

# What's Happening in **Dennis**

Hello and Happy Holidays,

I remember my mom once made a lemon meringue pie for the Holidays. It came out of the oven with perfect peaks of fluffiness. Expectations were high and while we were all anticipating this delectable pie, it was a major failure. Mom had used Sugar Twin (A saccharin product from the

70's) and it was pretty much inedible. I believe it was John Lennon who said, "Life is what happens while you are making other plans." Mom had a way of rolling

with it and instead of stressing out over the appealing looking but dreadfully tasting pie, mom grabbed the bunch of bananas and a bottle of Hershey's syrup and served us each up a small bowl of "banana chocolate treat." It wasn't the best dessert we ever had but it wasn't the worst either and more importantly we all had a good laugh. Sometimes things just don't work out as planned and, on that day, I was shown that's okay, too.

Please join us in creating our own merriment for the season by attending the Holiday Celebration. Once again Honey Dew Donuts will be providing coffee and sweet treats.

Wishing you all a peaceful and joyful holiday 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

## Kara's New (and Improved) Schedule

**Mondays - Flex Day**

Scheduled Appointments

**Tuesdays - Old Bass River Village**

8:00-4:00

**Wednesdays - Yarmouth Housing Authority**

8:45-4:00

**Thursdays - Center Street Village**

8:00-4:00

**Fridays - Windmill Village**

8:30-1:00



With the implementation of this new schedule Kara will no longer be holding Office Hours on the 4th Monday of the month.

## COVID Tests



The Dennis Chamber of Commerce has free Covid tests on hand that are good through January. Feel free to swing by the Chamber of Commerce and pick up yours. They also gifted me tests so let me know if you need any and I will get those out.

# BENEFITS AND ASSISTANCE



## Important News about SNAP and HIP

The Healthy Incentives Program or HIP is a Massachusetts program that puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP participating farm vendors. Starting in December, the maximum HIP benefit a household can use will be \$20 a month for all households, regardless of size. Information and a list of HIP vendors can be found online at:

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

## Lasagna Love

Lasagna Love is a worldwide organization of volunteers who want to help their neighbors. Yes, they serve all communities on the Cape and the Islands. Lasagna Love provides complimentary homemade meals in all kinds of shapes and sizes...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. 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](https://lasagnalove.org/request) If you wish to volunteer: [lasagnalove.org/volunteer](https://lasagnalove.org/volunteer) If you would like a lasagna but do not have access to a computer or smartphone, please let Kara know, and she will help you with the request.

## Free Community College



Community college is **FREE** for all Massachusetts residents - no matter age or income! The MassEducate and MassReconnect programs allow all Massachusetts residents who have not yet earned a Bachelor's degree attend 4Cs for FREE. View all the info at [www.capecod.edu/free](https://www.capecod.edu/free) No tuition. No fees. And both programs include an allowance for books and supplies for certain students.

***Open enrollment for the Massachusetts Health Connector is from November 1 to January 23 each year. Medicare enrollment is winding down and ends Dec 7th.***

Open Enrollment for Health Insurance 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 resident in the MA Health Connector or MA Health Programs. Their phone number is **774-840-9393**.

# BENEFITS AND ASSISTANCE

## Help with the Cost of Prescription Drugs

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
- Are 65 years of age or older and not eligible for Medicare or
- Are 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.

You can find out more and apply for this program online by visiting

<https://www.prescriptionadvantagemma.org/>

## The Pharmacy Outreach Program: Help with Medicare and Medication Costs

### ***What is Pharmacy Outreach?***

It is a free Information and referral service to help people take medications appropriately. This program can help with:

- Obtaining and affording medication
- Understanding medications
- Staffed by pharmacists, SHINE counselors, and pharmacy students
- Medication reviews

### ***Contact Information***

866-633-1617

Monday through Friday, 8:30-5:00

Submit a question online:

<https://www.mcphs.edu/pharmacyoutreach> medication



# DENNIS HOUSING AUTHORITY

## UPDATES AND REMINDERS



As the holiday season is fast approaching, please remember **live Christmas trees are not allowed inside your unit due to fire safety.** When decorating please make sure heat vents are not obstructed, decorations not hung too close to the heat source and limit the use of extension cords and do not overload them. Additionally, your second means of egress cannot be blocked.

