

The Cranberry Scoop



GRAND OPENING EDITION 2021

THE NEWSLETTER OF THE DENNIS SENIOR CENTER

DCAL@DSC GRAND OPENING OCTOBER 19

What is DCAL?
DENNIS CENTER FOR ACTIVE LIVING
DCAL@THE SENIOR CENTER

Introducing
Golden Age Pals
Adult Day and Caregiver Support Center

In this Issue

ADA News.....22
 Age-Friendly Dennis.....6
 Community Partners.....9
 Calendar of Events.....16
 Community Safety.....12
 Outreach Dept.....11
 SHINE News.....7
 Supporters' News.....23
 Transportation5
 Wellness14

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
 Carol Keedy..... Vice-Chair
 Janet Lavin..... Secretary
 Martha Leblanc.....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

The Center for Active Living at the Dennis Senior Center opens its doors (p.xx). So, what is the idea behind DCAL? Being a gerontologist with a long career in community health promotion, I envisioned senior centers as community hubs of civic and social activity, where residents could meet, share common interests, meals, even the occasional birthday party! We wanted to create a space in the senior center that was inviting to grandparents with grandchildren, to mature singles, married couples, caregivers, to bring the community together. This helps us amplify the variety of life enriching programs we can offer. Covid-19 has taught us not to take social connection for granted and to nurture relationships in our lives for better health, quality of life, and longevity. On that note, **DCAL Evergreen Fitness Studios** will be outfitted with therapeutic, strength, balance, and cardiovascular equipment, and we will work with local trainers and physical therapists to provide expert guidance on form and safety while you learn to use the equipment. Unfortunately, due to Covid-19 and some funding challenges, the equipment will roll in slowly, as will furniture and other equipment that is backordered due to Covid-19 economic recovery challenges. But that isn't stopping us from opening and offering what we do have ready to go!



The Golden Age Pal's new, what I like to call "clubhouse" at the center will host up to 16 participants daily, except Thursdays, and offer an array of activities, including exercise, music and art therapy, cooking, games, outings and more. Our experienced and trained staff will provide social support to participants and family members, and work to keep everyone in the community, socially and creatively engaged. New COA Board Members are needed to help steer the future of DCAL programs and services. Join us!



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 curb bus service. Weekly trips to local shopping centers include Patriot Square in South Dennis.

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.**



Daniel Kiley
Transportation Supervisor

General Bus Schedule (subject to change)			
Tuesday	8:00 AM 10:00 AM 12:00 PM	Patriot Square	
Wednesday	8:00 AM 10:00 AM 12:00 PM	Patriot Square	
Thursday	8:00 AM 10:00 AM 12:00 PM	Patriot Square	
Thursday	9:00 AM October 21	MARKET BASKET	\$5.00
Thursday	9:00 AM October 28	HYANINIS	\$5.00

**FOR EVERYONE'S SAFETY
GLOVES AND MASKS ARE REQUIRED ON BOARD
COA VEHICLES**

FREE FARE FRIDAYS!

RIDE FOR FREE ON ALL FIXED ROUTE BUSES EVERY FRIDAY! APPLIES TO ALL RIDERS!

A GREAT WAY TO EXPERIENCE CAPE COD RTA'S SERVICES FOR THE FIRST TIME! WE SERVE ALL 15 TOWNS! JOIN US!

BEGINNING JULY 2ND, 2021

WWW.CAPECODRTA.ORG ~ 800-352-7155

Facebook, Twitter, Instagram icons

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.

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!

Native Dennis Student Wins DCAL logo contest

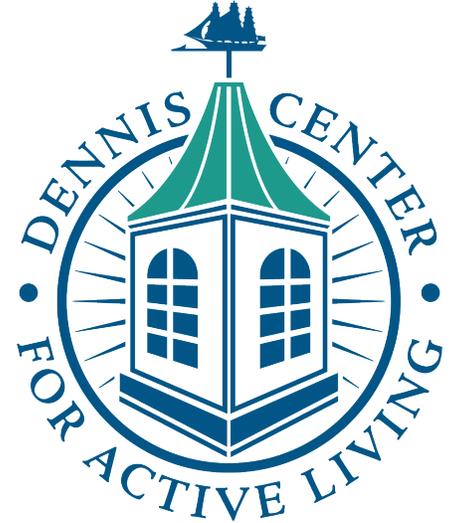
Dennis, MA - William Hopper, a native Dennis student who now works as a graphic designer in New York City, was selected by the DCAL Grand Opening Committee as the winning artist in the DCAL logo contest. The logo represents the



center as a "beacon of light" in the community. William used the original structure's cupola and ship's compass which are symbolic of the direction and sometimes, assistance, we all need as we navigate through life.

