

Dennis Housing Community Notes

Hello Dear Residents!

The thaw is coming! And there is programming on the horizon and lots of opportunities to get involved! So rest up (tips below) and get ready to engage! Now that we have heard from some of you on your interests, I would like to know “What is your special talent?” and “Are you willing to share that special talent?” What that looks like is leading a group or class for one time or maybe more. I am also looking for volunteers to help with current and future programming and other tasks. More to come in the coming weeks. Again- Lots of opportunities now to get involved. Let’s put the “YOU” in Community and to do that I would love for YOU” to show up. As a reminder, I’m also still waiting for submissions for the “Resident’s Share” column. Who knows maybe you wrote a poem you are particularly proud of, or have painted a picture, maybe it’s a recipe? Please share, we’d love to see it!

I look forward to seeing YOU soon!

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

THANK YOU

Thank you to all who returned the surveys. Congratulations to Michelle Estrella for the winning of \$40 Stop & Shop gift card

NEWS & UPDATES



DON'T MISS!

Get to Know Your SmartPhone- **Wednesday March 30 at 4:30pm in the Center Street Village Community Room.** Carpooling is encouraged or contact Kara to schedule transportation. This one is not to be missed! 3G which connects many flip phone is being eliminated. Soon you may have to move on to a smartphone. Here's a terrific start... And who else to teach us but the pros themselves- we will have a group of high schoolers from Monomoy familiarize us with our Smartphones and all the ways we can communicate using them.

One hour will cover the Iphone and the 2nd hour will cover the Androids. Each presentation will cover texting, sending emails, adding contacts, taking pictures and saving them and sending them by text or email, video conversations, basic apps, and basic social media. Participants are encouraged to bring their smartphone and come with their questions. Extra hands will be available for 1:1 questions and instruction. Participants will leave with guidebook for future use.

Please RSVP to Kara at kara@HPCapecod.org or call or text me at 774-801-8331 before March 25 so we have an idea of how many to expect. Thank you

Light refreshments will be provided

BINGO is BACK!

On **Thursday April 7th at 2pm** join us for a fun filled afternoon restart of B-I-N-G-O. Prizes will be awarded and refreshments will be provided. For April we will be at Center Street, May 5th at Old Bass River, and June 2nd we will head to Windmill Village and then back to Center Street in July. This way we can ensure we reach everyone who wants to play!



HOW TO SLEEP BETTER



Tired of tossing and turning at night? These simple tips will help you sleep better and be more energetic and productive during the day.

HOW CAN I GET A BETTER NIGHT'S SLEEP?

Sleeping well directly affects your mental and physical health. Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we need.

Getting a good night's sleep may seem like an impossible goal when you're wide awake at 3 a.m., but you have much more control over the quality of your sleep than you probably realize. Just as the way you feel during your waking hours often hinges on how well you sleep at night, so the cure for sleep difficulties can often be found in your daily routine.

Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and adversely affect your mood, brain and heart health, immune system, creativity, vitality, and weight. But by experimenting with the following tips, you can enjoy better sleep at night, boost your health, and improve how you think and feel during the day.

Tip 1:

Keep in sync with your body's natural sleep-wake cycle



Getting in sync with your body's natural sleep-wake cycle, or circadian rhythm, is one of the most important strategies for sleeping better. If you keep a regular sleep-wake schedule, you'll feel much more refreshed and energized than if you sleep the same number of hours at different times, even if you only alter your sleep schedule by an hour or two.

Try to go to sleep and get up at the same time every day. This helps set your body's internal clock and optimize the quality of your sleep. Choose a bed time when you normally feel tired, so that you don't toss and turn. If you're getting enough sleep, you should wake up naturally without an alarm. If you need an alarm clock, you may need an earlier bedtime.

Avoid sleeping in—even on weekends. The more your weekend/weekday sleep schedules differ, the worse the jetlag-like symptoms you'll experience. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm.

Be smart about napping. While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon.

Start the day with a healthy breakfast. Among lots of other health benefits, eating a balanced breakfast can help sync up your biological clock by letting your body know that it's time to wake up and get going. Skipping breakfast on the other hand, can delay your blood sugar rhythms, lower your energy, and increase your stress, factors that may disrupt sleep.

Fight after-dinner drowsiness. If you get sleepy way before your bedtime, get off the couch and do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep.

