

# The Cranberry Scoop



WINTER EDITION 2022

THE NEWSLETTER OF THE DENNIS SENIOR CENTER

**Discover  
the artist in  
you. Paint!**

P. 15

**Be Square!  
Join the Party.**

P. 7

**Yoga.  
It's for  
everyone.**

P. 13



**Mobile  
Dental  
Hygiene  
@DCAL**

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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

Judith Peterson..... Chair  
 Janet Lavin.....Vice-Chair  
 Gary Barber.....Member  
 Carol Keddy.....Member  
 Martha LeBlanc..... Member  
 Deborah Rothschild.....Alternate  
 John Terrio.....Select Board Liaison

## Dennis Center for Active Living @ DSC

1045 Route 134

South Dennis, MA 02660

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



## Director’s Notes

I usually look forward to the winter months, to catch up on reading, organize photos and paperwork, and plan travel to destinations on my bucket list. This year, with Covid variants escalating and pushing the numbers up everywhere, probably best to stay put and enjoy our programs right here.



At the Dennis Center for Active Living (DCAL) we're staying active with a number of programs (p. 10) to help us stay balanced, and keep moving, including Arthritis Walk with Ease (indoors), beginner ballroom dance and Joe Guardino's targeted workouts. Check out Betsy LaMonde's class too. Her BoomerFit classes have been all the rage since her studio went virtual. She runs a class on Thursdays at 10:30. We will also have some pop up surprises from the kitchen, the DCAL Cafe, and some of our own talented residents in Dennis and beyond. There is something for everyone here so we do hope you will take advantage of our transportation (p.5) service to get to the center and sign up for a class or two.

We have more changes coming in spring. As we finalize Town department budgets and prepare to reconfigure staffing and move forward with renovations, our goal is to keep many returning and new members engaged. Besides staying active this winter we want to keep learning and socializing. The Cape Councils on Aging Serving Together, also known as COAST, (p.12) created a shared platform of online programs we can all share with our patrons. You just follow the directions to register for each class and you're in.

Please let us know if you have ideas for programs we can manage with our current staffing. We are seeking a Day Program Coordinator and a Program Associate for the Golden Age Pals, a social day program for families living with Alzheimers and other forms of cognitive loss. We currently offer a one day respite care program on Wednesdays (3 hrs of activities) while caregivers run errands, take a nap, or go to an appointment. Once staffed with a coordinator, we will open four days a week. We're also eager to set up the fitness studios (still waiting for delivery of equipment) so you can make appointments to work out with a friend, your own coach, or one of our local visiting physical therapists. In the meantime, please dont hesitate to share your ideas with us, If we can pull it off, we will. Lastly, please stay posted for the latest on the renovation article this spring when the voters will be able to vote on the level of renovation for the original senior center (built by the Friends of Dennis Senior Citizens in 1981). We look forward to your active participation in this process to see us to the finish line of this construction project.

Stay warm and connected,  
 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



Kelli Fieldhouse  
Asst Outreach Coordinator

For older adults without transportation, the Dennis Senior Center (DSC) provides curb bus service. Weekly trips to local shopping centers include Patriot Square in South Dennis. Round Trips to the DCAL also available. For more information, check the latest issue of the Cranberry Scoop. Transportation Coordinator, Dan Kiley, is happy to take suggestions. For reservations, call the Senior Center at least a day ahead, at 508-385-5067. Gloves and masks are required for entry onto the vehicles.



Dan Kiley  
Transportation Supervisor

| General Bus Schedule (subject to change) |                      |                         |        |
|--|----------------------|-------------------------|--------|
| Tuesday                                  | 8 AM   10 AM   12 PM | Local errands in Dennis |        |
| Wednesday                                | 8 AM   10 AM   12 PM | Local errands in Dennis |        |
| Thursday                                 | 8 AM   10 AM   12 PM | Local errands in Dennis |        |
| Monday                                   | 9:00 AM JANUARY 24   | MARKET BASKET           | \$5.00 |
| Monday                                   | 9:00 AM FEBRUARY 28  | MARKET BASKET           | \$5.00 |

**Boston Hospital Transportation**

**(800) 352-7155**

Enjoy comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston Area Hospitals. CMRTA 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.

