

Dennis Housing Community Notes

We've gotten through another tough year and our collective efforts are beginning to pay off. We are getting there slowly but surely so keep the faith. Traditionally January and February have been a time for ramping up the goals and starting new routines. Perhaps you are already hitting the gym or playing in Bridge tournaments or maybe you want to learn something new but want to do it on your own. Read on below for a great article on helpful tips when learning something new. If you are not feeling like breaking out the to-do list, simply let January and February be a time for rest and reflection. In other words, take care of you in the way that works for you. AND If you by chance are feeling creative, please share your efforts. I am excited to receive creative works for our "Residents Share" column. Lastly this is "last call" for the completed surveys. They need to be in by Jan 31 to be eligible for the drawing for \$40 Stop & Shop gift card, and, most importantly, your participation is vital to bringing enriching activities to our little community.

Thank you, be well, and Happy New Year,
Kara



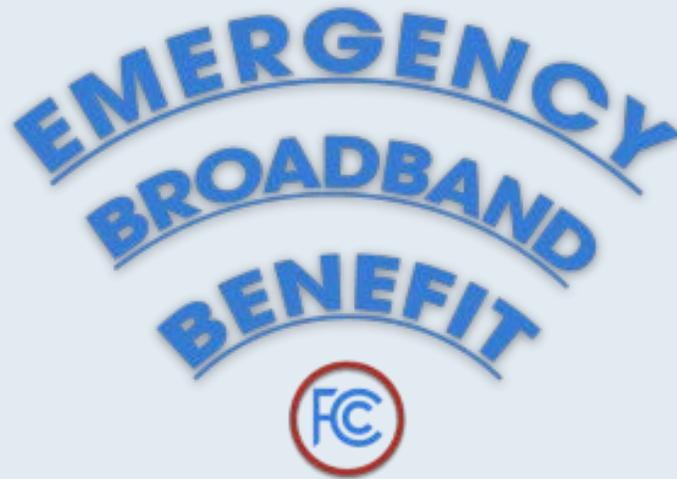
FEEL FREE TO REACH OUT ANYTIME IF I CAN HELP YOU, YOU HAVE AN IDEA, OR JUST WANT TO SAY HI! I CAN BE REACHED BY TEXT OR PHONE.

KARA DUFF
RESIDENT SERVICES COORDINATOR
PHONE: 774-801-8331
EMAIL: KARA@HPCCAPECOD.ORG

RESIDENTS SHARE

Resident's Share
Submissions can be mailed or dropped off at Dennis Housing Authority Office. They can also be emailed.

My contact information is kara@HPCCAPECOD.ORG 774-801-8331 and as a reminder



NEWS ABOUT EBB!

The temporary Emergency Broadband Benefit (EBB) Program will become the Affordable Connectivity Program, a new longer-term program, on December 31, 2021.

Households enrolled in the Emergency Broadband Benefit Program as of 12/31/21 will continue to receive their current monthly benefit until 3/1/22.

What's Changing?

- The maximum monthly benefit will change from \$50 per month to \$30 per month for households not located on qualifying Tribal lands. The monthly benefit will remain at \$75 per month for households on qualifying Tribal lands.

- Households have new ways to qualify for the Affordable Connectivity Program such as: receiving WIC benefits or having an income at or below 200% of the Federal Poverty Guidelines.
- Households that qualified for the Emergency Broadband Benefit due to a substantial loss of income due to job loss or furlough since February 29, 2020 or by meeting the eligibility criteria for a participating provider's COVID-19 program will need to requalify for the Affordable Connectivity Program.

More information about actions current Emergency Broadband Benefit recipients will need to take to continue receiving the Affordable Connectivity Program benefit after the transition period will be available in the coming weeks.

Plan Ahead for Phase Out of 3G Cellular Networks and Service

If your mobile phone is more than a few years old, you may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service. For more information on your mobile providers' plans for 3G retirement and how you can prepare, contact your provider directly.



WHAT'S HAPPENING?

Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice).

