

What's Happening in **Dennis**



Hello dear Residents,
We are inching towards spring, thankfully! Soon the crocus will punch through the ground, the birds will be singing, days will be longer, and the shuttered shops will reopen. It's been a long cold winter but as nature teaches us new beginnings and rebirth are on the horizon.



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.

And with that I am relaunching two initiatives:
The first is Residents Corner - an invitation to share poems, artwork, stories, recipes, and other submissions. This is an open invitation to all residents. Submitted items will be published in the newsletter as they are received. Secondly, please keep an eye out for an upcoming survey asking you about your interests, ideas and preferences. Please complete and return the survey! I need your help to create year-round programming that people would like to attend, so please let your voice be heard. Additionally, those who complete the survey will be entered into a drawing for a \$50 Stop & Shop gift card. Completed surveys can be dropped in a box in the community room or you can drop it in the lockbox at the office. Lastly, be sure to check out the newly decorated bulletin boards at each property. All on-site activities will be posted there as well as other news and happenings.

Thanks, and Happy Spring!

Kara

KARA DUFF
Resident Services
Coordinator

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Ongoing Benefits and Resources

Food Assistance

As a reminder, Kara can help you sign up for SNAP benefits, if you are eligible. Please reach out to Kara to set up an appointment.

Have trouble finding a doctor?

Cape Cod Healthcare has a website where you can see a list of doctors accepting new patients:

<https://www.capecodhealth.org/medical-services/primary-care/accepting-new-patients/>
If you do not have online access or prefer to have support in navigating, please reach out to Kara for assistance.

The Pharmacy Outreach Program: Help with Medicare and Medication Costs

Pharmacy Outreach provides free information and referral services to help people take medications appropriately. They also provide help with obtaining and affording medication and understanding medications as well as offering medication reviews.

Staffed by pharmacists, SHINE counselors, and pharmacy students

Contact Information

Call 1-866-633-1617

Monday through Friday, 8:30-5:00

OR

Submit a question online:

<https://www.mcphs.edu/pharmacy/outreach>

Art Class Scholarships

Cape Cod Museum of Art (CCMOA) is offering scholarships to take an art class. You can apply online at <https://forms.wix.com/f/7095492085125480859> or come see Kara for help filling one out. Please have a class in mind you would like to take. Please note different classes are offered throughout the year. To see the most updated schedule head to CCMOA website at <https://www.ccmoa.org/classes>. If you do not have a computer or smart phone, Kara is happy to meet with you to look together.



News and Announcements

The annual recertification process is coming to an end. Annual **Lease Addendums** will be mailed in March and April. Once they are received, please be sure to sign and return ASAP but no later than the deadline provided in the rent adjustment letter.

- The Annual Spring-Cleaning Trailer will be coming to all DHA locations during the months of April/May. The trailer enables residents to throw out unwanted items such as AC units, furniture, and other items not allowed to be disposed of in the dumpsters.

- **IMPORTANCE OF CALLING IN WORK ORDERS** – Please call in all work orders right away, no . matter how small you think they are, they must be reported to the office immediately. Not doing so may put you at risk for billable tenant damage.

- Indoor furniture may not be used or left outside on lawns, decks or balconies or it will be removed by the Housing Authority. If a piece of furniture has been removed by the DHA and you would like it back, tenants must inquire with the office during regular business hours. All items not claimed after two weeks will be disposed of. The same applies for unauthorized personal items found in common areas.

- ***If you have not already done so - Sign up for Direct Debit of your monthly rent payment and never have to worry about paying your rent on time again! Please contact the office for information.***

- Should you need a copy of your outdoor policy, or any other policies please contact the office to obtain a new copy.

Happy spring!



Upcoming Events



Chair Yoga with Joan

11 AM | Center Village Community Room

On the 4th Friday of every month unless a holiday falls around that time at 11am Center Street Village Community Room. Next dates are March 28, April 25, and May 23. Residents from all the Dennis Housing properties are welcome to attend.

Bingo Continues!

As a reminder, Bingo takes place in the Community Room of each property once a month.

Upcoming Dates

- Old Bass River - At 2:30 on Tuesday, April 22 and May 20
- Center Street Village - At 2:30 on Thursday March 20, April 17, and May 15
- Windmill Village - At Noon on Friday March 21, April 18, and May 16



Recent bingo group!

