

## What's Happening in **Dennis**



**It's just about fall!** Another beautiful time of the year to enjoy our Cape. Let's get out and notice the dazzling show nature puts on before the wicked cold sets in. Once again, the Singing DJ's will play for us at our annual **Food & Tunes Thursday Sept 25<sup>th</sup>** . We will have delicious food from the Family Table Collaborative and the DJ's will supply toe tapping tunes.

Let's keep the momentum going with our newest event, Mindfulness and Music! **Join us Thursday, October 9** for a wellness break in the afternoon where Pete and Emma, from the Awareness Project, will lead us through breathwork and meditation followed by beautiful acoustic guitar playing.

As an added bonus, just for showing up, you will be entered into a **raffle to win a \$15 dollar Stop & Shop gift card**. We will continue to offer this incentive at certain special events.

**This fall marks the five-year anniversary of the Resident Services Program.** I want to thank you all for allowing me to provide services and making this such a great place to be!

Kara

Reminder- Please continue to check the bulletin board for updates and announcements.



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.

**KARA DUFF**

**Resident Services  
Coordinator**

774-801-8331

[kara@HPCcapecod.org](mailto:kara@HPCcapecod.org)

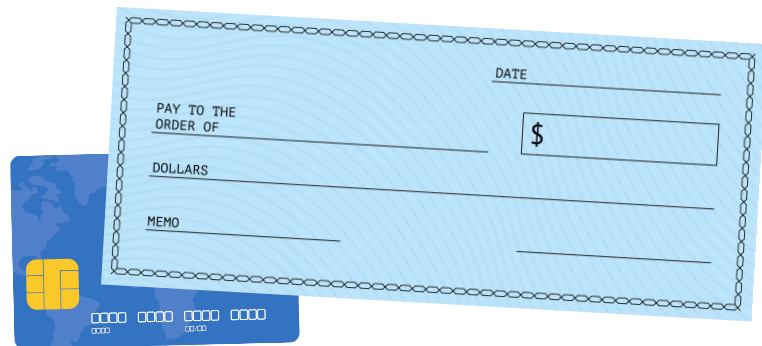


# **IMPORTANT NEWS ABOUT SOCIAL SECURITY**



**After September 30th,  
The Social Security Administration will  
stop issuing paper checks for its benefits.**

***It is imperative to sign up for  
direct deposit or direct debit.***



**Head to [www.ssa.gov/deposit/](http://www.ssa.gov/deposit/) to learn  
more about enrolling in either option.**

**Also, please reach out to Kara if you need  
any help.**

# Upcoming Events



## Chair Yoga with Joan

CHAIR YOGA with Joan is the 4<sup>th</sup> Friday of every month (unless there's a holiday) at **11am in the Center Street Village Community Room**. Upcoming dates are September 26, October 24 and November 21. Residents from all the Dennis Housing properties are welcome to attend.



## Bingo Continues!

As a reminder, Bingo takes place in the Community Room at Old Bass River and Center Street Village once a month.

### *Upcoming Dates:*

- **Old Bass River** - Tuesday September 16, October 21, November 18 at 2:30pm
- **Center Street Village** - Thursday September 18, October 16, and November 20 at 2:30pm
- **Windmill Village** - CANCELED due to low attendance. WMV residents are invited to attend Bingo at one of the locations above. With notice, transportation can be provided.



You never know what prizes might be available thanks to our generous donor! Here is **Eddie modeling the watch he won after a recent bingo game.**

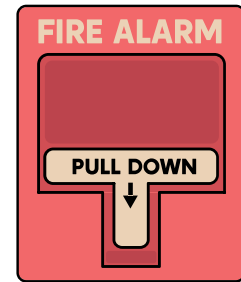


## News and Announcements



### Work Orders

It is a requirement of your lease to call in work orders immediately when you recognize something wrong or not right. **No matter how small it may seem, it is imperative to call in a work order, especially for suspected water/drain leaks.** Minor leaks can turn into major problems in a short period of time if not called in immediately. Per your lease, tenants may be held responsible for damages that may occur due to failure to report to the Housing Authority.



