

JULY/AUGUST 2024

# The Cranberry Scoop



## Summer Fun at DCAL!

DCAL Launches  
Multicultural Day Program

Tips for Caregivers

**The Newsletter of The Dennis Center For Active Living**

1045 Route 134, South Dennis, MA 02660 • 508-385-5067 • Facebook: @DennisSeniorCenter

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### MISSION STATEMENT

The Dennis Center for Active Living (DCAL) @ the Senior Center's primary mission is to enhance the quality of life for older adults of the town by providing multipurpose 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.

### BOARD OF DIRECTORS

Judith Peterson, *Chair*  
 Gary Barber, *Vice-Chair*  
 Deborah Rothschild, *Secretary*  
 Christine Harrington, *Member*  
 Martha LeBlanc, *Member*  
 John Terrio, *Select Bd Liaison*

### DENNIS CENTER FOR ACTIVE LIVING

1045 Route 134  
 South Dennis, MA 02660  
 508-385-5067



### BRENDA VAZQUEZ

Director, Town of Dennis  
 Council on Aging and  
 Dennis Center for Active Living

break, and their loved ones with cognitive loss will enjoy a day of tailored activities, transportation, breakfast, and lunch. Trilingual coordinators will facilitate the program. P.7  
 Congratulations to Nancy Keefe, DCAL volunteer of the month! She did a beautiful job setting up the DCAL Library. Come check out her great work and collection of books!

Julie's article offers tips to stay safe this summer. The DCAL is the Town's daytime cooling shelter during heat waves. p.12

July is Disability Pride Month and we are proud of the Dennis Advisory Committee on Disabilities (DACD). Members have been busy scanning the Town for areas they can make more accessible, and equipping areas of the town with accessible features, including benches in the DCAL garden patio and front entrance and a grit chair for the trails. Check out Johnny Kelley Park's new sensory experience and reserve accessible beach chairs through Dennis Beaches and Rec. Dept. Call us for details. Lastly, dancers are coming out like honey bees and enjoying dance parties and classes with Karen and Frank leading the social dance events. So much fun and you don't need a partner! p.20

We have plans for the Cafe and are seeking tax abatement workers to help us get it going. In the meantime, stop in for a cool beverage, catch a cool breeze and say hello. Happy Summer!

*Brenda*

### Here Comes the Bright Hot Sun, the Summer Season Has Begun.

Summer is in full swing and we're delighted to see many of you coming in to cool off, meet friends and stay connected. Besides beautiful beaches and trails, Dennis has lots going on. For starters, we launched the first multicultural and multilingual day respite program in Cape Cod. Every Friday from 9:00 to 3:00 caregivers can have a



**Nancy Keefe**  
*Volunteer of the Month*

*On the cover: Photo by Betty Wiley*

The Dennis Center for Active Living (DCAL) hosts various legal, financial, medical, and other providers at DCAL who offer services and information. Residents participating in those services do so with the understanding that DCAL, 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 DCAL.

## Shopping and Local Errands

For older adults without transportation, DCAL provides curbside bus service. Weekly trips to local shopping centers including Patriot Square in South Dennis. Round trips to attend DCAL activities and events are also available. For more information, check the latest issue of the Cranberry Scoop. Transportation Coordinator Dan Kiley is happy to take suggestions. For confirmed reservations, call DCAL **no later than two days ahead** of requested shopping trips at **508-385-5067**.



## Grocery Shopping Bus Schedule\*

**Local Dennis and Shaw's**

**Tuesdays** 8 AM, 10 AM, 12 PM

**Wednesdays** 8 AM, 10 AM, 12 PM

**Thursdays** 8 AM, 10 AM, 12 PM

*\* schedule subject to change*



## CAPE & ISLANDS VETERANS OUTREACH CENTER



The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48-hour notice given. **The Veteran will be required to produce a copy of their DD214 form.** Transportation includes local Grocery Stores, Bourne National Cemetery, Monthly meetings, Grief Support Groups, Validated Medical appointments (including local MD appointments on Cape Cod as well as to the Providence V.A. and its affiliates). To secure a ride, the Veteran or their advocate makes a call to Barbara-Anne Foley, Outreach & Programs Manager, at **508-237-3349**. **A confirmation to the Veteran will be made.**

## PUBLIC ON-DEMAND MICRO TRANSIT

The Cape Cod Regional Transit Authority provides app-based, on-demand service called **SmartDART** that is a door-to-door, ride-hail service using the SmartDART App. This service is currently available in Yarmouth, Barnstable, Dennis, Sandwich and Falmouth, with plans to expand Capewide. Download SmartDART from the app store (Apple or Android) and search CCRTA SmartDART or call our dispatchers for more information. Cashless and convenient.

**\$3.00 fixed fare. Free transfer to fixed routes.**

**Mon – Sat, 7:30 AM – 6:00 PM**

**Download the  
CCRTA SMARTDART  
app today!**



## FREE FARES FOR 60+ AND PERSONS WITH DISABILITIES

Come to the DCAL with your CCRTA Charlie Card and change it to the FREE GO Card, or sign up to receive a new GO Card. **If you have any questions, call us at 508-385-5067.**

# 6 ~ DESTINATION RESPITE

ATTENTION CAPE COD CAREGIVERS:

## DESTINATION RESPITE

### Your Gateway to Well-Deserved Breaks!



**DESTINATION RESPITE** is a collaborative of local agencies working together to expand respite options for Cape Cod caregivers. Each Destination Respite Program offers up to three hours of activity two times each month. The program offers services to underserved caregiver populations. Destination Respite Programs will be available for Spanish and Portuguese-speaking caregivers, and ESL classes will be provided with care for loved ones, to allow for caregiver participation.

