

What's Happening in Dennis

Hello Residents,



Happy warm and sunny weather- finally! When I first moved to the Cape back in 1994, I met a woman who told me there are only 3 seasons on the Cape: summer, winter and March. Now I totally get it. Last week I literally was bundled in a sweater; this week, I'm looking for my tank tops.

And with this warm weather comes the influx of events and activities so read on and find your interest (of course there's always the beach!) From arts and crafts to car shows to educational lectures, there is something for everyone! We even have the ice cream truck visiting again. Lastly, if anyone would want to meet with me outside (or in) I'm always happy to schedule an appointment and set up a couple chairs!!

Be well and enjoy the season,

Kara



Feel free to reach out anytime if I can help, if you have an idea, or just want to say hi! I can be reached by phone or email.

KARA DUFF
Resident Services
Coordinator

774-801-8331

kara@HPCcapecod.org

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; 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

dtaconnect.eohhs.mass.gov/screening_



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 JFK museum in Hyannis, discounted admission at Cape Cod Children's Museum for up to 4 family members.

Local Benefits & Assistance



Healthy Incentives Program (HIP)

Once approved for SNAP you can take advantage of the Healthy Incentives Program (HIP).

What is HIP?

HIP is an innovative program in the Commonwealth of Massachusetts that rewards SNAP recipients with extra benefits when they use SNAP to purchase fruits, vegetables, and food-producing plants at farmers markets, farmstands, CSAs, and mobile markets.

HIP matches SNAP benefits dollar for dollar at participating venues. By using HIP, SNAP recipients can earn up to \$80 back monthly, depending on their household size.

HIP can

- Increase access to fresh, local produce and helps stretch SNAP dollars without extra paperwork
- Reward SNAP recipients for buying local produce at designated locations
- Allow SNAP recipients to grow their own fruits and vegetables, if they choose, by purchasing food-producing plants and seeds.

Where can I learn more about HIP?

To learn more about HIP retailers and their hours and more on how to use HIP benefits, go to:

<https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip>

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 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, a family member or anyone who might need this pick-me-up.

Start the process right now by visiting: lasagnalove.org/request

If you wish to volunteer: 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.

Local Benefits & Assistance



Free College from 4 C's

Massachusetts residents 25 years of age or older can take advantage of this life-changing opportunity to earn an associate degree or certificate for free at one of the Commonwealth's 15 public community colleges. If you are interested in learning more about this opportunity check out

<https://www.capecod.edu/free/>

ACP has ENDED



The ACP (Affordable Connectivity Program) stopped accepting new applications on Feb 8, 2024. Funding has run out as of mid-May so participants are no longer receiving a \$30 discount on their bill.

Congress did not approve additional funding. However, if you are receiving SNAP or another federal benefit you may be eligible for Comcast's discount plan, Internet Essentials for \$9.99. Reach out to me and we can look into it.

Important News and Reminders



Medicare Scams are Circulating!

Getting scammed can cost you a lot of money and/or can cause big headaches. Learn some key scams to avoid.

Medicare is a big deal. Offering health insurance for those 65 and older and younger folks with certain disabilities or End-Stage Renal Disease, it serves over 65 million people. It's valued highly by enrollees and is eyed greedily by scam artists as well.

Included are five common Medicare scams to be aware of.

1. May I help you?

Many seniors have gotten scammed by responding to people who knock on their door saying they're from Medicare and can help, perhaps offering tempting "free" services or just asking to verify information. Others are approached via email, phone, or even texts. Medicare does not cold-call people in person or otherwise. If they're truly calling you, it's because you called them first, perhaps with a question.

Note, too, that scammers these days have gotten very good at being convincing. They may have some of your information, such as your address or your Social Security number due to a data breach somewhere, and they can get you to trust them by sharing that. Stay skeptical! Even if the email or ID card looks legit, doubt it -- and verify, or better yet, just say no.

Important News and Reminders

Medicare Scams (continued)



2. Your Medicare plan has been canceled!

Another scam is contacting a senior and frightening them by announcing that their Medicare plan has been canceled -- or may be canceled soon -- and they'll be in deep trouble if they don't go along with whatever the scammer is asking of them.