### Fire Safety/Prevention & Annual Fire Alarm Inspections

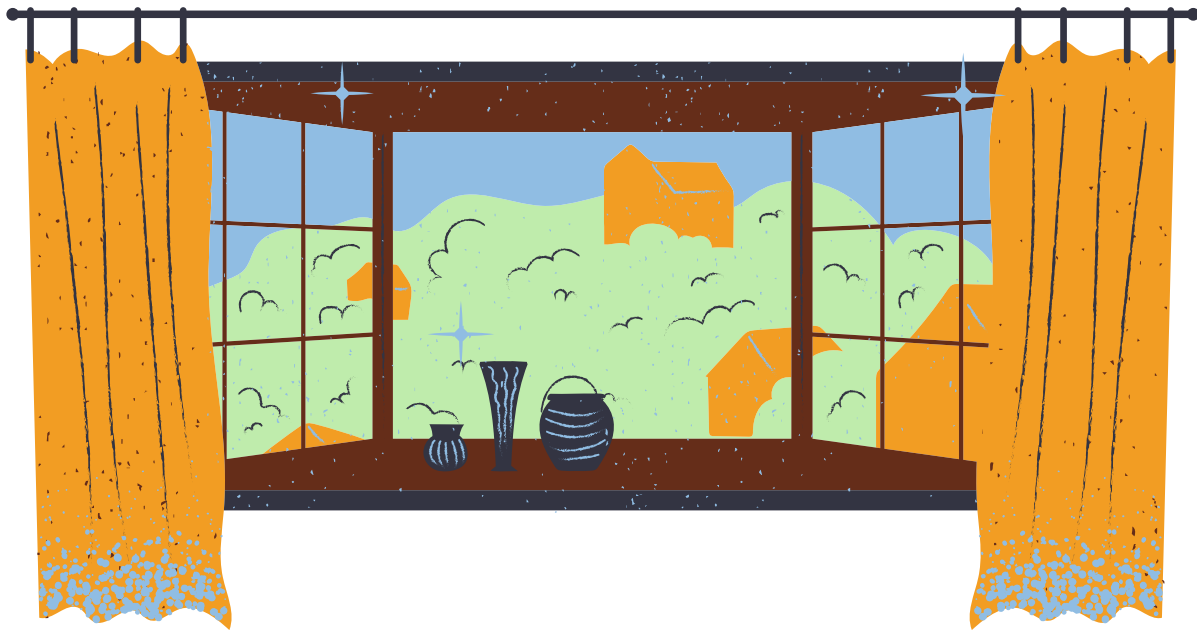
The DHA is currently coordinating with the Dennis Fire Department to schedule a **safety meeting** for residents this fall. All residents are strongly encouraged to attend. Once details and dates are confirmed a memo will be distributed to all residents.

Annual **Fire Alarm inspections** are being scheduled for CSV, OBR & WMV and residents will be notified of such dates.

Per your lease **DO NOT REMOVE AND/OR DISCONNECT any SMOKE/CO DETECTOR** as this is a hazard to you and your neighbors, as well as a lease violation.

**CSV, WMV** - As a reminder, when a fire alarm sounds in your apartment complex, you should exit the building immediately and do not re-enter the building until the fire department has instructed you to do so.

# News and Announcements Continued



## **Center Street Village New Windows**

We hope everyone is pleased with the new windows installed over the summer. We would like to remind/inform CSV tenants that the newly installed windows can be **cleaned from the inside** of your dwelling by simply opening them slightly and using the two tabs located on the top left and right of the window to tilt them down if you are trying to clean the outside of them. **Care must be taken** when tilting them out as there is no stop which will hold them in place once they are free of the track. Any damage done to the windows will be the responsibility of the tenant, so please take extra precautions and do not force the windows. Both the upper and lower windows can be cleaned this way, and they will go back onto the track using the same steps as outlined above.

