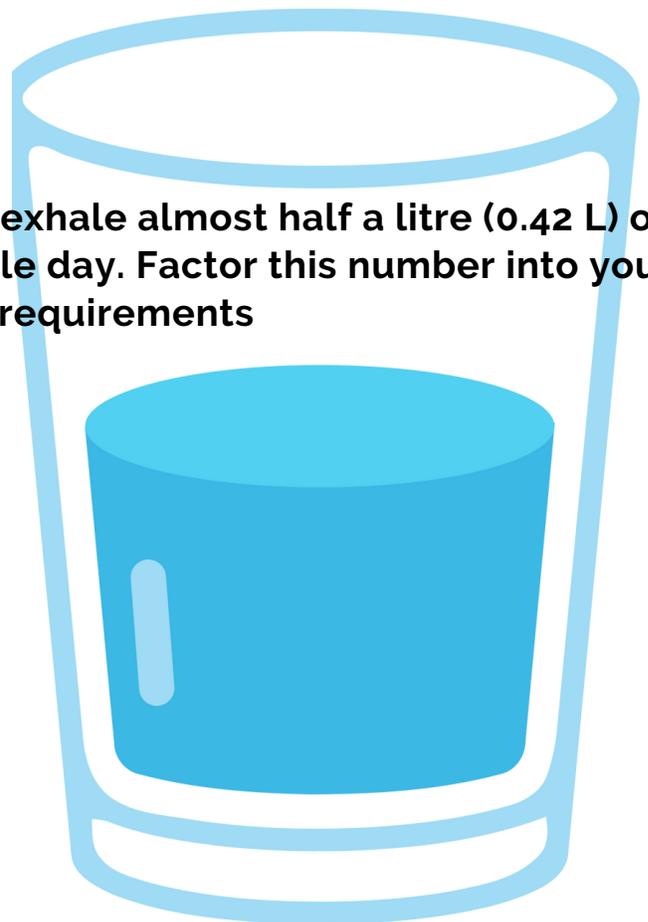
Once in the lungs, oxygen is moved into the bloodstream and carried through your body. At each cell in your body, oxygen is exchanged for a waste gas called carbon dioxide. Your bloodstream then carries this waste gas back to the lungs where it is removed from the bloodstream and then exhaled.

4

Importance of Water

Our lungs exhale almost half a litre (0.42 L) of water every single day. Factor this number into your hydration requirements

Dehydration can cause breathing problems: Water is used in the nasal passages, bronchial tubes, and lungs and to keep them moist. But when you breathe out, moisture from these tissues is expelled and every breath in brings in drying air. Under hydrated conditions water is rapidly replaced



5

Controlled Breathing

Most people can hold their breath for a maximum of 1-2 minutes but in 2010 Stig Severinsen from Denmark held his breath during a free dive for 22 minutes.



6

Emotional Control

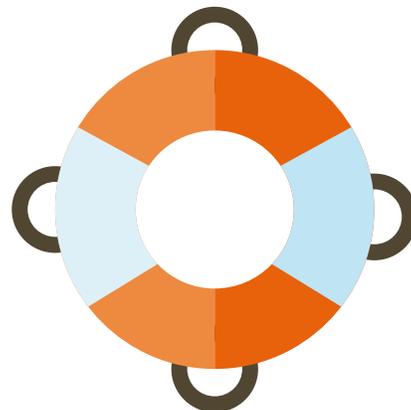
Psychologists have found that breathing practice is effective in fighting anxiety, depression, and stress. Physiological evidence has indicated that even a single breathing practice significantly reduces blood pressure.



7

Fun Fact

The lungs are the only organs that can float on water.



The term "fight or flight" is also known as the stress response. It's what the body does as it prepares to confront or avoid danger. When appropriately invoked, the stress response helps us rise to many challenges. But trouble starts when this response is constantly provoked by less momentous, day-to-day events, such as money woes, traffic jams, job worries, or relationship problems.