**HOW IT WORKS:** Call each site to schedule your visit.

*Destination Respite is funded by the Massachusetts Executive Office of Health and Human Services and the Town of Dennis.*

Left to right: Clara Mesonero, MD – Director, Cape International Language Academy; Kelly Howley, Director, Barnstable Adult Community Center; Erika Woods, Director, Barnstable County Dept. of Health and Environment (BCDHE); Brenda Vazquez, Director, Dennis Center for Active Living (DCAL); Alyssa Davis, Outreach Coordinator, Yarmouth Senior Services; Barbara Blackwell, PEARLS Coach, BCDHE and Dr. Molly Perdue, CEO and Co-Founder, Alzheimer’s Family Support Center

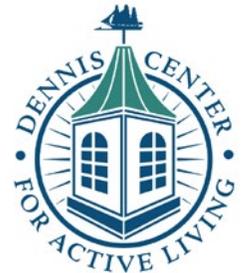


**Barnstable Adult Community Center (BACC)**  
825 Falmouth Road  
Hyannis  
508-862-4750



CAPE COD HEALTHCARE

### DESTINATION RESPITE LOCATIONS



**Dennis Center for Active Living (DCAL)**  
1045 Route 134  
South Dennis  
508-385-5067



**Alzheimer's Family Support Center (AFSC) and Cape International Language Academy (CILA)**

Caregiver Dementia Training and Social Engagement Events.  
Dates and times vary. Please call for details.  
AFSC: 508-896-5170; CILA: 774-552-2609



**YSC**  
WHERE FRIENDS MEET  
**Yarmouth Senior Center (YSC)**  
528 Forest Road  
West Yarmouth  
508-394-7606 x1335



**Kelli's Grandparents**

## Caregiver Corner

I can't believe it's already summer on Cape Cod! Welcome to the madness, and let's make sure we're all staying hydrated to fight off all the crazies

(summer visitors), as the kids (my grandparents) call them. If you aren't hydrated, you definitely won't have the energy to find the last remaining parking spot in Patriot Square by around 10 AM.

So, what's been happening in my life? Well, as I'm sure some of you can relate, life is never predictable. As I mentioned in my last article, it's always best to be prepared. Let me tell you about some recent events in the lives of the kids and me.

Last month, it was a day like any other—the flowers were starting to bloom. I came home from work, and my grandparents were in great spirits. Gram had just finished her latest novel and was giving her sock drawer a long-overdue makeover. I embarked on the culinary adventure of crafting taco salads—and, of course, my grandfather couldn't dream of eating a full salad for dinner, let alone a taco salad. My grandmother came in to assist in creating a dish fit for his majesty's refined palate. We sat down to eat dinner, and I started asking them about their day and asked my

grandmother about the book she was planning to read next. I knew she was very excited to read this next book about Fall River, where she's from. Gram loves to chat about growing up in Fall River!

I asked her about the book because I wanted to know more, but when she went to answer, she couldn't. I figured she must have a mouthful, so I said, "OK, Gram, wait till you're finished with that big mouthful, then tell me." But when I asked again, she still couldn't get the words out. I started to get nervous; I knew something was not right. I rushed to grab the blood pressure cuff, our nightly ritual since her high blood pressure stroke a year ago.

- **High Blood Pressure and Hemorrhagic**

**Stroke:** High blood pressure can also lead to hemorrhagic stroke, which occurs when a blood vessel in the brain bursts. Although less common, it accounts for about 13% of all strokes.

By the time I got back into the kitchen, I noticed her arm doing something weird, almost just hanging or going limp. Something in me registered "stroke," but this time the other kind—probably the kind most people think of when they think of stroke.

- **Ischemic Stroke:** Ischemic stroke accounts for about 87% of all strokes. It occurs when a blood vessel supplying blood to the brain is obstructed. Common causes include blood clots and narrowed arteries. Managing risk factors like high blood pressure, diabetes, and high cholesterol is crucial to reducing the risk.

**CONTINUED NEXT ISSUE**



## FALAMOS PORTUGUÊS

Call for Appointment to speak with one of our advocates:

**Marinetti Matos**, Destination Respite Cultural Coordinator, [mmatos@town.dennis.ma.us](mailto:mmatos@town.dennis.ma.us) 508-776-7508

## MULTICULTURAL SUPPORTIVE DAY PROGRAM LAUNCHES AT DCAL

For caregivers and their family members living with cognitive loss and who may have low English proficiency, DCAL launched a multilingual supportive day program. Through Destination Respite, caregivers can take a language class, get their hair done at the DCAL Salon, and/or register for Evergreen Fitness. Trilingual, dementia-trained staff will care for your loved one, including facilitating tailored activities, exercise, gardening, with breakfast and a hot lunch served. The program is available to all caregivers who have an interest in other cultures, languages and cuisines. **Call (508) 694-2001 for more information and a free visit to try it out.**



**Multicultural Respite Team**  
Join us every Friday!

## JEN MURRAY

is a seasoned hairdresser with 37 years of experience in the industry. She thrives on working with people, using her skills to make them feel confident and beautiful. Bringing happiness to her clients brings her immense joy, knowing she's helping to boost their confidence.



Alongside her fulfilling career, Jen is a proud mother of three and grandmother of three, enjoying a happy marriage of 34 years. After spending 16 years part-time on Cape Cod, she now resides here full-time, embracing the beauty and serenity of coastal living.



