

# Dennis Housing Community Notes

Hello and Happy Fall!

It's the most beautiful time of the year. It's cooling off, yet the days are still bright, sunny, and palatable. The leaves are beginning their annual dance of colors. Soon the trees will begin their yearly shed, but not before providing a dazzling show in between. The joy is in the journey. We don't just get from a to z. There are all those moments in between. Moments in traffic or on the bus where we usually are anticipating getting to where we are going. What if we weren't so hurried and instead looked at these moments as free time? If driving, maybe a little more time to listen to music, or if on the bus, time to daydream. Soon enough we will arrive at our destination, so why not enjoy the time in between?

If you are looking for me, I'll be reveling in the fall, enjoying the in-between moments, and practicing my appreciation for everything- the destination, the in-between moments, and all of you.

Warmly,

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](mailto:KARA@HPCCAPECOD.ORG)

Just a quick reminder... even when I am not on the property I can be reached by phone, email, or text. Please know my door is always open.

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# NEWS & UPDATES



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, 2023 and closes on Jan 23, 2024.** 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. Their 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.



### FISHING PARTNERSHIP



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



# FROM DHA

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## Construction News



### **Center Street Village -New Septic System - Update of ongoing Construction**

We anticipate moving to Phase II of the project by early September. (Phase II will consist of the middle driveway/lawn/hill area). Once we have specific information, detailed memos will be distributed to all CSV Residents.

Reminder - Please always keep away from the construction site and do not touch any construction materials found anywhere on the property.

Thank you for your continued patience during the ongoing construction.

### **Windmill Village - Windows, Siding, Doors Replacement Project - Update of Construction**

#### **New Stairs, Decks and Ramps - New Project**

We are thrilled with all the latest updates at WMV, and hope you are as well. As this project ends, we will be moving right into our next project which consists of the replacement of stairs, decks, and ramps which will take place with a new contractor. We expect the new project to begin on Monday, August 28th. Detailed memos will be distributed to all residents. As a reminder, please always keep away from construction areas and pay close attention to memos and signage during construction.

### **Windmill Village - Energy Efficient Upgrades**

In late September/early October we anticipate energy efficiency improvements to take place which shall include air sealing, attic/hatch insulation as well as new thermostats and aerators. Detailed memos will be distributed once we have more information available.

### **Old Bass River Village - Deck Hardware Replacement Repairs**

We anticipate construction to begin by early September if not sooner. The project will consist of repairs/replacement hardware to decking. Once we have specific information, detailed memos will be distributed to all OBR Residents. Reminder - Please always keep away from the construction site and do not touch any materials.

# FROM DHA cont.

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## Construction News



### **Mulhern – Screen Replacement Project**

Replacement of all window screens will take place soon. Detailed memos will be distributed to all residents once we have more information.

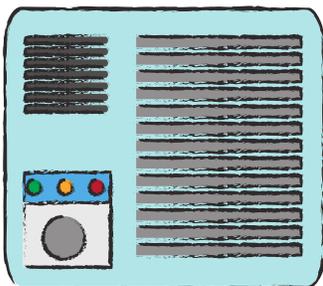
### **Mulhern – Energy Efficient upgrades**

In late September we anticipate multiple energy efficiency improvements to take place including air sealing, attic, and hatch insulation, as well as new thermostats, and aerators. Detailed memos will be distributed to residents once we have more information available.

### **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.

Per your lease DO NOT REMOVE AND OR DISCONNECT any SMOKE/CO DETECTOR as this is a hazard to you and your neighbors as well as a lease violation. CSV, WMV – As a reminder, when a fire alarm sounds in your apartment complex you should exit the building immediately and do not re-enter the building until the fire department has instructed you to do so.



### **Air Conditioner Policy**

Air conditioners must be removed from windows by October 15th. Please reach out to Kara if you need assistance.

# FROM DHA cont.

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## **Fall Garden Maintenance**

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

## **Storm Preparedness/Awareness**

Residents are responsible for the 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**

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.