Kindly keep all windows closed when heat is in use.

**Snow Removal:** We will have the same contractor performing the snow plowing/sanding again this year. 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 and properly stored.

## Annual Recertification

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

- 2025 SS benefit letter
- Updated pension statement
- 4 weeks of paystubs for the month of December
- 4 months banks statements: September, October, November, December 2024
- Medical expenses for January through December 2024: Proof of payment for all out-of-pocket medical expenses; co-payments, prescriptions and health insurance premiums.

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.

# UPDATES AND REMINDERS



## 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 ambiance, twinkle lights or battery-operated candles are permissible.

## Portable Space Heater Policy

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. It is very important to report any heating issues to the office immediately.

## Snow Removal Policy

For light snow fall, the Dennis Housing Authority will remove snow from walkways at the elderly/disabled sites. 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 applying salt and/or sand as well as clearing roadways at all sites. Lastly when time and manpower allow, 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 of 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. Dennis Housing Authority assumes no responsibility when residents attempt to drive or walk during inclement weather. We encourage residents not to go out after the storm has been cleared unless it is absolutely necessary.

# UPDATES AND REMINDERS

## Power Outages

Reminder to the Elderly; the Community Room has a gas stove 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: 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's non-emergency number to inquire about emergency shelter opening, warming, and charging stations and rides to Emergency Shelters (508) 394-1315.

## NEW Bulletin Boards!

A Resident Services Coordinator bulletin board will be hung at each of the properties in the next couple of weeks. On this board news and upcoming programs and events will be shared of interest to the residents. At Center Street the board will be on the right hand side of main hallway. At Old Bass River Village it will appear over the free Table in the Community Room and at Windmill Village the bulletin board on the right in the mailroom closest to the entry of Building A will be claimed. Please remember to check it regularly.

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



# ON SITE HAPPENINGS



## Chair Yoga with Joan

11 AM | Center Village Community Room

.Fridays: Dec 20, Jan 24 and Feb 28

## Bingo

Takes place in the Community Room of each property during the third week of the month.

### *Upcoming Dates*

- Old Bass River - 2:30 PM on Tuesdays: Dec 17, Jan 14, Feb 18
- Center Street Village - 2:30 PM on Thursdays: Dec 19, Jan 16, Feb 20
- Windmill Village - 12 PM on Fridays: Dec 20, Jan 17, Feb 21



Recent Bingo prizes thanks to a generous donation!

# Food and Tunes Wrap Up



We had an awesome time rocking to the memorable tunes of yesteryear sung by the very talented Singing DJs. Please enjoy some photos from the event.



## (Healthy!) Chocolate Fix

### Healthy Hot Chocolate

Courtesy of [wellplated.com](http://wellplated.com)

Serves 2, cut in half for 1 or double for 4

#### Ingredients:

- 2 cup unsweetened almond milk or milk of choice
- 5 teaspoons unsweetened cocoa powder
- 1 tablespoon pure maple syrup plus additional to taste
- Tiny pinch of kosher salt or sea salt
- 2 tablespoon chopped dark chocolate or chocolate chips
- ½ teaspoon pure vanilla extract
- Shaved dark chocolate or chocolate chips for serving

#### Instructions:

- In a small saucepan, heat the milk until just simmering. Whisk in the cocoa powder, maple syrup, and salt. Add the chocolate chips and vanilla. Whisk and heat until the chocolate is melted and smoothly combined.
- Taste and add more maple syrup if you'd like it sweeter. Pour into a mug, and top with extra chocolate as desired.