Health problems are one result. A prime example is high blood pressure, a major risk factor for heart disease. The stress response also suppresses the immune system, increasing susceptibility to colds and other illnesses. Moreover, the buildup of stress can contribute to anxiety and depression. We can't avoid all sources of stress in our lives, nor would we want to. But we can develop healthier ways of responding to them. One way is to invoke the relaxation response, through a technique first developed in the 1970s at Harvard Medical School by cardiologist Dr. Herbert Benson. The relaxation response is a state of profound rest that can be elicited in many ways, including meditation, yoga, and progressive muscle relaxation.

Breath focus is a common feature of several techniques that evoke the relaxation response.

The first step is learning to breathe deeply.



Deep breathing benefits

Deep breathing also goes by the names of diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration. When you breathe deeply, the air coming in through your nose fully fills your lungs, and the lower belly rises.

For many of us, deep breathing seems unnatural. There are several reasons for this. For one, body image has a negative impact on respiration in our culture. A flat stomach is considered attractive, so women (and men) tend to hold in their stomach muscles. This interferes with deep breathing and gradually makes shallow "chest breathing" seem normal, which increases tension and anxiety. Shallow breathing limits the diaphragm's range of motion. The lowest part of the lungs doesn't get a full share of oxygenated air. That can make you feel short of breath and anxious.

Deep abdominal breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.



Practicing breath focus

Breath focus helps you concentrate on slow, deep breathing and aids you in disengaging from distracting thoughts and sensations. It's especially helpful if you tend to hold in your stomach.

First steps. Find a quiet, comfortable place to sit or lie down. First, take a normal breath. Then try a deep breath: Breathe in slowly through your nose, allowing your chest and lower belly to rise as you fill your lungs. Let your abdomen expand fully. Now breathe out slowly through your mouth (or your nose, if that feels more natural).

Breath focus in practice. Once you've taken the steps above, you can move on to regular practice of controlled breathing. As you sit comfortably with your eyes closed, blend deep breathing with helpful imagery and perhaps a focus word or phrase that helps you relax.



Ways to Elicit the Relaxation Response

Several techniques can help you turn down your response to stress. Breath focus helps with nearly all of them:



Progressive muscle relaxation

Mindfulness meditation

Yoga, tai chi, and Qi Gong

Repetitive prayer

Guided imagery

Creating a routine



You may want to try several different relaxation techniques to see which one works best for you. And if your favorite approach fails to engage you, or you want some variety, you'll have alternatives. You may also find the following tips helpful:

Choose a special place where you can sit (or lie down) comfortably and quietly.

Don't try too hard. That may just cause you to tense up.

Don't be too passive, either. The key to eliciting the relaxation response lies in shifting your focus from stressors to deeper, calmer rhythms — and having a focal point is essential.

Try to practice once or twice a day, always at the same time, in order to enhance the sense of ritual and establish a habit.

Try to practice at least 10–20 minutes each day.



News from Dennis Housing Authority

OCTOBER IS FIRE PREVENTION MONTH

Annual Fire Alarm Inspections will take place at the end of October or early November, memos will be delivered with specific information as the time approaches.

New automatic cooktop fire suppression units will be installed in every unit over the next several months. An informational brochure will be distributed at the time of installation. You will be notified prior to installation.



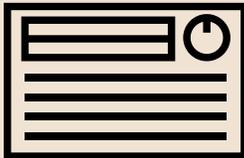
DHA Office Hours:



As a reminder the DHA's normal business hours are Mon. Tues. Thurs. 8:30 am-4:00pm Fri. 8:30 am-12:00pm. When calling please leave a detailed message and your call will be returned in the order for which they are received. On Wednesday's we are closed to the public and available by appointment only. For non-emergencies we encourage you to call during regular business hours. If you do need to reach us on a Wednesday your call will go directly to the answering service who will relay the message to the DHA, and your call will be returned as soon as possible. Maintenance emergencies will be relayed and responded to promptly 24hrs. a day 7 days a week.