## FOOTCARE BY JANET

Janet is a nurse trained in routine footcare and has been offering clinic and home visits throughout the Cape for 25 years. Janet provides a general assessment of the feet; gently clips the nails; thins thickened nails; smooths out corns and callouses; and massages the feet. **Appointments at the DCAL or home appointments can be made by calling the Center at (508) 385-5067.**



**PEARLS stands for Program to Encourage Active Rewarding Lives.**

- Meet with a Coach
- Learn to better manage your life
- Find solutions to problems that cause you to feel down and discouraged

DCAL offers a no cost, in-home and center-based coaching program called PEARLS. During six to eight sessions, PEARLS program coaches empower individuals to take action, create lasting change and lead more active and rewarding lives.

**Please Call Julie Benoit,  
LSW Outreach  
Coordinator,  
(774) 352-3047**



Charles Jones - Appreciation from Marine Corps

## FLAG CAKE

### INGREDIENTS:

- 2¾ cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 2 sticks (1 cup) unsalted butter, softened
- 2 cups sugar
- 2 teaspoons vanilla extract
- 4 large eggs, at room temperature
- 1 cup buttermilk (see note)
- 8 oz cream cheese, at room temperature
- 1 stick (½ cup) unsalted butter, at room temperature
- 1 teaspoon vanilla extract
- Pinch salt
- About 5½ cups confectioners' sugar, divided
- 1 half-pint (6 oz) blueberries (see note)
- 4 half-pints (24 oz) raspberries (see note)

### DIRECTIONS:

1. Preheat the oven to 350°F and set an oven rack in the middle position. Butter and flour a 9x13-in metal pan, or use nonstick cooking spray with flour in it, such as Baker's Joy or Pam with Flour.
2. In a medium bowl, whisk together the flour, salt and baking soda. Set aside.
3. In the bowl of an electric mixer fitted with the paddle attachment (or beaters), beat the butter and sugar on medium speed until light and fluffy, about 5 minutes. Beat in the vanilla, then beat in the eggs, one at a time, scraping down the sides of the bowl as necessary. (Don't worry

- if the batter looks a little curdled at this point.)
4. Reduce the speed to low, then beat in one-third of the flour mixture, followed by half of the buttermilk. Scrape down the sides and bottom of the bowl, then add another third of the flour, followed by the remaining buttermilk. Beat in the remaining flour, then scrape down the bowl and beat again until the batter is evenly combined. Do not overmix.
  5. Scrape the batter into the prepared baking pan and bake for 30 to 35 minutes, until the cake is set and lightly golden around the edges, and a toothpick inserted into the center comes out clean. Set the cake on a wire rack to cool completely.
  6. In the bowl of a stand mixer fitted with the paddle attachment (or large bowl if using a hand mixer), combine the cream cheese, butter, vanilla and salt. Mix on low speed until combined, then increase the speed to medium-high and beat until aerated and light, about 2 minutes. Gradually add 4 cups of the confectioners' sugar, mixing on low speed to combine. Once the confectioners' sugar is mixed in, increase the speed to medium-high and beat until fluffy, about 1 minute. Set aside 1 tablespoon of the frosting (you'll need it for the blueberry "stars").
  7. When the cake is completely cool, use an offset spatula to spread the frosting evenly over top. The frosting won't show, so no need to fuss



- over making it perfect.
8. Outline the "stars" section on the upper left corner of the cake with a toothpick (or skip this step and just eyeball it) and fill with a generous layer of blueberries. Dip a small handful of the remaining blueberries in the reserved frosting, and then in the remaining 1½ cups of confectioners' sugar to make white "stars." Evenly scatter the "stars" over the section of blueberries. Arrange 1 row of raspberries across the top of the cake, laying them sideways, like a red stripe. Gently roll the next row of raspberries in the confectioners' sugar to make a white stripe, and alternate until the flag is completed. (I suggest using one hand for rolling and one for placing; if any powdered sugar accidentally gets on the red "stripes," use your fingertip to dab the berries lightly with water and it will come right off.)
  9. Cut the cake into squares and serve directly from the pan.

# 10 ~ DCAL EVENTS



GAP Program with Therapy Dog, Bell

## BIRTHDAY PARTY BASH

Wednesday, July 17, 12:00 PM  
Wednesday, August 21, 12:00 PM

At Dennis Center  
for Active Living (DCAL)

Join us to celebrate your birthday!



## AFTERNOON TEA & TALK SOCIAL

Wednesday, July 10 & August 14, 2-4 PM  
Please RSVP 508-385-5067



## BALLROOM DANCE PARTIES

Meet our party hosts: Karen Shackelford of Cape Sands Ballroom and Frank Callahan of Silver Fox Fitness who will both be there to greet you and will alternate weeks teaching the pre-dance lesson and providing dance music.

**July 2** Cha-Cha (Karen)

**July 16** Bachata (Frank)

**August 6** Nightclub Two-Step (Karen)

**August 20** Merengue (Frank)

**1:00-1:45 PM** beginner dance lesson.

**2:00-4:00 PM** general dancing to a mix of fine recorded ballroom, Latin, swing, and specialty music.

For singles and couples of all ages and ability levels at Dennis Center for Active Living's newly remodeled Howell Hall.

Complimentary cookie tray and ice water. Door prize! Please stop at the front desk on arrival for registration and walk-in fee of \$10 per person, cash or check payable to Dennis Senior Center. First come, first served. Please bring a change of shoes to protect the dance floor. Dress code dressy casual.



Hiking Club: Fox Island Marsh Trail, Wellfleet

## BEAT THE HEAT

Let's talk about how to stay cool and healthy this summer. These simple tips, from a Harvard Health Publishing article, will help you stay safe and enjoy the summer:

**Dr. Kalpana Shankar, director of Geriatric Emergency Medicine at Brigham and Women's hospital, recommends the following steps to ward off heat-related health problems:**

**Stay hydrated.** Drink lots of water before going outside and then during outdoor activities. Avoid caffeinated beverages and alcohol, which can make you more dehydrated. Remember that you can also get fluids from eating foods high in water content, such as cucumbers, watermelon, lettuce, and strawberries.

