

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



Hello Dear Residents,

I've been watching the Buddhist Monks step decisively, yet softly, across the United States in the name of peace. It reminds me how we can all send out our own little ripples of kindness to help make the world a better place for each other. Often, there is an opportunity right at home, with our family, with our friends and with our neighbors. Living in close quarters can create unexpected noise and tension.

If each of us remembers this, and acts bearing this in mind, we can close entry and cabinet doors softer, we can lower our voices during disagreements, and if we have guests, we can make sure they also observe quiet time in the nighttime and early morning hours. Let's work together to bring peace and harmony to our neighborhood.

With all the snow, it's hard to imagine that spring is around the corner, but it is! There are some great events in the works. Read below for more details, and as a reminder, transportation is available to attend off-site events. If you'd like to go, just reach out to me.

Sending my best always,  
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)



# Upcoming Events

## Ongoing Events

### Bingo Continues!

Bingo takes place **in the Community Room** of each property once a month on these dates:

**Old Bass River** - Next dates are Monday March 16, Monday April 20, Monday May 18 - at 2:30pm

**Center Street Village** - Next dates are Thursday March 19, Thursday April 16, and Thursday May 21 - at 2:30pm

**Windmill Village** - CANCELED due to low attendance. WMV residents are invited to attend Bingo at another site and, with notice, transportation can be provided.

**Thanks to a couple of generous donors, useful and unique prizes are up for grabs!**

### Chair Yoga

Held **Fridays at 11 am** on March 27, April 24, and May 22

Held at **Center Street Village Community Room** unless roadwork is still happening. If it is, classes will be held at **Old Bass River Community Room**.

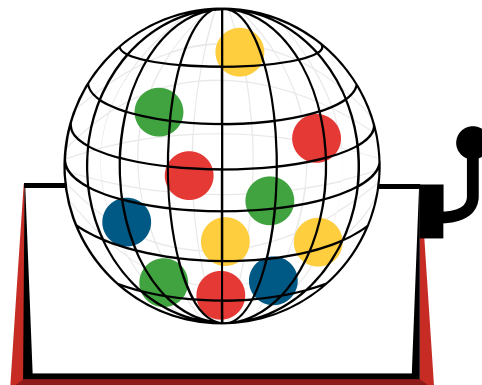
**Contact Kara a couple days before to confirm the location.**



Residents love Marnie's chair yoga class! One participant reported: "I found I was able to take deeper breaths than I've been able to take in a long time."

Whether you have come in the past or have never come, you're invited to show up and give it a try!

**Residents from all the Dennis Housing properties are welcome to attend. With advance notice, transportation can be arranged.**

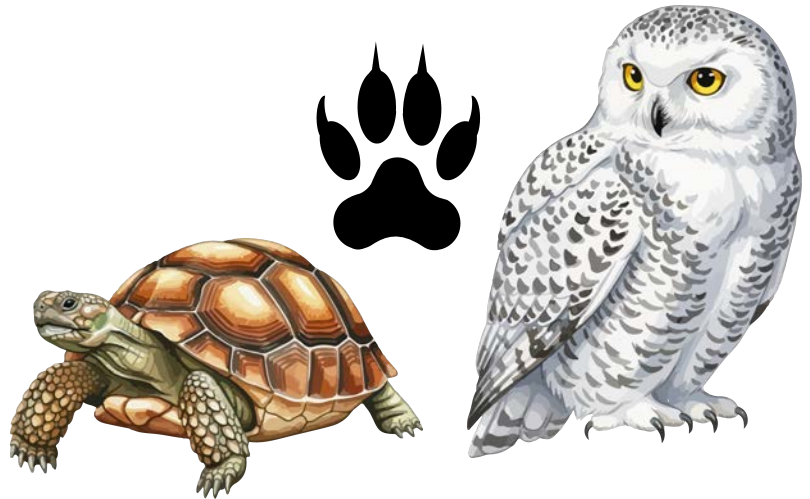


# Upcoming Events Continued

## Special Events

### WILD CARE

WILD CARE is coming back on **Thursday, April 23<sup>rd</sup>** with an owl, their friendly box turtle "Garv," or a mild-mannered snapping turtle. Whatever they bring, it is sure to be a fantastic presentation. Specific details to come but hold the date! **Event will be held at the Center Street Community Room.**