Air Conditioner Policy

Air conditioners must be removed from windows by October 15th. Reach out to Kara if you need with this.



Fall Garden Maintenance

All personal gardening supplies, pots, dead plants, and garden areas need to be cleaned and supplies put away and or discarded.



News from Dennis Housing Authority

Continued

Storm Preparedness/Awareness

Residents are responsible for removal of all outside personal items. If a storm is pending residents shall immediately remove/secure personal property/items that could be impacted by high wind. (Patio/lawn furniture, lawn ornaments, pots, plants, grills/propane tanks etc.)

Have electronics charged, batteries and flashlights on hand (no candles) in the event of power outages.



Smoke Free Properties

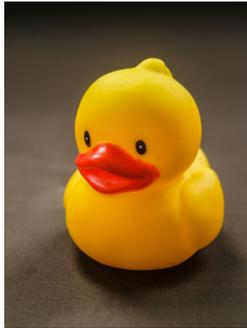
Smoking is prohibited inside and outside on all DHA property. We encourage anyone witnessing someone smoking or continued odor of cigarette smoke to please let us know in writing. Those who continue to smoke are not only violating their lease but also exposing their neighbors to smoke through building ventilation and not being fair to those who abide by the rules. We strongly urge you to refrain from smoking and jeopardizing your housing here at the Dennis Housing Authority.



Sunday:

Sept 17

11:00am-2:00pm
(rain date is Sept 18)



Rubber Duck Regatta

How Much: Free

About Rubber Duck Regatta.

Enjoy quackin' good family time for all ages when the Rubber Ducks return to Corporation Beach. Brought to you by the Dennis Conservation Land Trust. Festivities are from 11 am - 2 pm, including kids' activities, face painting, music, concession stand, raffle, the famous "Decked Out Duck Contest," and the DUCK RACE! Purchase race tickets (for numbered ducks to enter in race) in advance or on site. DennisConservationLandTrust.org or info@DennisConservationLandTrust.org and 508.694.7812 Free to attend and free to vote for your favorite non-water decorated duck.

Where:

Corporation Beach Dennis, MA

Sunday:

Sept 25

11:00am-5:00pm



Love Live Local Fest

How Much: Free

About Love Local Fest...

Love Live Local's Love Local Fests are events where people gather and to show their support for the local business community. They occur the last Sunday in July and September and the first weekend in December. Each event is free and open to the public and features the work of 75-120 Cape Cod makers, artisans, artists, farmers and local businesses, along with local entertainment and opportunities to connect with the community.

Where:

Aselton Park, Hyannis, MA

Saturday: *Oct 8*

9:00am-4:00pm



Fall Festival at Taylor Bray Farm

How Much: Free

About Fall Festival at Taylor Bray Farm...Join us for an old-fashioned, fun filled day on this historic farm more than 375 years old. The Fall Festival features hay-wagon rides along the Don McIntyre Trail and old-time games for the kids. Pumpkins, gourds, hot dogs, apple cider, donut holes, and candy corn Rice Krispie Treats. Visit with the animals - miniature donkeys, Nubian goat, a Scottish Highland cow and, of course, the sheep and chickens.

Where:

