

The Cranberry Scoop



SUMMER 2021

THE NEWSLETTER OF THE DENNIS SENIOR CENTER

Walk with Ease this Summer

p.11

Going Hybrid! Part Online Part In Person

p.3

WHATS NEW AT THE DENNIS SENIOR CENTER?

The Center for Active Living

p.3

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Mission Statement

The Dennis Council on Aging's primary mission is to enhance the quality of life for senior citizens of the Town by providing multi-purpose programs especially designed to fulfill the health, educational, social, recreational, outreach and transportation needs of our most valued citizens in a safe, friendly and comfortable environment.

Council on Aging Board

Atty. Arthur Crooks.....	Chair
Rae Fenton	Vice-Chair
Carol Keddy.....	Member
Janet Lavin.....	Member
Judith Peterson.....	Member
Jane Stevens.....	Member
Deborah Rothschild.....	Alternate
John Terrio	Selectman Liaison

Dennis Senior Center

1045 Route 134

South Dennis, MA 02660

508-385-5067 | FAX 508-385-5288

Director's Notes

We're back! Since completion of the new construction and the lift on Covid-19 restrictions, we are moving ahead with a re-opening plan. First, we have to fill staff vacancies, move offices, install furniture and equipment, recruit, welcome and train new and returning volunteers, and coordinate schedules for providers of the programs and services we will be offering at the Center. Apart from outdoor group activities and facility tours this summer, we **expect to be open 100% right after Labor Day.** We could use your help. **Are you artistic?** Please consider creating



a design entry for submission to our community wide logo design contest (p.6). The Dennis Center for Active Living (DCAL) at the Senior Center needs a logo that represents vibrant and healthy living across the lifespan. The Supporters of the Dennis Council on Aging are offering a \$250 grand prize for the winning logo, and the winning entries will be announced by the DCAL Grand Opening committee on Wednesday, September 22. We are keenly aware of your eagerness (from the many calls) to get back in here and see the new space. Join us for **DCAL Tour Days.** Staff and volunteers will offer tours through the new facility and answer questions about what is coming. You can call the office to sign up. Are you needing a nudge to get back out there, to exercise and connect with friends? Join Ally in July for **Walk with Ease** (p.11). The new **GAP Supportive Day Center** will also celebrate a grand opening later this summer when we have a coordinator in place. In the meantime, we have been working with the **Alzheimers Family Support Center** (p. 9) to help families living with cognitive loss and other dementia-related illnesses, to re-integrate into community in our social group settings. We look forward to providing residents, caregivers, their friends and families, opportunities for physical activity, social connection, nutrition, and meaningful engagement, at DCAL. Our goal is to enjoy the daily path with you towards improvements in health and quality of life. Lastly, to our dear and respected colleague, Marie Jainchill, best wishes for the next chapter of her life's journey. Thank you, Marie, for all your good work on behalf of the senior citizens of Dennis. Your absence will be felt but your legacy in Dennis will live on through the senior center programs you helped start and through our many friends.

It's always a new day at the Dennis COA!

- Brenda

The Dennis Council on Aging hosts various legal, financial, medical, and other providers at the Dennis Senior Center (DSC) to offer services and information. Residents participating in those services do so with the understanding that the Dennis Council on Aging, the Town of Dennis, or its employees, do not assume any legal liability or other responsibility for any advice, services, or functions rendered by such volunteer groups or nominal cost practitioners held at the DSC.

Shopping and Local Errands

For older adults without transportation, the Dennis Senior Center (DSC) provides door-to-door bus service. Weekly trips to local shopping centers include Patriot Square in South Dennis. *Special trips are on hold.*

For more information, check the latest issue of the Cranberry Scoop. Our Transportation Coordinator, Daniel Kiley, is happy to take suggestions. For reservations, call the Senior Center at least a day ahead, at 508-385-5067.



Daniel Kiley
Transportation Supervisor

Gloves and masks are required for entry onto the vehicles.

General Bus Schedule (subject to change)	
Tuesday 8:00 AM 10:00 AM 12:00 PM	Stop & Shop Patriot Square Mall
Wednesday 8:00 AM 10:00 AM 12:00 PM	Stop & Shop Patriot Square Mall

Boston Hospital Transportation

(800) 352-7155

Enjoy comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston Area Hospitals. CCRTA provides medical transportation services on Monday through Friday by reservation to all the major hospitals in the Boston area. The BHT has bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot.

For more information visit www.capecodrta.org or call 800-352-7155

**not including DART service*

FREE Fare Wednesdays!