**Go outside before or after the daily high temperatures.** Whether it's your daily walk, yard work, or another outdoor activity, try to do it before or after the sun is high in the sky and temperatures are the hottest.

**Dress the part.** Wear lightweight and light-colored clothing when you go outside, so your clothes do not absorb the heat. Wear sunblock and sunglasses, too.

**Look for the shade.** If possible, head for the shade when outdoors or use an umbrella labeled as providing UV protection.

**Cool down.** Seek air-conditioned environments, take a cool bath or shower, and limit strenuous activity.

**Stay alert.** "Watch for signs of heat intolerance," Dr. Shankar warns, "and don't be fooled just because you're not sweating. If you have any symptoms, get a cool drink and call for help."<sup>1</sup>

Check weather sources regularly and have a cooling plan. Dennis Center for Active Living is a Town of Dennis cooling station and is a great option during business hours M-F. We can provide transportation to and from the center. After hours and on weekends, the Dennis Police Department is the cooling station.



**JULIANA BENOIT**  
DCAL Human Services  
Outreach Coordinator  
774-352-3042



**SUSAN BOROWICK**  
DCAL Human Services  
Assistant Outreach  
Coordinator  
774-352-3048



<sup>1</sup> Godman, H. (2022, June 1). *Warning: Older age makes you vulnerable to the summer heat.* Harvard Health Publishing. Retrieved May 21, 2024, from <https://www.health.harvard.edu/diseases-and-conditions/warning-older-age-makes-you-vulnerable-to-the-summer-heat>

### Call Julie at 774-352-3047 for more info on our on-going programs and resources

- Destination Respite – for caregivers who need a break.
- Friendly Visitor and Reassurance Call programs.
- Fuel Assistance – help paying heating bills.
- Golden Age Program (GAP) is our Social Day program for persons living with cognitive impairment (ie: Alzheimers/Dementias).
- PEARLS is our short-term mental health program.
- Food Programs- opportunities for access to food if this is a need.
- Grief Support – please call for info re: the next group opportunity.



## DENNIS POLICE DEPARTMENT



### Emergency Medical Registration Forms

The Dennis Council on Aging is registering with the Police and Fire Departments of Dennis senior citizens who may need help during emergencies such as blizzards, floods, hurricanes or power outages. If you have medical conditions or devices that require power, i.e. oxygen, breathing machines, home dialysis, or power wheelchairs, and you'd like to be checked on during storms or loss of power please stop by DCAL, fill out a form or call us and we can assist you in filling out your form on the phone. All information will be kept confidential by the Dennis Council on Aging, the

Dennis Police and Fire Departments. **Emergency Medical Registration forms are available through Outreach at DCAL. Call Julie or Susan at (508) 385-5067 for more info.**

### Avoiding & Reporting Scams

#### SIGNS IT'S A SCAM!

- 1. Scammers PRETEND to be from an organization you know**
  - a. Social Security Administration, IRS, Medicare or make up a name that sounds official
  - b. They use technology to change the phone number that appears on your caller ID
- 2. Scammers say there's a PROBLEM or a PRIZE**
  - a. They may say you're in trouble or owe money.
  - b. Someone in your family had an EMERGENCY.
  - c. There's a VIRUS on your computer.
  - d. That you have WON MONEY, but have to pay a fee to receive it.
- 3. Scammers PRESSURE you to act immediately.**
  - a. They want you to act before you have time to think.
  - b. They might even threaten ARREST or DEPORTATION.
- 4. Scammers tell you to PAY in a specific way.**
  - a. They want you to send money through a money transfer company, gift cards, or Bitcoin



**Sign up to receive e-mail and/or text notifications for:**

- Town News
- Meeting Dates
- Ban Notifications
- Emergency Alerts
- and More!

Click on "Notify Me" at the bottom of the main page of the new Town website, and choose your notifications.  
[www.town.dennis.ma.us](http://www.town.dennis.ma.us)

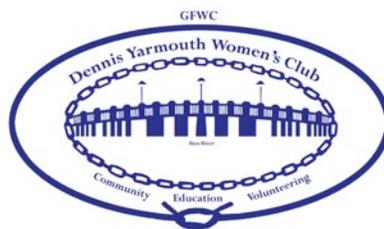
# 14 ~ COMMUNITY PARTNERS



The Friends of Dennis Senior Citizens were sad to hear of the passing of Dolores Kennedy. She was our Assistant Treasurer for several years and our representative at the monthly COA meetings. Delores was a member of several committees as she was always ready to help in whatever capacity. We will surely miss her. Improving the quality of life for Dennis seniors has always been

our mission. One way we do this is by awarding grants each year to local organizations through our Planned Giving Program. We support like-minded organizations and ask them to use the funds to help seniors living in the Town of Dennis. Grants this year will be awarded to the following organizations: Elder Services of Cape Cod, Alzheimer's Family Support Center of Cape Cod, Sight Loss Services of Cape Cod, St. Vincent de Paul Society, and the Golden Age Program at the Dennis Center for Active Living.