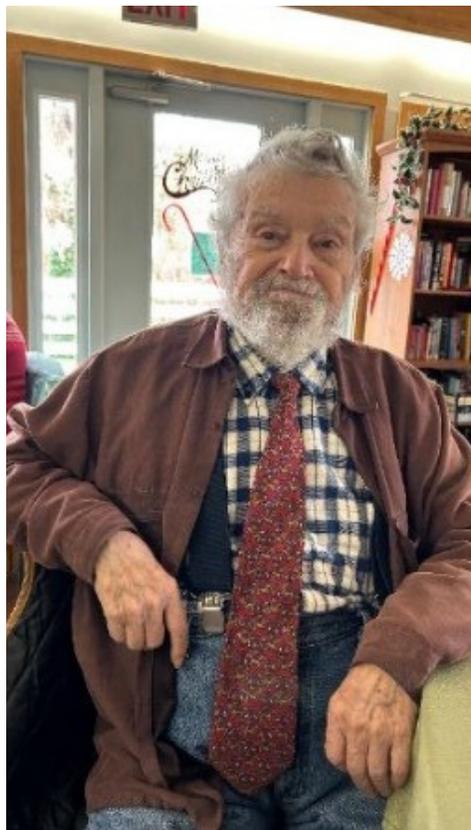


Wildcare Returns with Garv!

We have our friendly turtle spokesperson coming to Dennis April 24th at noon at the Center Street Village Community Room.

Holiday Celebration Wrap Up

We enjoyed delicious coffee and donuts courtesy of Honey Dew Donuts alongside the festive music of Katie Brown and her grandfather Peter Byers. Please enjoy these photos from the event and the tree trimming.





Get to know Swiss Chard

Aside from being a vibrant looking veggie with colorful stalks, Swiss chard is highly nutritious. Swiss chard is a rich source of vitamin K and may help people maintain healthy blood sugar levels and support heart health. It's also a gardener's dream! It's one of the only plants that gives a continuous harvest starting in the cool spring, right through the hot summer, and far into cool late fall. Get to know Swiss chard by giving these recipes a try!

Easy Swiss Chard Recipe with Cannellini Beans

This Sautéed Swiss Chard with Garlic and Cannellini beans is an easy to make, filling and nutritious dinner, when served on toasted sourdough bread, rice or quinoa. A beautifully balanced plant-based meal filled with nutrients and savory flavor.

- Author: Vicky Cohen and Ruth Fox

Ingredients:

- 1 large bunch of chard (any type)
- 2 tbsp extra virgin olive oil
- 5 large cloves of garlic, sliced
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1/2 tsp red pepper flakes
- 1-15 oz can of cannellini beans, rinsed and drained
- 1 tsp red wine vinegar or apple cider vinegar



Instructions:

1. Wash the chard well and chop the leaves into large pieces, and the stem into smaller pieces and. Keep them separated
2. Heat the olive oil in a large deep skillet over medium heat. Add the chopped garlic and cook for 2 minutes, making sure it doesn't burn
3. Add the chopped chard stems and cook for 2-3 minutes, stirring frequently
4. Add the leaves, toss well and cook until it starts to wilt for about 6 minutes. Season with salt, pepper, and red pepper flakes (if using)
5. Add the cannellini beans. Gently mix well together and continue to cook for 4-5 minutes, until the beans are hot
6. Add the vinegar and cook for an additional 3-5 minutes

<https://mayihavethatrecipe.com/swiss-chard-and-cannellini-beans/>

Baked Spicy Swiss Chard Chips

Like kale chips? Then you'll love these seasoned & spicy Swiss chard chips to snack on!

- Author: Laura Bashar

Ingredients:

- 3 large Swiss chard leaves
- 2 teaspoon extra virgin olive oil
- ¼ teaspoon kosher salt
- pinch of garlic powder
- pinch of chili powder

Instructions:

1. Preheat oven to 275°F.
2. Remove stem from Swiss chard leaves and cut into 2-3-inch pieces.
3. Place cut leaves in one layer on a baking sheet and toss with olive oil.
4. Season with salt, garlic powder and chili powder.
5. Bake for 20 minutes, then turn the leaves over and bake for an additional 20 minutes.
6. Let chard chips cool and serve.

- Serving Suggestions: Serve as an appetizer or snack, or crush over your salad, tacos, or thing else that needs a little crunch!
- Cooking Tips: This technique works for Swiss chard, kale and other greens, too. Keep it simple with just salt or your favorite spices. Make sure your greens are dry. The drier the green, the crispier the chip!



WORDSEARCH



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



APPLES
BROCCOLI
CARROTS
DATES
EGGPLANT
FIGS GRAPES
HORSERADISH
ICEBERG
LETTUCE

JUJUBES
KALE
LEMONS
MANGOS
NECTARINES
NECTARINES
ONIONS
PARSNIPS
QUINCES

RUTABAGA
SPINACH
TURNIPS
UGLI FRUIT
VELVET BEANS
WASABI
XIGUA
YAMS
ZUCCHINI