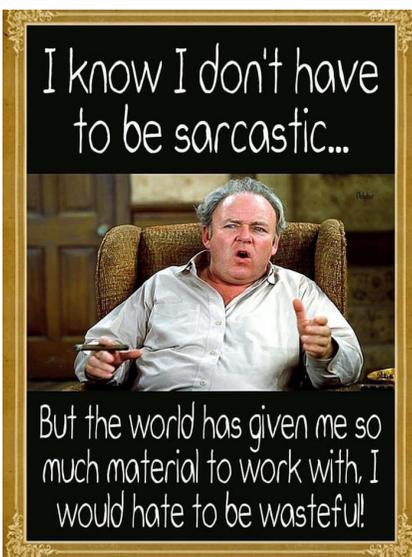
Just for our friends 60 years and up

Available on our fixed bus routes* covering all 15 towns on Cape Cod.

Just show your photo ID or Senior Charlie Card to the driver!



We're going your way!



SHUFFLEBOARD IS COMING TO HOWELL HALL @DSC

The Dennis Senior Center (DSC) will be resuming activities like Shuffleboard. We are starting a year-round indoor program. The Shuffleboard program is for all ages and looking for social players or someone looking for a little competition. Many couples and people with disabilities have found this is a sport they enjoy playing. If you are interested in checking out the Shuffleboard program when it starts, please send Paul Ayotte and email (payotte11@yahoo.com) or call the Senior Center (508) 385-5067.



DSC Human Services Department to Open this Summer

COA Outreach, SHINE Counseling (Medicare and health insurance), Social Security, and other programs will remain in the original senior center building. Consultations, benefit applications and all other COA social services appointments can be made by calling the main office at (508) 385-5067. We will share news and announcements through our robocall system and you can stay updated on our DenniswSeniorCenter@Facebook page.



ATTENTION! DENNIS ARTISTS! ALL AGES! LOGO DESIGN CONTEST

\$250 GRAND PRIZE

THE NEW “DENNIS CENTER FOR ACTIVE LIVING” (DCAL) @THE SENIOR CENTER WILL BE A HUB OF ACTIVITY, CELEBRATION, SPECIAL EVENTS, the CAFÉ, a new BOUTIQUE, the BALLROOM, two FITNESS STUDIOS, AND SO MUCH MORE!

GET CREATIVE: BEST DESIGN/COLOR PALETTE/STYLE GUIDE
LOGO FILE SPECS: 300 DPI, VECTOR FORMAT

Entries due September 7, 2021

THE DCAL LOGO WILL BE THE MOST HIGHLY RECOGNIZED SYMBOL ASSOCIATED WITH VIBRANT, ACTIVE, HEALTHY AGING! QUESTIONS? CONTACT THE SENIOR CENTER

(508) 385-5067

The Supporters of the Dennis Council on Aging are the proud sponsors of the grand prize award.



NEW LISTING
COMING SOON!

List Price: \$299,900

REGISTER NOW! WELCOME TO MEDICARE VIRTUAL FAIR



JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands. Your SHIP may use another name, locally. Use the SHIP Locator at www.shiphelp.org to learn more.

SPONSORED BY:

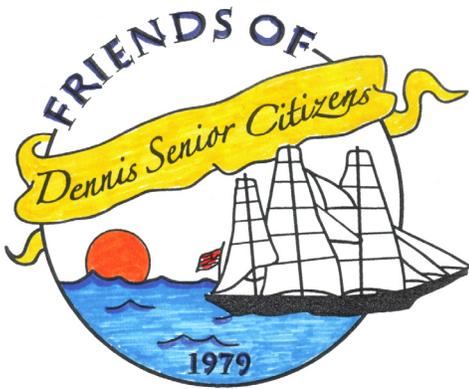


www.shiphelp.org -OR- www.shiptacenter.org

 info@shiphelp.org

 877-839-2675

Friends of Dennis Host Annual Fall Golf Tournament



The George de Shaw Memorial Golf Tournament will be held at the Dennis Highlands on Friday, September 24th. We will have a traditional 8:00 AM shotgun, followed by lunch, prizes and a whole lot of laughter after a long season of COVID. If you

are interested in playing, or becoming a sponsor for this charity fundraiser, just call our office at 508-385-5376 or email us: marie@friendsofdennis.com



The photo above is a trio of father and sons who will be joining us again. We ask you to join us this year, too.



What is the Emergency Broadband Benefit Program?

The Emergency Broadband Benefit Program is a Federal Communications Commission (FCC) program that provides a temporary discount on monthly broadband bills for qualifying low-income households. If your household is eligible, you can receive:
Up to a \$50/month discount on your broadband service and associated equipment rentals
Up to a \$75/month discount if your household is on qualifying Tribal lands. A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Internet Access Benefits

Only one monthly service discount and one device discount is allowed per household. To receive the connected device discount, consumers need to enroll in the EBB Program with a participating provider that offers connected devices (not all service providers offer device discounts). The service provider will provide the discount to the consumer. The program will end when the fund runs out of money, or six months after the Department of Health and Human Services declares an end to the COVID-19 health emergency, whichever is sooner.