William was born and raised in Dennis, MA. He attended the Dennis School district and would take the school bus past the Senior Center every day. Growing up, he participated in many local theaters on the Cape, including The Harwich Junior Theatre, Eventide Arts in Dennis, and the Cape Rep Theatre in Brewster. He also worked many summers at the Cape Playhouse in the Box Office. His family lives in Dennis, and his grandmother has been going to the Dennis Senior Center since she moved to the Cape five years ago.

He moved to New York City in 2006 to attend The Tisch School of the Arts at New York University. After graduating, he began working professionally in film and television production. In 2013 he joined the International Alliance of Theatrical Stage Employees, an artists' union representing designers in entertainment. Since then he has been working as a Graphic Artist in the motion picture and television industry, primarily in both set and prop design.



Recent film credits include "In The Heights", "Uncut Gems", "John Wick 3: Parabellum", and "The Intern". Television credits include "The Knick", "The Americans", "Billions" and "Succession". He is currently in production on a sequel to "Hocus Pocus" for Disney. To see more of his work, visit 1717graphics.com. William is very happy to have his design selected for the Dennis Center of Active Living (DCAL), and he wishes new found friendships and memories made for all those who enter its doors.

Congratulations, William!

The Cranberry Scoop Mailing Team Seeks new Members



S. Dennis, MA - The Cranberry Scoop mailing team is seeking new members to join them. The group meets every six weeks for two days in Howell Hall and prepare 1700 hard copies to be mailed to DCAL members. Enjoy camaraderie with neighbors, meet new friends. A delicious lunch is provided each day for the team members. Interested? Please call Sherrie Jones in the office to sign up (508) 385-5067. Be the first to get sneak peak of upcoming events, programs and late news.

Open Enrollment Office Appointments at Dennis Senior Center Set to Begin

It's time to review your Medicare coverage. By September 30th, each Medicare beneficiary should have received an Annual Notice of Coverage which included important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Your local Dennis stop for the Serving Health Information Needs of Everyone Program (SHINE) moves into the former DSC Main Office to offer counseling to residents, locally, on-site, through December 7, 2021.

Medicare www.medicare.gov

Social Security www.ssa.gov

800.772.1213

**Open enrollment
October 15 to
December 7 2021**

To schedule your appointment call:
(508) 385-5067

WHAT TO BRING

- Medicare A/B card
- Medigap or Medicare Advantage Card
- Prescription Drug Plan Member Card (if you have a Part D plan)
- List of medications and dosage which can be obtained from your local pharmacy
- My Medicare account username and password (if you have an account created) – this will save time as all medications and dosage information are stored and can be updated.

State-certified SHINE counselors are available by appointment to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

SHINE appointments fill up fast during this busy period. Call (508)385-5067 to secure your appointment. You want to avoid making last minute decisions or staying in a plan that no longer works for you. Appointments may be in person using current COVID19 safety protocols, over the phone or by Microsoft Teams (Regional Office).

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on find a provider and click on the health and drug plan tab.



Tracey Benson, SHINE Regional Manager | 508-375-6762 | tracey.benson@barnstablecounty.org
Barnstable County, Dept. of Human Services | 3195 Main Street | P.O. Box 427 | Barnstable, MA 02630

Friends of Dennis Senior Citizens

Congratulations on New Beginnings!

The Friends of Dennis Senior Citizen's Board of Directors, would like to congratulate Dennis Senior Center Director, Brenda Vazquez, and her staff, on the upcoming opening of the DENNIS CENTER FOR ACTIVE LIVING (DCAL) at the Dennis Senior Center. This innovative new facility will advance their mission of bringing health, educational and social connection opportunities to all Dennis seniors.