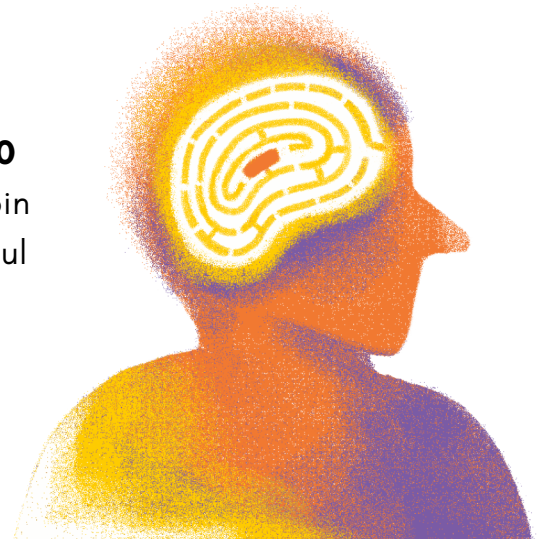


### Karaoke with Eddie

The next Karaoke with Eddie is scheduled for **Monday, April 6<sup>th</sup> at 4pm at the Center Street Community Room.** Use your voice. Come and sing! It's a great stress reliever, lots of fun and a great way to welcome warmer weather.

### Mindfulness and Connection

Mindfulness and Connection will happen on **Friday, April 10 at 11am at the Old Bass River Community Room.** Come join Pete and Serene from the Awareness Project for a wonderful opportunity to slow down, breathe, and connect with each other.



# Upcoming Events Continued

## Special Events

### Health Screening Fair

Thursday May 7th in the Center Street Village Community Room from 10am-12pm



Barnstable County Dept of Health and Environment Public Nurses will be on hand to check:

- Blood Pressure
- Cardio Check - Total Cholesterol, HDL (good cholesterol), and Glucose from a single fingerstick
- Bone Density Screening - An ultrasound measurement of the wrist screening for osteoporotic or bone loss

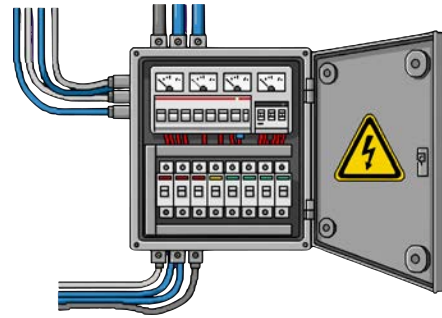
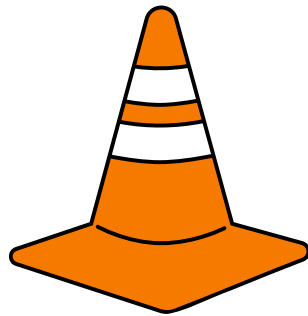
**As a bonus- your name will be entered into a raffle for a \$15 Stop & Shop card just for attending.**



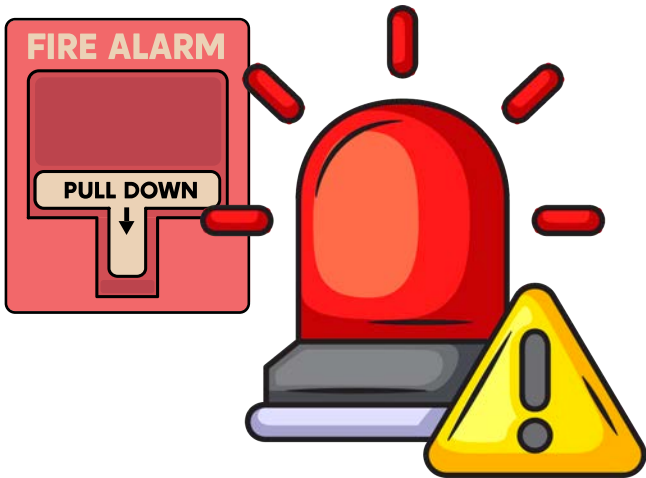
# DHA Construction News

## Center Street Village

A cast iron drain line replacement at **building 6** is expected to begin in **mid-late February**. Details, including water restrictions, will be provided to those residents in building 6 who may be affected. As always, the community building will be available for your use, if needed. We anticipate construction to be less than two weeks.



**Electric Panel Replacement** in Common area buildings is expected to begin in **mid-February**. Residents will be kept informed if/as needed. No entry into tenant units will be required, therefore we anticipate minimal disruption.



## Windmill Village

We are happy to announce work will begin on the installation of the new Fire Alarm System at this property by the end of February or early March. During this time workers will need access to your unit multiple times to run new electrical wires and services into and throughout your unit. Maintenance will accompany any workers into your unit if you are not home, or if you request them to be there.