New Tech Classes to begin in the DCAL Cyber Cafe!

The Dennis Center for Active Living @the Senior Center will be hosting Tech Instruction classes in the DCAL Cafe starting in September. Please call the office for more details and to sign up - (508) 385-5067. Groups will be limited to 6 participants per session.





Alzheimers Family Support Center

Established in 2013, the Alzheimers Family Support Center of Cape Cod has been providing free support services to families coping with cognitive loss across Cape Cod. "The symptoms of dementia can be confusing and over-whelming. No family should have to navigate dementia-related illnesses alone. Each stage of these long-term illnesses presents caregivers with a myriad of challenges that are difficult to navigate from stress and sleeplessness to increasing financial burdens. Unsupported caregivers routinely suffer from symptoms of depression and anxiety, along with chronic stress, and sometimes caregivers experience declining health as a outcome of caregiving. <http://www.alzheimerscapecod.org/about.html>

THE SAVVY CAREGIVER EDUCATIONAL PROGRAM

A free six-session educational training for active family caregivers of people living with Alzheimer's or other dementia-related diseases. Caring for a person living with Alzheimer's or related dementia is specialized work. To do this successfully, caregivers need special skills, knowledge, good self-care, and a positive attitude. This six-session course provides caregivers with the skills and knowledge they need to provide the highest level of care for loved ones, as well as for themselves.

The Savvy Caregiver program covers:

- The pathology of dementia diseases
- Strategies for caregiver self-care
- Dementia stages
- Developing contented involvement for someone with dementia
- How to recognize options to optimize decision making
- Making the most of family resources

Wednesdays 10 AM-12 PM | 7/14- 8/18/21

For More Information or To Register:

Email: info@capecodalz.org or 508 896 5170

For over half a century, AARP has been the nation's leading social change organization defending, representing, and advancing the needs and wants of people 50+ and their families. Our mission is to enhance the quality of life for all as we age and we envision a society in which all people live with dignity and purpose.



Clean It Out! A Lunchtime Offering A Decluttering the Home Workshop

Are you downsizing from a home to an apartment? Do you need to clean out your parents' home? Does it all feel so overwhelming? This workshop will give you step-by-step suggestions and resources on how to declutter a home.

Wednesday, June 9, 2021 12:00 p.m. - 1:00 p.m.

Register at <https://aarp.cvent.com/cleanitout>

Caring Through Music - Cuidarnos a través de la Música

Join us for Latin virtual concert "Caring Through Music - Cuidarnos a través de la Música." We will feature AARP MA Executive Council member and former TV reporter Jorge Quiroga, radio icon José Massó and world-renowned vocalist and percussionist Manolo Mairena will perform with his band.

Friday, June 18, 2021

7:00 pm - 8:30 pm

To register visit <https://aarp.cvent.com/Latinconcert>

Financial Basics Debt Management & Retirement

Join AARP's Martin Booker, Program Manager, for Financial Resilience Programming, for a financial basics workshop on managing your debt as you prepare for retirement or have retired. Topics include: mortgages, student loans, long-term health care needs, and more.

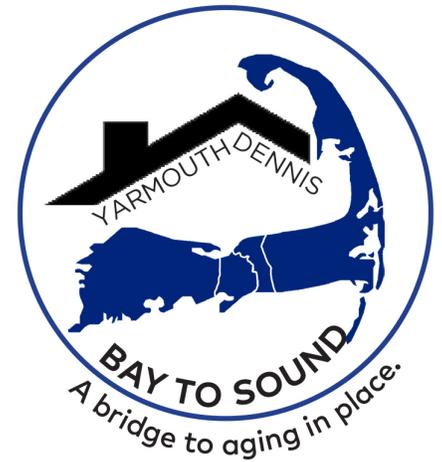
Wednesday, July 7, 2021

6:00p - 7:30p on Zoom

Register at: <https://aarp.cvent.com/DebtManagement>

BAY TO SOUND NEIGHBORS RETURNS

Bay to Sound Neighbors is delighted to announce it will resume all services as of June 15. Thanks to all our members and volunteers who have stuck with us during this past most difficult year. If you are interested in becoming a member, please complete the application on our website or call 508-470-0585. We are so pleased to be able to resume our mission of helping seniors in Dennis and Yarmouth age in place with the assistance of volunteers. And speaking of, we are also actively recruiting new volunteers if you have a few hours a month. Additional information is on our website or 508-470-0585.