**"You don't stop laughing when you grow old, you grow old when you stop laughing."**

**- George Bernard Shaw**

## ALZHEIMERS and DEMENTIA SUPPORT SERVICES

at

### DENNIS COA HUMAN SERVICES

Dennis Senior Center  
1045 Route 134  
South Dennis, MA 02660

Individual and Family Support Consultations  
Vaughn Harding, LCSW

Thursdays, 10:00 – 2:00 pm

COVID-19 Vaccination and  
Pre-registration REQUIRED

To register, please call  
(508) 896-5170 or email:  
info@capecodalz.org



## RECOVERY SUPPORT AT THE LIBRARY

Come to the Dennis Public Library on Tuesday afternoons from 2:00-4:00 to meet with a Recovery Support Navigator, who is able to offer advice and personalized assistance with treatment for substance use (including heroin, opioids, alcohol, cocaine, marijuana and other substances.) This service is made possible through a partnership between the Duffy Health Center, the Town of Dennis, and the Barnstable County Department of Human Services.

Stay tuned for events sponsored by the Dennis libraries to celebrate “Take Your Child to the Library Day” on Saturday, February 5<sup>th</sup>. More details to come. Always check each library’s website for news and upcoming events.

Dennis Public Library: [www.dennispubliclibrary.org](http://www.dennispubliclibrary.org)

Dennis Memorial Library: [www.dennismemoriamlibrary.org](http://www.dennismemoriamlibrary.org)

Jacob Sears Memorial Library: [www.jacobsearslibrary.org](http://www.jacobsearslibrary.org)

South Dennis Library: [www.southdennislibrary.org](http://www.southdennislibrary.org)

West Dennis Library: [www.westdennislibrary.org](http://www.westdennislibrary.org)

## SHINE After Open Enrollment

Even though Medicare’s Annual Open Enrollment ended on 12/7/2021 (that’s the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1<sup>st</sup>. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between January 1<sup>st</sup> and March 31<sup>st</sup>, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame. For Prescription Advantage members or if you are getting “Extra Help” paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment. Five Star Special Enrollment Period (SEP): You can join a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year.

State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the senior center to make an appointment with a SHINE counselor.



**What is square dancing all about?**

Perhaps you think you know square dancing from your school days. Well, think again, because this is not your father's dance routine. There is new music and new dance steps. No more rough dancing in barns!

contemporary people to meet each other and build a circle of friends.

**It's a party!**

Square dancing is a party every time you do it. Square dancing brings people together for fun and fellowship. The fun starts right on the very first lesson. You meet new friends and the fun keeps right ongoing as long as you do.

**Think about joining a class**

Dave Perrault is the caller and instructor. He has had over 50 years of teaching experience. He has called square dances all over the New England states and up and down the Atlantic seaboard, and even in Europe He makes the learning process very easy. Fun is the goal! So how about it? Our class is forming. Join the fun and fellowship, and get some exercise too.

**It's all about people!**

Square dancers are all kinds of folks sharing a love of action and teamwork. Square dancing is a movement to music. It's done in couples, with teams of four couples. It is not a spectator sport. It is for the active in heart and mind. There is no better way for active,

**Secure Online Payments at DCAL with The Wallet**  
We have a new and improved method for collecting payments with MySeniorCenter. Ask us how! 508-385-5067

**TOWN OF DENNIS  
ADVISORY COMMITTEE  
ON DISABILITIES**

**LIVING WITH DIFFERENCES**



DO YOU OR SOMEONE YOU KNOW HAVE A DISABILITY, NEED HELP AND DON'T KNOW WHERE TO START? THE DENNIS ADVISORY COMMITTEE ON DISABILITIES (ACD) MAY BE ABLE TO HELP. THE PURPOSE OF THE ACD IS TO ASSIST OUR RESIDENTS WITH DISABILITIES AND TO MAKE THE TOWN OF DENNIS MORE ACCESSIBLE, BY ENSURING THAT THE PUBLIC AREAS ARE IN COMPLIANCE WITH THE AMERICAN DISABILITIES ACT (ADA). WE WORK WITH THE BOARD OF SELECTMEN ON MATTERS AFFECTING THE LIVES OF DENNIS RESIDENTS WITH DISABILITIES AND WE WORK TO EDUCATE THE TOWN AND ITS ESTABLISHMENTS ABOUT ACCESSIBILITY NEEDS. IF YOU OR ANY ONE YOU KNOW YOU NEEDS HELP IN ANSWERING QUESTIONS ABOUT DISABILITY ISSUES OR AVAILABLE RESOURCES PLEASE DON'T HESITATE TO CONTACT US. TOWN OF DENNIS ADA COORDINATOR  
508-385-5067, X398 | COA@TOWN.DENNIS.MA.US

**Paying for Home Internet?**

New federal government program offers a monthly benefit for home internet service.

