

SPRING NEWSLETTER ISSUE #14

Dennis Housing Community Notes

Hello Everyone,

It's just about SPRING!

...Time to get our GREEN on, metaphorically and literally. Whether it's celebrating St. Patrick's Day or planting seeds in a flower pot, Get your green on!

Spring reminds us that there is dawn after the dark, life after death, and hope after despair, and the cycle of life will continue on. The crocuses poke through the ground and soon we will notice the new buds on the trees. Things will continue to GREEN up.

In this spirit, I have made sure our GET to KNOW ingredient this issue is GREEN- so check it out!

Also, As it warms up, please know I am happy to meet outside once again for help on a matter or simply for a walk to check in.

New residents are reminded to reach out and say Hello.

Thank you, be well, and HAPPY spring,

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

**PLEASE BE SURE TO
READ THE
NEWSLETTER
THOROUGHLY**

Every Issue is packed with helpful nuggets, fun activities, and Need to Know the information from the Dennis Housing Authority.

BENEFITS YOU MAY BE MISSING OUT ON

What is it ?

The Affordable Connectivity Program (ACP) is a federal program that provides eligible households a discount on their internet.

- Internet can be for computer
- OR
- Data for Smartphone/mobile device
- One benefit per household
- Discount is \$30 off your bill (\$75 if you live on Tribal Lands)



How to Apply

Go to affordableconnectivity.gov

Please note: the first step of this process takes very little time, however, actually getting the benefit applied to your service provider is a lot more complex. I encourage you to reach out to me so we can start and complete the process

together. My contact info is

kara@HPCcapecod.org or 774-801-8331

SNAP

Food is expensive. Reach out to me to see if you might be able to access SNAP benefits, formerly known as food stamps. Even though the Extra SNAP is ending, any amount is a helpful amount.

Who is eligible?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- OR Participates in one of these assistance programs:
 - Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools.
- SNAP
- Medicaid
- Federal Housing Assistance, including:
 - Housing Choice Voucher (HCV) Program (Section 8 Vouchers)
 - Project-Based Rental Assistance (PBRA)/Section 202/ Section 811
- Public Housing
- Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians
- Supplemental Security Income (SSI)
- WIC
- Veterans Pension or Survivor Benefits
- or Lifeline

Federal Extra COVID SNAP Ending

What is COVID SNAP?

During COVID, Massachusetts households have been getting extra SNAP at the beginning of each month to buy food.



Due to federal action, the **last COVID SNAP payment is March 2, 2023.**

How will this impact my SNAP benefits?

Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

Reminder: Unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult care costs.

Tell DTA About These Costs:



Upload a written note on DTA Connect



Call the DTA Assistance Line at 877-382-2363



Visit a DTA office or work with a community SNAP outreach partner: [Mass.gov/ContactDTA](https://www.mass.gov/ContactDTA)

If you get SNAP, you can automatically participate in HIP!



HIP puts money back on your EBT card when you use SNAP to buy fruits and vegetables from HIP farm vendors. Depending on household size, you can get \$40 to \$80 a month.



[Mass.gov/ExtraCOVIDSNAP](https://www.mass.gov/ExtraCOVIDSNAP) 

How to Feel Better Right Now

By Kendra Cherry

Medically reviewed by
David Susman, PhD

Everyone has times when they don't feel their best. Whether you are struggling with a low mood, anxiety, stress, or just a lack of motivation, it's tough to feel good when you're not quite at 100%. When you are feeling down or stressed, it can be helpful to look for things you can do to make yourself feel better quickly. While there are things that are simply outside of your control, there are lots of actionable steps you can take to seize control and feel better right now.



Take a Break

Sometimes just walking away from something for a few minutes can help when you're feeling stressed, overworked, burned out, or exhausted. Step away from what you are working on and give yourself some time to think about something else.

Researchers have found that even taking short breaks can help improve your ability to pay attention.

One study compared people who took a short, five-minute break to those who did not get a break. Those who took a break engaged in a variety of activities including listening to music and sitting quietly. The results showed that those who had taken a break performed better on tasks that required sustained attention.



Go For a Walk



The Centers for Disease Control and Prevention (CDC) recommends that adults over the age of 18 get at least 150 minutes of exercise each week. Getting out and moving for a little more than 20 minutes a day is not only good for your physical health and longevity, it's also a great way to feel better in the here and now.

Physical activity is linked to reductions in depression and improved mood, so a quick walk around the neighborhood can be a good way to start feeling better right away.

In addition to reaping the benefits of exercise, being outside in nature can also provide mental health benefits as well. One study found that participants who spent time walking in a natural environment reported lower levels of rumination. So if you want to clear your head and feel better, head for the nearest green space such as a park or nature trail.