Bass River Farmers' Market

June 10-September 9
Thursdays 9am-1:30pm
311 Old Main S. in S. Yarmouth
bassriverfarmersmarket.org

SHELF STABLE FOOD BAGSW AVAILABLE AT THE DENNIS SENIOR CENTER VILLAGE PANTRY

Call (508) 385-5067 for details, schedule pickup or delivery.



TELEPHONE AND OTHER SUPPORT

ALZHEIMER'S FAMILY SUPPORT CENTER

508-896-5170
www.alzheimerscapecod.org

NAMI HELPLINE

Mental Health Resources
800-950-6264
info@nami.org

LOWER CAPE LBGT GROUP

Monthly social events,
Orleans Senior Center

CAPE & ISLANDS CRISIS HOTLINE

800-322-1356

BROWN BAG FOOD PROGRAM

Free Bag of Groceries Once a Month, Dennis Senior Center
508-694-2004

FOOD STAMPS (SNAP)

Confidential Screenings for Food Stamp Eligibility
800-645-8333,X2
(dedicated senior line)

LEGAL ASSISTANCE

ELDER LAW 800-342-5297

LOCK BOX PRGRAM

Dennis Fire Department
508-398-0363

MASS 2-1-1

National Abbreviated Dialing Code to Health & Human services

ST. DAVID'S CHURCH (SOUTH YARMOUTH)

3rd Wed, 1-3PM, Paper & Personal Hygiene Products

STATE REP TIM WHELAN

774-212-7291
Rebecca.Hamlin@ma.house.gov.

NATIONAL SUICIDE PREVENTION HOTLINE

800-273-8255

MASS OPTIONS

Connects to services for elders and individuals with disabilities.
844-422-6227

NOTICE

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FAREWELL FRIEND

It was back in April that Marie Jainchill, Executive Director of the Friends of Dennis, came to my office door and shared the news of her new journey with me. It is with sadness for us, and gladness for her, that she is retiring from her position and moving on (literally) to new horizons. Marie was an inspirational co-founder of the Brown Bag Program at the Dennis Senior Center. It was her influence at the Friends' Board Meetings that brought the majority of volunteers to do the work of the program - from picking up the bulk food, to packing, and on to delivering. The program has continued to flourish during COVID in part because of Marie's continued dedication. In her time here at the Senior Center, she was always an outspoken advocate for justice, for the underdog, for health and for safety. We owe her a debt of gratitude for her service. I am sure, you, as I do, wish her all the best as she navigates her new highway. Marie, please do send us a postcard now and then...and I shall definitely let you know if the Norwegians return.

FUEL ASSISTANCE

A miracle that went beyond my wildest dreams occurred recently. About six years ago I was shocked to find out that the Dennis Fuel Assistance Program was not using all the funding the town had set aside for this program. We tried to restructure the program to fit within the parameters where we seemed to be mired.

Then, along came COVID, and we were closed. South Shore Community Action Council, who runs our program, accepted my suggestion that they send out our form to EVERY approved client. This was a dream come true. One of the main jobs of a social worker is to fight against barriers to programs and services. After so many years, this particular struggle finally paid off. To date, we have had over one hundred new people sign up. Of course, the state and federal government raised the cap in March and the season ends in April, so most people will have enough to get them through. Still, it was a milestone. The next hurdle is to figure out how to get the Dennis funds available automatically and year-round. Meantime, be kind to yourself and others, brush your teeth, wash your face, comb the back of your hair, get dressed, look smart, keep your doors locked, and don't open them to strangers... all this your Mom told you a few short years ago - keep at it! See you soon:).



Marion Prendergast, LSW
Outreach Coordinator
508-694-2004

WALK WITH EASE THIS SUMMER!



Allyson Edson, C.M.A.
Assistant Outreach
Coordinator
508-694-2004

If you need relief from arthritis pain or just want to be active, join us for the Walk With Ease program and learn how to make physical activity part of your everyday life, safely. The program includes a guidebook and a walking schedule to get you moving toward better health. Studies show that Walk With Ease is proven to help people with arthritis and other related conditions to reduce pain, increase balance, strength and walking pace, and improve overall health.

Walk with Ease is a 6-week program developed by the American Arthritis Foundation. The Dennis Center for Active Living @ the Senior Center (DCAL) will be hosting this program in July, and September, three days a week, Monday, Wednesday and Friday at 9am. Participants meet at Johnny Kelley Park, South Dennis. The program is run by a certified instructor. To register for this class, please call the main office at 508-385-5067.



by Sgt. Ryan Carr, Dennis Police Department

Patience. It's my word for the summer, it's all anyone hears anymore when they talk to me. "We all gotta be patient!" And you better be if you expect to survive this summer. Not enough staff in a store or restaurant? Patience. Can't get from one side of town to the other without a helicopter thanks to the traffic? Patience. Want lumber prices or house prices to come down? Lots of patience.

