

# Dennis Housing Authority

Dear Residents,

Spring has already sprung and summer will be here in a minute! Let's get outside and enjoy the gifts of mother nature. Sunlight is an integral part of health and is an important source of vitamin D and is even said to help with energy levels and mental health, and it just feels good.

Recently, I took a trip to Dennis Center for Active Living (formerly known as the Dennis Senior Center), and WOW! do they have a lot to offer. Check out the Spotlight on the Dennis CASL to learn more. On the homefront, our next Bingo will be held at 2pm at Windmill Village Community Room, Thursday July 8. Come one, come all!! Oh, and the ice cream truck is again visiting Mulhern and the three senior complexes on Thursday July 28 with rain date of July 29. For families in the scattered sites we will once again have gift certificates to Auntie's Ice Cream in Dennis Port. On June 23 we are having an ice cream social, courtesy of Commonwealth Care Alliance. If someone would like to attend but needs a ride, reach out to me to coordinate transportation for this or any of our upcoming events.

I'd love to see your smiling face. As always reach out to me if you have an idea, a need, or think I can be helpful. I am here for you- the residents!

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

*WINNING!*

Winning!!! A happy resident shows off her BINGO spoils.



# NEWS & UPDATES



## GET TO KNOW YOUR SMARTPHONE

We had a great time at “Get to Know Your Smartphone” and those who attended received a ton of 1:1 attention navigating their devices and help addressing any issues. Please enjoy these photos from the event and HUGE THANKS to the Interact Club from Monomoy Highschool for the presentation.

## SNAP BENEFITS

The Farmer’s markets are beginning to open up. If you are receiving SNAP benefits this is a terrific way to increase your produce purchasing power. Healthy Incentive Program (HIP) allows for every dollar you spend on produce up to \$40 at certain vendors to be put right back on your card. Bass River Farmer’s Market is one of these locations, as is the Orleans Farmers Market. Oakdale Farms of Rehoboth even has delivery to door. For more information check out <https://www.mass.gov/healthy-incentives-program-hip> or reach out to me. Also contact Elder Services to see if they have any senior discount coupons.



# CAPE COD RTA

Dial-A-Ride Transportation (DART)  
Available for all Cape Cod residents and  
visitors!

The Cape Cod Regional Transit Authority provides a daily general public demand response service called Dial-A-Ride Transportation (DART - formerly b-bus) that is a door-to-door, ride by appointment transportation service. This service is available to all Cape Cod residents and visitors for any purpose. DART service is available Monday through Saturday in all 15 Cape towns with limited service on Sunday.



## RESERVATION PROCEDURES:

Before calling, please have your travel information, including the full and exact address of your destination.

Travel reservations can be made anytime between 8 - 5, Monday - Friday by dialing the CCRTA Call Center, toll free at (800) 352-7155.

Same day changes and reservations are not permitted.

Tuesday - Saturday reservations must be made by 12pm the day before you intend to travel.

Reservations for Sunday and Monday (also Tuesday if Monday is a holiday) must be made by 5pm the Friday before you intend to travel.

For your convenience, reservations can be made up to one month in advance.

If your travel plans change, please call the CCRTA Call Center ASAP to cancel your ride. If the DART bus comes to your home to pick you up and you are not ready to travel, or you cancel your ride at the door, you will be considered a No-Show, and your return trip will automatically be cancelled.

# PRICES PER AGE

## **Adults and youth:**

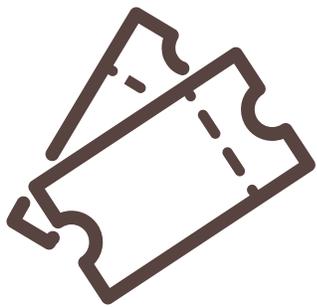
\$3.00 per ride

## **Seniors (60+) and people with disabilities:**

\$1.50 per ride

## **Children (5 and under), accompanied by an adult:**

Ride free



## FARES

### **DART Passes**

(20 rides for price of 15) are available from the driver and can be purchased in the form of check, cash, or money order.