Know that Medicare plans generally don't just get canceled, leaving enrollees in the lurch. They may get canceled if you fail to pay your premiums, though. One way to avoid that occurrence is to have your premiums taken out of your Social Security benefits directly.

3. Want some free products or medical services?

Read up on your Medicare plan to see just what it offers you. For example, "original" Medicare covers things such as inpatient hospital care, annual wellness visits with your doctor, some in-home health services, some mental health treatments, preventive screenings, wheelchairs, oxygen equipment, and much more. It does not cover dental, hearing, or vision services -- though many Medicare Advantage plans do cover those -- along with everything covered by original Medicare.

If someone is approaching you offering additional services or products for free or at a big discount, don't believe them. Instead, you should call Medicare directly to see whether a certain product or service is covered by your plan.

4. You need a new Medicare card

A few years ago, Medicare enrollees did receive replacement Medicare cards featuring a randomized ID number instead of the Social Security numbers previously used. That event inspired some scammers to start targeting seniors, telling them they need a replacement card (perhaps one with a chip -- though Medicare cards do not use chips) or that they need to activate their current card by telling the scammer their new number. Don't fall for it if someone is asking you to reveal or confirm your Medicare number. Enrollees should have their new cards by now and shouldn't need to replace them again (unless they lose them).

5. Here's a better -- or cheaper -- plan for you!

One more scam is when someone is trying to get you to sign up for a special, better Medicare plan -- perhaps telling you you've been pre-approved for it. This scam is most prevalent in autumn during the annual Medicare open enrollment period when enrollees can switch between plans.

Resist this scam, too. While it is good to comparison-shop and weigh your options each year during the enrollment period, do your own homework on the plans available to you. You can get a lot of research done right on the Medicare.gov website.

Important News and Reminders

Medicare Scams (continued)

General tips for thwarting scammers

- If you keep the following tips in mind, your chances of being scammed should shrink significantly:
- Don't respond to unsolicited calls, emails, or texts. If you're interested in some Medicare information, find it on your own.
- Don't give out your personal information, such as your Medicare number, Social Security number, address, or birthday to anyone unless you're sure you know who they are.
- Don't sign up for or accept any gifts, services, or health plans you're offered out of the blue.
- Don't let yourself get flustered, frightened, or pressured by an unsolicited contact.
- When in doubt, end the interaction and contact Medicare directly, at 1-800-MEDICARE (1-800-633-4227) or at [medicare.gov](https://www.medicare.gov).
- You can report anyone pretending to be from Medicare by contacting Medicare and the Federal Trade Commission (FTC) at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).
- In general, the more you inform yourself about Medicare, the less likely it is that you'll end up scammed. It's worth keeping up with Medicare in the news to see how it might be changing.

Dennis Housing Authority Events

Wednesday, July 31

Rain Date: August 1

A special Dennis Housing Authority event!

The Ice Cream Truck is Coming!



Mark your calendars.

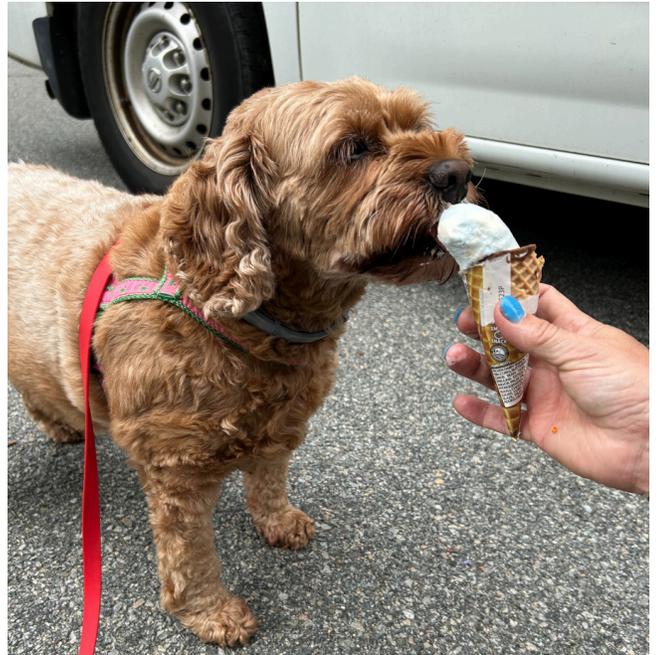
Center Street Village 3:00-3:30

Windmill Village 3:45-4:15

Old Bass River Village 4:30-5:00

Mulhern Drive 5:00-5:30

Every resident gets to select one FREE ice cream treat off the truck!