The last year-and-a-half have tried our souls to the core. Now we shed our masks (if you want to), shake hands, and go to a ballgame. I know, weird, right? When I stop a car, I may start going up to the driver side again, but some things from the pandemic may stick around. Zoom isn't being deleted from my computer – which is good, since I can't get anywhere with all the traffic. It's nice to see people out and about being social. But it's rough to see people making up for lost time, causing frustration for others. I wish I knew how to make it all balance, I'd be rich. But instead, I'm here at work, trying to figure out how we can all find balance, fairness, and niceness, too. Being nice is so, well ... it's nice!

Like so many businesses, we've also had to scramble to hire, and keep up with staffing shortages. You will see many new faces, and fortunately for the department and for the town, we have hired some great folks. Wave to us with all five fingers and hopefully we will all have the time to chat and get to know the community members we serve.

If we learned anything from the pandemic, hopefully we took away the mindset that we should appreciate what's around us, after all, we've had plenty of time to look at it. We can use that creativity to find new treasures and experiences around the Cape to relax and recreate. Given the crowds and miniscule work force, we are going to need plenty of fresh ideas (and patience) as we look for things to do. And let's face it, rushing around will lead to frustration, flared tempers, and possibly a call to the police. We are frequently dealing with the neighborhood disputes, domestic issues, and related calls where people have just had it and are blowing up at each other. So,

I've come full circle: patience.

Hopefully I have your attention when it comes to patience. Here's something that will test you: fireworks. If I ever want to spark passionate, controversial debate, there it is. They are illegal to possess in Massachusetts. If we catch you with them, you will later find a summons to Orleans District Court in your mailbox. The tough thing is, that you can get fireworks in every neighboring state, and there seems to be a prevailing attitude that it is a God-given right to set off fireworks on Cape Cod all summer long. Last summer, I responded to a fireworks complaint, and my cruiser was surrounded with an angry mob of people upset I was there. I managed to get out of there without anyone or anything being injured, but it was an upsetting reality check. It was also the first (and only time) as a police officer in Dennis (so far, knock on wood), that I made a panicked call for back-up over my radio.

Personally, I don't like fireworks. There, I've probably lost half of my readers. But I have a dog that shakes all night long and urinates all over the house. I have small kids that are scared of the noise. I'm also stuck at work chasing fireworks complaints. Most of them are over by the time we finally arrive to a scene, as we get inundated with calls. But after being surrounded last year, watching a house in West Dennis go up in flames, helping a man that blew his hand off, my take on fireworks is different. But that's me. If you don't agree, write to our lawmakers and have the law changed. I'll do my job and enforce the law as it's written.

But, we need to have patience. Add in some compassion and empathy. Open dialogue without personal attacks will help us all get on the same page. Then maybe we won't need high levels of patience. Then I can harp on something else! Oh well. I hope you have a happy, healthy summer. I hope you enjoy the company of friends and family. I hope our businesses and town economy thrive. Take care of yourself, and give us a call if you need us. Take a deep breath, exercise some patience, be safe, and be healthy. We'll see you out there.

COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of FREE virtual programs open to you in June 2021! Registration for these programs will begin immediately.

WOODS HOLE OCEANOGRAPHIC INSTITUTE (WHOI) VIRTUAL TOUR

Thursday, June 3, 2021, at 9:30am (via Zoom)

Expert presenter Paul Daigle will take his audience on a virtual tour of one of Cape Cod's most renowned organizations, Woods Hole Oceanographic Institute. WHOI scientists are committed to understanding all facets of the ocean as well as its complex connections with Earth—including humanity. To register call the Chatham COA at 508-945-5190.

“COOKING WITH ALLY”

Tuesday, June 8, 2021, at 11am (via Zoom)

Learn how to make an American Flag Cake! Ingredients: 6 ¼ sticks unsalted softened butter, 3 cups sugar, 6 extra large eggs, 1 cup sour cream, 3 teaspoons pure vanilla extract, 3 cups flour, 1/3 cup cornstarch, 1 teaspoon kosher salt, 1 teaspoon baking soda, 1 ½ pounds softened cream cheese, 1 pound sifted confectioners' sugar, 2 half-pints blueberries, and 3 half-pints raspberries. To register call the Dennis Senior Center at 508-385-5067.