Tip 2:

Control your exposure to lights.

Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. Your brain secretes more melatonin when it's dark—making you sleepy—and less when it's light—making you more alert. However, many aspects of modern life can alter your body's production of melatonin and shift your circadian rhythm. Here's how to influence your exposure to light:

During the day

01

Expose yourself to bright sunlight in the morning.

The closer to the time you get up, the better. Have your coffee outside, for example, or eat breakfast by a sunny window. The light on your face will help you wake up

03

Let as much natural light into your home or workspace as possible.

Keep curtains and blinds open during the day, and try to move your desk closer to the window.

02

Spend more time outside during daylight.

Take your work breaks outside in sunlight, exercise outside, or walk your dog during the day instead of at night.

04

If necessary, use a light therapy box.

This simulates sunshine and can be especially useful during short winter days.

01

Avoid bright screens within 1-2 hours of your bedtime.

The blue light emitted by your phone, tablet, computer, or TV is especially disruptive. You can minimize the impact by using devices with smaller screens, turning the brightness down, or using light-altering software such as f.lux.

At night

02

Say no to late-night television.

Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead.

03

Don't read with backlit devices.

Tablets that are backlit are more disruptive than e-readers that don't have their own light source.

05

Keep the lights down if you get up during the night.

If you need some light to move around safely, try installing a dim nightlight in the hall or bathroom or using a small flashlight. This will make it easier for you to fall back to sleep.

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04

When it's time to sleep, make sure the room is dark.

Use heavy curtains or shades to block light from windows, or try a sleep mask. Also consider covering up electronics that emit light.

Tip 3:

Exercise during the day

People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep.

[Read: The Mental Health Benefits of Exercise
<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>]

- The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise—such as walking for just 10 minutes a day—improves sleep quality.
- It can take several months of regular activity before you experience the full sleep-promoting effects. So be patient and focus on building an exercise habit that sticks.

For better sleep, time your exercise right

Exercise speeds up your metabolism, elevates body temperature, and stimulates hormones such as cortisol. This isn't a problem if you're exercising in the morning or afternoon, but too close to bed and it can interfere with sleep.

Try to finish moderate to vigorous workouts at least three hours before bedtime. If you're still experiencing sleep difficulties, move your workouts even earlier. Relaxing, low-impact exercises such as yoga or gentle stretching in the evening can help promote sleep.



Tip 4:

Be smart about what you eat and drink

Your daytime eating habits play a role in how well you sleep, especially in the hours before bedtime.

Focus on a heart-healthy diet. It's your overall eating patterns rather than specific foods that can make the biggest difference to your quality of sleep, as well as your overall health. Eating a Mediterranean-type diet rich in vegetables, fruit, and healthy fats—and limited amounts of red meat—may help you to fall asleep faster and stay asleep for longer.

Cut back on sugary foods and refined carbs. Eating lots of sugar and refined carbs such as white bread, white rice, and pasta during the day can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep.

Limit caffeine and nicotine. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Similarly, smoking is another stimulant that can disrupt your sleep, especially if you smoke close to bedtime. Avoid big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed.

Spicy or acidic foods can cause stomach trouble and heartburn. Avoid alcohol before bed. While a nightcap may help you relax, it interferes with your sleep cycle once you're out. Avoid drinking too many liquids in the evening. Drinking lots of fluids may result in frequent bathroom trips throughout the night.



Nighttime snacks may help you sleep



For some people, a light snack before bed can help promote sleep. For others, eating before bed leads to indigestion and makes sleeping more difficult. If you need a bedtime snack, try:

- Half a turkey sandwich.
- A small bowl of whole-grain, low-sugar cereal.
- Milk or yogurt.
- A banana.



Tip 5:

Wind down and clear your head



Do you often find yourself unable to get to sleep or regularly waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well. Taking steps to manage your overall stress levels and learning how to curb the worry habit can make it easier to unwind at night. You can also try developing a relaxing bedtime ritual to help you prepare your mind for sleep, such as practicing a relaxation technique, taking a warm bath, or dimming the lights and listening to soft music or an audiobook.