On December 31, 2021, the Affordable Connectivity Program (ACP) will begin. Here is what you need to know: Enroll after December 1, and your monthly benefit may be \$30. Everyone enrolled in the Emergency Broadband Benefit Program you will be automatically transferred to the Affordable Connectivity Program. You will not need to submit a new application. You may qualify if you qualify for the Lifeline Program and/or receive assistance through SNAP, fuel assistance or Medicaid/Mass-health. Keep an eye out online for the application for the Affordable Connectivity Program.

# Bay to Sound



Bay to Sound Neighbors is back in business full force focusing on our current members and accepting new volunteers. We are an all-volunteer organization and volunteer recruitments is a top priority to keep up the demand for services. Remember as a volunteer there is no set schedule or number of commitments per month. It is simply what fits into your schedule any morning or afternoon when you are able. Volunteer options include 1. Making a difference by providing a request to a member for a ride, a light home & garden task or a friendly visit. 2. Helping with administrative tasks on one of our committees, delivering brochures, stuffing envelopes for mailings, etc. B2S has been invited to speak at community groups to spread awareness of what we do to help our seniors in Dennis and Yarmouth remain independent and age in place.

**TELEPHONE AND OTHER SUPPORT**



**SHELF STABLE FOOD BOXES AVAILABLE AT THE DENNIS SENIOR CENTER VILLAGE PANTRY**  
Call (508) 385-5067 for details, and to schedule a pickup

**ALZHEIMER'S FAMILY SUPPORT CENTER**

508-896-5170

[www.alzheimerscapecod.org](http://www.alzheimerscapecod.org)

**LEGAL ASSISTANCE**

ELDER LAW 800-342-5297

**NATIONAL SUICIDE PREVENTION HOTLINE**

800-273-8255

**BROWN BAG FOOD PROGRAM**  
Free Bag of Groceries Once a Month  
Dennis Senior Center  
508-694-2004

**LOCK BOX PRGRAM**  
Dennis Fire Department  
508-398-0363

**SHINE**  
DCAL: 508-385-5067  
Hyannis Office: 508-375-6762

**CAPE & ISLANDS CRISIS HOTLINE**  
800-322-1356

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

**ST. DAVID'S CHURCH (SOUTH YARMOUTH)**  
3rd Wed, 1-3PM, Paper & personal hygiene products  
RN for BP screening and meal 1pm to closing

**ELDER SERVICES MEALS ON WHEELS CAREGIVER SUPPORT GROUPS**  
508-394-4630

**MOBILE FOOD PANTRY**  
508-694-2004  
800-322-1356

**STATE REP TIM WHELAN**  
774-212-7291  
[Rebecca.Hamlin@ma.house.gov](mailto:Rebecca.Hamlin@ma.house.gov)

**FOOD STAMPS (SNAP)**  
Confidential screenings for Food Stamp eligibility  
833-712-8027  
(dedicated senior line)

**MASS 2-1-1**  
National Abbreviated Dialing Code to Health & Human services

**NAMI HELPLINE**  
Mental Health Resources  
800-950-6264  
[info@nami.org](mailto:info@nami.org)

**WE CAN**  
508-394-4630

**GOLDEN AGE PALS Supportive Day Program**  
508-694-2004

**CAPE COD VET CENTER**  
Adam Doerfler 508-778-0124

**VET SERVICES OFFICER**  
Shawny 508-778-8740

“In the bleak midwinter, frosty wind made moan, Earth stood hard as iron, water like a stone....” And, here we are midwinter, when the nights can seem ever so long, and the days ever so cold...I think this is a good time to discuss and do a bit of education around drug and alcohol use in us older adults. Did you know (I did not) that the combination of drug and alcohol misuse has been estimated to affect over 19 percent of older adults? That is almost 20 out of every 100 of us. Also, (and these factors might come to mind if we think about it....). that the combination of misuse is found more in women, folks who are socially isolated (think of this pandemic), already have a history of a substance use disorder (again think of the pandemic) and who already have a mental health disorder-like depression or anxiety for example. Pain relievers account for 43.5 percent of ER visits when drug misuse is involved, while medications for anxiety and insomnia cause 31.8 per-