UNDERSTANDING TRUSTS / PLANNING FOR LONG-TERM CARE

Wednesday, June 9, 2021, at 1:30pm (via Zoom)

Attorneys from Patricia Mello & Associates will help teach about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these



documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, P.C. explain in plain English what a Trust is and how it can be customized to meet your unique estate needs. The second part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family. To register call the Falmouth COA at 508-540-0196.

TREK ON THE CAMINO de SANTIAGO

Thursday, June 17, 2021, at 10:30am (via Zoom)

Join Pete Cormier to hear the story of his 2016 trek on the Camino de Santiago or The Way of St. James: A Pilgrimage of Medieval Origin. Accompanied by photos, journaling, incredible quilted scenes of photos of the journey and poetry relating to his journey, Peter will tell the story of his 4 week/460-mile trek along the route ending at the Cathedral of Santiago de Compostela in Galicia, Spain. The Camino de Santiago is listed as a UNESCO World Heritage site for its role in encouraging culture exchanges between people from all over the world for many centuries. To register please call the Sandwich COA at 508-888-4737.

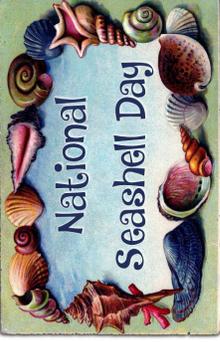
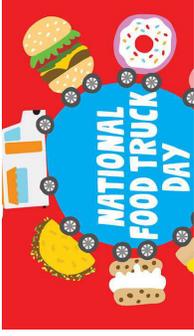
June 2021

Dennis Senior Center
508-385-5067



June is Brain Health Month

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 10:00-11:00 AM Brown Bag Pick Up
7	8	9	10	11 10:00 - 11:00 AM Mobile Food Pantry Pick Up
14 Flag Day	15	16	17	18
	President Woodrow Wilson (28th U.S. President)			

Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
				
28	29	30	Jul 1	Jul 2



DENNIS CENTER FOR ACTIVE LIVING@THE SENIOR CENTER TO OPEN LATER THIS SUMMER

The Town of Dennis received a certificate of occupancy from the builder, BSI, Inc., for substantial completion of construction of the addition to the senior center. We expect to spend most of Summer moving staff and volunteers into the new space, along with Elder Services' Meals on Wheels, the DCAL Cafe, Rolling Raks Gift Shop, Reception/Concierge and Transportation.

HEALTHY BRAIN SELF-CARE ROUTINES

Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine
Hydrate Stretch Breathe	Hydrate Walk Breathe	Hydrate Dance Breathe	Hydrate Stretch Breathe	Hydrate Walk Breathe
Good Morning Stretch on Fb	 on Facebook	Channel 99 Exercise	 on Facebook	Social Friday Group on Zoom

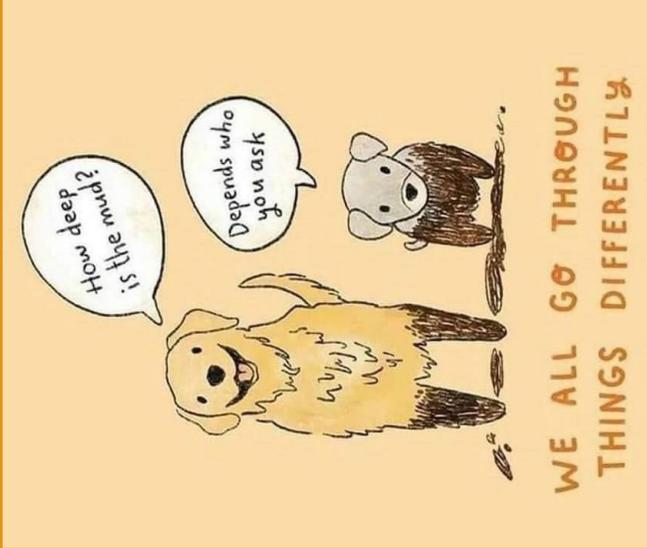
July 2021

Dennis Senior Center
508-385-5067



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 10:00-11:00 AM Brown Bag Pick Up
5	6 	7	8	9 10:00-11:00 AM Mobile Food Pantry Pick Up
12	13	14 10a-12p Savvy Caregiver 	15	16

19	20	21	22	23
		10a-12p Savvy Caregiver 		
26	27	28	29	30
		10a-12p Savvy Caregiver		



AGING WITH ATTITUDE
with Senior Planet

If you or any of your friends want to learn the basics about how to thrive online, we encourage you to attend a free event hosted by Senior Planet. Know of someone who needs access to high-speed internet? Visit agingconnected.org to use our low-cost internet search tool, or call the Aging Connected hotline for support at 1-877-745-1930.

We look forward to helping you get — and stay — connected!



"Are you guys open yet?"