# Healthy Sweet Potato Brownies

These delicious brownies are flourless, dairy-free, and refined sugar-free, so you can feel great about this guilt-free treat!

Courtesy of [the.roastedroot.com](http://the.roastedroot.com)

Prep Time: 20 minutes | Cook Time: 22 minutes | Total Time: 42 minutes

## Ingredients:

- 1 cup mashed sweet potato
- 1 cup unsweetened almond butter
- 2 large eggs
- $\frac{2}{3}$  cup pure maple syrup
- 2 tsp pure vanilla extract
- $\frac{2}{3}$  cup cocoa powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp ground cinnamon (optional)
- 1 tsp sea salt
- 1 cup chocolate chips



## Instructions:

1. Cook the sweet potato according to your preferred method. I chop mine into large chunks and boil it in water for 15 to 20 minutes, until the chunks of potato are very tender. Allow the potato to cool (I transfer it to a sealable container and refrigerate it). Once cool, remove and discard the peel. Note: you can cook the potato and refrigerate it up to 5 days in advance.
2. Preheat the oven to 350 degrees F and line a 9-inch square baking pan with parchment paper.
3. Mash the sweet potato into a bowl or measuring cup and measure out 1 cup of mashed potato.
4. Add the mashed sweet potato to a large mixing bowl along with the almond butter, eggs, pure maple syrup and vanilla extract and stir well until everything is well-combined (wet ingredients).
5. Stir in the cocoa powder, baking soda, sea salt, and ground cinnamon until a thick creamy batter forms (no need for a separate bowl here).
6. Add in the chocolate chips and stir until they are well-incorporated into the batter.
7. Pour the brownie batter into the prepared baking pan and spread it into an even layer. If desired, sprinkle with extra chocolate chips.
8. Bake on the center rack of the preheated oven for 23 to 28 minutes, or until the brownies reach desired level of doneness. For fudgy, gooey brownies, bake for 23 minutes. Brownies are best when baked to an internal temperature of 180 degrees Fahrenheit. Insert a digital thermometer into the center of the brownies and wait until the numbers stop moving to get an accurate read on their temperature.
9. Allow the brownies to cool completely (at least one hour) before slicing and serving. You can slice the brownies before they have finished cooling if you'd like, but the slices won't hold together quite as well. If you're fine with that, proceed!
10. Serve with a scoop of ice cream for an even more decadent dessert.



# ***Holiday Celebrations***

Tuesday Dec 10  
Holiday Party  
10:30am-12pm

Music and  
Caroling, too, with  
local musician  
Katie Brown!!!



Coffee and Treats generously  
provided by Honey Dew Donuts

Center Street Village Community Room

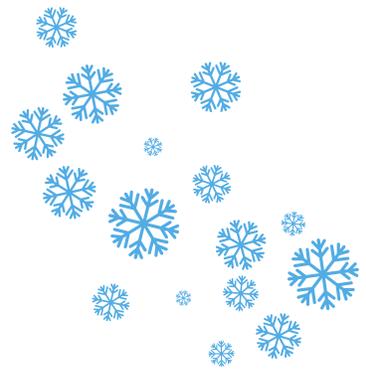
**HELP US GET THE TREE  
READY THE DAY BEFORE!!!**

Thursday Dec 5th  
Tree Trimming  
3-4pm

No RSVP's necessary. Please contact Kara,  
though, for any questions and if  
transportation is an issue 774-801-8331



# WORDSEARCH



Find and circle all of the words that are hidden in the grid.



BLIZZARD  
BOOTS  
CARNIVAL  
CHRISTMAS  
EGG NOG  
FIREWOOD  
FREEZE  
GLOVES

HAIL  
HOCKEY  
ICE FISHING  
KNIT CAP  
OLYMPICS  
PARKA  
SEASON  
SKIING

SKIS  
SLED  
SLIPPERY  
SNOW BLOWER  
SNOW SHOVEL  
SNOWFLAKE  
SOLSTICE