cent. If you or someone you know are on medications, do make sure you check that you are using them correctly and not combining them with alcohol. Also, be sure to check your dosage on every refill, because mistakes can happen-and that reminds me-use a pill box, even if you think you still have it all together, it is best to get into the habit while you do, so when maybe you don't, the habit is set. If you are on any medication, the rule of thumb is to stay away from all alcohol, and if you are not, the consensus now is no more than one drink a day for older women, two for older men. How does that translate? One 12 oz. 5% ABV beer, 8 oz. 7% malt liquor, 5 oz. 12% ABV wine, and 1.5 oz ABV distilled spirits (gin, rum, vodka, whiskey, etc.). Why, you might ask? As we age we become more sensitive to the side effects, our lean body mass and water content drop, our metabolism slows down, alcohol stays in our system longer, and as a result the amount of alcohol in our

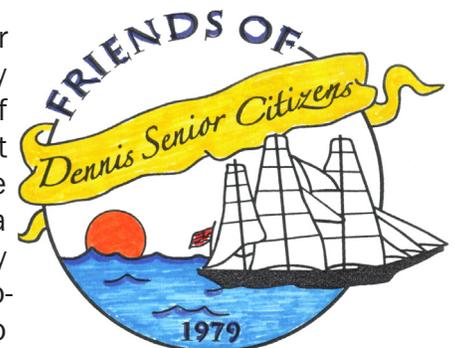


**MARION PRENDERGAST, LSW**  
**(508) 694-2004 DIRECT**

blood is higher than when we were younger. It is also more apt to affect our balance, hearing, eyesight-our reaction time slows down, we are at a higher risk of falls and accidents. Then of course we all know how adversely alcohol affects diabetes, high blood pressure, cancer and ulcers. For many of us taking the leap to cut back is hard-those two or three drinks at night have been a ritual for years. Some tips-drink an 8 oz glass of water before having a drink, have water with dinner, try tea, decaf, cocoa, etc., after dinner, make a ritual of it. Even us, “older adults” can change our habits. GO FOR IT!!!

## Friends of Dennis Senior Citizens Holiday Giving

We thank all who participated in the Big Wrap in Howell Hall on a crisp December Tuesday afternoon. For thirty-six years it has been a day when our community comes together, reminding us that giving of ourselves reflects the values of the season. Many volunteers came prepared with scissors in hand and a most cheerful spirit. Some 2400 presents were wrapped for 130 Dennis seniors. The gift bags were decorated by children from Dennis Union Church and the Ezra Baker Elementary School. Drivers arrived at Howell Hall at 9am on Saturday



and proceeded to deliver the gift bags. Many thanks to the following drivers: Debbie Doyle & husband, Dan Kiley, Sherrie & Charlie Jones, Pam Brimme &, Husband, Greg Kline, Kerry Cassin, Kathy Connors, Louise Hopper, and AT&T Hyannis Store: Rick Picanzo, Chris Camara, Roger Santos, Nick Guzman. Lastly, thanks to the Christmas Giving Committee: Nancy Wolf, Chairperson, Carol Lawrence, Jan Bogardus, Delores Kennedy, Arthur and Beth McCormack. Their organizational efforts made this event successful.

## Keep on Movin'

Frank Callahan, of Silver Fox Fitness, is a Registered Nurse and Licensed Personal Trainer whose motto is "enjoy life to the fullest!"

Frank will be leading us in two classes at DCAL this winter.

One class will focus on balance through strength and flexibility exercises, while the other class will



teach us the basics of ballroom dance while we build our confidence and coordination. Learn to grapevine, shuffle, and rock your way across the floor. Dancing is a healthy, social activity that lifts your mood and busts stress. Classes are held every Thursday, from 2:00 - 4:00PM.

## Chair Mindful Stretching



Chair Mindful Stretching is back! Join Betsy LaMond of BoomerFit for a 45-minute session of chair stretching on Thursdays at 10:30 AM. We start with a deep breathing warm-up then stretch all areas of the body slowly and mindfully. It's a great way to open up the passages in your body for easier movement and boosting your immune system. To register call (508) 385-5067.



## ZUMBA with Christina

Christina Arabadzhieva dances side by side with her students and helps them overcome challenges in everyday life. Her motto is working strength from the inside out. Christina is licensed to teach Zumba, Aqua Zumba (R) and Zumba Gold (R). Classes held every Friday at 9AM.