**Be a friend by making a tax-deductible donation to our Annual Appeal. We need your support, and your donation matters to further our mission of helping seniors in Dennis.**



**The Dennis-Yarmouth Women's Club** is a nonprofit organization which gathers monthly at the Dennis Center for Active Living (DCAL). The club supports the work of local nonprofits and educational institutions in their humanitarian and educational goals. Specifically, by donating, fundraising, and volunteering, we aid organizations in realizing their missions. In doing so, we aspire to make a positive impact on the well-being and futures of members of our communities. The Women's Club, moreover, serves as a social gathering as we create new friendships, strengthen older ones, and provide support for one another. The overarching goal of the Dennis-Yarmouth Women's Club is to promote kindness. Kind words and deeds have the power to spread exponentially making the world a much better world. Our club year is September through May, second Wednesdays at noon. We share a light luncheon, hold a business meeting, and participate in a planned activity. This consists of a fundraiser, an activity, or a speaker. We welcome interested prospective members to email [dywc95@gmail.com](mailto:dywc95@gmail.com) or call (978) 857-8614 for more information, questions, or to attend a club meeting. New club members are welcome to visit or join at any time of the club year.



## OPTIONS COUNSELING OFFICE HOURS

Do you have questions about services and supports that are available for you or someone you care about?

Call today to schedule a visit with an Options Counselor from Elder Services of Cape Cod & the Islands here at the Dennis Center for Active Living.

**Last Wednesday of each month  
10-12:00; please schedule  
your visit at 508-258-2476.  
Interpreter services available.**



## Housing Assistance

### HOUSING ASSISTANCE OF CAPE COD OFFICE HOURS

Experiencing difficulty finding housing, paying your rent or mortgage? Interested in finding out more about local housing options? Housing Assistance (HAC), a local nonprofit housing agency, helps people with housing by providing information and resources. **Reach out to Housing Assistance to schedule an appointment at DCAL, available every second Wednesday of the month from 9 AM-11 AM, by calling (508) 771-5400 Ext. 210. Appointment required.**

# 16 ~ JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 ADA Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 12:00 Friends Board Meeting 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>1</b></p>	<p>9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 Chair Caning 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;"><b>2</b></p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Independence House 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;"><b>3</b></p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>8</b></p>	<p>9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 Chair Caning 9:00 SHINE 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;"><b>9</b></p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge 12:30 Book Club 2:00 Tea &amp; Talk</p> <p style="text-align: right;"><b>10</b></p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 3:00 Supporters Board Meeting</p> <p style="text-align: right;"><b>15</b></p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:30 Vets &amp; Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party</p> <p style="text-align: right;"><b>16</b></p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 11:30 Line Dancing 12:00 Birthday Party 12:30 Bridge 2:00 CCH Alzheimer's Support</p> <p style="text-align: right;"><b>17</b></p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>22</b></p>	<p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch &amp; Chatter 9:00 SHINE 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:15 Line Dancing 11:00 Sight Loss Services 11:30 Line Dancing 12:30 Bridge</p> <p style="text-align: right;"><b>24</b></p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right;"><b>29</b></p>	<p>9:00 Chair Caning 9:00 Stitch &amp; Chatter 9:00 Yoga 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's)</p> <p style="text-align: right;"><b>30</b></p>	<p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Elder Services 10:15 Line Dancing 11:30 Line Dancing 12:30 Bridge</p> <p style="text-align: right;"><b>31</b></p>

THURSDAY	FRIDAY
 Independence Day <span style="float: right; font-size: 2em;">4</span>	<span style="float: right; font-size: 2em;">5</span> 9:00 Zumba Gold 9:30 Bridge 9:30 Destination Respite 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:30 Destination Respite 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 2:30 Hiking Club <span style="float: right; font-size: 2em;">11</span>	<span style="float: right; font-size: 2em;">12</span> 9:00 Zumba Gold 9:30 Bridge 9:30 Destination Respite 10:00 Core & More 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:00 Foot Nurse 9:30 Destination Respite 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 2:30 Hiking Club <span style="float: right; font-size: 2em;">18</span>	<span style="float: right; font-size: 2em;">19</span> 9:00 Zumba Gold 9:30 Destination Respite 9:30 Bridge 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot
9:30 Destination Respite 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 2:00 Line Dance Party 2:30 Hiking Club <span style="float: right; font-size: 2em;">25</span>	<span style="float: right; font-size: 2em;">26</span> 9:00 Zumba Gold 9:30 Bridge 9:30 Destination Respite 10:00 State Representative Chris Flanagan 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage Friday 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot



**VETERANS EXERCISE PROGRAM**

Are you a Veteran or Veteran's family who is looking to be more active? This FREE 6 week exercise program aims to improve strength, endurance, balance, and mobility while bringing those that served and their families together.

**Who:**

Veterans and Veteran Spouses

**Where:**

Dennis Center for Active Living

**When:**

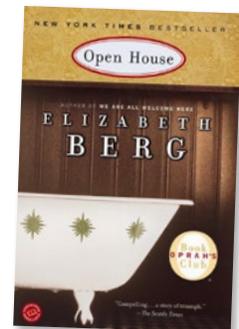
Thursdays, 11:30am-12:30pm

**July 18-August 22, 2024**

**ADVANCED REGISTRATION IS REQUIRED**

A completed VNA application is required prior to start of program. No walk-ins accepted. For more information or to sign up, please contact the VNA of Cape Cod (508) 957-7423

*This program is brought to you by the VNA of Cape Cod Public Health and Wellness and the Town of Dennis*