June 28, July 26, August 30

Gentle Chair Yoga

Chair yoga with Joan continues on the last Friday of the month! Come join us for some relaxing and refreshing movement. All are welcome.

11:00 am

Center Street Village Community Room



Reminders from the Dennis Housing Authority

Happy Summer!

Friendly Reminder: Do NOT Feed the Wildlife

You may think you are doing a nice thing, but you are:

1. Attracting rodents and wild animals that:
 - a. carry infectious disease
 - b. cause property damage
 - c. put tenants' health and safety at risk
 - d. put domesticated animals at risk



Reminders from the Dennis Housing Authority

Do NOT Feed the Wildlife (continued)

2. Providing food that can make wild animals and birds very sick, even kill them.
3. Putting domesticated animals at risk for ingesting rodents that are sick or have eaten poisoned bait.
4. Violating Section IX (I) of your lease.

Do NOT leave trash on the ground - All trash must be bagged and placed INSIDE the dumpster.

To maximize the space in the current dumpsters, please help your neighbors by following these tips:

- If you are safely able, toss trash bags to the rear of the dumpster first.
- You can pop a hole in your bags and lean on them a bit to push the air out. This will help compress everything down to its smallest size.
- Breakdown all boxes to lay flat.
- Place only normal household trash in dumpsters.
- Plastic containers that cannot be broken down can be filled with other household waste.
- As always, furniture cannot be placed in dumpster. Large items, such as a mattress or box spring, cannot be left near the dumpster.

Outdoor Policy Reminders

- Chairs and tables in outside areas must be outdoor furniture. NO indoor furniture should be placed outside.
- Furniture cannot remain on grassy areas when not being used.
- Floor coverings are not allowed in any outside area.
- Grassy areas must be kept clear for mowing.
- Flower/window boxes cannot be attached to buildings, railings, or porches.
- Flower boxes that hang from railings can be used if permanent mounting is not required and cannot obstruct the handrail.
- Flower boxes cannot hang on the exterior side of second floor balconies but can be hung on the inside of the balcony for your enjoyment.
- Plantings, decorations, etc. cannot be in walkways or impede the ability of people to pass by or prevent emergency responders from easily moving through the area with stretchers.
- A new garden area cannot be installed without approval from Dennis Housing Authority.
- All items must be properly stored during the winter and not left outside.

Reminders from the Dennis Housing Authority

Outdoor Policy Reminders (continued)

Garden Hoses

- Are the responsibility of tenants.
- Cannot be left lying on the ground and cannot cross walkways.
- Cannot remain connected to the spigot. Disconnect the hose and appropriately store it after each use.
- At Mulhern Drive and Scattered sites, hoses may NOT be mounted to the exterior of the building.
- Outside water usage is to be limited to watering outside flowers only
- Outside hoses are *NOT* to be used for washing cars, playing in, or filling swimming pools. Pools are NOT allowed on DHA property.

Grills (Mulhern and Scattered sites only)

- Grills are not allowed at Center Street Village, Windmill Village or Old Bass River
- Must be a minimum of 10 feet away from the building.
- Cannot be used on porches, decks, or balconies.
- Grills and propane tanks cannot be stored in buildings or on porches at any time.
- Grills cannot be near dry leaves, brush, or vehicles.
- The propane tank must always be in a closed position when not in use.
- Propane tanks should be new and free from defects, leaks, and rust.
- Grills must be cleaned and always maintained.
- Grease trays must always be kept clean as this will attract rodents.
- Grills must be clearly marked with the owners' name and/or apartment number.
- Charcoal grills, smokers and wood or wood pellet burning grills are strictly prohibited.
- The grill location will be inspected periodically and if discovered in an unsafe area or not being maintained properly, the grill will be removed by maintenance.