WALK WITH EASE  
a program for better living



Join us for the Walk With Ease program, indoors this winter! 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. The program is facilitated by a certified instructor. Mon, Wed, Fri at 9AM starting January 24.



## Joe Guardino Fitness

Joe specializes in senior fitness and has additional certifications in corrective exercise science, fitness nutrition and weight loss. The program is one hour in length and focuses on Balance and Fall Prevention. It encompasses coordination, stretching, cardio, resistance (strength) training and core work. The class is a challenging but safe and enjoyable work out that re-

quires minimal equipment. The class is divided into standing and chair exercise with no floor work. Additionally, the program may help you reduce the risk of injury, recover more quickly from injury, range of motion impairment, mobility issues and musculoskeletal imbalances. Joe's class is every Thursday, 12pm-1pm.



*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 virtual programs open to all.*

### **WINTER CONSUMER PROTECTION WITH OFFICE OF THE ATTORNEY GENERAL**

Monday, January 10, 12-1pm (via Zoom) With electric and natural gas rates set to rise this winter season, Attorney General Maura Healey launched a campaign to educate customers about new and expanded programs available to assist them in paying energy bills. Due to COVID-19 economic uncertainty and volatility in global fossil fuel prices, customers in New England will see a spike in energy prices this winter. Customers who use gas to heat their homes should expect an increase on their monthly bill, and those who use oil could see an even bigger rise. Some customers also will see an increase in their electric bills. To register for class email Susan at the Barnstable COA @ [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)

### **IN THE KITCHEN WITH KELLI**

Tuesday, January 11, 11am (via Facebook Live) Learn how to make a warm winter treat during this Facebook live episode of Aging Well Today Cape Cod, at the Dennis Center for Active Living. For more information call us at (508) 385-5067.

### **HEALTH TALK: NUTRITION FOR A HEALTHY WINTER**

Wednesday, January 12 at 10-11am (via Zoom) You are what you eat! What we put in our body can result in how healthy we are. The experts from Kindred Health will discuss how to stave off illness through changes in your diet. To register for class email Susan at the Barnstable COA @ [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)

**WINTER BIRDS OF CAPE COD** Tuesday, January 25, 1:30-2:30pm (via Zoom) Do you enjoy the variety of birds seen in your neighborhood and can you distinguish one from another? Join Chris Waltz, the property manager and a naturalist at Mass Audubon's Long Pasture Wildlife Sanctuary, for an informative interactive session on the Cape's winter birds. Chris Waltz has been birding for over 20 years and has taught many birding classes for birders of all backgrounds and abilities. Join us and

find out more about the birds amongst us. To register call the Orleans COA at 508-255-6333.

### **FORENSIC ENTOMOLOGY: WHO DUNNIT?**

Wednesday, January 26, 9:30-10:30am (via Zoom) Insects are now used to investigate a number of problems ranging from contamination of foods, apartment problems, to violent crimes. Learn about the key bug players and how they have helped solve crimes that conventional investigation techniques could not. Presented by Larry Dapsis, Entomologist, Cape Cod Cooperative Extension. To register call the Chatham COA at 508-945-5190.

### **IN THE KITCHEN WITH KELLI**

Tuesday, February 8, 11am (via Facebook Live) Learn how to make a Valentine's Day surprise during this Facebook live episode of Aging Well Today Cape Cod, at the Dennis Center for Active Living. For more information call us at (508) 385-5067.

### **USSR - RUSSIA: MYTHS, MYSTERIES AND SPYING**

Thursday, February 10, 11am (via Zoom) Zoom Presentation with Henry Quinlan  
A one-hour presentation with Henry Quinlan based on his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience. Accompanying power-point with 109 panels. To register, call the Bourne COA at 508-759-0600 ext. 5300.

### **SAVVY CAREGIVER**

Mondays, February 28 - April 4 from 10-11:30am (via Zoom)  
The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, and caring for those living with Alzheimer's disease or related dementias. In person and Virtual Link to meeting will be sent upon registration. For more information or to register, call: 508-862-4765 or email [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)

## YOGA at DCAL

Begin 2022 with a commitment to self-care through yoga! This gentle practice guided by Maria Damon begins with short centering meditation, warm up stretching, lots of breathing, yoga asana and relaxation. Maria is a 500 Hour Kripalu trained registered yoga instructor. She's been teaching on Cape Cod since 2013 and practicing yoga for over 25 years. Some Dennis residents may remember her from her previous life working at both the Dennis and East Dennis post offices. Sessions begin January 18th and every Tuesday 9:30AM --10:45AM. Please bring your yoga mat and blanket or beach towel. A yoga block as well as a yoga strap (or necktie, bathrobe tie) are suggested. \$10 per class.