There are **safety locks** located on the upper windows which can be engaged by pressing slightly in and then up. To put the locks back in and allow the window to fully open, simply press it back in place.

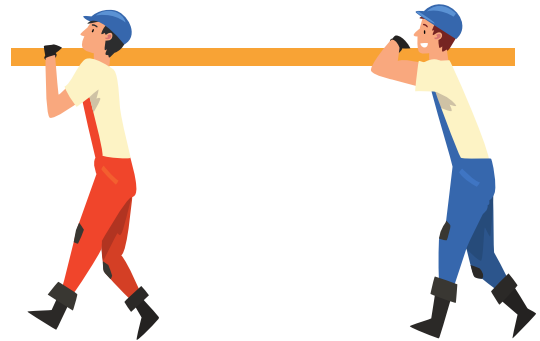
A **brief demonstration will be scheduled** during one of the upcoming fall events and posted in advance to inform residents. In the meantime, if you are unsure how to open the windows to clean the outside, please call in a **one-time work order** for a quick “demonstration” and maintenance will schedule as time allows. Please note this will only consist of a demonstration, not cleaning.

# News and Announcements Continued



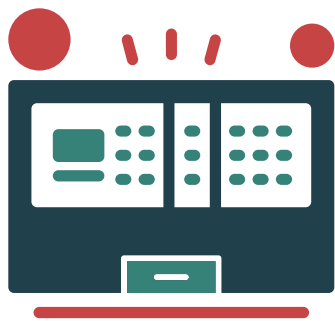
## **Windmill Village Construction**

The final construction phase of replacement siding, windows and doors of the back/upper level of the building is currently out to bid, and we anticipate construction may take place **later this fall**. Memos will be distributed once a plan is in place.



## **Scattered Sites - Ellis Drive & Crestwood Lane Construction**

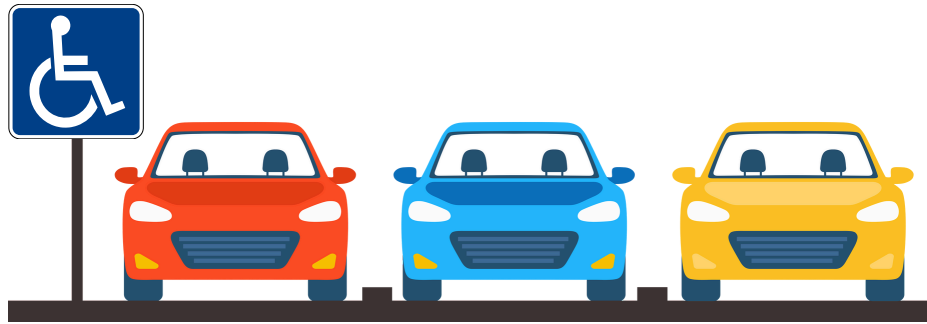
A siding, window and door project is anticipated to take place by **Spring 2026**. As details are available, residents at these locations will be notified.



## **Center Street Village, Old Bass River Village & Windmill Village Fire Panel Upgrades**

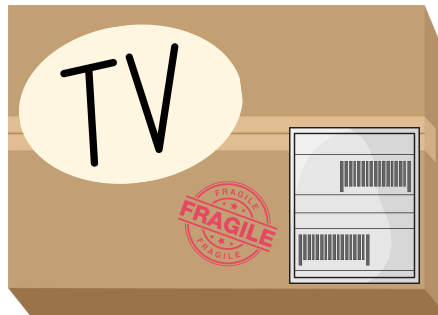
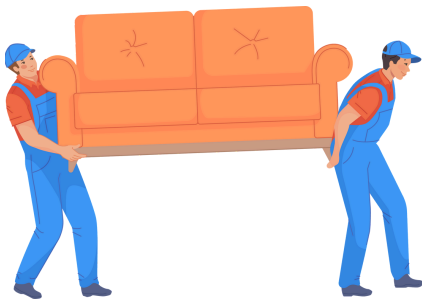
We anticipate a work plan to be forthcoming within the next twelve months, which will include upgrades/replacements to the current Fire Alarm Panels. Also included within this project is replacement of electrical panels at CSV. Once the work is scheduled, residents will be notified.