Per your lease DO NOT REMOVE AND OR DISCONNECT any SMOKE/CO DETECTOR as this is a hazard to you and your neighbors as well as a lease violation. CSV, WMV - As a reminder, when a fire alarm sounds in your apartment complex you should exit the building immediately and do not re-enter the building until the fire department has instructed you to do so.



## **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 in which it is 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.

# Post Its



Sunday Nov 5th begins Daylight Savings Time. Don't forget to set your clock back. 

## SNAP

**If you think you may be eligible for SNAP, please 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>**

**If your phone number or your emergency contact numbers change, please provide new number ASAP to the Office. Thank you!**

## EBT Cultural Card SNAP Benefits



**There are many benefits to your EBT card. Through a partnership between DTA and Mass Cultural Council EBT, cardholders can get free or deeply discounted admission to museums, art, and scientific organizations' exhibits and classes. Here are just a few of them: Free admission to the Audubon, free admission to the JFK Museum in Hyannis, and discounted admission at Cape Cod Children's Museum for up to 4 family members.**

**For a complete list check out <https://www.mass.gov/info-details/ebt-card-to-culture-organizations>**

# Gentle Chair Yoga

Chair yoga with Volunteer teacher Joan has begun. It will take place on the last Friday of each month. We will be moving the location each month so keep an eye out for a flyer detailing that information.



## ♥ 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. They even accomodate all dietary needs and preferences.

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](http://www.lasagnalove.org/request)

If you wish to volunteer: [www.lasagnalove.org/volunteer](http://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.

# EXPRESS YOURSELF



Keith Negley

## How the Arts Can Benefit Your Mental Health (No Talent Required)

by Christine Caron

Drawing, music and writing can elevate your mood. Here are some easy ways to welcome them into your life.

When Dr. Frank Clark was in medical school studying to be a psychiatrist, he decided to write his first poem.

“All that chatter that is in my head, everything that I’ve been feeling, I can now just put it on paper and my pen can do the talking,” he said, recalling his thoughts at the time.

Back then, he was struggling with depression and had been relying on a number of things to keep it at bay, including running, therapy, medication and his faith.

“I had to find something else to fill the void,” he said. It turned out that poetry was the missing piece in his “wellness puzzle.”

“I saw an improvement in my mood,” said Dr. Clark, who now sees patients in Greer, S.C. “It gave me another outlet.”

The notion that art can improve mental well-being is something many people intuitively understand but can lose sight of — especially if we have become disconnected from the dancing, creative writing, drawing and singing we used to enjoy as children.

But there’s a “really robust body of evidence” that suggests that creating art, as well as activities like attending a concert or visiting a museum, can benefit mental health, said Jill Sonke, research director of the University of Florida Center for Arts in Medicine.

Here are a few simple ways to elevate your mood with the arts.

## Try the three-drawing technique

Dr. James S. Gordon, a psychiatrist and the founder of The Center for Mind-Body Medicine, pioneered something called the “three drawing technique.” It is featured in the new book “Your Brain on Art: How the Arts Transform Us.”

“In my experience, art like this goes beyond words in helping us to understand what’s going on with ourselves and to understand what we should do with it,” Dr. Gordon says in the book.

You don’t need to be good at drawing — stick figures are OK.



Start by quickly drawing yourself; don’t overthink it. The second drawing should show you with your biggest problem. The third drawing should show you after your problem has been solved.

This exercise is meant to encourage self-discovery and help give people agency in their own healing — and you can do it with or without a therapist, said Susan Magsamen, an assistant professor of neurology at the Johns Hopkins University School of Medicine and a co-author of the book.

## Color something intricate

If you are one of the many people who have turned to adult coloring books, it may not come as a surprise that research suggests this activity can help ease anxiety.

Coloring within the lines — of an intricate pattern, for example — appears to be especially effective. One study that evaluated college students, and another that assessed older adults, found that spending 20 minutes coloring a mandala (a complex geometric design) was more helpful at reducing anxiety than free-form coloring for the same length of time.

