

What's Happening in **Dennis**



Hello Dear Residents,

It's just about winter, a good time for rest and retreat but don't get too comfortable as we would love to see you at one of our events! Whether it's bingo, chair yoga or karaoke- this is a great time to get out and connect with one another. 'Tis the Season for holiday cheer and that means a tree trimming and our annual holiday party!

Help us decorate the tree on Dec 11th and join us on the 18th for our Holiday Party with goodies provided by Honey Dew Donuts. I hope you will join us at an upcoming event or events - it's always better if you're there!

I know things have been challenging lately for many, and I want to remind you to reach out to me when these times come up. I am happy to help, and if I don't have the answers, I am happy to help find the answers

With appreciation and the warmest holiday wishes,

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

Holiday Tree Trimming and Party:

- **Dec 11th at 2:00pm** - Get into the spirit and help us trim the tree at Center Street Community Room
- **Dec 18th at 11:00am** Join us for our Annual Holiday Party with Caroling, Coffee, and Treats, Center Street Community Room

A flyer for holiday celebrations with a red, green, and white striped border. At the top is a holly leaf and berry illustration with a red ribbon. The text is centered and uses red and green colors for emphasis.

JOIN US FOR

HOLIDAY CELEBRATIONS

2PM DECEMBER 11TH
TRIM THE TREE

11AM DECEMBER 18TH
ANNUAL HOLIDAY PARTY
COFFEE, MUFFINS, DONUTS
COURTESY OF HONEY DEW DONUTS
HOLIDAY MUSIC AND SONG

Both events take place at Center Street Village Community room

RSVP'S APPRECIATED 774-801-8331
KARA@HPCCAPECOD.ORG

Upcoming Events Continued



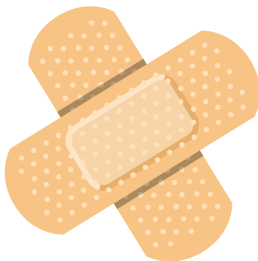
Vaccine Clinics

The VNA will be holding Vaccine Clinics for Covid and Flu on **Thursday December 4** at each of the properties:

Old Bass River - 9:00am

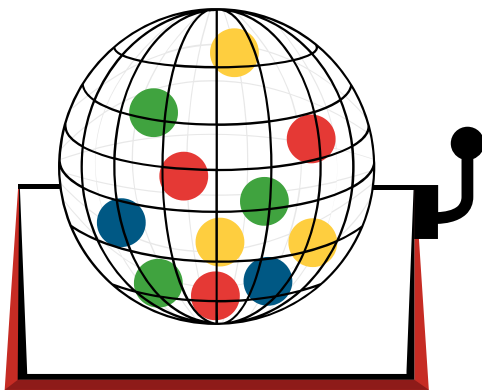
Windmill Village - 10:30am

Center Street Village - 12pm



Contact Kara for more details or if you would like to obtain a vaccine but are unable to leave your apartment.

Please note paperwork with insurance information must be completed prior to participation. Please RSVP to Kara at kara@hpccapecod.org or call 774-801-8331



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 December 15, Tuesday January 20, Tuesday Feb 17 - at 2:30pm

Center Street Village - Next dates are Thursday December 18, January 15, and February 19 - at 2:30pm

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

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

Upcoming Events Continued



Chair Yoga

11am - Center Street Village Community Room

Next dates are **Dec 19, Jan 23, Feb 27**

We have a new Instructor for CHAIR YOGA. Joan will no longer be teaching. Instead, I am excited to introduce you to **Marnie Bacon**.

A long-time yoga instructor, Marnie is an engaging and soulful yoga and meditation instructor. She has twenty-plus years of teaching experience, professional training and development, who has been practicing yoga and meditation for half of her life. Marnie is known for her articulate instruction, her humor, and a modern approach to the ancient teachings of yoga.

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

Residents from all the Dennis Housing properties are welcome to attend. Transportation can be arranged with advance notice.

News and Announcements

Seasonal Reminders

As the holiday season is fast approaching, please remember live Christmas trees are not allowed inside your unit due to fire safety.

When decorating **please make sure heat vents are not obstructed**; decorations are not hung too close to the heat source and limit the use of extension cords and do not overload them. Additionally, your second means of egress cannot be blocked.

Kindly keep all windows closed when the heat is in use.