Problems clearing your head at night can also stem from your daytime habits. The more overstimulated your brain becomes during the day, the harder it can be to slow down and unwind at night. Maybe, like many of us, you're constantly interrupting tasks during the day to check your phone, email, or social media. Then when it comes to getting to sleep at night, your brain is so accustomed to seeking fresh stimulation, it becomes difficult to unwind.

Help yourself by setting aside specific times during the day for checking your phone and social media and, as much as possible, try to focus on one task at a time. You'll be better able to calm your mind at bedtime.

A deep breathing exercise to help you sleep

Breathing from your belly rather than your chest can activate the relaxation response and lower your heart rate, blood pressure, and stress levels to help you drift off to sleep.

- Lay down in bed and close your eyes.
- Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

To follow along with a guided deep breathing exercise

A body scan exercise to help you sleep

By focusing your attention on different parts of your body, you can identify where you're holding any stress or tension, and release it.

- Lie on your back, legs uncrossed, arms relaxed at your sides, eyes closed. Focus on your breathing for about two minutes until you start to feel relaxed.
- Turn your focus to the toes of your right foot. Notice any tension while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for at least three to five seconds.
- Move your focus to the sole of your right foot. Tune in to any sensations you feel in that part of your body and imagine each breath flowing from the sole of your foot. Then move your focus to your right ankle and repeat. Move to your calf, knee, thigh, hip, and then repeat the sequence for your left leg. From there, move up your torso, through your lower back and abdomen, your upper back and chest, and your shoulders. Pay close attention to any area of the body that feels tense.
- After completing the body scan, relax, noting how your body feels. You should feel so relaxed you can easily fall asleep.

Tip 6:

Improve your sleep environment

A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses. Sometimes even small changes to your environment can make a big difference to your quality of sleep.

Keep your room dark, cool, and quiet

Keep noise down. If you can't avoid or eliminate noise from neighbors, traffic, or other people in your household, try masking it with a fan or sound machine. Earplugs may also help.

Keep your room cool. Most people sleep best in a slightly cool room (around 65° F or 18° C) with adequate ventilation. A bedroom that is too hot or too cold can interfere with quality sleep.

Make sure your bed is comfortable. Your bed covers should leave you enough room to stretch and turn comfortably without becoming tangled. If you often wake up with a sore back or an aching neck, you may need to experiment with different levels of mattress firmness, foam toppers, and pillows that provide more or less support.

Reserve your bed for sleeping. By not working, watching TV, or using your phone, tablet, or computer in bed, your brain will associate the bedroom with just sleep which makes it easier to wind down at night.



Tip 7:

Learn ways to get back to sleep



It's normal to wake briefly during the night but if you're having trouble falling back asleep, these tips may help:

Stay out of your head. Hard as it may be, try not to stress over your inability to fall asleep again, because that stress only encourages your body to stay awake. To stay out of your head, focus on the feelings in your body or practice breathing exercises. Take a breath in, then breathe out slowly while saying or thinking the word, "Ahhh." Take another breath and repeat.

Make relaxation your goal, not sleep. If you find it hard to fall back asleep, try a relaxation technique such as visualization, progressive muscle relaxation, or meditation, which can be done without even getting out of bed. Even though it's not a replacement for sleep, relaxation can still help rejuvenate your body.

Do a quiet, non-stimulating activity. If you've been awake for more than 15 minutes, get out of bed and do a quiet, non-stimulating activity, such as reading a book. Keep the lights dim and avoid screens so as not to cue your body that it's time to wake up.

Postpone worrying and brainstorming. If you wake during the night feeling anxious about something, make a brief note of it on paper and postpone worrying about it until the next day when it will be easier to resolve. Similarly, if a great idea is keeping you awake, make a note of it on paper and fall back to sleep knowing you'll be much more productive after a good night's rest.

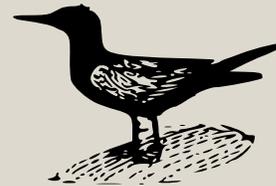
NEWS & UPDATES



Annual Recertification/Lease Addendums

Rent adjustment letters & lease addendums will be going out in the mail to all residents. Please be sure and sign your lease addendum and return ASAP but no later than the due date provided in your letter. Please be sure and check your letter carefully for rent adjustments and the effective date of the rent adjustment.

Please do not feed the birds or other 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**
- 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.**

2022 SCHEDULE DENNIS

Non-residents visit website for registration info.
Proof of residency required.