SUMMER WORD SEARCH

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

- | | | |
|-----------|---------|------------|
| AUGUST | ICE POP | SHORTS |
| BARBECUE | JULY | SPRINKLER |
| BEACH | JUNE | SUMMER |
| FAMILY | OCEAN | SUNGLASSES |
| FLIPFLOPS | PICNIC | SUNSCREEN |
| FUN | POOL | SUNSHINE |
| HOT | RELAX | SWIMMING |
| ICE CREAM | SEASIDE | VACATION |





Let's Bake an American Flag Cake!

Join Ally in the kitchen on Tuesday, June 8th, 2021 at 11am (via Zoom). Call the office to register (508) 385-5067 and to get your link.

Ingredients

6 ¼ sticks unsalted softened butter
3 cups sugar, 6 extra large eggs
1 cup sour cream
3 teaspoons pure vanilla extract
3 cups flour
1/3 cup cornstarch
1 teaspoon kosher salt
1 teaspoon baking soda,
1 ½ pounds softened cream cheese
1 pd sifted confectioners' sugar
2 half-pints blueberries
3 half-pints raspberries

Directions

1. Heat the oven to 350 degrees Fahrenheit.
2. Butter and flour an 18 by 13 by 1 and 11/2-inch sheet pan.
3. Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed, until light and fluffy. On medium speed, add the eggs, 2 at a time, then add the sour cream and vanilla. Scrape down the sides and stir until smooth.
4. Sift together the flour, cornstarch, salt, and baking soda in a bowl. With the mixer on low speed, add the flour mixture to the butter mixture until just combined. Pour into the prepared pan. Smooth the top with a spatula. Bake in the center of the oven for 20 to 30 minutes, until a toothpick comes out clean. Cool to room temperature.
5. For the icing, combine the butter, cream cheese, sugar, and vanilla in

the bowl of an electric mixer fitted with the paddle attachment, mixing just until smooth.

6. Spread three-fourths of the icing on the top of the cooled sheet cake. Outline the flag on the top of the cake with a toothpick. Fill the upper left corner with blueberries. Place 2 rows of raspberries across the top of the cake like a red stripe.

7. Put the remaining icing in a pastry bag fitted with a star tip and pipe two rows of white stripes below the raspberries.

8. Alternate rows of raspberries and icing until the flag is completed.

9. Pipe stars on top of the blueberries.



Dennis Advisory Committee on Disabilities

RECRUITMENT ANNOUNCEMENT

The Advisory Committee on Disabilities for the Town of Dennis is currently seeking new members. The Committee's purpose is to assist residents with disabilities, promote accessibility, and ensure compliance with the Americans with Disabilities Act. We work to accomplish these goals through education and advocacy.

If you would like to be a part of the Town's efforts to accommodate all residents and visitors and to provide them with disability resources, please consider joining the Committee. We meet once a month, currently the first Monday of the month. Occasionally, members will also work on special projects outside of regular meeting times.

To apply, please contact Laurie Barr at Dennis Town Hall, 508-760-6104 or at lbarr@town.dennis.ma.us



Please join the
Cape Cod Elder Abuse Coalition
for a paneled discussion:

'Serving Elders: Where are the Gaps?'

June 15, 2021 • 1:00-2:30pm

during



Building Strong Support for our Later-in-Life Community

A FREE VIRTUAL EVENT. ZOOM REGISTRATION: <https://tinyurl.com/serving-elders>

PANELISTS:

Linda Colby, SCSW, Social Worker, Yarmouth Senior Center
Eddie Murphy, Protective Services Program Manager, Elder Services of Cape Cod and the Islands
Richard Waystack, Chairman, Harwich Council on Aging

FACILITATOR: Dr. Joseph Gordon,
Emergency Management Director, Barnstable County Sheriff's Office

CONFIRMED LEGISLATIVE REPRESENTATION

Invited for dialogue to explore how to close the gaps

STATE SENATORS

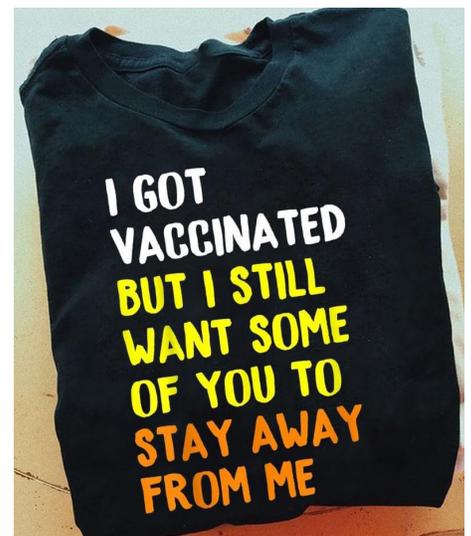
Julian Cyr Cape and Islands District
Susan L. Moran Plymouth and Barnstable District