Open Flame Policy

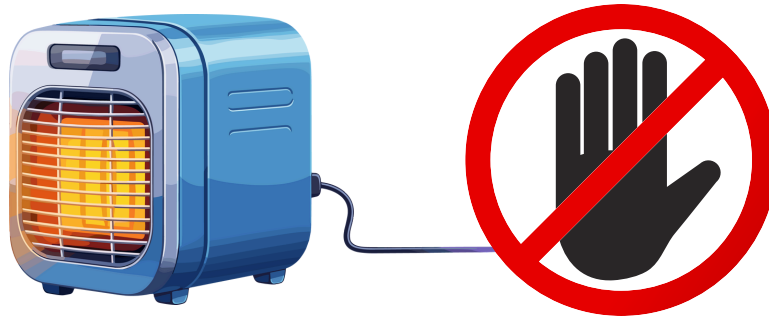
The Dennis Housing Authority PROHIBITS the burning of any open flame in your unit. Candles and open flames pose a considerable safety risk to both residents and the property and are strictly prohibited.

For ambience, twinkle lights or battery-operated candles are permissible.

News and Announcements Continued

Portable Space Heater Policy

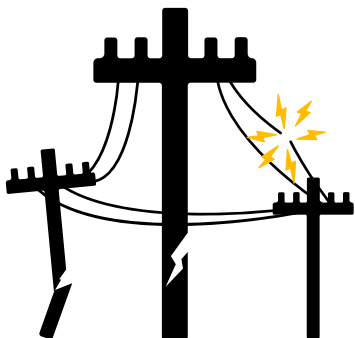
The DHA PROHIBITS the use of portable space heaters. Portable heaters pose a considerable safety risk to both residents and the DHA property and are not allowed. It is very important to report any heating issues to the office immediately. The only exception to this policy would be a temporary measure, determined on a case-by-case basis, with written authorization from the DHA and only when the DHA has determined that the existing building heat sources are temporarily inadequate.



Power Outages

Reminder to the elderly, the Community Room has a gas stove available for cooking. We ask if you use the stove to please be sure it is completely shut off and clean when finished.

Contact Eversource: 800-592-2000 to report a power outage in the area and inquire when it may be restored.



News and Announcements Continued

Emergency Shelter

The Dennis-Yarmouth Regional Emergency Shelter is located at:

Dennis-Yarmouth Regional High School
210 Station Avenue
South Yarmouth, MA



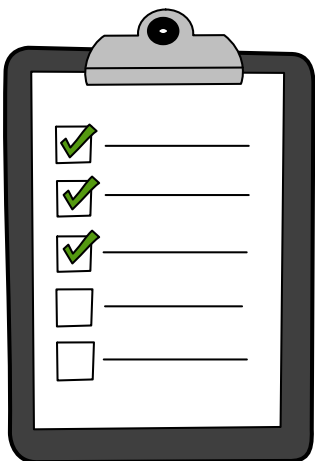
Pets are accepted at this location. Please bring carriers, pet food and other pet care items.

Contact the Dennis Police Department's non-emergency number to inquire about emergency shelter opening, warming, and charging stations and rides to Emergency Shelters (508) 394-1315.

Annual Recertification

Reminder of the upcoming annual recertification: Please have all income verification documents to submit at the time of recertification, this can include:

- **2026 SS benefit letter**
- **Updated pension statement**
- **4 weeks of paystubs for the month of December**
- **4 months banks statements: September, October, November, December 2025**
- **Medical expenses for January through December 2025: Proof of payment for all out-of-pocket medical expenses; co-payments, prescriptions and health insurance premiums.**



The full list of required documents and the packet to be completed will be mailed at the **beginning of January**. Please let us know if you don't receive it.

News and Announcements Continued

Snow Removal Policy.

For light snowfall, the DHA will remove snow from walkways. For heavier snowfall, the housing authority, or its contractor, will begin removing snow after 3 inches have fallen.

Priority will be given to removing snow from walkways, entrances and main roadways at our elderly sites including the office before moving to the family development where the main roadways will then be cleared.

After the family development roadway is cleared, snow removal will continue at our elderly sites, keeping up with walkways and applying salt and/or sand as well as clearing roadways at all sites. Lastly when time and manpower allow, maintenance will clear parking areas at our elderly sites if residents move their cars for plowing.

The DHA is **not** responsible for any areas outside of our property that may be used for parking by residents or their guests. Salt and/or sand will be applied to the parking lot at all sites after snow has been removed and periodically afterwards with the assistance of the contractor. Snow removal will be done by either maintenance staff, a contractor, or both as soon as they are able to safely get to the property.

During the winter months, containers of ice melt will be maintained at the main entry doors serving the elderly sites for residents to use as necessary. Maintenance staff will periodically spread ice melt at the elderly sites during all inclement weather.