June 4
9am to 1pm
Tony Kent Arena
8 South Gages Way

August 6
9am to 1pm
Tony Kent Arena
8 South Gages Way

Sept. 10
9am to 1pm
Tony Kent Arena
8 South Gages Way

HHW Collections are safe! Check out our
Covid safety protocols at our website.

www.loveyourlocalwater.org

 [loveyourlocalwater](https://www.facebook.com/loveyourlocalwater)



"Love your local water. It's a Cape Cod Thing." is a campaign of Barnstable County Government and Cape Cod Cooperative Extension to protect our drinking water.

DID YOU KNOW

SOME HOUSEHOLD PRODUCTS ARE TOO TOXIC TO TRASH?

Disposal of:

Pesticides and Lawn Chemicals
Cleaners and Disinfectants
Arts & Crafts Hobby Supplies
Auto and Boat Fluids
Pool Chemicals
Paints, Polishes, and Stains
(no latex or acrylics)

Complete list of disposal items available at website.

When conditions present a danger to staff or participants, collection officials maintain the right to cancel the event.

www.loveyourlocalwater.org

 [loveyourlocalwater](https://www.facebook.com/loveyourlocalwater)

Kalliope Chute, HazMat Environmental Specialist
1-800-319-2783
Barnstable County Hazardous Materials Program

HHW Collections are funded by the Dennis Water District, Town of Dennis, and Barnstable County's Cape Cod Cooperative Extension.

Cape Cod Cooperative Extension
www.capecodextension.org

Household Hazardous Waste 2022 Collections



Residents of DENNIS

*Small Business disposal accepted. See inside panel for info.



LOVE YOUR LOCAL WATER.
IT'S A CAPE COD THING.





Household hazardous waste (HHW) collections protect our local drinking water. Most chemicals are too toxic to throw away in regular trash or dump down the drain, so FREE collections for residents are being held to take that waste off your hands and keep it out of our water supply.

Collections are open to town residents. We define residents as people who own a home, own a second home, are tenants, or landlords in the town. Proof of residency includes one of the following: license with in-town address, tax bill, or utility bill.

Not a resident? You can still participate for a fee. Visit our website for information.



BRING THESE ITEMS TO YOUR 2022 COLLECTION

For items not listed here visit your town's website for disposal instruction.



PAINTS, POLISHES & STAINS *NO LATEX or ACRYLICS*

Alkyd-Based Paint & Stain • Marine Paints & Sealers • Metal & Furniture Polish • Oil-Based Paint & Stain
Paint Thinner & Remover • Solvent-Based Wood Finish • Wood Preservatives • Auto Paint (no latex)



YARD CHEMICALS

Driveway Sealer with Solvent • Fertilizers with Weed Killer • Rodent Poison • Weed Killer
Insecticides • Pesticides • Bug Spray



CLEANERS & CHEMICALS

Pool Cleaners & Chemical Solvents • Photo & Hobby Chemicals • Oven Cleaner • Drain Cleaner
Spot Remover • Acids • Degreasers • Disinfectants • Toilet Cleaner



AUTO & BOAT FLUIDS

Car Cleaner with Solvent • Brake & Power Steering Fluid • Bug & Tar Remover • Camp Fuel
Radiator Flush • Car Polish • Gasoline

Are you a small business and do you use chemicals? To make your state required disposal arrangements and obtain pricing, contact Kalliope Chute, HazMat Environmental Specialist, at #508-375-6699.

It is important to keep mercury out of our water supply. To dispose of household mercury products, bring items to your local HHW collection. If you come across large amounts in your home contact Kalliope at #508-375-6699.

Thermometers, Thermostats,



Large amounts in jugs or bottles



Bring to your local Universal Waste Shed, town recycle center, or HHW Collection.

Call Kalliope at #508-375-6699 for FREE pick-up

Don't have transportation? We can help!
Contact Kalliope Chute, HazMat Environmental Specialist,
at #508-375-6699.



LOVE YOUR LOCAL WATER.
IT'S A CAPE COD THING.

Get to know... Celery!