BARNSTABLE DISTRICT STATE REPRESENTATIVES

Tim Whelan · **Kip Diggs** · **David Viera** · **Sarah Peake** · **Steven Xiarhos** · **Dylan Fernandes**
1st District 2nd District 3rd District 4th District 5th District Falmouth, Dukes, ACK

The Cape Cod Elder Abuse Coalition is comprised of community partners that include Barnstable County Sheriff's Office, Dennis Council on Aging, Elder Protective Services, Harwich Council on Aging, Independence House, Inc., Yarmouth Police Department and Yarmouth Senior Center.

Our Mission is to advocate and support seniors of all genders, to live independently with dignity and safety without worry of abuse of any kind.



Hey, we've got a new logo ... and you are the first folks to see it! It was developed by Peter Mark of Cape Cod Tech in Harwich. Thankfully, he was very patient with us and we are very thankful for his efforts.



New & Renewed Members

Sticking with how thankful we are, we'd like to welcome our new members: Barbara Clark, Nancy & Brad Field, Heather Johnson, Karen & Mike McCarthy, Dot & Ted Miller and Monica Pinardi, Bradley Rowe and Janice Stratton; and renewed members: Irene Bucciero, Kathleen Manning, Marie Reilly and Marla Vincent. It's these membership donations that help make the DSC a place to socialize, to learn and to heal. Thank you!

How We Use Your Membership Donations

Recently, a Supporters' donation helped a 78 year-old grandmother who is raising her grandchildren pay her electric bill. She has had a number of health issues this winter, so this donation was a big relief for her. So, thanks again for those who have become members of the Supporters. Your funds are doing great things.



A colorful graphic for the word 'Summer' in large, orange, rounded letters. Above the letters are a yellow sun, a bee, a blue dragonfly, and a sunflower. A pair of scissors is positioned to the right of the sunflower, indicating where to cut out the form.

Yes, I want to support our DSC's services & events by becoming a Supporter!

Enclosed is my tax-deductible donation of \$ _____ to be used for:

Rehab Gym Equipment	Golden Age Program
Outreach Services	Where Needed Most

Other _____

Name _____ Phone _____

Email _____

Street Address _____

City, State, Zip _____

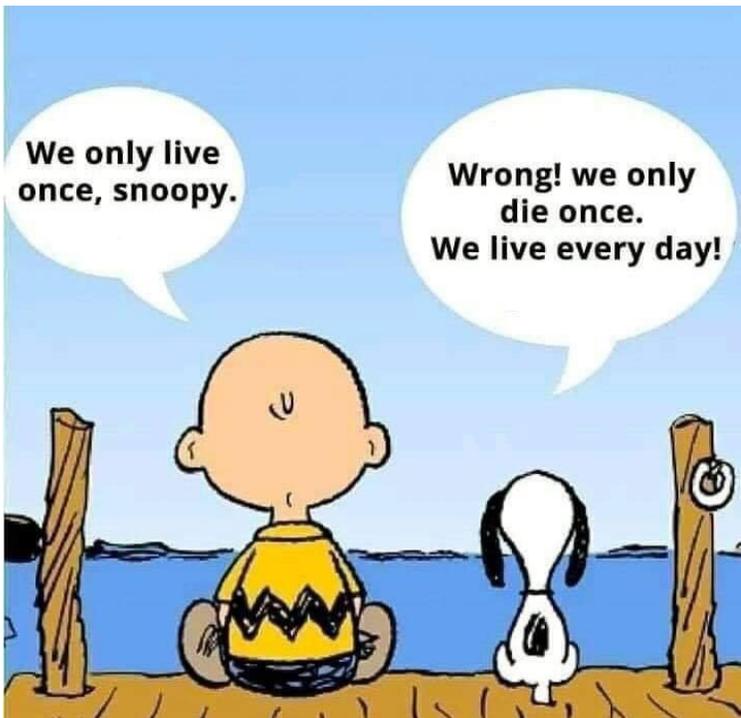
Make check out to 'Supporters of Dennis COA' and mail to PO Box 606,
South Dennis, MA 02660. Thanks!

Dennis Senior Center
1045 Route 134
South Dennis, MA 02660

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Affix mailing label here

*The Cranberry Scoop is a publication of the Supporters of the Dennis Council on Aging and Senior Center, a 501(c)(3) tax exempt non-profit organization.
Hard copy distribution is made possible by the Town of Dennis*



**Rolling Raks Thrift Shop**

STAY TUNED FOR GRAND
OPENING DAY AT DENNIS
CENTER FOR ACTIVE LIVING