## Mobile Dental Hygiene Services Has a New Schedule for 2022!

Preventative dental services are now being offered at the Dennis Center for Active Living (DCAL) at the Senior Center on the fourth Thursday every other month beginning Thursday, January 27<sup>th</sup>, 2022. Mobile Dental Hygiene Services is excited to offer dental cleanings, exams, fluoride treatments, denture care, temporary fillings/crown recements and education. Services are free to anyone with MassHealth Standard/ Medicaid. They offer affordable rates for individuals without dental insurance. We also provide home visits to individuals within the community who may be homebound. To make an appointment, or for more information: Please call 508-827-6725 or email [smiles@mobiledentalthygiene.com](mailto:smiles@mobiledentalthygiene.com).



*Mobile Dental Hygiene Services*

*www.mobiledentalthygiene.com*

*508-827-6725*

*smiles@mobiledentalthygiene.com*

# JANUARY 2022



@ Dennis Senior Center  
508-385-5067



| Monday   | Tuesday  | Wednesday   | Thursday | Friday  |
|--|--|---|----------|---|
| 3  |  <p>NATIONAL SPAGHETTI DAY!</p> | <p>5</p> <p>Noon - 3:00 PM<br/>GAP Club House<br/>(Respite Care)</p>  | 6        | <p>7</p> <p>10:00 - 11:00<br/>Brown Bag</p>           |
| 10   | 11   | <p>12</p> <p>10:30 Musical Souvenirs<br/>12:30 Book Club<br/>Noon - 3:00 PM<br/>GAP Club House<br/>(Respite Care)<br/>2:00 Tea &amp; Talk</p> | 13       | <p>14</p> <p>10:00 - 11:00<br/>Mobile Food Pantry</p> |
| <p>17 CLOSED</p>  | 18   | <p>19</p> <p>12:00 Birthday Party<br/>Noon - 3:00 PM<br/>GAP Club House<br/>(Respite Care)</p>  | 20       | 21  |
| <p>24/31</p>      | 25   | <p>26</p> <p>Noon - 3:00 PM<br/>GAP Club House<br/>(Respite Care)</p>   | 27       | 28  |

## WEEKLY ACTIVITIES - FIND US ON FACEBOOK

| Monday                        | Tuesday   | Wednesday                           | Thursday   | Friday   |
|-------------------------------|---|-------------------------------------|--|--|
| 1:00 Bridge<br>1:00 Mah-Jongg | 9:00 Chair Caning<br>9:00 Stitch and Chatter<br>9:30 Yoga | 10:00 Square Dancing<br>1:00 Bridge | 10:30 Mindful Stretching<br>12:00 Joe Guardino Fitness<br>2:00 Balance Class<br>3:00 Beginner Ballroom<br>3:00 Grief Support Group | 9:00 Zumba<br>10:00 Chair Zumba<br>12:30 Cribbage<br>1:00 Scrabble |

### PAINTING with Patricia Barnes

‘Yes You Can,’ is six weeks of painting for beginning and intermediate students. I intend to share practical ideas I wish someone had taught me when I first began to paint. For example, keep the subject as abstract as possible for as long as possible. Students are asked to bring a photo they wish to paint. Classes



es will focus on shape, values and color. The first 2 1/2 hours we will paint, followed by 30 minutes of critiques. I will provide oil paint and medium. Students are asked to provide canvases, brushes and

acrylic paint if they choose that medium. Classes will be held every Tuesday morning, 9:30am-12:30pm, beginning January 18<sup>th</sup>.