Why not!! March is national celery month!! This crispy mellow vegetable is staple in soups and salads and can be used for so much more... but what do we really know about this light green wand? Celery can help with all sorts of ailments and especially with digestion. It's even said to take more calories to digest it then it contains. Celery is high in fiber. I cup of celery sticks has 5 grams of fiber and it's loaded with antioxidants including vitamin C, and beta carotene. So, join us in saluting celery by making one or both of these simple delicious recipes!

Hearty Chickpea Noodle Soup

Healthy and hearty, this chickpea noodle soup is made in one pot, ready in 30 minutes, and delicious!



- Serves 4 – 8 depending on bowl size, halve the recipe for smaller amount.
- 🕒 • Prep Time: 10 min
- Cook Time: 20 min
- Total Time: 30 minutes

INGREDIENTS

- 1 tablespoon olive oil or 1/4 cup water for water sauté
- 1 onion, diced
- 3 large carrots, peeled and diced
- 3 ribs celery, sliced (some leaves ok)
- 1 teaspoon EACH dried thyme, basil and oregano
- 2 cans chickpeas (garbanzo beans), drained and rinsed
- 12 – 16 ounces rotini pasta
- 10 – 12 cups water or vegetable broth (or combo)
- 1/4 cup fresh chopped parsley
- mineral salt & pepper, to taste
- lemon wedges, to serve



DIRECTIONS

Saute: In a large stock pot or dutch oven, heat oil over medium heat, add onion, carrots, celery and herbs, cook for 5 – 6 minutes, stirring frequently.

Simmer: Add the chickpeas, pasta, and liquids to the pot, bring to a boil, reduce heat to a gentle simmer, and cook for 6 – 7 minutes, or until pasta is al dente.

Season: Finally, stir in the chopped parsley, and season with salt and pepper to taste.

Serve: Ladle into individual bowls and serve with lemon wedges for squeezing. The lemon is highly recommended and will add a delicious spark of flavor, trust me! Add a little more fresh parsley to garnish.

Serve with any type of bread or toast

Serves 4 generously, or 8 smaller portions.

Store: Leftovers can be stored in the refrigerator for up to 5 – 6 days. It's also freezer friendly and can be kept for up to 2 – 3 months in the freezer.

NOTES FOR CHICKPEA NOODLE SOUP:

If you don't have all three herbs on hand, use 1 tablespoon of whichever herb you have on hand. Or if using 2 herbs, use 1 1/2 teaspoons each.

Looking to make this gluten free? You can use gluten free pasta, but you'll want to cook the pasta separately (many gluten free pastas cook differently than wheat pastas and don't do well in one pot recipes).

- To do this, cook the soup as directed without adding the pasta and reduce the liquids to half, about 4 – 6 cups instead of 10 -12 cups. Cook the pasta according to package directions and add it to the soup when the soup is done cooking.

<https://simple-veganista.com/chickpea-noodle-soup/>



Celery Salad with Apples



Serves 6, halve the recipe to make a smaller amount

INGREDIENTS

- 8 celery ribs plus ½ cup celery leaves
- 1 red apple
- 1 tablespoon white wine vinegar
- ½ tablespoon Dijon mustard
- 1 teaspoon maple syrup or sugar
- ½ teaspoon kosher salt
- 3 tablespoons olive oil
- ¼ cup shaved plant based or dairy Parmesan cheese

DIRECTIONS

1. Thinly slice the celery ribs. Measure out the celery leaves. Thinly slice the red apple.
2. In a medium bowl, whisk together the white wine vinegar, Dijon mustard, maple syrup or sugar, and kosher salt. Gradually whisk in the olive oil one tablespoon at a time.
3. In another bowl, toss together the celery and celery leaves with the apple, dressing, and Parmesan cheese shavings. Serve immediately or refrigerate until serving. This tastes best the day of making, but you can refrigerate leftovers for a few days (refresh them with a little vinegar or salt if necessary).

<https://www.acouplecooks.com/celery-salad-with-apples/>

Fruits & Vegetables

Word Search



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

APPLES
BROCCOLI
CARROTS
DATES
EGGPLANT
FIGS
GRAPES
HORSERADISH
ICEBERG LETTUCE

JUJUBES
KALE
LEMONS
MANGOS
NECTARINES
ONIONS
PARSNIPS
QUINCES
RUTABAGA

SPINACH
TURNIPS
UGLI FRUIT
VELVET BEANS
WASABI
XIGUA
YAMS
ZUCCHINI