Learn more about other connected devices, such as medical devices and home security systems that may be impacted below.

WHEN'S IT HAPPENING?

Note: These are dates for completing the shutdowns. Carriers may begin retiring parts of their networks sooner.

As early as January 1, 2022, though plans and timing to phase out 3G services will vary by company and may change. Consult your mobile provider's website for the most up-to-date information.

- AT&T announced that it will finish shutting down its 3G network by February 2022.
- Verizon announced that will finish shutting down its 3G network by December 31, 2022.
- T-Mobile announced that it will finish shutting down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. It also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022, but has not yet announced a shutdown date for its 2G network.

If your mobile carrier is not listed here, you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers, utilize AT&T's, Verizon's, and T-Mobile's networks.



Contact your mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone, or other connected device, may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.

Some carrier websites provide lists of devices that will no longer be supported after 3G networks are shut down. You may need to upgrade to a newer device to ensure that you can stay connected, and carriers may be offering discounted or free upgrades to help consumers who need to upgrade their phones.

Some devices may only require a software update to enable VoLTE (HD Voice) or other advanced services. If you purchased your phone independent of a mobile provider, you should be able to check whether your device is 4G LTE (with VoLTE or HD Voice) enabled by checking your phone's settings or user manual, or by searching your phone's model number on the internet, to determine whether you need to purchase a new device or install a software update.

WHAT DO I NEED TO DO?

No, other devices, such as certain medical devices, tablets, smart watches, vehicle SOS services, home security systems, and other connected products may be using 3G network services. And don't forget about devices that use cellular connectivity as a back-up when a wired internet connection goes down. If the device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

DOES THIS JUST IMPACT PHONES?

WHY ARE 3G NETWORKS BEING PHASED OUT?

As mobile carriers seek to upgrade their networks to use the latest technologies, they periodically shut down older services, such as 3G, to free up spectrum and infrastructure to support new services, such as 5G. Similar transitions have happened before. For example, some mobile carriers shut down their 2G networks when they upgraded their networks to support 4G services. Mobile carriers have the flexibility to choose the types of technologies and services they deploy, including when they decommission older services in favor of newer services to meet consumer demands.

NEED OTHER HELP STAYING CONNECTED?

As mentioned above, your mobile service provider may be offering special deals on new devices, including some deals that might include a free cell phone.

In addition, although they do not cover the cost of new devices, other FCC programs may be able to assist eligible consumers with the cost of phone or internet services:

- The FCC's Lifeline program may be able to assist eligible consumers in getting connected to phone and internet services. The program provides a discount on phone service for qualifying low-income consumers to ensure that all Americans have the opportunities and security that phone service brings, including being able to connect to jobs, family and emergency services. You can learn more about the Lifeline Program and find out if you may be eligible [here](#).
- In addition, The FCC's Emergency Broadband Benefit Program, soon to be the Affordable Connectivity Program, provides a temporary discount per month towards broadband service for eligible households. You can learn more about the program by going to <https://www.fcc.gov/acp>.



ADDITIONAL RESOURCES

For more on the FCC's 5G strategy, visit the FCC <https://www.fcc.gov/5G>

For more information on consumer issues, visit the FCC's Consumer Help Center at www.fcc.gov/consumers.

Sure-Fire Tricks for Learning Something New

By : Kendra Cherry

Updated on January 03, 2021

Medically reviewed by: Rachel Goldman, PhD, FTOS

Have you ever wanted to learn something new but assumed that it required too much effort, that you were too old, or that it was just too difficult? Many people would like to learn to speak a new language or play a musical instrument but incorrectly assume that the time for learning such things was when they were much younger.

Learning new things can be tough sometimes, but it is also good to keep challenging your mind as you grow older. Challenging your brain helps with longevity. Fortunately, there are a lot of tips and tricks out there that can make the process easier and more effective.

Whether you are trying to learn quantum physics, a new language, or how to perform CPR, researchers have uncovered a number of different tips, tricks, and strategies that can help you move from beginner to expert much more effectively and easily. Here are a few great ideas to consider.