VALENTINES  
**Brunch**  
 The Dennis Center for Active Living @ The Senior Center

**MON**  
**2/14**

**12pm**

Please RSVP by Thursday 2/11  
 (508) 385-5067

# FEBRUARY 2022



Dennis Center for Active Living  
508-385-5067



| Monday  | Tuesday | Wednesday  | Thursday   | Friday   |
|---|---------|--|--|--|
|   | 1       | 2<br><br>Noon - 3:00 PM<br>GAP Club House<br>(Respite Care)  | 3<br><br>   | 4<br><br>10:00 - 11:00 AM<br>Brown Bag           |
| 7   | 8       | 9<br>10:30 Musical Souvenirs<br>Noon - 3:00 PM<br>GAP Club House<br>(Respite Care)<br>12:30 Book Club<br>2:00 Tea and Talk | 10<br><br> | 11<br><br>10:00 - 11:00 AM<br>Mobile Food Pantry |
| 14<br><br>12:00 Valentine's Brunch @<br>DCAL<br><br> | 15      | 16<br><br>Noon - 3:00 PM<br>GAP Club House<br>(Respite Care)<br><br>12:00 Birthday Party                                   | 17   | 18   |

| Monday   | Tuesday | Wednesday  | Thursday | Friday                        |
|--|---------|--|----------|-------------------------------|
| 21 CLOSED<br> | 22      | 23<br>Noon - 3:00 PM<br>GAP Club House<br>(Respite Care) | 24       | 25                            |
| 28   | March 1 | 2<br>Noon - 3:00 PM<br>GAP Club House<br>(Respite Care)  | 3        | 4<br>10:00-11:00 AM Brown Bag |

### GRIEF SUPPORT GROUP NEWS

The Grief Support Group for grieving spouses and partners will continue on Thursdays from 3-4. It does not matter how long you have been grieving, if you need support, please feel free to come. Call Marion at 508-694-2004.

### CAREGIVER ALERT!

Need a few hours to run errands, make an appointment, or meet with friends for lunch? The GAP Club House is Dennis Senior Center's new short term respite program. Once you're registered, you can call to let us know you will be dropping off your loved one. Avis and her helpers will be waiting with engaging and fun activities, snacks, music and more. Taking care of yourself and making time for social connection will help you be a better caregiver!

# WINTER WORD SEARCH

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

## WORDS TO FIND:

- |          |           |              |
|----------|-----------|--------------|
| BLIZZARD | BOOTS     | CHILLY       |
| COLD     | FIREPLACE | FROSTY       |
| FROZEN   | GIVING    | GLOVES       |
| HAT      | HOLIDAYS  | HOTCHOCOLATE |
| ICE      | ICESKATE  | ICICLE       |
| MITTENS  | PINETREE  | SCARF        |
| SNOW     | SNOWBALL  | SNOWFLAKE    |
| SNOWMAN  | SNOWSUIT  | WIND         |
| WINTER   |           |              |

## Valentines Day Cookie Bark

### INGREDIENTS

- 1 package of Oreos
- 2 cups pretzel sticks
- 1 package Valentine M&Ms (or other candy)
- 1 package almond bark or candy melts
- Sprinkles



### INSTRUCTIONS

1. **Line a baking sheet with parchment or wax paper**
2. **Crumble Oreo cookies and spread out on baking sheet.**
3. **Break pretzel sticks in half and sprinkle over Oreo cookies.**
4. **Sprinkle M&Ms over cookies and pretzels.**
5. **Over low heat, melt almond bark until smooth.**
6. **Pour over cookies, pretzels, and candy.**
7. **Let almond bark soak between the cookie and candy mix.**
8. **Decorate with sprinkles before the bark cools completely.**
9. **Place in refrigerator for an hour to cool.**
10. **Break into pieces.**
11. **Enjoy!**



Yet another article that was inspired by my five-year old. This time, he is challenging my ability to describe what occurs in our society. Go back a few weeks, and my little man and I were in my truck, sitting at a red light. He points out an unusual sight: "Hey Dad, why is that guy running naked?" What??? "Yeah, look over there. And it looks like your friends are chasing him." My friends of course, are fellow police officers. The naked man is likely suffering from mental illness.

The light turned green and off we drove. Here comes the next question: "Why was that guy doing that?" Oh boy, another one of those challenges of fatherhood they don't put in the manual. I go on to compare being sick or injured resulting in a body part not working correctly, trying to make the little man understand. I then tried to connect that to an illness or injury that would make the brain operate differently or make choices that we usually do not see. He shook his head, apparently understanding what I was saying. Then came another question: "Why are the police chasing him? He's not a bad guy. He needs a doctor." Bingo! The five-year-old has it figured out already.