THE FRIENDS would also like to remind you of the BLOOD DRIVE we are sponsoring:

9am – 1:30pm, Saturday, October 9th at the Church of the Nazarene, 209 Upper County Road, South Dennis. We hope that you will roll up your sleeve and join us!



Emergency Broadband Benefit

Apply now for discounts on internet and computers!



What is it?

The Emergency Broadband Benefit is a program that helps low-income households pay for internet and equipment. The program will last until funds run out or the pandemic ends. If you qualify, you could get:

- Up to \$50/month towards broadband, \$75 on Tribal lands and
- Up to \$100 to buy one piece of equipment - a laptop, desktop computer, or tablet

Can I get EBB?

Many seniors are eligible! You can get EBB if anyone in your household:

- Gets SNAP, MassHealth, Medicaid, SSI, Federal Housing Assistance, Lifeline, VA Pension, or Tribal Assistance.
 - Experienced a substantial loss of income since February 29, 2020
 - Is approved for free/reduced-price school lunch/breakfast
- OR:**
- Received a Federal Pell Grant in the current award year

How do I get EBB?

- Step 1: Find a provider that accepts EBB at [GetEmergencyBroadband.org/companies-near-me/](https://www.GetEmergencyBroadband.org/companies-near-me/)
- Step 2: Apply in one of three ways
 - Online with USAC using [GetEmergencyBroadband.org](https://www.GetEmergencyBroadband.org)
 - Mail your application. To get a form, call 833-511-0311 or download form in English or Spanish from [GetEmergencyBroadband.org/how-to-apply](https://www.GetEmergencyBroadband.org/how-to-apply)
 - Through an internet company. Apply and enroll with a company that accepts EBB and provides internet in your area (see Step 1)
- Step 3: Contact and enroll with a company directly



Need Help? Call 833-511-0311
or visit www.masslegalhelp.org/covid-19/internet



ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

WALK FOR ALZHEIMER'S

Lunch by Cosmos Catering, music and dancing by the Sound Dunes

You don't have to give to walk, and you don't have to walk to give!



Sunday, October 17, 2021
PROVINCETOWN TOWN HALL



Festivities begin at 11:00 a.m.
Walk begins at 12 p.m.

All proceeds fund free Alzheimer's services across Cape Cod

Please pre-register for the walk by scanning this QR code:



call (508) 896-5170 or email info@capecodalz.org for more information

Until there's a cure, there's community





Bay to Sound Neighbors

Bay to Sound (B2S) Neighbors is in high gear once again. We are providing needed assistance to our members, our volunteers are fulfilling services needed, and we are still recruiting new volunteers. B2S is planning two upcoming events – a Members Brown Bag Social outing to be held at Gray's Beach Pavilion on Sept 20th, and a Volunteer Thank You event to be held on Oct 5th at the Cultural Center in Yarmouth to include food cooked by Chef Joe. Our members and volunteers have been wonderful in terms of dealing with all the ups and downs this past year and we are so grateful to be back helping our members age in place.



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

Call (508) 385-5067 for details,
and to schedule a pickup



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

Liturgical Publications, Inc. (LPI), our newsletter publisher, accepts advertisements from area businesses and service providers. Please note that this does not constitute an endorsement, referral, guarantee or recommendation of advertisers by the Town of Dennis or Dennis Senior Center.

We are on the verge of opening—Opening after over eighteen months closed is exciting as well as daunting. Needless to say, mixed in with our excitement is nervousness as we navigate being together again. Bear with us as we figure out the best ways to use our new addition, and added to that, determine the use and fate of the old. As we move forward lets all remember to be patient, kind and gentle with ourselves and with each other.

Fuel Assistance season is here. Please, do call if you have been struggling with your heat bill. South Shore Community Action (SSCAC) will be doing the fuel assistance this year, but if you are a previous participant and have received your renewal and have any questions or need copies, call me on my direct line, 508-694-2004. Remember that each year you need to send SSCAC ALL the docu-

mentation listed on their checklist. If you do call, we can make sure you fill out the form to be eligible for the Town of Dennis subsidy to cover any unpaid heating bills (up to \$300.00) during the heating season. We can also make sure to have you apply for SNAP (Supplemental Nutrition Assistance Program) benefits as well. If you qualify for heat assistance, you may qualify for food assistance. Keep in mind that now the SNAP benefits are on what looks like a credit card, so if you are worrying about people knowing, they won't.