Play some Music



Listening to music can be an enjoyable experience, but there is also evidence that music has psychological benefits including having an influence on your moods. One 2013 study found that listening to upbeat songs could improve happiness and boost mood relatively quickly.

The next time you're feeling down, break out your favorite playlist of catchy, upbeat, motivational music for a quick mood boost.

Do Something Nice for Someone Else

Helping others, often referred to as prosocial behaviors, can also be a great way to feel better right now. Whether it's helping out a neighbor, assisting a friend, or volunteering for a local organization, doing good for others can leave you with positive emotions that researchers have dubbed a "warm glow."

If you are looking for a way to generate some good feelings, think about things that you can do to help you friends, family, neighbors, or community. A few ideas you might want to explore include:

- Fixing a meal for a friend in need
- Shoveling a sidewalk for an elderly neighbor
- Participating in a neighborhood cleanup
- Making a donation to an online fundraiser

Research even suggests that prosocial behaviors and generosity are linked to a number of mental health benefits including increased happiness and decreased mortality.



Talk to a Friend

When you are feeling stuck in a negative mindset, sometimes just spending a few minutes chatting or texting with a good friend is enough to put you in a better state of mind. Social support is a key factor in emotional well-being. Research has found that lack of social support is linked to a number of negative outcomes including increased loneliness and decreased resilience to stress.



The good news, however, is that social support is more about quality rather than quantity. As long as you feel like you have people you are close to and who will stand by you, then you can reap the rewards of social support.

When you want to feel better fast, reach out to a close friend or loved one who can listen, offer advice, or just share some laughs.

Plan Something



According to one study, researchers found that people who are able to balance living in the here and now with planning for the future are more resistant to negative moods and resilient in the face of stress. The study looked at two different ways of managing stress: mindfulness and proactive coping.

Mindfulness involves living in the moment, while proactive coping involves planning for things as a way to minimize future stress. The results showed that making plans for the future was helpful for managing daily stress, but it was best used when coupled with living in the present.

Such findings suggest that it's important to find joy in the moment, but that when you are struggling to cope, thinking about things that you want to do in the future can help you manage difficult feelings and stressful moments.

Simple Ways to Feel Better Fast

- Bake cookies
- Dance
- Do yoga
- Eat a healthy, delicious meal
- Make a playlist of your favorite songs
- Meditate
- Play with your dog or other furry family member
- Practice a hobby
- Read a book
- Take a relaxing hot bath
- Watch a funny online video
- Watch your favorite movie or tv show
- Write in a gratitude journal

Recertifications and 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.



Center Street Village - New Septic System

A new Septic System is planned to be installed at this location. Many areas of the property will be affected by the construction. Unfortunately, the large tree and garden area on the hill near the center driveway will be removed. We understand this is not ideal with all the beautiful plantings by tenants over the past couple of years. Funds have been allocated to create a new garden area on the property once all construction has been completed (location yet to be determined.) At this time, we do not know when construction will begin or have any additional details. A pre-construction meeting has not yet taken place and we anticipate it may take time for the contractor to secure all the materials needed before construction can begin. Anyone who may have plants in this area may wish to begin moving them in early spring to a temporary location. Although we do not have all the details currently, we did want to provide a heads up to all residents. Once we have more information a memo will be distributed to CSV residents.



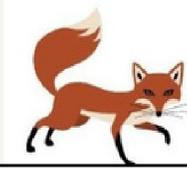
Thank you!

Many thanks go out to the tenants who have planted flowers and such around the property. Your efforts to beautify your area are appreciated.



A few things to be mindful of when taking on beautification efforts:

1. Mulch cannot be within 18 inches around combustible exteriors of buildings such as wood or vinyl per MA Comprehensive Fire Safety Code 527 CMR 17
2. New garden areas cannot be installed without prior approval from Dennis Housing Authority.
3. If planting areas are not clearly defined, the lawn mowing contractor may mistake the plants for weeds and whack them.
4. Any plants, decorations etc. may be taken by others as they are in common areas and not secured.
5. Garden areas are for all to enjoy, please don't post signs in attempt to keep others from using the area.
6. Decorations cannot impede the ability of people to pass by easily on walkways. A person using an assistive device needs to be able to safely pass. Additionally, the grassy area must be easily accessible for the mowing contractor.
7. The DHA does not provide storage areas for excess garden supplies or tools.
8. Storage containers cannot be erected on DHA property.
9. Patios and walkways cannot be installed.
10. Decorations cannot be political in nature or offensive to any group of people based on national origin, race, sex, orientation, religion.
11. Tenant flags/signage cannot be displayed in any common area on the property.
12. Garden hoses are the responsibility of tenants and cannot be left lying on the ground or cannot cross walkways. Water must be turned off at the spigot when not in use.
13. Sprinklers, drip systems, etc. cannot be used.
14. Do not discard unbagged leaves/garden waste in the dumpsters.