Parkers River Beach, South Shore Dr., Yarmouth

OR

**Saturday,
Sunday and
Monday:**

***Oct 8, 9,
10***



Yarmouth Seaside Festival

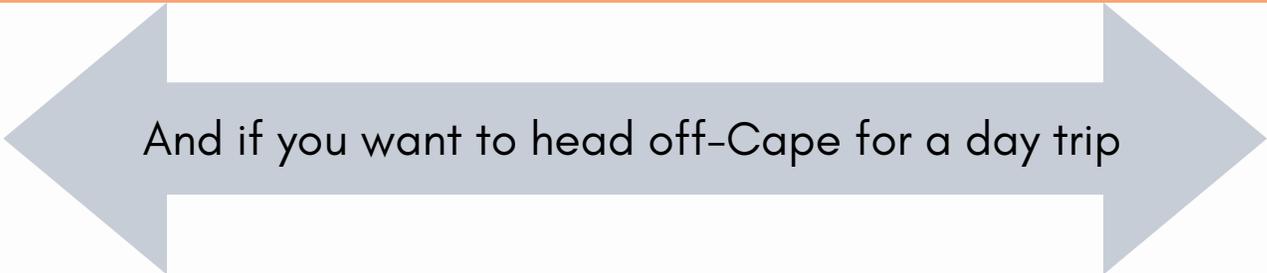
How much: Free

About 42nd Annual Yarmouth Seaside Festival...The Festival features a huge Arts & Craft Show that brings crafters from all over New England, great food, live music, children's entertainment tent, games and rides, and much more. Over 125 juried craft people present a wide variety of beautiful and unique items ranging from jewelry, to ceramics, to Cape Cod produced and inspired art.

For more information and schedule of events go to <https://yarmouthseasidefestival.com/event-schedule/> or call Yarmouth Chamber of Commerce at :508-778-1008

Where:

Joshua Sears Memorial Field, 1175 Rt. 28 South,
Yarmouth MA



And if you want to head off-Cape for a day trip

America's Hometown Thanksgiving Celebration & Parade

Saturday & Sunday:

***Nov 19,
20***

How Much: Free

About America's Hometown Thanksgiving Celebration & Parade...The weekend of festivities has become a beloved holiday occasion as well as an important link to our nation's history and heritage. For 25 years, hundreds of thousands of people from all walks of life have traveled to the historic Plymouth Harbor and Waterfront to experience a bounty of authentic Americana. The celebration of Thanksgiving becomes history-brought-to-life as Pilgrims, Native Americans, Soldiers, Patriots, and Pioneers proudly climb out of the history books and onto the streets of Plymouth.



Saturday and Sunday Nov. 19 and 20 – 11am-4pm – The weekend's festivities also include Waterfront Activities, Craft Beer and Wine Garden, Children's Pavilion, Food Truck Alley, The "Portal to the Past" Historic Village, The Native American Pavilion.

What & Where:

Parade begins at Plymouth Rock at 10am, continuing around Water Street to Main Street to Court Street, and ending at Benny's Plaza at 179 Court Street. (Opening ceremonies start at 9am at the Pilgrim Memorial Park on Water St). Road Closures – 7am-the end of the parade: Water St from Union St, to the Rotary at Town Wharf.. Side Streets for staging: Brewster St, Howland St, Chilton St, and Memorial Dr.

A little extra help...

IBIS HEALTH PRESENTATION- Thurs. Sept 22

Those that have Medicare Part B and some Medicare Advantage plans are eligible to receive a smart tablet that helps you take better care of yourself. This tablet interacts with you and provides medication reminders and captures vital signs and symptom data relevant to your conditions thus helping you live healthier and a more independent life.

Come learn about this FREE Program!!!



DONUTS AND COFFEE will be served

10:30am Center Street Community Room

1:00pm Windmill Village Community Room

3:00pm Old Bass River Community Room



LASAGNA LOVE



Have you heard of Lasagna Love? They are a worldwide organization of volunteers who want to help our neighbors. Yes, they serve all communities on the Cape and the Islands. Lasagnas may come in all different sizes and shapes.....as do the families in need that Lasagna Love provides with complimentary homemade meals....with a side of kindness! They feed large families, single parent homes, grandparents taking on extra responsibilities, seniors living on their own, and Veterans struggling to get a meal on the table.

Need looks different in every household - Financial, health-related, and emotional needs are all equally as important to their volunteer chefs. No questions are asked and no judgements are made.

Let them deliver some TLC in the form of a meal so that you can enjoy a night without worrying about cooking. If you would prefer, you can nominate a friend or family member...anyone who might need this pick me up.