### **Adults and Youth DART pass:**

\$45.00

### **Seniors and people with disabilities**

### **DART pass:**

\$22.50

# Yoga

## benefits beyond the mat



Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. This is true whether you're practicing downward facing dog posture on a mat in your bedroom, in an ashram in India or even in New York City's Times Square. Yoga provides many other mental and physical benefits. Some of these extend to the kitchen table.

### 1 Types of yoga

There are many types of yoga. Hatha (a combination of many styles) is one of the most popular styles. It is a more physical type of yoga rather than a still, meditative form. Hatha yoga focuses on pranayamas (breath-controlled exercises). These are followed by a series of asanas (yoga postures), which end with savasana (a resting period).



The goal during yoga practice is to challenge yourself physically, but not to feel overwhelmed. At this "edge," the focus is on your breath while your mind is accepting and calm.

### 2 A better body image

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. It's not about physical appearance. Yoga studios typically don't have mirrors. This is so people can focus their awareness inward rather than how a pose — or the people around them — looks. Surveys have found that those who practiced yoga were more aware of their bodies than people who didn't practice yoga. They were also more satisfied with and less critical of their bodies. For these reasons, yoga has become an integral part in the treatment of eating disorders and programs that promote positive body image and self-esteem.



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## Enhancing fitness

Yoga is known for its ability to soothe tension and anxiety in the mind and body. But it can also have an impact on a person's exercise capacity.

Researchers studied a small group of sedentary individuals who had not practiced yoga before. After eight weeks of practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility and cardio-respiratory fitness.



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## Cardiovascular benefits

Several small studies have found yoga to have a positive effect on cardiovascular risk factors: It helped lower blood pressure in people who have hypertension. It's likely that the yoga restores "baroreceptor sensitivity." This helps the body sense imbalances in blood pressure and maintain balance. Another study found that practicing yoga improved lipid profiles in healthy patients as well as patients with known coronary artery disease. It also lowered excessive blood sugar levels in people with non-insulin dependent diabetes and reduced their need for medications. Yoga is now being included in many cardiac rehabilitation programs due to its cardiovascular and stress-relieving benefits.

Before you start a new exercise program, be sure to check with your doctor.

Researchers are also studying if yoga can help people with depression and arthritis, and improve survival from cancer. Yoga may help bring calm and mindfulness to your busy life. Find registered yoga teachers (RYT) and studios (RYS) through The Yoga Alliance.

Also many local senior centers offer chair yoga and other gentle yoga classes.

Namaste.





# Yoga

Health benefits  
beyond the mat

## Better Body Image

Focusing inward during yoga helps you be more satisfied with your body and less critical of it.

## Heart Benefits

Yoga can help lower blood pressure, cholesterol, and blood sugar, all of which are good for your heart and blood vessels.

## Overall Fitness

Practicing yoga a couple times a week increases muscle strength and flexibility, boosts endurance, and tunes up your heart, lungs, and blood vessels.

## Mindful Eating

Being more aware of how your body feels carries over to mealtimes as you savor each bite or sip and notice how food smells, tastes, and feels in your mouth.

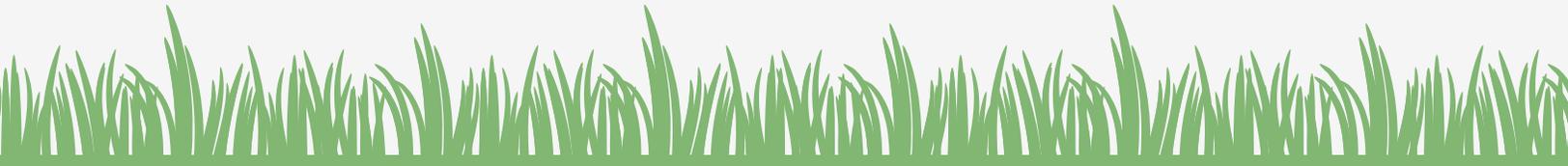
## Weight Control

Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness, which help you develop a more positive relationship with food.