Fire pits, chimeneas, fire rings, outdoor heaters, amplified music, trampolines, patio umbrellas, swimming pools and swing sets are prohibited.

Thank you for your cooperation!

Upcoming Events

Weekends of June 1 and June 8

Cape Cod Pirate Festival

Gather y'arselves together for this third annual pirating event! Three stages of entertainment offer swashbuckling adventure on two roguish weekends: June 1-2 and June 8-9 at Yarmouth Fairgrounds. Enjoy rollicking music, stormy shanties and Buccaneers galore!

Yarmouth Fairgrounds

Saturday, June 15

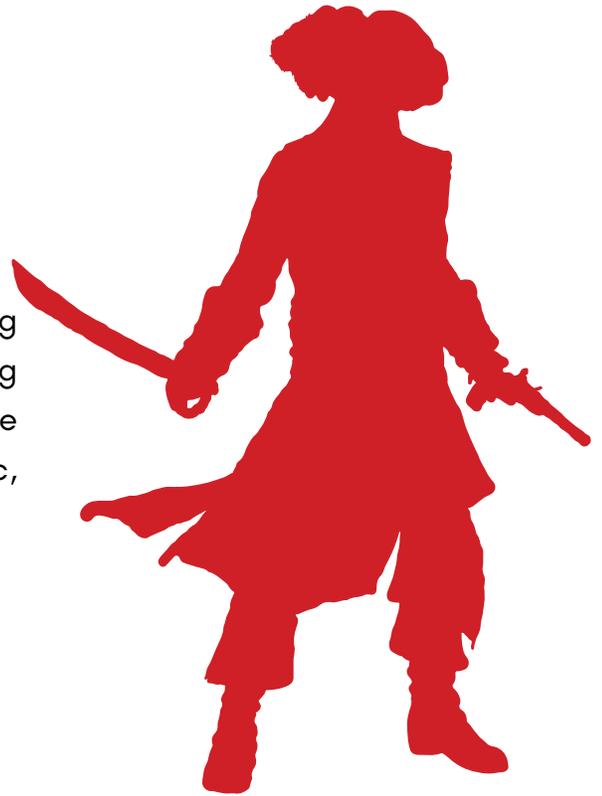
Car Show



Celebrate Fathers' Day with this free show at Patriot Square from 4:30 pm until dusk. All variety vehicles and all years are welcome. There will be BBQ sandwiches for sale.

4:30 - 8:00

Patriots Square

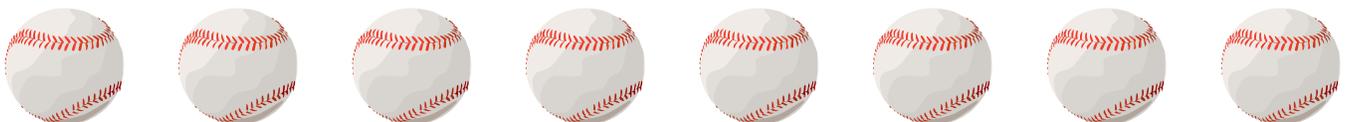


Daily, June 15 - August 12

Cape Cod Baseball League

The premier amateur baseball league in the nation since 1885. See the MLB stars of tomorrow throughout the summer Cape-wide, and admission is free. Two divisions of teams play across the Cape.

Find their schedule with locations at capecodbaseball.org



Mondays and Tuesdays, July - August

Summer Concerts in Dennis Port

Bring a blanket or a chair, sit back and relax in the Dennis Port Village Green. The summer concert happens every Monday and Tuesday from July 9 to August 20 and features a variety of great artists each week.

On Tuesday, August 6 and 20 the concert is held at the West Dennis Graded School.