Another topic we are all familiar with is health insurance. All the experts in the field tell us that if we are retired, we should meet with a SHINE (stands for Serving Health Insurance Needs of Everyone) counselor at least once a year to go over health insurance. These appointments will be in person or via phone. It is imperative that ev-



Marion Prendergast, LSW
(508) 694-2004 Direct

eryone use this free service to make sure you are getting the proper value for your dollars.

In outreach, our goal is to find all the programs and services that are available to you. Keep in mind that we, as are all of us here at the Senior Center, and in the town, are your tax dollars at work. We are your civil servants, as it were. Call us, use us. We work for you. SEE YOU SOON!!!!

WALK WITH EASE
a program for better living



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. 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 again, three days a week, Monday, Wednesday and Friday at 9am. Program starts October 4th. 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.



As we settle in to cooler weather, hopefully we are also settling into some sort of routine and finding our lives creeping back to normal. Amongst the sea of change in which we live, the police department continues to be a microcosm of our homey little beach community. People come and go, some touch our lives, and others, well, we can't wait for them to leave. I have a little story for you about one of the folks that touches people's lives. So here it goes....

Rewind back to August. I had taken a day off, probably to drive one of the kids somewhere, help out with the honey-do list, or go to a doctor's appointment – possibly all three. I checked my email on my phone, which I do more and more these days. I found an email from Ptl. Pat McCaffrey, our School Resource Officer (SRO). "Officer Pat" is a member of the Community Operations Unit, which I supervise, so following the chain-of-command, I read his email. He informed me that he intended to hang up his keys to the school and return to patrol. Whoa. Eleven years. Talk about the end of an era.

Ptl. McCaffrey describes being at the school as his "patrol sector with a thousand teenagers." To someone not completely dedicated and immersed in that job, sounds daunting, doesn't it?? If you ask him what the most important part of his job is, he'd tell you "being there." And that he was. He played the role of police officer, mentor, educator, councilor, coach, parent, motivator, and sometimes buddy. He played the role of "professional snitch," calling parents, administering discipline, and yet, somehow, he managed to be the constant, trusted presence that could be relied upon no matter what. And that was not just for the kids in school, as his supervisor, I just never had to think twice if I knew Pat was handling a situation.

Knowing the human nature, opinions are never absolute, but I challenge you to find someone that will argue: Officer Pat is one of the best SRO's out there. He has

touched the lives of THOUSANDS of kids over the past decade plus. A majority of families in our community have his cell phone number. This put him on call 24 hours per day, and as he put it, "they chose me, I didn't choose them." His approachability drew the respect and trust of countless members of the Dennis Yarmouth Regional High School. He assisted faculty, staff, and the students – and I always knew he was one of the best. It was a priority of his to be at the bus drop off when the kids arrived at school. He was able to identify the type of day a student would have based on their facial expression and how they walked into school.

While I sat on the interview panel to recommend a replacement officer, I learned a great deal more about Officer Pat's daily routine. Working in another town, he has special police powers in Yarmouth, he reported to YPD supervisors along with those of the DPD. His commitment to the position was evident in the time he committed to the school community. He attended school functions both at the high school and across the region, as activities, like sports, took him where ever he was needed. If he got word of an issue, he was sure to be a presence. And somehow, when we were dealing with a juvenile issue on patrol, we'd look up, and Ptl. McCaffrey was walking up to the scene, ready to render his expertise on juvenile law, which, in this great commonwealth, is complicated, to say the least.

Ptl. McCaffrey is back on patrol, and his replacement is now undergoing training and the certification process, which is extensive. Officer Pat left some big shoes to fill, and he certainly made his mark and touched the lives of many. So, on behalf of a grateful community, "Thank you Officer Pat." You will be missed at the school. We have no doubt that you will guide and direct our new SRO to improve upon what you have built. And, the community is lucky to have you returning to patrol our streets and we continue to wish you the best. To all the Scoop readers: Stay safe, we'll see you out there.

Sea Fever

John Masefield

I must go down to the seas again, to the lonely
sea and the sky,
And all I ask is a tall ship and a star to steer her
by;
And the wheel's kick and the wind's song and
the white sail's shaking,
And a grey mist on the sea's face, and a grey
dawn breaking.