# News from the Dennis Housing Authority



Many thanks go out to the tenant's that are planting 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 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. 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.
9. Sprinklers, drip systems, etc. cannot be used.
10. Do not discard unbagged leaves/garden waste in the dumpsters.



## 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.***

## Friendly Reminder

ALL TRASH MUST BE BAGGED AND  
PLACED INSIDE THE DUMPSTER,  
DO NOT LEAVE ON THE GROUND  
OR THROW ON TOP OF THE  
DUMPSTER LIDS



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 reduce capacity and really 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, or large items such as mattress or box spring cannot be left near the dumpster



## DON'T MISS

2 Opportunities for ICE CREAM!

On **June 23** we will have an ice cream social courtesy of Commonwealth Care Alliance Health Insurance!! Enjoy some ice cream and a brief presentation. Center Street Village, Thursday June 23rd at noon.

And on **Thursday July 28** THE ICE CREAM TRUCK is visiting again. For our families in scattered site units, once again we will be handing out \$5 gift certificates to Auntie's ice cream for each family member.





## **The Ice Cream Truck is Coming!**

**Residents are invited to celebrate summer  
with HPC, Yarmouth & Dennis Housing**

**Thursday July 28th**

**(Rain Date July 29th)**

### **Locations:**

**Yarmouth Housing: 2-2:30 pm**

**Center Street Village 3-3:30 pm**

**Windmill Village 3:45-4:15 pm**

**Old Bass River Village 4:30-5 pm**

**Mulhern Drive 5-5:30 pm**

**Each person will get one free ice-cream!**

**Questions? Call Kara at 774-801-8331**



**Saturday: *June 19***

8:30 AM - 2:30 PM

***Father's Day Car Show***

**How Much: Free**

**About Father's Day Car Show...**

The show is always a sell-out with approximately 350 classic and nostalgic cars from New England and New York lining both sides of historic mile-long Main Street. With growing attendance every year, this year's 27th Annual Father's Day Car Show is expected to draw more than 60,000 attendees, making this show one of the best-attended family auto events in New England! Join in the fun at the craft show on Hyannis Village Green (Saturday and Sunday) plus family and children's entertainment. The Hyannis Chamber of Commerce is waiting for guidance from the Town and State to see if the show can be held this year. (Fingers crossed!)

**Where**

Main Street, Hyannis MA

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**Saturday: *July 2***

10:00 AM - 4:00 PM

***Sandwich Arts & Craft Fair***

**How Much: Free**

**About Sandwich Arts & Crafts Fair...**

The Sandwich Artisans Fine Arts & Crafts Shows holds eight juried shows held on the lawn of the Sandwich Public Library, 142 Main Street, Sandwich, MA. The shows feature fine art, jewelry, pottery, glass work, photographs, hand-crafted clothing, home accessories, personal care, wooden items, and much more made by local artists. 95% of artisans fees are donated to the Sandwich Public Library to benefit youth art programs.

**Where**

Sandwich Public Library, 142 Main Street,  
Sandwich MA

**Monday: *July 4***

6:00 PM - 7:30 PM

**Monday: *July 11***

6:00 PM - 7:30 PM

**Monday: *July 18***

6:00 PM - 7:30 PM

**And every Monday night  
through August**

## ***Yarmouth Outdoor Summer Concert Series***

**How Much: Free**

### **About Yarmouth Outdoor Concert Series...**

Bring a blanket or some chairs and enjoy a free outdoor concert! A fun, family friendly event. Summer Town, Lisa Bello x MikeMRF, The GroovaLottos, Fred Clayton Band, and Juventas are just a few of the performers.

### **Category:**

Music

### **Where**

Parkers River Beach, South Shore Dr., Yarmouth

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## ***Love Local Fest***

**Monday: *July 25***

11:00 AM - 4:00 PM

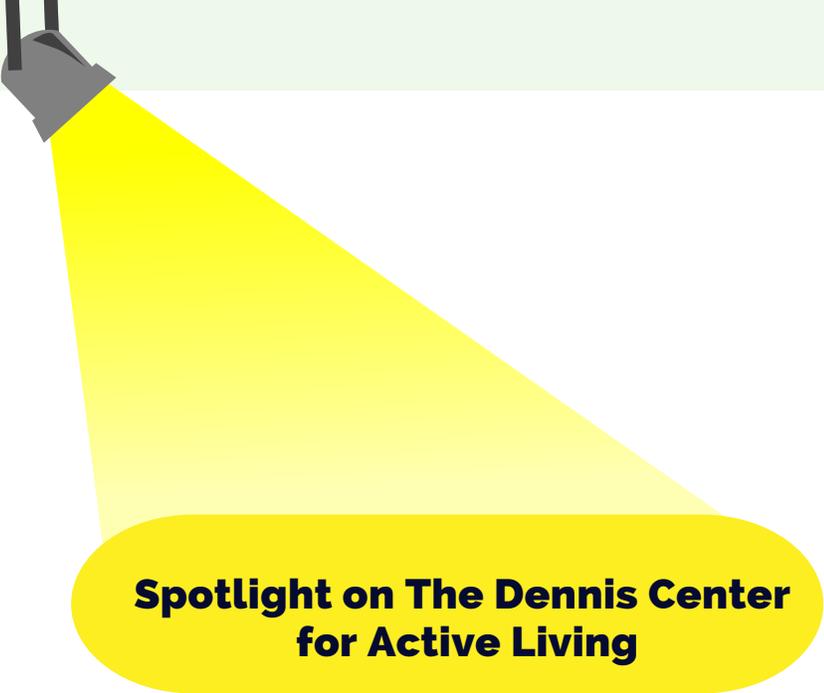
**How Much: Free**

### **About Love Local Fest...**

Love Live Local's Love Local Fests are events where people gather and to show their support for the local business community. They occur the last Sunday in July and September and the first weekend in December. Each event is free and open to the public and features the work of 75-120 Cape Cod makers, artisans, artists, farmers and local businesses, along with local entertainment and opportunities to connect with the community

### **Where**

Aselton Park, Hyannis

A graphic of a spotlight shining from the top left corner onto a yellow oval containing the title.

## **Spotlight on The Dennis Center for Active Living**

In this beautifully renovated building a whole host of enriching and exciting things are happening on site and off. Interested in a film on Antarctica and the Joy of Penguins? It's on the morning of June 23. Want to learn and play Bocce ball, every Thursday weather permitting 9:30-11:30am at John Kelley Park. Along with regular monthly offerings including Tai Chi, walking groups, Scrabble, Cribbage, yoga to name only a few- there is something for everyone!



Additionally, if you are without a car, with notice, transportation can be provided to and from these events. Contact Transportation Coordinator Dan Kiley to make a reservation for this or to perhaps schedule a trip to the local Stop & Shop. Regular shopping trips are held weekly. If you want to do an activity and it's not in your budget reach out to Marion Prendergast as financial assistance may be available, though, many activities are free.



For the latest calendar check out the latest issue of The Cranberry Scoop found online at <https://www.town.dennis.ma.us/council-aging/pages/cranberry-scoop-newsletters> To receive the paper edition contact Marion to get on the mailing list.



# Get to know... Asparagus!

It's that time of year when the spring veggies are out and what a better way to celebrate the arrival of spring than a beautiful bunch of asparagus. Aside from the arrival of spring there are plenty of reasons to salute asparagus including all its nutritional qualities. Asparagus is replete with fiber, folate, and vitamins A, C, E and K. It has been said to help fight cancers and is a natural boost for the brain. To follow are 2 simple recipes to enjoy this dynamic veggie.