**JULY BOOK CLUB:**

*Open House*

**Wednesday,**

**July 10, 12:30 PM**

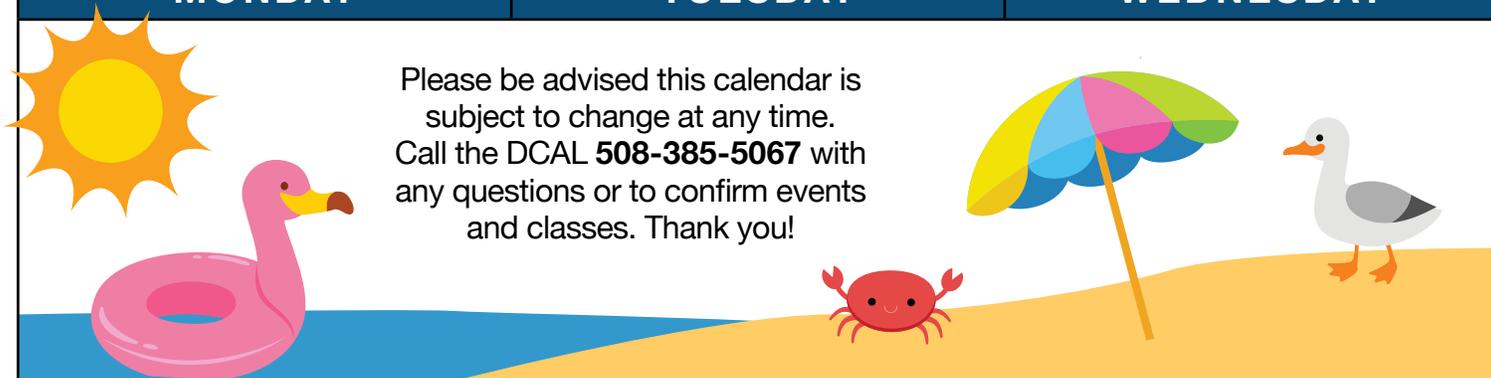
**At Dennis Center for Active Living (DCAL)**

# 18 ~ AUGUST CALENDAR

**MONDAY**

**TUESDAY**

**WEDNESDAY**



Please be advised this calendar is subject to change at any time. Call the DCAL **508-385-5067** with any questions or to confirm events and classes. Thank you!

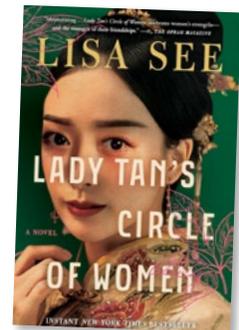
<p> <b>9:00</b> Hearing Clinic  <b>9:00</b> Line Dancing  <b>9:00</b> Painting  <b>10:00</b> ADA Board Meeting  <b>10:15</b> Line Dancing  <b>12:00</b> Friends Board Meeting  <b>12:00</b> Shuffleboard  <b>12:30</b> Bridge  <b>1:00</b> Mah Jongg                 </p> <p style="text-align: right;"><b>5</b></p>	<p> <b>9:00</b> Chair Caning  <b>9:00</b> Stitch &amp; Chatter  <b>9:00</b> Yoga  <b>9:30</b> Golden Age Program  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Men's)  <b>1:00</b> Ballroom Dance Party                 </p> <p style="text-align: right;"><b>6</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:30</b> Golden Age Program  <b>10:00</b> Fitness with John  <b>10:00</b> Independence House  <b>10:15</b> Line Dancing  <b>11:30</b> Line Dancing  <b>12:30</b> Bridge  <b>2:00</b> CCH Alzheimer's Support                 </p> <p style="text-align: right;"><b>7</b></p>
<p> <b>9:00</b> Line Dancing  <b>9:00</b> Painting  <b>10:15</b> Line Dancing  <b>12:00</b> Shuffleboard  <b>12:30</b> Bridge  <b>1:00</b> Mah Jongg                 </p> <p style="text-align: right;"><b>12</b></p>	<p> <b>9:00</b> SHINE  <b>9:00</b> Chair Caning  <b>9:00</b> Yoga  <b>9:00</b> Stitch &amp; Chatter  <b>9:30</b> Golden Age Program  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Men's)  <b>1:00</b> Sound Dunes                 </p> <p style="text-align: right;"><b>13</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:30</b> Golden Age Program  <b>10:15</b> Line Dancing  <b>11:30</b> Line Dancing  <b>12:30</b> Bridge  <b>12:30</b> Book Club  <b>2:00</b> Tea &amp; Talk                 </p> <p style="text-align: right;"><b>14</b></p>
<p> <b>9:00</b> Line Dancing  <b>9:00</b> Painting  <b>10:15</b> Line Dancing  <b>12:00</b> Shuffleboard  <b>12:30</b> Bridge  <b>1:00</b> Mah Jongg  <b>3:00</b> Supports Board Meeting                 </p> <p style="text-align: right;"><b>19</b></p>	<p> <b>9:00</b> COA Board Meeting  <b>9:00</b> Yoga  <b>9:00</b> Chair Caning  <b>9:00</b> Stitch &amp; Chatter  <b>9:30</b> Golden Age Program  <b>12:00</b> Vets &amp; Friends Picnic  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Men's)  <b>1:00</b> Ballroom Dance Party                 </p> <p style="text-align: right;"><b>20</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:30</b> Golden Age Program  <b>10:00</b> Fitness with John  <b>10:00</b> Independence House  <b>10:15</b> Line Dancing  <b>11:30</b> Line Dancing  <b>12:00</b> Birthday Party  <b>12:30</b> Bridge  <b>2:00</b> CCH Alzheimer's Support                 </p> <p style="text-align: right;"><b>21</b></p>
<p> <b>9:00</b> Line Dancing  <b>9:00</b> Painting  <b>10:15</b> Line Dancing  <b>12:00</b> Shuffleboard  <b>12:30</b> Bridge  <b>1:00</b> Mah Jongg                 </p> <p style="text-align: right;"><b>26</b></p>	<p> <b>9:00</b> SHINE  <b>9:00</b> Yoga  <b>9:00</b> Chair Caning  <b>9:00</b> Stitch &amp; Chatter  <b>9:30</b> Golden Age Program  <b>12:30</b> Bridge  <b>12:30</b> Bridge (Men's)  <b>1:00</b> Sound Dunes                 </p> <p style="text-align: right;"><b>27</b></p>	<p> <b>9:00</b> Line Dancing  <b>9:30</b> Golden Age Program  <b>10:00</b> Fitness with John  <b>10:15</b> Line Dancing  <b>11:00</b> Sight Loss Services  <b>11:30</b> Line Dancing  <b>12:30</b> Bridge                 </p> <p style="text-align: right;"><b>28</b></p>