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:

- 🐾 carry infectious disease
- 🐾 cause property damage
- 🐾 put tenants' health and safety at risk
- 🐾 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.

NOTICE TO ALL TENANTS REGARDING PERSONAL ITEMS IN PUBLIC SPACES

There is to be NO STORAGE of personal belongings, decorative items, furniture, air conditioners, assistive devices, bicycles, food etc. in any public space. This includes under stairwells, porches, and outside areas. Chairs and tables in outside areas must be outdoor furniture. NO indoor furniture should be placed outside. Floor coverings are not allowed on porches or ground. Porches and outside areas should not be cluttered. Clothing, footwear, textile items or gardening tools etc. cannot be hung outside your unit.

In case of emergency, items that are in public spaces become a hazard. Porch walkways must be free from personal belongings and have a clear WIDE path for emergency responders.

Please remove items that you have under the stairwells, placed in the hallways, or have on patio or deck. A doormat is allowed in front of your unit door and decorations attached to your door are allowed if they don't block your unit number or impede the proper use of the door.

Thank you for your cooperation in keeping your building uncluttered and safe for all.





Reminders

- Please inform the Office if you or one of your emergency contacts changes their phone number
- Please do not remove notes, items, or bags from your neighbor's doors even if you think no one lives there anymore or you don't think they want said items.

2022 SCHEDULE DENNIS

Non-residents visit [website](http://www.loveyourlocalwater.org) for registration info. Proof of residency required.



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



9am to 1pm
Tony Kent Arena
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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.

"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

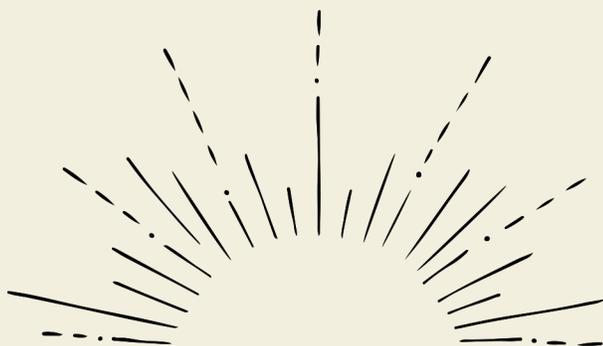


Residents of DENNIS

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



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



Spring ahead and set your clocks forward by an hour on March 12, 2023



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 2023 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.

Upcoming Happenings

Not to be missed and happening right here at Dennis Housing. All residents from all buildings are invited. (Carpooling is encouraged.) Transportation with advance notice can be provided. Contact Kara, RSC

Thursday, May 18 at 3pm

Old Bass River Community Room



Eastern Screech Owl
(stock photo)

The Owl Presentation

Amy Sanders, Wildcare Volunteer, will join us to talk in detail about the Eastern Screech Owl. She will even bring one! Topics she will touch upon include Camouflage (superior), the adaptation that allows them to fly silently, and the structure of the eye, which is truly amazing. This is sure to be a good time so get it on your calendar now!

The presentation is free to attend. If you are able please bring a roll of papertowels or a box of unscented tissues (no lotion) as a donation. No worries if that is not doable. Please join us!!

Chair Yoga with Kerri

Kerri is an experienced yoga teacher who has been teaching chair yoga for years at nursing homes on Cape. You will love her class and her warm, upbeat personality. Come join us for this fun FREE class that will help keep you healthy and flexible.

Center Street Village Community Room

March 31, April 28, May 26

12pm

This is a pilot program to gauge interest. If we have a continued strong showing, more dates/locations will be added. Registration is encouraged. To register contact Kara, RSC at Kara@HPCcapecod.org or 774-801-8331.



Other Happenings

Good Stories, Well Read

When: Saturday, March 18 at 1pm

Where: West Yarmouth Library

What time: 2-3:30pm



Experience contemporary and classic short stories read by local Cape Cod actors. No registration is required, but come early for a good seat in front of the fireplace at the West Yarmouth Library. This program is coordinated by Toby Wilson, who sometimes reads a piece. No signup required. Bring a friend or neighbor. Doors open at 1:30 p.m.

CONTACT: Toby Wilson 508-760-4820

twilson@yarmouth.ma.us

LOCATION: West Yarmouth Library

37th ANNUAL BREWSTER IN BLOOM

May 5 - 7, 2023

2023 Main Events



Brewster Band Spring Concert! Friday, May 5, 7:00 p.m. at Brewster Baptist Church. The Band kicks off the season with its first (indoor!) concert before heading outside to Drummer Boy Park for the summer. With John E. New conducting, their annual Brewster in Bloom Concert is in conjunction with the Brewster in Bloom weekend celebration. Admission is free and donations will be accepted to support the Bands' future programs.