Susan Albers, a clinical psychologist at the Cleveland Clinic and the author of “50 Ways to Soothe Yourself Without Food,” described coloring as a “mini mental vacation.” When we focus on the texture of the paper and choose the colors that please us, it becomes easier to tune out distractions and stay in the moment, she said.

“It’s a great form of meditation for people who hate meditation.”



## Enjoy more music



Listening to music, playing an instrument or singing can all be beneficial, research shows.

A 2022 study, for example, surveyed more than 650 people in four age groups and asked them to rank the artistic activities that helped them “feel better” during the 2020 pandemic lockdowns. The youngest participants, ages 18 to 24, overwhelmingly rated musical activities as most effective. Across all age groups, “singing” was ranked among the top activities.

Other studies have found that singing reduces levels of cortisol, a hormone that the body releases when it is under stress. As one example, mothers who had recently given birth and regularly sang to their babies had less anxiety.

Ms. Magsamen noted that music can be effective at reducing stress because things like rhythm and repetitive lyrics and chords engage multiple regions of the brain.

“I sing in the shower,” Ms. Magsamen said. “I sing at the top of my lungs to the radio.”

## Write a poem

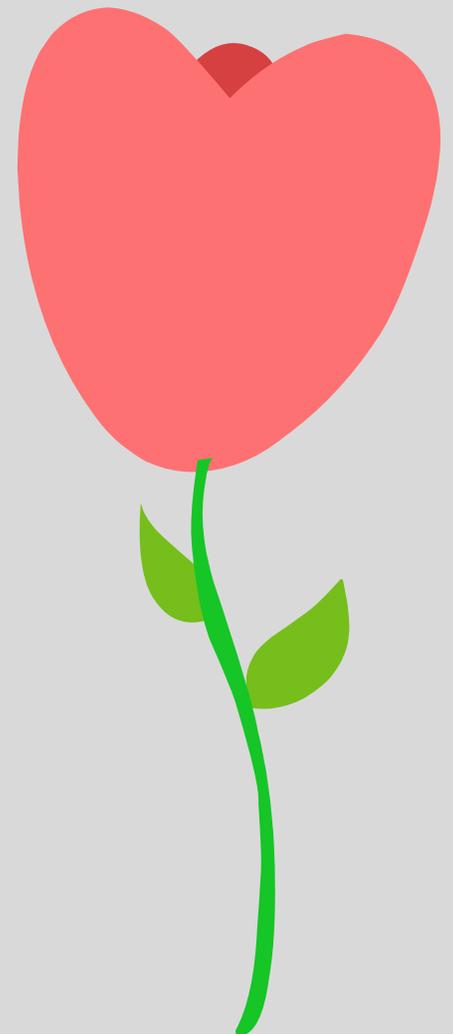
Dr. Clark has continued to write poetry since graduating from medical school and offered some tips for those interested in trying.

First, banish any thoughts that you aren’t creative enough. “I think a lot of times we are our own worst critic,” he said. “I believe anybody can write poetry.”

Start with a simple haiku, Dr. Clark suggested. Haikus consist of just three lines — the first and last lines have five syllables and the middle has seven.

Consider involving your friends, too — a suggestion from a 2020 paper in the *Journal of Medical Humanities* that explored poetry’s “healing power.”

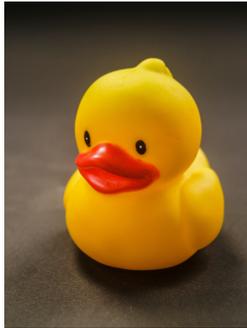
As the authors wrote, “Simply by reading a poem once a week, sharing a poem with a friend, or spending five to ten minutes to free write about a favorite memory, a current idea, a worry or hope, can all be effective first steps in experiencing the benefits of poetry.”



**Sunday:**

**Sept 17**

11:00am-2:00pm



## ***Rubber Duck Regatta***

How Much: Free

Enjoy a 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](http://DennisConservationLandTrust.org) or [info@DennisConservationLandTrust.org](mailto:info@DennisConservationLandTrust.org) and 508.694.7812

Free to attend and free to vote for your favorite non-water decorated duck.