Residents are responsible for clearing snow from their vehicles. DHA cannot control the amount of snow left behind vehicles when a plow goes through but will make efforts to minimize if tenants move their cars.

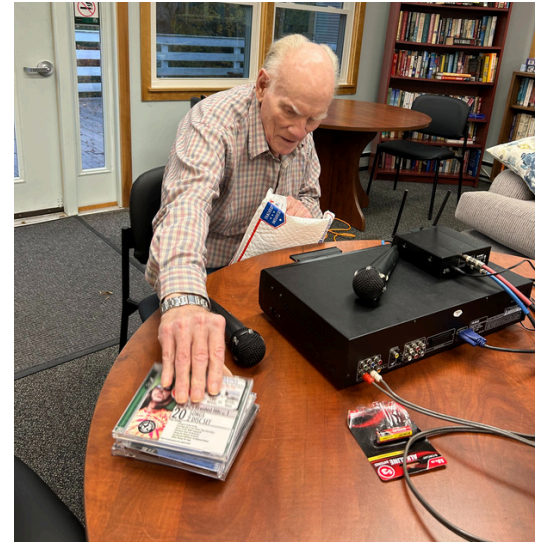
DHA assumes no responsibility when residents attempt to drive or walk during inclement weather. **We encourage residents not to go out after a storm unless it is absolutely necessary.**

News and Announcements Continued

Past Events Wrap-Up

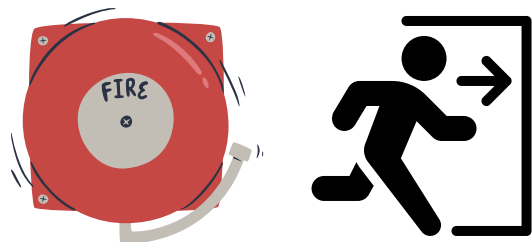
We've been having a ball at Karaoke! Since September we have been singing our hearts out on select Monday nights. **Join us on Monday, January 12th at 4pm in the Center Street Community Room** for our next event!

Huge thanks to **Eddie** for providing his karaoke equipment and direction.



Fire Chief Tony Kent visited Windmill, Center Street and Old Bass River properties to talk about Fire Safety and the importance of getting out of the building when the fire alarm goes off. Not only does it keep you safe, but it also helps to keep the firefighters safe when they do not have to look for you.

We will keep this conversation going and will be setting up specific places to meet once outside. We will also be seeking a volunteer or two from each building to take attendance for their building. More information to come.



Tony is always ready and happy to talk about fire safety!

News and Announcements Continued

Past Events Wrap-Up Continued

FOOD AND TUNES was another banner event. The Singing DJ's provided the entertainment while the Family Table Collaborative provided the Eats. A great time was had by all!



News and Announcements Continued

Past Events Wrap-Up Continued

Bingo continues to bring smiles to faces. Here the ladies are joking around with their newly won prizes (poncho, word puzzle book, slippers, and collectible figurine)



Mindfulness and Music was held in early October on a beautiful fall day. Pete and Emma engaged all in breathwork, some singing, and meditation. We hope to have them back again soon.



Ongoing Benefits and Resources

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



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



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 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.



Get to know KIWI FRUIT!

Kiwis are abundant in vitamin C, affordable, and in season now. Enjoy this quick and easy parfait for a novel breakfast, midday snack, or healthy dessert.



Strawberry Kiwi Quinoa Breakfast Parfait

Author: Katie Lee Biegel | Food Network

Ingredients

- 2 cups plain Greek yogurt or dairy free Greek style yogurt
- 1 tablespoon honey or maple syrup
- Finely grated zest of 1/2 lime or 1 ½ tablespoons of lime juice
- 1 cup cooked quinoa, cooled
- 8 large strawberries, diced
- 2 kiwi fruit, peeled and diced

Instructions

1. Whisk together the yogurt, honey and lime zest in a small bowl.
2. Place 4 small (6-ounce) juice glasses on a work surface and put a spoonful of the yogurt in the bottom of each glass. Add about 2 tablespoons of the quinoa to each glass, followed by about 2 tablespoons of the diced strawberries and kiwi. Repeat the layering in each glass and scatter any additional fruit that is left over the top layer of yogurt. Serve immediately.
3. Makes 4 parfaits - halve the recipe for 2.

WORD SEARCH



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

Fantasy



ARCHERS

CASTLE

CENTAUR

CHALICE

CROSSBOW

DAGGER

DRAWBRIDGE

DUNGEON

FOREST

GNOME

GOLD

HERO

HORSE

MACE

MOAT

OGRE

PRINCE

QUEST

WEAPONS

WINE

WITCH