# News and Announcements Continued



## Handicap Parking Spaces

We would like to remind residents that handicap parking spaces on DHA properties are available to everyone who has the required placard/plate and are **not** assigned parking spaces. We kindly ask they be **left open and made available** for other residents' guests, members of the public who may be visiting the DHA office for official business, emergency services, or for residents being dropped off and need to make use of them. Spaces are limited and we would appreciate everyone's help in ensuring that they are used properly for the benefit of all.



## Dennis Housing Authority Community Room Upgrades

We are happy to inform you of planned and budgeted interior upgrades to CSV, OBR & WMV Community Rooms. These upgrades may include **painting, flooring, furniture, televisions etc.** The upgrades will take place "in house" and as maintenance time allows.



## Center Street Village Interior Common Area Door Closures

The Dennis Housing Authority was recently awarded a grant for upgrades to the common area hall door closures. Although we do not have a time frame of when this will take place, we wanted to make everyone aware it is forthcoming.

# News and Announcements Continued



## **Fall Garden Maintenance**

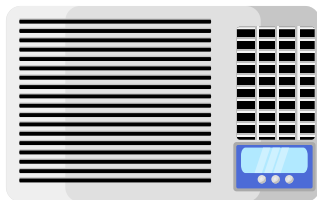
All personal gardening supplies, pots, dead plants, and garden areas **need to be cleaned, and supplies are to be put away or discarded** by their owner by late fall.



## **Storm Preparedness/Awareness**

Residents are responsible for the removal of all outside personal items. If a storm is pending, residents shall **immediately remove/secure personal property/items that could be impacted by high wind.** (Patio/lawn furniture, lawn ornaments, pots, plants, grills/propane tanks, etc.)

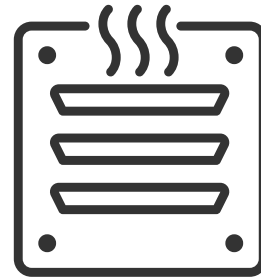
Have your **electronics charged, batteries and flashlights on hand** (no candles) in the event of power outages.



## **Air Conditioner Policy Reminder**

Air conditioners **must be removed from windows by October 15<sup>th</sup>**. Please reach out to Kara if you need assistance.

# News and Announcements Continued



## **Smoke Free Properties**

Smoking is prohibited inside and outside on all DHA property. We encourage anyone witnessing someone smoking or continued odor of cigarette smoke to **please inform us in writing**. Those who continue to smoke are not only **violating the lease but also exposing their neighbors to smoke through building ventilation** and not being fair to those who abide by the rules. We **strongly** urge you to refrain from smoking and jeopardizing your housing at the Dennis Housing Authority.



## **DHA Office Hours**

As a reminder the DHA's normal business hours are **Mon. Tues. Thurs. 8:30 am-4:00pm Fri. 8:30 am-12:00pm**. When calling, please leave a detailed message and your call will be returned in the order in which it is received. **On Wednesdays we are closed** to the public and available by appointment only. For non-emergencies we encourage you to **call during regular business hours**. If you do need to reach us on a Wednesday, your call will go directly to the answering service who will relay the message to the DHA, and your call will be returned as soon as possible. **Maintenance emergencies will be relayed and responded to promptly 24 hours a day, 7 days a week.**

# Photos From Ice Cream Truck Visit

We had the most picture-perfect day for our Ice Cream Truck visit!! The weather could not have been more beautiful and seeing all the smiling faces was the cherry on the sundae! Huge thanks to **Perry's Last Stand** and their driver, **Kaylee**. Please enjoy some pictures from the event.