**Where:**

West Dennis Yacht Club

**Sunday:**

**Sept 24**

11:00am-5:00pm



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## ***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

## **Fall Festival at Taylor Bray Farm**

**Saturday:**

**Oct 7**

9:00am-4:00pm



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:**

108 Bray Farm Road, North Yarmouth Port

And/Or

**Saturday and Sunday**

**Oct 7,8**



## **Yarmouth Seaside Festival**

How much: Free

About 43rd Annual Yarmouth Seaside Festival...This year's theme is Sea Creatures! 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***

How Much: Free

**Friday,  
Saturday &  
Sunday:**

***Nov  
17,18,19***

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 27 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.



**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:**

On Saturday 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 9:30am) 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.

For a complete listing of events <https://usathanksgiving.com/>



# Get to know... CORN!

## The Best Vegan Cornbread

### INGREDIENTS

- 1 1/4 cups all purpose flour
- 1 cup yellow corn meal
- 2/3 cup granulated sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1 1/4 cup unsweetened almond milk
- 1/3 cup canola oil

**makes 12 servings**

**recipe courtesy of Nora Cooks**



### INSTRUCTIONS

1. Preheat the oven to 400 degrees F and lightly grease a 8 x 8 pan, or a 9 inch round cake pan.
2. In a large bowl, combine the flour, cornmeal, sugar, salt and baking powder and stir.
3. Now pour in the almond milk and canola oil. Stir until well combined. Pour batter into prepared pan.
4. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean.

### NOTES

1. You may use white whole wheat flour or whole wheat pastry flour in place of all purpose flour if you wish. I haven't tested it with a gluten-free blend but it may work.
2. For oil-free, replace the canola oil with applesauce.
3. Adapted from [allrecipes.com](http://allrecipes.com)

# A WORD ABOUT CORN

Corn has fed the masses throughout history and for good reason. It's versatile, relatively inexpensive, and nutritious. According to the Mayo Clinic It consists primarily of insoluble fiber, which makes it a low-glycemic index food. This means it is a food that is digested slowly and doesn't cause an unhealthy spike in blood sugar. It also contains many B vitamins, as well as essential minerals, including zinc, magnesium, copper, iron and manganese.



Serves 4, halve the recipe to make a smaller amount

## Easy Roasted Mexican Corn on the Cob

### INGREDIENTS

- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- 1 teaspoon chilli flakes
- 1 teaspoon salt
- 2 cloves garlic crushed or grated
- 2 tablespoons olive oil
- Juice of 1 lime
- 4 corn on the cobs cut in half

### METHOD

1. Preheat your oven to 220C / 200C / gas mark 7 / 425F.
2. Mix together the cumin, paprika, chili flakes, salt, garlic, olive oil and lime juice in a large bowl.
3. Add the corn on the cobs and stir to coat thoroughly. (Or, even better, use your hands!)
4. Place the corn on the cobs on a large non-stick baking tray, ensuring they are well spread out and in a single layer.
5. Roast in the oven for 15-20 minutes.

### NOTES

It's crucial to ensure the cobs are spread out well over the baking sheet - if they are touching each other too much or piled on top of each other they will steam rather than roast!

I have found that if you use a good non-stick baking sheet, the cobs don't need turning throughout their cooking time, but if you are at all worried do give them a check after 10 minutes and turn them if you think necessary.

Suitable for freezing after cooking.



# KITCHEN Supplies

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

- BLENDER
- CHAIRS
- COFFEEMAKER
- COFFEEPOT
- CUPBOARDS
- CUTLERY
- DISHWASHER
- GLASSES
- KETTLE
- MICROWAVE OVEN
- MIXER
- MUGS
- PEPPER SHAKER
- SALT SHAKER
- PLATES
- REFRIGERATOR
- SAUCERS
- SINK
- STOVE
- TABLE