I must go down to the seas again, for the call of
the running tide
Is a wild call and a clear call that may not be
denied;
And all I ask is a windy day with the white
clouds flying,
And the flung spray and the blown spume, and
the sea-gulls crying.

I must go down to the seas again, to the va-
grant gypsy life,
To the gull's way and the whale's way where the
wind's like a whetted knife;
And all I ask is a merry yarn from a laughing
fellow-rover,
And quiet sleep and a sweet dream when the
long trick's over.



NEW COVID GRIEF SUPPORT GROUP TO START AT DENNIS SENIOR CENTER

We closed the Senior Center on St Patrick's Day, 2020. Since then many of us have suffered significant losses. The Outreach Department is starting a grief support group to help us begin to work through these losses. The support group will meet once a week, Thursdays from 3 to 4pm for six weeks and focus on the losses that happened during our time of closure. If, at the end of that time, we want to continue, or divide up into more focused groups, we can discuss how we might do that. For more information, or to sign up, call Marion on her direct line; 508-694-2004. Drop-ins are always welcome.

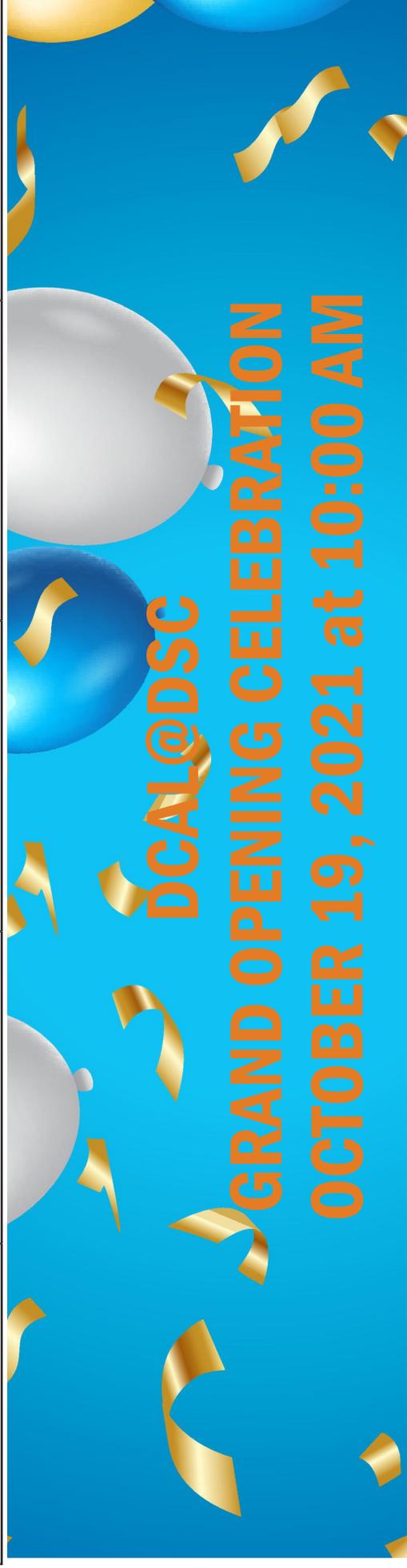


Dennis Senior Center
508-385-5067

SEPTEMBER/OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Sept 27 	Sept 28	Sept 29 	Sept 30	Oct 1 Brown Bag 10:00 - 11:00 AM
4 	5	6 	7	8 Mobile Food Pantry 10:00 - 11:00 AM
11 	12	13	14	15 

Monday		Tuesday		Wednesday		Thursday		Friday	
18	19	20	21	22	23	24	25	26	27
	10:00 AM DCAL GRAND OPENING								
25	26	27	28	29	30	31			
									



Breaking *World* Records for change

World Record Online Bingo

October 22, 2021, Friday
10AM-1PM PST
1PM-4PM EST



Fight Social Isolation with Virtual Bingo!

Join us and thousands of others nationwide in an exciting, high-energy online bingo game to set a World Record and raise awareness about the effects of social isolation on our community.

Sign up today using the QR to be part of history.

You can also go to www.televeda.com/worlds-largest-virtual-bingo-for-seniors

Scan the QR Code to Play & Win!