# Ongoing Benefits and Resources



**REMINDER: As of June 2025, All CCRTA Fixed Route Services are FREE!**

## Food Assistance



Several resources exist for helping to expand your food budget including:

- **SNAP** - eligibility is based on income
- **If you qualify for SNAP, then you qualify for HIP** - a way to purchase fresh produce at local Farmers' Markets.
  - **Good news** - HIP has restored its benefit back to \$40 for 1-2 person household, \$60 for 3-5 person households, and \$80 for 6 people or more.
- **Family Table Collaborative** - twice monthly meal distribution
- **Lasagna Love** - volunteer network who bake lasagnas for individuals or families
- **Family Pantry of Cape Cod** - local food pantry in Harwich
- **St David's Paper Pantry**, St David's Episcopal Church at 205 Old Main Street in South Yarmouth on the 3rd Wednesday of each month, from 1-3 pm in Nelson Hall, the church community offers a meal-to-go, along with paper products and toiletries for all who need them. A public health nurse and dental hygienist are also available at low or no cost.

**For more information, reach out to Kara.** She's happy to share more information and connect you with these helpful resources.

## REMINDER: Art Class Scholarships



Cape Cod Museum of Art (CCMOA) offers year-round scholarships to take an art class. You can find the application online at <https://forms.wix.com/f/7095492085125480859> or **come to see Kara and she can help you fill out an application.** Please have a class in mind you would like to take. Note that different classes are offered throughout the year. To see the most updated schedule, go to CCMOA website and, again, if you do not have a computer or smart phone, Kara can meet with you to look at it together.

## Get to know APPLES!

Apples are abundant, crispy, affordable and loaded with good stuff including fiber and antioxidants. Below is a simple recipe to get in your “apple a day” in.

## Healthy Apple Nachos

5 Minutes, Serves 1-2

### Ingredients

- 2 **apples** of choice
- 1/4 - 1/3 **cup natural nut butter** (peanut, almond, sunflower, etc.)
- small handful **chocolate chips**
- small handful **shredded coconut**
- small handful **slivered almonds**, optional
- sprinkle of **cinnamon**
- 1 tablespoon **lemon juice**

### Optional Ingredients

- **hemp hearts**
- **cacao nibs**
- **raisins or currants**
- **ground cardamom**
- **pure maple syrup**



# Food and Cooking Continued

## Instructions

1. **Apples:** Wash, core and cut your apples into 1/4 inch slices. I like to cut mine into quarters, take a small paring knife and carefully remove the core and upper and lower end where dirt may still be collected (even after washing). Lay apple quarters on a flat surface with the inside of the apple facing up, carefully slice your apple into 1/4 inch slices, even 1/2 inch slices is good too. Whatever thickness you prefer, no rules here! Place apple slices in a small bowl with the lemon juice, toss to coat.
2. **Nut butter:** Heat your nut butter just until warmed and somewhat runny. I like to heat mine by using a small silicon bowl placed in a small pot with just enough water to reach halfway up the side of the bowl, heat water on low and gently heat the nut butter until runny. Alternatively, warm in the microwave for 20 - 30 seconds.
3. **Assemble:** On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate (like shown in the picture above). Drizzle the nut butter in a circular motion, from the middle of the plate to the outside edge or zig zag the nut butter from one side to the other. Top with chocolate chips, coconut flakes, almonds and sprinkle of cinnamon (or whatever you chose for your toppings).



Serves one generously, or two as a small plate.

Enjoy this simple yet delicious treat!

**Note:** Use red or green apples, you may even consider using one of each for a combination of sweet & tart.

Author: Julie | The Simple Veganista <https://simple-veganista.com/apple-nachos/>

# WORD SEARCH



## Astronomy

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



ASTEROID

ASTRONOMER

AURORA

BLACK HOLE

CONSTELLATION

ECLIPSE

GALAXY

GRAVITY

METEOR

MOON

ORBIT

PARSEC

PLANET

POLARIS

QUASARS

SATELLITE

SPACE

STAR

SUPERNOVA

TIDES

WHITE DWARF