# AUGUST CALENDAR ~ 19

THURSDAY	FRIDAY
<b>9:30</b> Destination Respite <b>10:00</b> Alzheimer's Family Support Center <b>1:00</b> New Beginnings <b>2:30</b> Hiking Club <b>1</b>	<b>9:00</b> Zumba Gold <b>9:30</b> Destination Respite <b>9:30</b> Bridge <b>10:00</b> Core & More <b>12:00</b> Seniors Connect <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <b>2</b>
<b>9:30</b> Destination Respite <b>10:00</b> Alzheimer's Family Support Center <b>1:00</b> New Beginnings <b>2:30</b> Hiking Club <b>8</b>	<b>9:00</b> Zumba Gold Friday <b>9:30</b> Destination Respite <b>9:30</b> Bridge <b>10:00</b> Core & More <b>10:00</b> Mobile Food Pantry <b>12:00</b> Seniors Connect <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <b>9</b>
<b>9:30</b> Destination Respite <b>10:00</b> Alzheimer's Family Support Center <b>1:00</b> New Beginnings <b>2:00</b> Line Dance Party <b>2:30</b> Hiking Club <b>15</b>	<b>9:00</b> Zumba Gold <b>9:30</b> Destination Respite <b>9:30</b> Bridge <b>10:00</b> Core & More <b>12:00</b> Seniors Connect <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <b>16</b>
<b>9:30</b> Destination Respite <b>10:00</b> Alzheimer's Family Support Center <b>1:00</b> New Beginnings <b>2:30</b> Hiking Club <b>22</b>	<b>9:00</b> Zumba Gold <b>9:30</b> Destination Respite <b>9:30</b> Bridge <b>10:00</b> Core & More <b>10:00</b> State Representative Christopher Flanagan <b>12:00</b> Seniors Connect <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <b>23</b>
<b>9:30</b> Destination Respite <b>10:00</b> Alzheimer's Family Support Center <b>1:00</b> New Beginnings <b>2:30</b> Hiking Club <b>29</b>	<b>9:00</b> Zumba Gold <b>9:30</b> Destination Respite <b>9:30</b> Bridge <b>10:00</b> Core & More <b>12:00</b> Seniors Connect <b>12:30</b> Cribbage <b>1:00</b> Scrabble <b>1:00</b> Canasta <b>1:00</b> Hand & Foot <b>30</b>



Bay to Sound Neighbors volunteers delivered treats and potted plants to 160 members to celebrate the Memorial Day weekend. Our members were delighted! We completed over 250 requests in May, with 82% for transportation to doctor offices, PT, shopping, hair appointments and the like. We are an all-volunteer nonprofit and we rely on volunteers in the community to help support our mission. To volunteer, visit our website at [baytosoundneighbors.org](http://baytosoundneighbors.org) and submit an application. We continue to accept new members who need services to help them age independently at home. **Visit our website or call us at 508-470-0585.**



**AUGUST BOOK CLUB:**  
*Lady Tan's Circle of Women*  
**Wednesday,**  
**August 14, 12:30 PM**  
**At Dennis Center for Active Living (DCAL)**

## 20 ~ FITNESS & DANCE

### VNA of Cape Cod Public Health

A VNA of CC Public Health representative is holding Group Fitness Orientations in Evergreen Studios at Dennis Center for Active Living the first Wednesday of every month from 10:30 am–11:45 am. You will be taught how to properly use the equipment and learn safe exercise guidelines. Participant and medical clearance forms must be filled out and questions can be answered by calling. Registration is required for all exercise programs through the VNA of Cape Cod. **Call 508-957-7423 to register.**

The VNA of CC Public Health will also be at the Dennis Public Library hosting a Blood Pressure and Wellness Clinic every third Wednesday of the month from 11:15 am–12:15 pm. **Please call 508-957-7423 if you have questions.**



### Line Dance Parties

For line dancers who are confident in basic steps (box, lindy, jazz square, mambo, cha-cha rhythm, etc.), hour and a half special events to jazz up your summer! A fun variety of pop, rock, and Latin tunes. All dances will be briefly reviewed and fully cued. Mini-demos by current class members. Light refreshments.

Your host, Karen Shackelford of Cape Sands Ballroom.

Thursday, July 25th, 2:00-3:30

Thursday, August 15th, 2:00-3:30

Door prizes! \$10 walk-in, cash or check to Dennis Senior Center. Please stop at the front desk to check in. First come first served. Please bring a change of shoes to protect the dance floor, and a shatterproof water bottle.

### Zumba Gold

Come join the fun every Friday at 9 am. No matter if you want to improve your cardiovascular system, lose weight, improve coordination, or boost your mood, Zumba Gold fitness program may be just what the doctor ordered!

Walk-In \$10 per class.  
No experience required.