Join the Cause



Bring awareness to the effects of social isolation



Be part of the Guinness Book of World Records



Play virtual bingo with thousands of others nationwide

Brought to You By



New England Patriots Hall of Fame Virtual Tour
Wednesday, October 20th 2:00-3:00 PM (via Zoom)

Watch this awesome tour from the comforts of your home. The Patriots Hall of Fame gives its

fans a unique, technologically advanced venue to relive and celebrate great moments and great players and even recall some of the hard times that make all fans, including long-time season ticket holder Robert Kraft, appreciate the past Super Bowl championships. The Hall will impress Patriots and football fans alike. Join Hall of Fame staff for a virtual tour of the Hall of Fame and an inside look at some of our unique artifacts! To register, contact the Mashpee Senior Center at (508) 539-1440.

New England Broadband Benefit

Thursday, October 28, 10 a.m. (via Zoom or in person)

Join us either via zoom or at the Mashpee Senior Center as the Massachusetts Law Reform Institute hosts a virtual presentation on the Emergency Broadband Benefit (EBB), a new federal program that provides discounts on internet subscriptions and a one-time discount for a device to eligible households. Many Cape Cod seniors are eligible because they receive Medicaid/MassHealth, SSI, SNAP, Veterans/Survivors Pension benefits, or have low incomes. Join us to learn more about if you're eligible for the program and how to apply. To register call the Mashpee COA at 508-539-1440. For more information on the program visit their website at GetEmergencyBroadband.org

Putting your Garden to Bed

Tuesday, October 26th, 1:30-3 p.m. (via Zoom)

Presented by Donelle Denery, Master Gardener.

This program will focus on preparing your gardens for the winter ahead. Specific topics will include dividing perennials, planting garlic, cleanup, maintenance and looking ahead to next year's garden. To register call the Orleans COA at 508-255-6333.



FREE OLDER WORKER REMOTE EMPLOYMENT SKILLS TRAINING



PROGRAM CONTACT:

Mark Gyurina
mgyurina@operationable.net



Operation ABLE, 174 Portland St., 5th FL, Boston MA 02114
Near North Station & TD Garden

LEARN TO BE A REMOTE WORKER

Training Offered through OPERATION ABLE

Learn how to set up a home office and gain the computer skills needed to work remotely.

IF YOU ARE AGE 55 OR OLDER, UNEMPLOYED, AND LIVE IN MASSACHUSETTS:



You may be eligible for an innovative, new, and free skills training program.

INSTRUCTOR-LED training will be offered in a virtual classroom environment through video conferencing.

THIS 20-WEEK VIRTUAL SKILLS TRAINING OFFERS:

- **Information, resources, and guidance** in setting up an effective, comfortable, and secure home office;
- **Intensive computer skills instruction** with an emphasis on Microsoft Office applications;
- **Choice of subject-matter training** in Customer Service, Accounting, or Medical Office Administration;
- Intensive group and individual **Job Search Instruction**;
- Opportunity to be part of a **small group** within a class cycle with **peer support**;
- **Personal Case Management** and support services;
- **Access to technology**, Wi-Fi, and technical support;
- Assistance in guiding you to **training-related employment**.

APPLICATIONS ACCEPTED ON A ROLLING BASIS

Three Class Cycles:

**FIRST CYCLE BEGINS
September 13, 2021**

2nd and 3rd **CLASS CYCLES** to begin Winter and Spring

Contact: Mark Gyurina, Chief Program Officer,
mgyurina@operationable.net or visit OperationABLE.net

This program is financed by 100% of federal funds through the Department of Labor (DOL). The dollar amount of Federal funds for the project or program is \$889,286.

Fall Word Search

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



CORN

AUTUMN

BONFIRE

BOOTS

OCTOBER

RAKE

THANKSGIVING

HARVEST

LEAVES

CARNIVAL

APPLES

APPLE CIDER

PUMPKIN

FOOTBALL

SWEATER

NOVEMBER

SEPTEMBER

SUNFLOWER



Zucchini Cheddar Scones

INGREDIENTS

2 and 1/2 cups + 1 table-
spoon all-purpose flour, divid-
ed

1/2 teaspoon salt

1 tablespoon baking powder

1/2 teaspoon baking soda

1/4 cup granulated sugar

1 stick (4 ounces) unsalted
butter, VERY cold and cut into
tiny pieces

1 large egg, beaten

1/2 cup (full-fat) sour cream

2/3 cup zucchini, grated and
drained (see post or note be-
low for further clarification)