Learn Over Time

When you are trying to pick up a new skill, such as learning to play the guitar or speak Spanish, you might be tempted to engage in binge-learning sessions. Instead of trying to learn everything all at once, experts suggest that spreading your practice and study sessions out over a period of time, known as distributed practice, is the best approach.¹

One review of common learning strategies found that distributed practice was one of the most effective strategies for learning a new skill. So instead of cramming for a big exam the night before, you are much better off spacing out a few study sessions in the weeks and days leading up to the exam.

The great thing about this approach is that it often helps people stick to their goals to learn something new.

Instead of sitting down for an hour or two every night to try to memorize Spanish vocabulary and conjugation rules, try spending 15 to 20 minutes every day on a brief study session. Not only are you more likely to actually find time for these quick sessions, you will learn more and stick with it over time.



Practice the Right Way



Take a Nap

Our bodies have their own internal "clocks" known as circadian rhythms that control our sleep-wake cycle and energy levels throughout the day. While the peak times for physical strength are around 11 a.m. and 7 p.m., the peak periods for mental alertness are around 9 a.m. and 9 p.m. So, would it stand to reason that you should study when your mind is at its sharpest?

In one experiment, researchers had participants memorize word pairs at either 9 a.m. or 9 p.m. and then tested them at 30 minutes, 12 hours, and 24 hours later. The results revealed that while the time of day the subjects learned the words had no impact on their initial memory, their memory on the 12-hour retest was much better among those who had a full night's sleep than those who had a period of wakefulness.²

Prep Like a Teacher

When you want to learn something new, try organizing and translating the information into your own words like you would if you were planning to teach a lesson. Even if you don't actually share the information you've learned with another person, the expectation to teach can help speed the learning process and help you remember more, according to a study published in the journal *Memory and Cognition*.

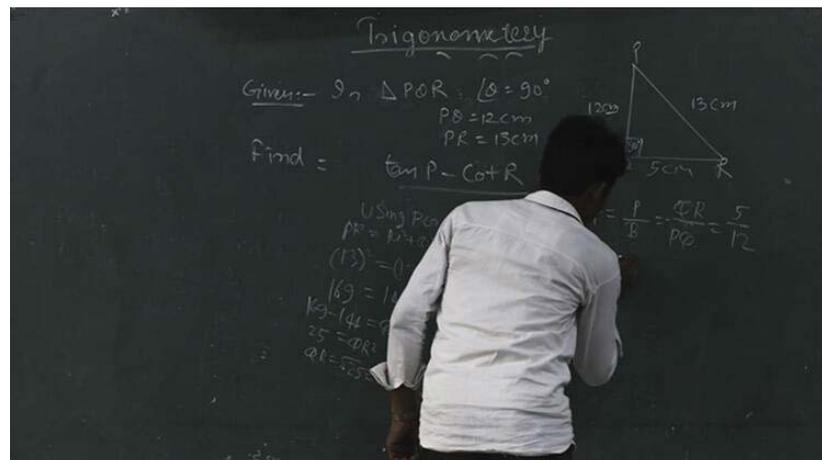
They say that practice makes perfect, but recent findings reveal that it's really the right kind of practice that leads to expertise. While factors like innate talent, IQ, and motivation also play a role in how well people learn and later perform a skill, experts agree that practice does have an essential role in the learning process.

So what kind of practice is best? While psychologists are still figuring out exactly which practice approaches lead to the most success in various situations, some experts recommend that exploration during the early learning stages is critical.

So if you are learning a new language, starting with the sounds, grammar, alphabet, and other basic elements might help you become more fluent later on. If you are playing a new video game, taking the time to explore the game-play environment and learn the rules can help you excel and score higher.

On the 24-hour retest, the researchers found that those who had slept shortly after studying and then had a full day of wakefulness did better than those who had been awake all day after studying and then had a night's sleep before the retest.