Learn more about performers, times, and locations at dennischamber.com

Mondays • 7:00 - 8:00 pm

Tuesdays • 6:30 - 7:30 pm

Dennis Port Village Green



Tuesday, July 24

Cape Cod Shellfishing 101

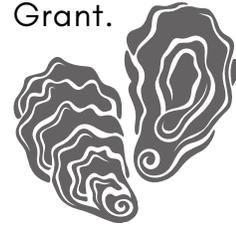


Ever wonder what people are doing out there on the tidal flats? Want to know what a New England butter clam is? Need some new recipes for cooking oysters? Come to the Sears Library on July 23 to learn more about shellfish farming on Cape Cod and tips to follow on how to safely harvest, store, and prepare clams and oysters. With Abigail Archer, Fisheries & Aquaculture Specialist, Barnstable County Cape Cod

Cooperative Extension & Woods Hole Oceanographic Institution Sea Grant.

4:30 pm

Jacob Sears Memorial Library



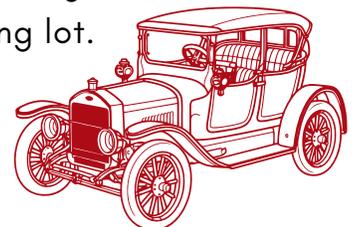
Sunday, August 25

66th Annual Antique Car Parade

Show off your prized wheels and join us for a cruise from Dennis Port to Dennis Village. Watch the parade from the start at West Dennis Beach, then through all 7 villages, ending at the Cape playhouse for food and and chance to see the cars up close. The Route: Leave West Dennis Beach Straight onto Lighthouse Rd. Turn right onto Lower County Rd. Turn right onto Old Wharf Rd. Turn right onto Depot St. Turn left onto Chase Ave. Turn left onto Belmont Ave. Turn Left onto Lower County Rd. Turn Right onto Trotting Park Rd. (Cross over Rt. 28) Turn Right onto Main St. Cross over Highbank Rd. Continue Straight onto Old Bass River Rd. Turn Right onto Rt. 6A to end at the Cape Playhouse parking lot.

11:00 am - 12:00 pm

West Dennis Beach to the Cape Playhouse



Get to Know... Tomatoes!

It's summertime and that means tomatoes are reaching their juiciest, most flavorful stage. The perfect time to discover more about them and ways to eat them!

Tomatoes are an incredibly versatile ingredient, making them a great item in the kitchen. They add both acidity and sweetness to dishes, lending a distinct flavor.

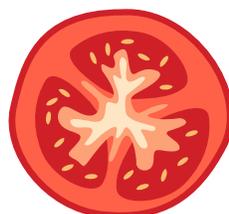
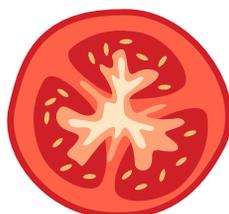
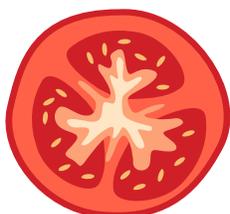
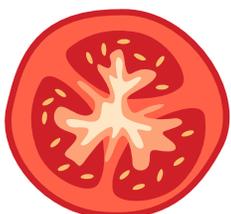
Tomatoes are available in grocery stores year-round, but are at their most flavorful in the peak summer months of July, August, and September. Tomato plants grow well on the Cape, you can find many delicious varieties at local grocery stores or farmers' markets.

Some of the most flavorful and visually striking tomatoes are heirlooms. Heirloom tomatoes refer to tomatoes whose seeds have been passed down for generations because of their desired qualities. They are prized for their unique and varying flavors, colors, shapes, and textures. Unlike most tomatoes in the grocery store, Heirlooms haven't been hybridized for uniformity or expiration. As a result, they have a shorter shelf life than typical tomatoes, so it's important to know how to select the best ones and eat them quickly!

Handle heirlooms with great care as they are quite delicate and bruise easily. You don't want to squeeze a tomato when picking it up. Instead, look for taut shiny skin and avoid any splits or tears with juice running out - however, natural bumps and cracks are good. Store your tomatoes at room temperature (do not refrigerate them) and enjoy within 1-2 days!