The Dennis PD was using my young son's logic long before he asked his tough question. Our department has known for a long time that society cannot arrest our way out of a drug crisis, and arrests do not cure mental illness. Our Community Services Coordinator, Kathy, was handling all community references, victims' services, referrals, follow-ups, and just about every function that helps improve the lives of those with whom we come in contact. Recognizing that no one person could handle the workload for an entire PD in an entire town, we needed to expand our focus on mental health. We also needed to free up Kathy to address the never-receding mountain of work in her inbox. Lt. Gelnett was a Sergeant at the time, and he applied for some grant money that was available from the state for our department. Well, the money was approved, and the grant funds made its way to Dennis.

Fast-forward to today, and his efforts – along with the logic mental illness needs medical assistance, not in-

roduction to the criminal justice system – have helped us to create a new unit within the Community Operations Unit. We now have five officers assigned part-time to the unit that specialize in mental health, crisis intervention, and community outreach. These officers will be working in partnership with three clinicians that are now on staff, assisting our efforts and the community. We welcome Fran, Justine, and Lynn, and in their short time working with us, we have already seen jail diversion, resource referrals, homelessness diversion, and clinical resource referrals. And we still have Kathy to help coordinate it all and utilize her vast knowledge and experience to tie it all together.

It makes me very proud to be a part of such an energetic, forward-thinking police department. I get to supervise and coordinate all of these fine officers and clinicians as they go about their work, with immediate impact. My attitude is to put the best people in the best position to do their best work, and then get out of the way. I know we do our best to make a positive difference in the community every day, but this is big – and there really is no model to follow. Large city departments already have clinicians working with police officers. Small departments like ours do not – so we are figuring how to best make it all work here in Dennis. We are trying to figure out how to efficiently coordinate with local health agencies and non-profits. We continue to hold our place in the forefront of innovation and best police practices.

Stay tuned, as we have more plans to become more involved. We have some movement coming with retirements and promotions, we plan to have some new faces on the streets as well – new "friends" as my son would call them. Be sure to say hi, or at least wave with all five fingers extended. Winter is here and we are ready to hunker down, but like I've always said, we are tough New Englanders and can handle it. Stay safe, stay warm, stay healthy, and stay sane ... and if you need help with any of these, give us a call. We may just have the correct resource to help. We'll see you out there.

- Sgt. Ryan Carr



## Thank You!

The Supporters of the Dennis Council on Aging thank you for your support of our fundraiser this past year and for donations and new memberships which help us provide funds for many of the programs our residents enjoy. We can do this because, as you know, we are a wholly volunteer organization that is committed to fund special social and educational events each year. We publish the Cranberry Scoop, fund the Veterans Breakfast, sponsor participation in the GAP program, purchased fitness equipment and helped if there was someone in crisis in our community. Covid hindered our mission this year. We look forward to being able to work and help in all of the programs provided once the DSC is BACK in full swing.

It was a tough start to 2021 and here we go again. We hope you have all received your vaccines and a booster and are ready to weather the Winter of 2022. We have much to be thankful for and especially the opening of the Dennis Center for Active Living. They are slowly returning to some form of normalcy, but we must be patient. Our ability to regain full in-person access is dependent on State and Town rulings. As you will see in the Scoop, some of the many anticipated programs have returned. We are looking forward to seeing all of you enjoying your friends, and familiar and new programs very soon.



### Become a Member

Give any amount, complete the form, enclose your check and mail to:

**Supporters of the Dennis COA**

**PO Box 606**

**S. Dennis, Ma. 02660**

We will send a thank you letter for tax purposes.

### Upcoming Event

We are currently planning an informative Membership Meeting with all members and the Supporters' Board in May 2022. We will present our goals and mission and eagerly listen to suggestions and expectations from you. Bring your thoughts and ideas on how you can help us achieve this for Dennis Seniors.

### Thanks to our new members and those who have renewed their memberships:

Andrea Gotti

Helen Ann McElhane

Cecilia Beucler

David and Alice Barry

Kathleen and Robert Haff

Richard and Judy Lawton\*

\*requested their very generous donation go to the Golden Age Pals program.

We are a non-profit, volunteer organization that raises money to support Dennis Senior Center programs.

Our Senior Center can use your help. Become a Supporter today!

Enclosed is my tax-deductible donation of \$ \_\_\_\_\_.

Make check out to 'Supporters of Dennis COA' and mail to:

P.O. Box 606, South Dennis, MA 02660.

Thank you!

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