3/4 cup sharp cheddar
cheese, grated, divided

INSTRUCTIONS

1. Preheat oven to 400°(F). Line a large baking sheet with parchment paper or a non-stick baking mat; set aside.
2. In a large bowl mix together 2 1/2 cups of the flour, salt, baking powder, baking soda, and sugar.
3. Cut the butter into small cubes then quickly work it into the mixture (using your fingers) until it resembles a coarse meal.
4. In a small bowl, whisk together the egg and sour cream, then add to flour and butter mixture. In a small bowl combine remaining table-
spoon of flour, grated zucchini, and a 1/2 cup of the cheese; toss to coat, then add to the scone mixture; gently fold them into dough with a spatula until combined.
5. Pour the shaggy dough out onto a clean, floured work surface and shape the dough (you will have to work/knead it quite a bit to get it together) into an 8-inch circle. Cut the dough into 8 wedges and carefully transfer them to the prepared sheet. Sprinkle the top of each scone with a little of the remaining cheese.
6. Bake for 22-24 minutes, or until cooked through and the tops are golden brown.
7. Serve warm!



**Town of Dennis
Commission on Disability**

Make Mental Health a Priority a Priority

Mental health is not a subject often talked about. More and more our society is opening up about how our mental health is (at the very least) just as important as our physical health. Headlines from the summer Olympics stating Simone Biles withdrew from a competition to focus on her mental wellbeing has helped. Her openness about her mental health has created a shift in people’s thoughts about “checking-in” with ourselves to see how we’re REALLY doing. There are plenty of things you can do to help make sure you stay mentally healthy.

1. Get plenty of sleep.
2. Eat well.
3. Avoid alcohol, smoking, drugs
4. Get plenty of sunlight.
5. Manage stress.
6. Activity and exercise.
7. Do something you enjoy.
8. Connect with others .

Attention Property Owners in Brewster, Dennis & Wellfleet!

Does your home need Critical Repairs?

The Housing Rehab Program may be able to help!

We have funds available to help qualified homeowners pay for repairs such as

- *New Roof
- *New Siding
- *New Windows & Doors
- *New Heating System
- *New Septic System
- *Lead Paint Abatement
- *Handicapped Accessibility
- *And More!



We can help pay for **up to \$40,000** of repairs per owner-occupied home or qualified rental unit.

Who is eligible?

Year-Round Homeowners (or some landlords who rent to income-eligible, year-round tenants) who meet the following income guidelines (maximum total household gross income per year):

- Household Size: 1 person: \$54,450
- 2 people: \$62,200
- 3 people: \$70,000
- 4 people: \$77,750
- 5 people: \$84,000

Need More Information?

Contact our Office! We will guide you through a quick pre-application to determine if you might be eligible and then can send you an application package.



TRI - The Resource Inc.
508-694-6521
 23 Whites Path, Suite G2, S Yarmouth, MA 02664
 Jean Stanley, Director of HR Programs: Jean@TheResource.org



THE HEART OF A PLACE

It's common knowledge that what we do in senior centers would not be possible without the dedication of volunteers like Cynthia Harper a.k.a. Cindy. Cindy has been a beacon of light, good cheer and energy for us throughout the years. Thank you, devoted supporter, kind neighbor, and friend, for helping to make the last four years at the Dennis Senior Center such a joy. Your fundraising and organizational talents helped us navigate through very challenging times before and after Covid descended on us. Thank you for the countless, late night hours and weekends, working with the Director on grant applications, with staff to host football parties and Halloween parades, your arduous work with the Supporters of Dennis Council on Aging, the Annual Fall Ball - and so much more! All this service was done with delight and with the kindest and earnest desire to see smiles on the faces of those we serve and share our daily lives with.



Cindy Harper will be stepping down as Secretary of the Supporters of DCOA to focus on her own family. We will miss our task master, our friend and advocate and we look forward to seeing you with your beautiful, bright smile in these rooms once again, where our hearts will be yearning to be with our friend.



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

We are a non-profit, volunteer organization that exclusively raises money for the Dennis Senior Center.

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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