Start the process right now: www.lasagnalove.org/request

If you wish to volunteer: www.lasagnalove.org/volunteer



If you would like a lasagna but do not have access to a computer or smartphone please let me (Kara) know and I will help you with the request.

Get to know... Brussel Sprouts!



Roasted Brussels Sprouts with Apples and Maple Mustard Dressing

INGREDIENTS

Ingredients

- **2 pounds brussels sprouts, halved lengthwise**
- **2 tablespoons olive oil, divided**
- **Kosher salt and fresh ground black pepper to taste**
- **1 large or 2 small apples, diced**
- **2 tablespoons apple cider vinegar**
- **1 tablespoon whole grain or Dijon mustard**
- **1 tablespoon maple syrup**



- Prep Time: 10 min
- Cook Time: 20 min
- Total Time: 30 minutes

- Serves 6 (halve to make less)
Recipe: courtesy of reciprunner.com



METHOD

1. Preheat oven to 450°F. and line a baking sheet with foil or parchment paper. Place the halved brussels sprouts on the baking sheet and drizzle with 1 tablespoon of olive oil. Season with salt and pepper and toss together with your hands until coated. Roast for 18-20 minutes flipping them halfway through the cooking time.
2. While the brussels sprouts are roasting whisk together 1 tablespoon of olive oil, the apple cider vinegar, mustard and maple syrup. Season with salt and pepper to taste.
3. Place the roasted brussels sprouts into a serving bowl along with the diced apple. Pour the dressing over them and stir to combine. Taste for seasoning and serve.

Nutrition Information: Amount Per Serving: CALORIES: 132 TOTAL FAT: 5g SATURATED FAT: 1g TRANS FAT: 0g UNSATURATED FAT: 4g CHOLESTEROL: 0mg SODIUM: 158mg CARBOHYDRATES: 20g FIBER: 5g SUGAR: 10g PROTEIN: 4g

A WORD ABOUT BRUSSEL SPROUTS

Brussel sprouts are amazing little globes bursting with flavor. The best way to cook them is not to overcook them! We all have that memory of mushy Brussel sprouts on a plate but I'm telling you it doesn't have to be that way. Try roasting them or sautéing them for true taste of what these delectable veggies bring to the table.



THE BEST Sautéed Brussel Sprouts Recipe EVER!!!

INGREDIENTS

- 1 pound Brussels sprouts trimmed and halved
- 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tablespoon balsamic vinegar or lemon juice
- 1 to 2 tablespoons raw pine nuts or chopped raw walnuts, almonds, or pecans (optional)



Serves 4, halve the recipe to make a smaller amount

METHOD

1. Heat a large cast iron or similar sturdy bottomed skillet over medium high for 4 minutes. Add the oil. As soon as the oil is hot and shining (but before it starts smoking), swirl to coat the pan, then add the halved Brussels sprouts. Shake the skillet a little and prod them so that as many as possible are cut-side down. Let sit completely undisturbed for 5 to 8 minutes, until they develop a dark, tasty, caramelized sear.
2. Add the salt and pepper. With a wooden spoon or spatula, stir the Brussels sprouts. Continue cooking, stirring every few minutes, until the Brussels sprouts are browned all over and just turning tender the inside, about 6 to 8 additional minutes.
3. Remove the pan from the heat. Stir in the vinegar, then the pine nuts or almonds. Let the residual heat of the skillet toast the nuts, stirring them very often so that they toast evenly on all sides and do not burn (if they aren't toasting, return the skillet to low heat). As soon as the nuts are toasted, transfer the sprouts to a serving plate. Enjoy hot.



Geometry!

S J E E C Q N O G Y L O P A S G Q
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ACUTE
CHORD
CIRCUMFERENCE
CONGRUENT
CYLINDER
EQUATION
EQUILATERAL
HYPOTENUSE

MIDPOINT
PARALLELOGRAM
POLYGON
POLYHEDRON
PYTHAGORAS
RADIUS
SCALENE
SLANT

SQUARE
TRANSVERSAL
TRIANGLE
VERTEX
VOLUME