Brewster in Bloom Fine Arts & Crafts Show, May 6 & 7 at Drummer Boy Park. We're so happy to welcome everyone to this "first-of-season" open-air arts and crafts show on Cape Cod! Saturday's show is from 10 a.m. to 5 p.m. and Sunday's is 10 a.m. – 4 p.m. Admission and parking are FREE!!

Cape Cod 5 Bloom Run is Saturday, May 6 steps off at 10 a.m. (rain or shine!) from the Brewster Inn & Woodshed, Route 6A in Brewster! Registration opens in the Inn's parking lot at 8:30 a.m. for this 5K, 3.1 mile-run/walk.

Brewster in Bloom Town Parade, Sunday, May 7th: "Flower Power!" Sponsored by Brewster Inn/Woodshed. The parade steps off from Eddy Elementary School parking lot at 1 p.m. and goes west on Route 6A to Swamp Road.

Get to know... PEAS!

Don't let their size fool you. Peas are a powerhouse of nutrition. High in protein, nutrients and antioxidants peas are a good source of vitamins C and E, zinc, and other antioxidants that strengthen your immune system. Other nutrients, such as vitamins A and B and coumestrol, help reduce inflammation and lower your risk of chronic conditions, including diabetes, heart disease, and arthritis. (WebMD) With a respectable amount of protein and fiber and three different varieties- garden (or green) peas, snow peas, and snap peas and many ways to enjoy, you have every reason to get your GREEN on!

ROASTED GREEN PEAS WITH MUSHROOM AND TOMATO

An easy sheet pan Roasted Green Peas recipe with mushrooms and tomato! This simple, healthy side dish is filled with beautiful colors and plant-based nutrients. Plus it's great with a wide variety of meals.



Serves 4 halve recipe
to make less



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

recipe courtesy of Kaitlyn, the Garden Grazer



the garden grazer



INGREDIENTS

- 16 oz. bag frozen peas
- 8 oz. mushrooms (or pre-sliced to save time)
- 8 oz. grape or cherry tomatoes
- 1 small red onion (or 1/2 large)
- 2 tsp. olive oil (optional, omit for oil-free*)
- Salt/pepper to taste
- Garnish for topping (optional):
- Fresh parsley (or other herbs of choice)



INSTRUCTIONS

1. Preheat oven to 400°F (204°C).
2. Prepare vegetables: Rinse and drain frozen peas. Thinly slice red onion, and slice mushrooms. Halve tomatoes.
- 3.
4. Then place all veggies in a bowl and drizzle with olive oil.* Season with salt/pepper if desired, and toss to coat.
5. Spread veggies in an even layer on a baking pan. Roast for about 20 minutes, stirring occasionally.
6. Garnish or toss with fresh chopped parsley before serving if desired.

INGREDIENTS

- 2 cups green peas, fresh or frozen
- 1 small avocado, pitted and roughly chopped
- 3 tablespoons green onion or chives, finely chopped
- 2 1/2 tablespoons lime juice
- 1/4 plus 1/8 teaspoon Himalayan crystal salt or sea salt
- 1/8 teaspoon black pepper
- Extra green onion or chives, finely chopped (for garnish if desired)



Green Pea Avocado Spread

Recipe courtesy of One Green Planet

INSTRUCTIONS

Combine green peas, avocado, green onion, lime juice, salt, and black pepper in the food processor fitted with an S-blade. Process until well-combined. If no food processor, Mash everything together thoroughly with fork or pestle in a bowl. Dip some pita chips, crackers, tortilla chips or fresh raw vegetables like carrots, celery peppers or broccoli, Enjoy!!

THIS VIBRANT GREEN SPREAD HAS THE SWEET, REFRESHING TASTE OF GREEN PEAS COMBINED WITH CREAMY AVOCADO. NOT ONLY IS IT SUPER-HEALTHY, IT'S ALSO SUPER-VERSATILE! USE IT AS A DIP FOR YOUR FAVORITE VEGGIES, ADD A SCOOP TO YOUR SALADS, OR ADD IT TO A WRAP.

Containers
Word Search



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

- BALLOON
- BARREL
- BASKET
- BATHTUB
- BOTTLE
- BOXCAR
- CAGE
- CHEST
- CRATE

- CUP
- DRAWER
- GLASS
- GOLF CLUB
- BAG
- HATBOX
- JEWELRY
- BOX
- PENCIL CASE

- POCKET
- SNOW
GLOBE
- STEEL SAFE
- STEIN
- TACKLE BOX
- TANKER
- TEAPOT
- TRUNK