Questions? **Contact Christina**  
at [revivethrive@yahoo.com](mailto:revivethrive@yahoo.com)





The summer is time for celebrations, and this July will be the 34th Anniversary of the AMERICANS with DISABILITIES ACT (ADA). The ADA was signed into law by President George H.W. Bush in 1990, but actually began (in small part) in 1964 with the Civil Rights movement. Every few years after that, more and more things were added to the Civil Rights Law and began to help protect people who had disabilities. On July 26, 1990, the formal version of what we know now as the ADA was created specifically for people who are disabled, and signed into FEDERAL LAW. In 2008 the ADA law was amended (then known as the ADAAMA), which helped protect a broader range of individuals with disabilities. July may mark the USA's independence, but July also marks more independence for people with disabilities. With the anniversary of ADA, it marks the inclusion of those with disabilities into mainstream life. So, when you're using the curb cut on a sidewalk, a ramp, an elevator, automatic doors or larger doors with automatic buttons, the closed captions on a TV, and too many other things to name, please take a moment to thank the AMERICANS with DISABILITIES ACT. After all, "Disability is the ONLY group in our country, that ALL people can join." Rain or shine. The Advisory Committee on Disabilities invites you to join us in celebrating the Grand Re-Opening of the Braille and Sensory Trail at Johnny Kelly Park, Friday, October 27th at 11:00AM. Come walk the Trail with us and enjoy the newly resurfaced walk, improved signage, innovative QR code readers, and an array of flower planters and bushes.

## FREE CIVIL LEGAL HELP

**South Coastal Counties Legal Services' (SCCLS) Elder Law Project** provides free civil legal help to eligible residents of Barnstable, Nantucket, and Dukes Counties. You must be 60 years of age or older and have a legal issue within our project priorities. While there is no income criterion for older adults, services are prioritized to those with the greatest economic and social need. Priority legal issues include eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.), and healthcare issues involving MassHealth or Medicare. To request a legal clinic appointment for a ½ hour of free legal advice at your local Senior Center please contact Rasheda Dickerson at the SCCLS' Hyannis Law Office **774-487-3251** or their intake line at **1-800-244-9023**.

### TELEPHONE SUPPORT

**Alzheimer's Family Support Center**  
508-896-5170

**Cape Cod Healthcare Dementia & Alzheimer's Support**  
774-552-6080

**Cape Cod Vet Center**  
508-778-0124

**Cape & Island Crisis Hotline**  
800-322-1356

**Elder Law Legal Assistance**  
800-342-5297

**Food Security Programs**  
508-694-2004

**Food Stamps (SNAP)**  
833-712-8027

**Lock Box Program**  
Dennis Fire Department  
508-398-0363

**Mass 2-1-1**  
National Abbreviated Dialing Code To Health & Human Services

**Meals On Wheels**  
508-394-4630

**Nami Helpline**  
Mental Health Resources  
800-950-6264

**National Suicide Prevention Hotline**  
800-273-8255

**We Can**  
508-430-8111

**Independence House Counseling**  
508-771-6507

## 22 ~ VETS & FRIENDS



Dan Lacouture, former NHL and Bruins player

### HELLO VETS AND FRIENDS,

it looks like summer has finally made it to Cape Cod! Your fellow veterans and their friends at the DCAL's "Vets and Friends" program have been busy finalizing summer activities to make certain this year's program will be among the best. Three noteworthy events are on the summer schedule as this edition of "the Scoop" goes to press.

Our midsummer program highlights Cape Cod's Veterans Affairs office joining us to discuss several special programs of critical interest to the Cape's veteran community. VA leaders will be present to update currently registered and future registrants of many new or otherwise significantly improved processes that have been put in place over the past year. Just one example: Completing a previously cumbersome process of registering for acceptance into the VA health care system that previously could take days or weeks to complete can now be done in just minutes. There are many other examples. And one-on-one conversations between vets and VA representatives will be available for discussion of personal or sensitive topics.

August 20th will mark the end of this year's summer program with our annual picnic. Fun is guaranteed with music, all sorts of games and a delicious barbeque. All free to Vets and Friends, of course. Details to come!

And please don't forget our other Vets and Friends members. Widows, widowers, family members, friends and caregivers are always welcome.

Our membership is growing, but we will always have room for another veteran to join in. Why not bring someone with you?

JULY 16TH, 10:30 AM  
AUG 20TH, 12:00 PM





Through the generosity of our membership and grants provided by many local organizations, the Supporters have been able to furnish much of the equipment for the exercise facility. An additional grant from AARP plus funding provided by the Supporters enabled us to install the new patio as well as a picnic table and planter boxes on the

north end of the property. We are pleased to help provide refreshments and supplies, as needed, for many activities held at the DCAL. We will continue to share additional initiatives in future issues of the Cranberry Scoop. Your membership and donations are very important for our ongoing support of existing and new activities at the DCAL. Your annual contributions help to make this happen. A donation of any amount provides you with a one-year membership. Thank you in advance for your help.

*–Gary Barber, President of the Supporters of the Dennis COA founded in 2012.*

**SUPPORTERS OF THE DENNIS COA MEMBERSHIP/RENEWAL FORM**

Return Form and Check to: Supporters of Dennis COA; PO Box 606; South Dennis, MA 02660

Here's my tax-deductible donation of \$ \_\_\_\_\_ to be used as noted below:

Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

New \_\_\_\_\_ Renewal \_\_\_\_\_

**Please use my donation towards:**

\_\_\_\_\_ Golden Age Pals (GAP)

\_\_\_\_\_ Outreach

\_\_\_\_\_ Where Needed Most

\_\_\_\_\_ Other (specify):  
\_\_\_\_\_



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**Thank you to  
the Sheldon Family**  
for their generous donation to  
DCAL on behalf of their father,  
Wilbur A. "Bud" Sheldon, a  
former member of the COA  
who enjoyed woodworking.

*The Cranberry Scoop* is a publication of the Supporters of the Dennis Center for Active Living, a 501(c)(3) tax-exempt nonprofit organization. Distribution is made possible by the Town of Dennis and COA Volunteers.