Maintenance may need access to your unit Monday-Thursday between 8am-4pm and 8am-12pm on Fridays. Workers are expected to have a quiet start from 7:30-8am and will be wrapping up from 4-4:30pm daily. We will provide as much notice as possible when entry is needed into your unit as this is a very large-scale job with multiple moving parts and timelines. We ask that if you have any questions or concerns, please contact the office during normal business hours. We appreciate your patience as we continue to make these property upgrades to benefit everyone.

# DHA Construction News Continued

## Old Bass River Village

We are happy to announce work will begin on the installation of the new Fire Alarm System at this property by the end of February or early March. During this time workers will need access to your unit multiple times to run new electrical wires and services into and throughout your unit. Maintenance will accompany any workers into your unit if you are not home, or if you request them to be there. Maintenance may need access to your unit Monday–Thursday between 8am–4pm and 8am–12pm on Fridays. Workers are expected to have a quiet start from 7:30–8am and will be wrapping up from 4–4:30pm daily. Workers will also need access to the attic space which is located on the 2<sup>nd</sup> floor balconies. We ask that tenants avoid these areas when there are ladders set up under the access hatches. We will provide as much notice as possible when entry is needed into your unit as this is a very large-scale job with multiple moving parts and timelines. We ask that if you have any questions or concerns, please contact the office during normal business hours. We appreciate your patience as we continue to make these property upgrades to benefit everyone.



## Scattered Site

### (Ellis Drive/Crestwood Lane)

The building envelope project is expected to begin at these two locations in the spring. The project will consist of replacement of siding, windows, and doors. Residents will be kept informed as to the anticipated start date and details once this information is available.

# DHA News and Announcements

## DHA wants to keep you in the loop!

**Have you gotten a text message or an email notification from us lately?** We have recently begun sending out 'blast notifications' for urgent timely information regarding plumbing issues, storm emergencies, and to let folks know important real time information.

As this enhancement is the most efficient way to keep our community informed, **we will be transitioning away from time-sensitive, multi-household, paper memos.**

If you have not received a message, we strongly encourage you to **contact the office at extension 200** and we will hook you up!



## A few friendly reminders as we welcome Spring:

- **The annual recertification process is ending.** 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.**



- **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.**

# DHA News and Announcements Continued

## More friendly Spring reminders:

**Indoor furniture may not be used or left outside** on lawns, decks or balconies, or it may 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 with unauthorized personal items found in communal 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.

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.



**Do NOT Feed the Wildlife.** You may think you are doing a wonderful thing, but you are:

1. Attracting rodents and wild animals that: Carry infectious **diseases**, cause **property damage**, put **tenants' health and safety at risk**, and put **domesticated animals** at risk.
2. Providing food can make wild animals and birds **extremely sick or 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.**



Thank you for your cooperation!

# DHA News and Announcements Continued

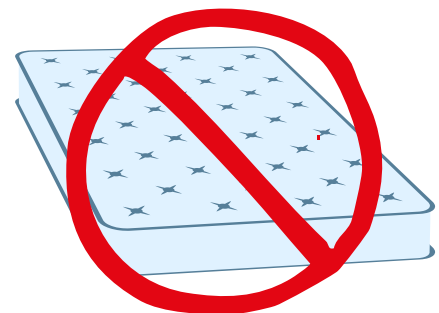
## Reminders about TRASH:

To maximize the space in the current dumpsters, please help your neighbors by following these tips:

- If you are safely able to, please **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 compress everything down to a smaller size.



- Breakdown all boxes to lay flat.
- Place only normal household trash in dumpsters.
- Plastic containers which cannot be broken down can be filled with other household waste.



- As always, furniture cannot be placed in dumpsters. Bulky items, such as mattresses or box springs, cannot be left near the dumpster. The DHA places a trailer on-site regularly to discard these items for free. **The next one will be coming in April/May.**
- DUMPSTERS – should you notice a dumpster is **blocked** or the door is **not operational** etc., **please notify the office.**

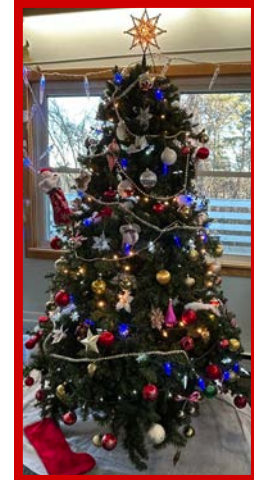
# Past Events Wrap-Up

## Holiday Party.

We had a blast at the Holiday Party with **local musician, Jennifer Stratton**. She even brought instruments for everybody! **Honey Dew** once again was generous to donate delicious coffee and tasty treats. **Please enjoy these photos** from the party and the tree trimming held the week before.