Nutritional Benefits of Mushrooms

Rich in Vitamin C, potassium, and folate, consuming these delicious globes has demonstrated many health benefits including the reduction of blood pressure.



RECIPE

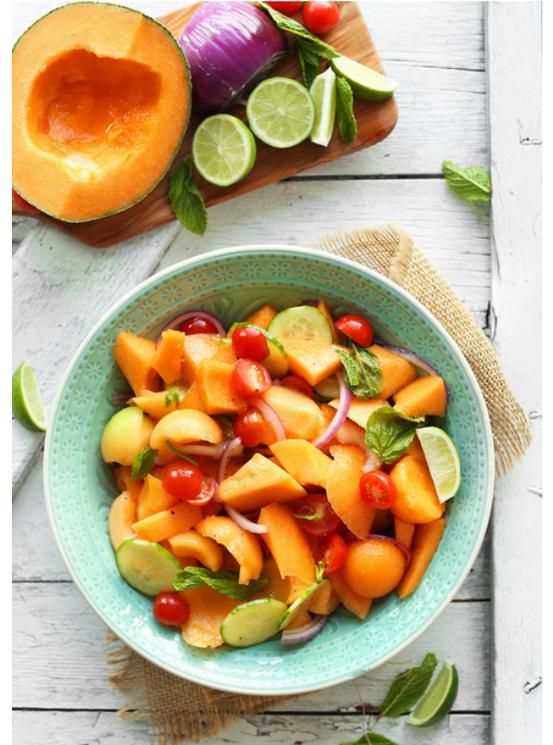
Summer Tomato and Cantaloup Salad

Recipe from Minimalist Baker

- 1/2 cup thinly sliced cucumber
- 1/2 cup cherry tomatoes (thinly sliced)
- 1/4 medium red onion (thinly sliced)
- 1 Tbsp olive or avocado oil
- 2 tsp apple cider vinegar
- 1 healthy pinch each sea salt + black pepper
- 3 heaping cups cantaloupe (about 1 cantaloupe cubed or scooped with a melon baller)
- 2 Tbsp fresh mint

DRESSING

- 3 Tbsp lime juice
- 1 Tbsp maple syrup
- 1 pinch sea salt
- 1 Tbsp olive or avocado oil



Add cucumber, tomato, and onion to a small mixing bowl and top with olive oil, apple cider vinegar, salt, and pepper. Toss to combine. Then taste and adjust flavor as needed, adding more vinegar for acidity or salt and pepper for flavor balance. Set in the refrigerator to chill.

Next, prepare dressing by adding lime juice, maple syrup, and sea salt to a small mixing bowl and whisking to combine. Then slowly stream in olive oil while whisking to combine. Taste and adjust flavor as needed, adding more lime juice for brightness/acidity, maple syrup for sweetness, or salt for flavor balance. Set aside.

Add cantaloupe to a large serving bowl and top with dressing. Gently toss to combine. Then add the cucumber-tomato-onion salad on top, leaving any excess liquid/dressing behind. Gently toss to combine and garnish with fresh mint. Serve.

Best when fresh, though leftovers keep in the refrigerator up to 3 days. Leave mint on the side to keep as fresh as possible.



RECIPE

Marinated Heirloom Tomatoes

Recipe from Tieghan Gerard

- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons apple cider vinegar
- 2 teaspoons honey
- 1-2 cloves garlic, grated
- 1/2 cup fresh basil, chopped (can substitute for dried basil)
- 2 tablespoons chopped fresh thyme (can substitute for dried thyme)
- kosher salt and black pepper
- 3 heirloom tomatoes sliced or about 3 cups cherry tomatoes halved



In a bowl, whisk together the olive oil, balsamic vinegar, apple cider vinegar, honey, garlic, basil, and thyme. Season to taste with salt, and pepper.

Add tomatoes and toss to combine. Allow the tomatoes to marinate for 30 minutes at room temperature.

Serve with grilled or toasted bread or serve it with mozzarella or burrata.

Word Search: Summer



Find and circle all of the words that are hidden in the grid. The remaining letters spell a word about summer.



ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON