

What's Happening in **Dennis**



Hello Dear Residents,

We made it through another long winter and unusually cold spring. When I first moved here 32 years ago, a woman told me there are only three seasons on Cape: summer, winter and March. She may have been on to something!

With the warmer weather, I invite you to come out and connect. We have our regularly scheduled activities, and a very special one lined up for June 11th when we hold a celebration for the 250th Anniversary of the Revolutionary War. Guest speakers, local musicians, and even a food truck will be on hand! I hope you will join us for this event and help us mark this significant milestone in American history.

On another note, I will be away the last two weeks in June visiting family in Japan. I look forward to returning with interesting stories from my travels.

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



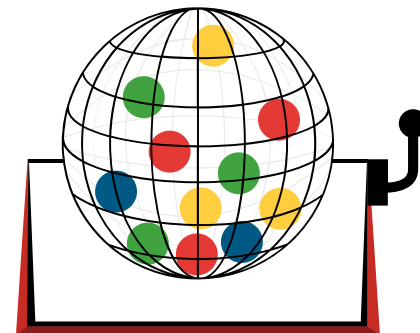
Upcoming Events

Ongoing Events

Bingo Continues!

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

(Bingo is canceled in June, due to my trip)



Old Bass River - Next dates are **July 14** and **August 18** - at 2:30pm

Center Street Village - Next dates are **July 16** and **August 20** - 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

Center Street Village Community Room at 11am. Next dates are **June 26, July 24,** and **August 28**

Whether you have come in the past or have never come, you're invited to show up and give it a try! Marnie is an excellent teacher with over 25+ years of experience.



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

Upcoming Events Continued

Special Events

Mindfulness and Connection

Only one person was able to attend our May session. For that reason, this event is shelved until further notice.

JUNE 11- Celebration of 250th Anniversary of Revolutionary War

**250TH ANNIVERSARY
OF THE
REVOLUTIONARY WAR**

PLEASE JOIN IN ACKNOWLEDGING
THIS IMPORTANT AMERICAN DAY

THURSDAY JUNE 11
12-2PM CENTER STREET VILLAGE

GUEST SPEAKERS **RESOURCE TABLES**
FOOD TRUCK ★ **LIVE MUSIC & MORE**

CONTACT KARA FOR ANY QUESTIONS OR
TRANSPORTATION NEEDS 774-801-8331

Upcoming Events Continued

Special Events

JULY 23 – ICE CREAM TRUCK

A colorful graphic for an ice cream truck visit event. At the top, the words "ICE TRUCK VISIT" are written in large, bubbly letters, with "ICE" and "CREAM" in pink and "TRUCK VISIT" in yellow. Below this, the word "CREAM" is written in large, pink, bubbly letters. A white banner with a black border contains the text "ONE FREE TREAT PER RESIDENT" in bold, black, sans-serif font. Below the banner, a light blue box contains the event details: "THURSDAY JULY 23", "Center St. Village 2:30-3:00pm", "Windmill Village 3:15-4:45pm", "Old Bass River Village 4:00-4:30pm", "Mulhern Village 4:30-5:00pm", "Questions Contact Kara", "774-801-8331", and "*Rain Date 7/30". At the bottom, a stylized illustration of a white ice cream truck with a red and white striped awning is shown. The entire graphic is decorated with confetti and two large ice cream cones on the sides.

ICE TRUCK VISIT

CREAM

ONE FREE TREAT PER RESIDENT

THURSDAY JULY 23

Center St. Village 2:30-3:00pm
Windmill Village 3:15-4:45pm
Old Bass River Village 4:00-4:30pm
Mulhern Village 4:30-5:00pm

Questions Contact Kara
774-801-8331

*Rain Date 7/30

Emergency Preparedness

It's important to be prepared for the unexpected. With the Blizzard in February, this lesson was underscored. Let's do our best to make sure all the details are covered. To that end, please keep an eye out for our **series on Emergency Preparedness with Guest Speakers covering:**

- **Effects of Extreme Hot and Cold on the Body**
- **Food Safety**
- **Emergency Shelters- how to access and what to bring**
- Other topics may be added to series.

If there is a particular subject you would like covered, please reach out to Kara at **774-801-8331** or kara@HPCcapecod.org

Also...

Are your emergency contacts up to date with Office?

Does the Office have your current phone number?

Please be sure to keep the office updated with any changes.

Additional steps...

If you are interested in being registered with the Dennis Council on Aging as an older adult who would may need help during widespread emergencies, **please tear off and complete the form on the last page of the newsletter and return it to Kara or to Julie at the Dennis Center for Active Living (DCAL)**. Forms returned to Kara will be given to Julie at DCAL and kept on file with Dennis COA and Dennis Police Department.

The Friendly Reassurance Program- This is a program designed to provide companionship, connection, and support to older adults who may feel isolated or alone. Formerly operated by Dennis Police, now being operated and expanded by DCAL to include Friendly Visits; this program is volunteer-powered. If you would like to volunteer to make calls or visits or be added to the list to receive these interactions, please **call (508) 385-5067 and ask for Julie or Susan**. All volunteers will be vetted to ensure the safety and well-being of participants.

Tips to Avoid Being Scammed

The best way to head off a scam: DO NOT ANSWER CALLS FROM UNKNOWN NUMBERS. Let them go to voicemail.

Remember, scammers now can spoof local numbers. If you see your bank calling do not answer, look up number yourself and you place the call. Using technology, scammers now can replicate a voice. If a call comes in from your niece or nephew or other family member and that person is asking for money, hang up and call that family member on your own.

Scammer are looking to get you when your guard is down, so they do one of two things to lower your inhibitions about divulging information:

1. Feed you just enough pieces of information to sound legitimate.

OR

2. Get your excitement up by making the matter seem extremely urgent.

- Text scams are common. Examples of these are your package delivery has been delayed, or you have an unpaid traffic ticket. Again, with these you want to go directly to source.

Do not click on link. Delete.

- Email scams are also common. Always look at sender's email address. Does it line up with who is sending it? For example, you might get something that says it's from Amazon but the email is from a Gmail address. **Delete and go to the source. Do not click on links.**
- The links sent in the scam texts and emails are ways to put malware on your phone, which is designed to pull personal information from your phone and capture your passwords.

NEVER CLICK ON THE LINKS.

More ways to protect yourself

- For Passwords- Use 2 step authentication when available
- Freeze credit- for yourself and minors
- Use a credit card instead of debit card, especially when traveling
- If you have an iPhone set up Apple Pay. It is the safest way to pay
- The 2nd safest way to pay is tap to pay with your credit card because it scrambles your credit card number. Swiping is the least safe way to pay.
- If the unfortunate happens and your ID is stolen, the Better Business Bureau BBB- Scam Tracker explains steps to take if your ID is stolen, such as who to contact etc.
- Contact Kara with questions.

DHA News and Announcements

DHA Construction News

Ellis Drive: Replacement of the building envelope (windows, siding, doors) is scheduled to begin on 5/26. Once this site is completed work shall begin at Crestwood Lane.



Windmill Village: Construction/replacement of the rear facing upper portion of the building envelope continues at this site.



Outdoor Policy Reminder

As summer approaches we remind everyone to refer to their outside policy regarding outside furniture, garden hoses, grass areas, mowing, planting etc. While we appreciate your outside beautification efforts we also remind everyone before making any outside ground modifications you must receive **prior** authorization from the housing authority.

Garden Hoses are the responsibility of tenants and cannot be left lying on the ground and crossing walkways. They may not remain connected to the spigot, disconnect the hose and appropriately store it after each use. Outside water usage is to be limited to watering outside flowers only. Outside garden hoses are NOT to be used for washing cars or playing. As a reminder grills are not allowed at CSV, WMV or OBR. Family sites have specific grill requirements (please refer to the outdoor policy).

The following are strictly prohibited on DHA Property:

Fire Pits, Chimeneas, fire rings, outdoor heaters, amplified music, trampolines, patio umbrellas, swimming pools and swing sets.

Should you have any questions please refer to the outdoor policy or contact the Dennis Housing Authority.



DHA News and Announcements Continued

Trash

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 compress everything down to its smaller 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 dumpsters. Large items, such as mattresses or box springs cannot be left near the dumpster. As you are aware the DHA places the trailer on regularly to discard these items for free.



Expanded Cable

We hope everyone is enjoying the expanded cable options which became available on April 1st. You should now be able to access over 185 channels including much requested sports channels (NESN, NBC Sports Boston, FOX Sports).

There was a bit of miscommunication on Xfinity's part, but all 'newer' boxes should be equipped to handle the change. If you are not getting the new channels, you may need to upgrade your box: call Xfinity directly at **(855) 307-4896** and when you speak with a representative, make sure you tell them you are a 'Bulk' customer and are not getting the "Ultimate TV Package" Channels. If you need further assistance, please contact your Resident Service Coordinator, Kara Duff to help you contact Xfinity.



Past Events Wrap-Up

Wild Care

On April 23rd Wild Care came to town with their turtles.



Longtime staff member Amy holds Mr. Snaps, Wild Care's newest turtle resident



Close up of Mr. Snaps - check out those nails!



Garv meandering on the carpet at DHA
Photo courtesy of resident Maria Maldonado



Mr. Snaps likes a reassuring hand on his back
Photo courtesy of resident Maria Maldonado

Past Events Wrap-Up

Health Screening Fair

On May 14th the Barnstable County Nurses conducted health screenings. We plan to make this an annual thing every spring.