So what does this suggest? The results indicate that studying shortly before sleep is the ideal time to enhance memory. The researchers suggest that sleep helps stabilize declarative memory, minimizing the negative impact that wakefulness has on memory.



Quiz Yourself

There has been a lot of debate about standardized testing in recent years within political and educational circles, but researchers have found that testing can be about a lot more than just assessing what you already know. In fact, testing might actually be one of the best ways to help you learn.

Studies have shown that people who study and are then tested on the material have better long-term recall of the information than those who study and are never tested.⁶ So the next time you are trying to memorize some information or study a challenging subject, spend a little time quizzing yourself, taking online tests on the subject, or completing chapter tests that are included in your textbook.



News and Announcements

Annual Recertification:

Recertification packets were mailed to all tenants the first week in January.

Please note the deadline to return your packet is no later than Tuesday, February 8th.

As a reminder, please return the entire packet including the cover letter to the Dennis Housing Authority Office.

Should you need assistance gathering information and or filling out your recertification packet please contact Kara at 774-801-8331 or e-mail kara@hpccapecod.org

If you have a specific question related to the packet, please contact the office at 508-394-3120 Ext. 200 or email info@dennishousing.org

Get to know... Lemon.

Lemons are fabulous citrus globes brimming with goodness. Sure they can be tart head on but as complement to many victuals they nail it. Additionally, they have been shown to help with heart health as vitamin C is critical to maintaining your ticker. They help with iron absorption and of course prevent scurvy. Here are a few ideas to incorporate lemons and their helpful properties into your diet. One caveat-if you have mouth sores or GERD take it slow with the lemons as they have been shown to aggravate conditions.

Lemon water- Squeeze ½ lemon of fresh juice directly into your warm or cold water and enjoy.

SIMPLE LEMON PASTA



A simple lemon garlic pasta dish infused with vegan butter or oil, lemon juice, parsley, red pepper flakes and salt and pepper. Ready in about 15 minutes!



Serves 3



- Prep Time: 5 min
- Cook Time: 10 min
- Total Time: 15 minutes



INGREDIENTS

- 8 oz. package pasta (any long noodle)
- 2 – 3 tablespoons butter, vegan butter or olive oil
- 3 garlic cloves, minced
- ¼ teaspoon red pepper flakes, or to taste
- 2 – 3 lemons (about ¼ – ½ cup), juice of and some zest
- ¼ cup parsley, chopped
- salt & pepper, to taste. Also can be topped with parmesan or vegan parmesan

DIRECTIONS

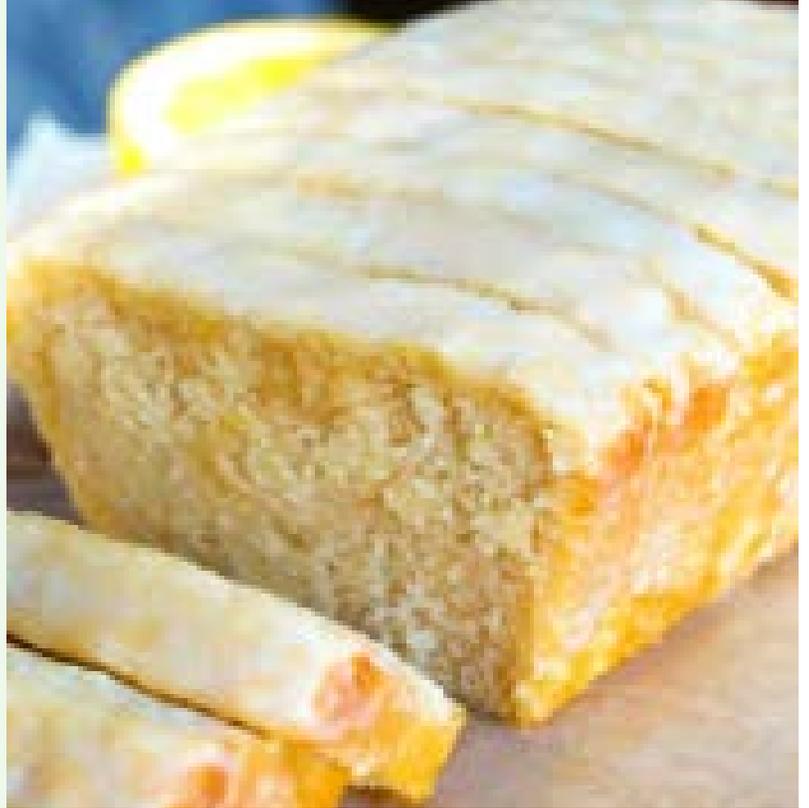
1. Pasta: Cook pasta al dente according to package. Drain and reserve ½ cup of pasta water. Rinse pasta well under cool running water, set aside.
2. Saute: In the pot the pasta was cooked, heat the butter over medium heat, add garlic and red pepper flakes, and saute for 30 seconds to 1 minute.
3. Add pasta: Add the cooked pasta and ¼ cup of pasta water, heat until pasta is warmed through.
4. Add lemon + parsley: Reduce heat to low, stir in the lemon juice, lemon zest and parsley. Season to taste with salt and pepper.
5. Serve: Place in individual serving bowls and top with grated parmesan or vegan parmesan. Add extra lemon zest, salt and pepper to taste.
6. Store: Leftovers can be stored in the refrigerator for up to 4 – 5 days. Reheat on the stove over low heat, adding a little water or lemon juice for moisture. Alternatively, warm in the microwave.

INGREDIENTS

- 2 cups flour (see note)
- 1 1/2 tsp baking powder
- 3/4 tsp salt
- 1/4 tsp baking soda
- 1 cup sugar, or xylitol for sugar free
- 3/4 cup milk of choice, plant or dairy based
- 1/2 cup plain yogurt, plant or dairy based
- 1/4 cup oil, or sub applesauce for lower fat content
- 1/4 cup lemon juice
- zest of 1 large or 2 small lemons (1 tbsp total – don't omit)
- 1 tsp pure vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 F. Grease a 9x5 loaf pan. In a large bowl, combine all dry ingredients. Whisk liquid ingredients in a separate bowl, combine wet and dry, then stir until just evenly mixed. Spread into the pan. Bake 50-55 minutes, or until loaf has risen and a toothpick inserted into the center comes out clean. If desired, frost with either melted coconut butter or 1/2 cup powdered sugar combined with 1 tbsp milk of choice.



Lemon Bread



10 - 13 slices



Cook Time: 50 minutes

Total Time: 50 minutes

Light, soft, and irresistibly moist, this easy lemon bread is sure to be a hit with family and friends!

Recipe from (chocolatecoveredkatie.com)

NOTES

The recipe works with spelt, white, or oat flour. It technically works with almond flour (and tastes delicious) but won't rise or look pretty. Gluten free all purpose flour can work but will be much denser. I prefer the oil version's flavor and texture, but if you're used to the texture of oil free baked goods it's fine to sub applesauce.

Animals
Word Search



X L N O Q K W N R O N G V D G P K
D E I A K N V T J A I D C N S M X
B U L Z Y C T V U F B Z F U G L W
F E R E K C E P D O O W M C S G H
X W A B V N B G Y X R A W T H E O
H K M R I U Z E X O T T O U D Y A
S A L A O K L M G O C R G G V N A
I Y J N C T I T P D K T E Q O F R
F L A M I N G O U W I H O M R Y D
Y U H N K Z P E Z R O R L P F E V
L O R F U P F U B G E A T S U Y A
L K I W I V Z T O H S E V R J S R
E R N H A T E E H C K M O V A T K
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AARDVARK
BEAR
CHEETAH
FLAMINGO
FOX
GECKO
HEDGEHOG
HIPPOPOTAMUS

KIWI
KOALA
MARLIN
MINK
OCTOPUS
PARTRIDGE
ROBIN

SALMON
STORK
TROUT
VULTURE
WOODPECKER
ZEBRA