The tree trimming crew



The fruits of their labor!



Holiday Party!! A small but mighty group showed up and we had a ball!

# Past Events Wrap-Up Continued

## Bingo

Bingo continues to bring smiles to faces. Here is **Bob grinning over his new bar of soap!**



## Mindfulness and Connection

Mindfulness and Connection was held on Tuesday, Feb 10 and for all who attended it was a very special event. We played games, shared stories and laughed a whole bunch. **Everyone who came should encourage their neighbors to come to the next one on April 10!**



A couple of our attendees were camera shy - **thank you to everyone who participated!**

# Ongoing Benefits and Resources

## Food Assistance

The **Barnstable County Food Resource Guide** with resources available to Dennis and Yarmouth residents can be found on the **Community Room bulletin board**. If you would like your own copy, reach out to Kara.



**Several other resources exist to help expand your food budget including:**

- **SNAP** - eligibility is based on income
- If you qualify for SNAP, then you qualify for **HIP**, which provides SNAP recipients with **additional funds to purchase fresh local fruits and vegetables**
  - Good news! HIP has restored its benefits back to \$40 for a 1-2-person household, \$60 for a 3-5-person household, and \$80 for 6-person household or more.
- **Family Table Collaborative**- twice monthly **FREE** meal distribution
- **Lasagna Love**- volunteer network who bake lasagnas for individuals or families who may need a pick me up, everyone is eligible to sign up
- **Family Pantry of Cape Cod**- local food pantry in Harwich
- **St David's Paper Pantry**- 205 Old Main Street Yarmouth in St. David's Episcopal Church. 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 it. A **public health nurse** and **dental hygienist** are also available at low or no cost.



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

# Ongoing Benefits and 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 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 if you do not have a computer or smart phone, Kara can meet with you to look at it together.



## REMINDER: All Cape Cod Regional Transit Authority (CCRTA) Fixed Route Services are FREE!



## Get to know FAVA BEANS

These beans have been around since the Roman times and there is a good reason why we still eat them now. They are packed with vitamins, minerals, fiber, and protein. They are also inexpensive and delicious!

## Fava Beans with Tomatoes (Easy Italian Recipe)

Author: Christina Contel | Christina's Cucina

Prep Time: 5 minutes, Cook Time: 15 minutes, Total: 20 minutes

4 Servings, 208 Calories

### Ingredients

- 3 Tbsp extra virgin olive oil
- 1 medium onion diced
- 2 cups shelled fava beans, fresh or frozen (broad beans can be substituted)
- 8 oz cherry tomatoes or chopped tomatoes, canned or fresh
- 1 ½ tsp salt
- ⅛ tsp black pepper freshly ground

### Instructions

1. Sauté the onion in the olive oil over medium high heat, adding a pinch of salt.
2. Once the onions are translucent and starting to brown a little, add the shelled (and peeled, if they are older) fava beans.
3. Lower the heat to medium, stir, and partially cover for about 3 to 4 minutes.
4. Put the heat back to medium high and add the tomatoes, with more salt, and pepper if desired.
5. Stir and cook for another 4 or 5 minutes, uncovered, or until the fava beans are ready. Taste for seasoning and add as needed.
6. Remove from heat and serve hot, preferably with some fresh, crusty bread. Perfect as a vegan main dish or as a side, too.

### Notes

- Be sure to use good quality tomatoes for this dish.
- If your fava beans are larger, and more mature, after removing them from pod, peel the outer coating on the bean. Otherwise, cook as they are.



# WORD SEARCH

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

## Old TV Shows



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S	T	U	N	H	R	S	E	O	H	A	H	K	W	A	A	O
T	W	H	L	S	O	I	A	E	O	C	V	R	B	Z	R	M
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ADDAMS FAMILY  
BATMAN  
BEWITCHED  
CHINA BEACH  
COACH  
DEAR JOHN  
DOCTOR WHO  
FRASIER

GUNSMOKE  
HAZEL  
HEE HAW  
HOWDY DOODY  
I SPY  
LAUGH IN  
MANNIX  
MAVERICK

ROSEANNE  
TARZAN  
THE NANNY  
THE WALTONS  
TWIN PEAKS