Mr. Dillon getting his glucose and cholesterol measured



A resident checking out the free gifts



A resident speaking with one of the nurses

Bingo

Bingo continues to bring smiles to faces. Here is Bill being silly with his new bag!



Ongoing Benefits and Resources

Food Assistance

A **Food Resource Guide** compiled by Barnstable County has 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**.
 - GOOD NEWS HIP has restored it's benefit back to \$40 for 1-2 person household, \$60 for 3-5-person household, and \$80 for 6 or more. As a reminder HIP is a way to purchase more produce at HIP vendors
- **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
- **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.



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!



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

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



Get to know ZUCCHINI!

Zucchini Fries are a tasty alternative to French fries and require no oil because they are baked. BONUS zucchinis are loaded with nutrients including vitamin C, B6, and potassium and low in the calorie département. Give them a try!

Zucchini Fries

A quick and easy and YUMMY way to get your greens in! Pair zucchini fries with a variety of dips like marinara sauce, ranch dressing, or a spicy aioli.

The tangy or spicy dip complements the mild flavor of the zucchini.

Serves 4. Ready in 35 minutes

Ingredients

- 2 medium zucchinis
- 1 cup panko breadcrumbs
- ½ cup grated parmesan cheese
- 2 eggs
- Olive oil for drizzling



Instructions

1. Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Cut the zucchinis into 3-inch long and ½-inch thick fries.
3. In a bowl, whisk the eggs. In another bowl, mix panko crumbs and parmesan.
4. Dip each zucchini piece first in the eggs, then coat with the bread crumb mixture.
5. Arrange the zucchini fries on the prepared baking sheet. Drizzle or spray with olive oil.
6. Bake for 20-25 minutes until golden and crispy.

Notes

- Panko breadcrumbs - For a gluten-free alternative, use almond flour or gluten-free breadcrumbs.
- Parmesan cheese - Adds a salty, nutty flavor to the fries. If you are vegan, you can use nutritional yeast as a substitute, which provides a cheesy flavor.
- Eggs - Eggs help the breadcrumbs stick to the zucchini. If you are vegan or allergic to eggs, you can use a mixture of flaxseed and water (flax egg) or unsweetened plant-based milk.
- Olive Oil - Used to spray or drizzle over the fries before baking. It adds a nice flavor and helps them get crispy. If you don't have olive oil, canola oil or melted butter can be used as a substitute.
- Choose firm zucchinis. They hold up better when baked and don't become mushy.
- Make sure the breadcrumbs fully cover the zucchini for maximum crunchiness.
- Try not to overcrowd the baking sheet. This will allow the fries to crisp up evenly.
- Don't skip the preheating step; a hot oven is key to getting the crispy texture.
- Feel free to experiment with spices like garlic powder, paprika, or cayenne pepper for added kick.

WORD SEARCH



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

Z Q U M F O R E Z A R D G C K R C
P H V S N Z F M L Z P R V D R R H
R T P W Y O D S A G N I W B E Q I
R G O H T S R L G K A V V K T M P
Y O E Y A W R I A F R E O Q T L Z
D O U J G N Q C J S K R E F U G W
B X J G E G D E W V T D V T P N A
O A E A H B R I D S O L I L E I A
F O L S U A O D C C H U S B L W E
L S R L R N E A H A S U O F T S P
T Y C S E U D W A E P G I D D M B
R T X E V D O W K U E Y W Y A Y P
B I R D I E F C S Y D I V O T M H
F G P E F J Z G H G A E C Y C Y K

BALL
BIRDIE
BOGEY
CADDIE
CHIP
CLUB
COURSE
DIVOT

EAGLE
FAIRWAY
FORE
GREEN
HANDICAP
IRON
PUTTER
ROUGH

SLICE
STROKE
SWING
WEDGE
WOOD



Town of Dennis Council on Aging

The Dennis Council on Aging is registering older adults who may need help during emergencies such as blizzards, floods, hurricanes, or power outages.

Would you like to be on this list? Yes ___ No ___ Today's Date _____

**All information will be kept confidential by the Dennis Center for Active Living,
the Dennis Police Department & Dennis Fire Department.**

Name _____ Date of Birth _____

Address _____ Telephone # _____

Emergency Contacts:

1. Name _____ Telephone # _____

2. Name _____ Telephone # _____

Do you live alone? Yes ___ No ___

Do you have pets? Yes ___ No ___ If so, please list _____

Please list your health conditions and/or devices that require power: (ex. oxygen, breathing machines, home dialysis or power wheelchairs)

Are you a full-time resident? Yes ___ No ___

If not, list approximate date you leave and return:

Leave _____ Return _____

Do you have a Fire Department lockbox installed at your residence? Yes ___ No ___

If not, would you like one installed? Yes ___ No ___

Any other pertinent information we should be aware of? _____