## Asparagus Risotto

This Vegan Asparagus Risotto is a healthy and easy spring dinner your whole family will love!



• Serves 4



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

### DIRECTIONS

1. In a pot bring the vegetable broth to a light simmer, just enough to warm it up. Try keep it warm for the time you're cooking the risotto.
2. Peel and finely dice onions and garlic cloves. Peel and grate carrot. Wash asparagus and cut off the tough ends, then cut it into smaller pieces, leaving the tops whole.
3. In a pan with a wide bottom, heat up some olive oil over a medium heat. Place in the asparagus tops and lightly stir-fry them for a minute or two, just enough that they soften and get a glaze. Remove from pan, then to the same pan, add chopped onions and sauté them until golden and translucent. Add garlic and carrots, sauté for a minute or two, then add the rice and asparagus bits (not the tops!) and stir it in well. After a minute or two, pour in half the vegetable stock and let the rice absorb the liquids. Scrap the bottom of the pan for any residue and stir the rice in the liquid well. Bring the heat to a low and let the risotto simmer and cook away. Stir every couple of minutes and add more liquid as needed.
4. Cook the rice for about 10 more minutes, until the rice is almost cooked, then stir in the peas. Fresh peas only need a couple of minutes to cook. If your risotto looks dry, just add a bit more stock or water as needed.



Recipe: courtesy of vibrantplate.com

### INGREDIENTS

- 1 onion
- 3 cloves garlic
- 1 small carrot
- 10 asparagus
- 1 cup peas, fresh or frozen
- 1¼ cup arborio rice (or short grain rice)
- 4 cups vegetable stock
- 1 tbs olive oil
- salt, pepper to taste
- fresh herbs - chives, parsley, thyme to taste

## DIRECTIONS CONTINUED

1. At this point your risotto is almost cooked. Give it a taste and then season with salt, pepper and chopped fresh herbs to taste.
2. Serve hot and topped with asparagus tops, some more fresh herbs and a few drops of olive oil.



## THE BEST Roasted Asparagus Recipe



Serves 6, halve the recipe to make a smaller amount

## INGREDIENTS

- 1 pound fresh asparagus, trimmed = to 30 to 40 small, 20 to 30 standard, or 12 to 18 large untrimmed spears
- 1-2 tablespoons olive oil
- 1/2 lemon, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper

## DIRECTIONS

1. Preheat oven to 450°F.
2. Place asparagus in a single layer on a baking sheet and drizzle with the olive oil, coating spears evenly.
3. Sprinkle with salt and pepper and roast for 8-10 minutes (depending on thickness of spears) until tender.
4. Squeeze with fresh lemon and serve warm or at room temperature. Enjoy!

*Flowers*

# Word Search



F P T M V E T Y H D L O G I R A M  
O E O U Y D C V H R S Y K E N X I  
X O L I L Y F I E A G I P P O G M  
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|-------------------|-------------------|------------------|
| <b>ANTHURIUM</b>  | <b>GINGER</b>     | <b>ORCHID</b>    |
| <b>BOUVARDIA</b>  | <b>HAWTHORN</b>   | <b>PEONY</b>     |
| <b>CARNATION</b>  | <b>HOLLYHOCKS</b> | <b>ROSE</b>      |
| <b>CORNFLOWER</b> | <b>HYDRANGEA</b>  | <b>STATICE</b>   |
| <b>DAISY</b>      | <b>IRIS</b>       | <b>SUNFLOWER</b> |
| <b>FOXGLOVE</b>   | <b>LAVENDER</b>   | <b>VERONICA</b>  |
| <b>FUCHSIA</b>    | <b>LILY</b>       | <b>YARROW</b>    |
| <b>GERANIUM</b>   | <b>MARIGOLD</b>   |                  |