

SEPTEMBER/OCTOBER 2024

The Cranberry Scoop



Celebrate DCAL Volunteers

It's National Senior Center Month

Care Partners!
Destination Respite
to the Rescue

Get a Taste of the Blue Zones
at the DCAL Open House

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

information about DCAL events, guide building tours and more. Go to the Caregiver Corner (p.7) to get to know the folks who make things happen around here. If you are looking for something to do in retirement, consider volunteering with the DCAL as a driver, office helper or cafe server. We are always seeking new people to join our team. The United Nations declared October 1st, International Day of Older Persons, honoring older adults in every country. That means we get to keep on celebrating aging in October with a special event with an international flair.

HOLD the DATE! Tuesday, October 22nd, 10AM – 2PM, the DCAL is hosting a Community Health and Wellness International Open House. Our theme this year is Wellness around the World. Our guest speaker is Dr. Kumara Sidhartha, MD, MPH, Chief Health Equity and Wellness Officer, Cape Cod Healthcare. He has succeeded in helping patients get healthier through nutrition-based practices and will share from his new book, *All My Secrets*, which will be available at the DCAL library for checking out.

Don't forget to tell your friends and care partners about the Friday Multicultural GAP program (p. 7) we recently launched. The team is accepting new participants in the DCAL's trilingual program on Fridays. The Friday respite program focuses on social engagement through culture, music, nutrition and movement. The participants enjoy the company of others, a hot lunch, art, dancing and more. If you or a care partner you know are seeking a break, then Destination Respite is for you. Call us for more information 508-385-5067.

Brenda

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 include 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**.

DAY TRIPS

Market Basket

9/16, 9 AM, \$5 Per Person

Provincetown

10/02, 9 AM, \$10 Per Person



Transportation is always available for ALL activities, events, and Outreach Services to/from the DCAL!

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



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; Julie Benoit, Outreach Coordinator; Barbara Blackwell, PEARLS Coach, BCDHE and Dr. Molly Perdue, CEO and Co-Founder, Alzheimer’s Family Support Center

ATTENTION CARE PARTNERS!
Need a break to run errands, go to an appt. or even take a nap?

HOW IT WORKS: Call each site directly to schedule your visit (see below for contact details).

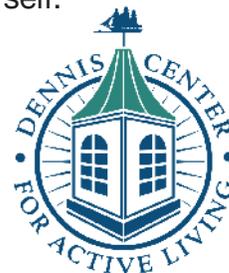
Destination Respite is funded by the Massachusetts Executive Office of Health and Human Services.

DESTINATION RESPITE is for you. Destination Respite programs are offered in Barnstable, Dennis and Yarmouth, the Hyannis Mall and the Cape Intercultural Center. A collaborative of local agencies work together to provide social engagement programs for your loved one living with dementia, while you take some time to take care of yourself.



CAPE COD HEALTHCARE

DESTINATION RESPITE LOCATIONS



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



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



Yarmouth Senior Center (YSC)
 528 Forest Road
 West Yarmouth
508-394-7606 x1335



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



Kelli's Grandparents

CONTINUED FROM PREVIOUS ISSUE

I immediately picked up the phone and called 911 without even saying anything. Even as someone who works in this field, I was emotional because I was so

caught off guard. But I called and made sure to keep her calm and assure her everything was going to be okay. The ambulance came, and we got her to the hospital. The result was a TIA (transient ischemic attack).

TIA (Transient Ischemic Attack): A TIA, often called a mini-stroke, is a temporary period of symptoms similar to those of a stroke. A TIA doesn't cause permanent damage and usually lasts only a few minutes. However, it serves as a warning sign for future strokes, with about 1 in 3 people who experience a TIA eventually having a stroke. Managing risk factors and seeking immediate medical attention can help prevent a full-blown stroke.

My grandmother wasn't even on a baby aspirin (often recommended for those at risk of stroke as it can help prevent blood clots from forming). She was at risk for bleeding, so they didn't want her on any blood-thinning medications.

The reason I'm sharing this is because I learned so much about strokes and how important

it is to ACT FAST even if you have any doubt, it really is better to be safe than sorry. Strokes really don't discriminate. Quick action is what saved my grandmother, in both her original stroke and her TIA. As soon as you call 911 for a potential stroke, the dispatcher is also alerting the hospital, and they have a full team waiting for you. They can potentially save your life if you are indeed having a stroke. Luckily, my grandmother wasn't having a severe stroke, but it's a reminder of how critical quick action is. Here are a couple things to remember:

- **Know the Signs of Stroke:** Sudden numbness, confusion, trouble speaking, and severe headache are a few signs. Act fast. Face drooping, arm weakness, speech difficulty, Time to call 911
- **Emergency Preparedness:** Have a plan and essential contacts ready for quick action in emergencies because in most cases you will be caught off guard and not thinking to your best ability in these moments.

Luckily, everything turned out well. My grandmother has been healthy ever since. She's now halfway through the Fall River book because she's also started a 1000-piece puzzle, quite literally jumping into the deep end after not having done a puzzle in about 25 years, but I must say she's doing pretty good.

—Kelli

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
508-776-7508

DCAL VOLUNTEER OF THE MONTH



JULY 2024

Charles Koines was awarded DCAL Volunteer of the Month for July 2024. You may have seen Charlie working at the front desk and at our monthly Vets & Friends meetings helping out in the kitchen. Thank you so much, Charlie! We love our DCAL volunteers!



AUGUST 2024

Barbara Mullen was awarded DCAL Volunteer of the Month for August 2024. Barbara volunteers regularly and generously fills in when needed at the front desk. Always kind and helpful, we so appreciate Barbara's time and effort spent assisting at DCAL. Thank you so much, Barbara!

8 ~ HEALTH & WELLNESS

NEW CLASS Reiki

Every Thursday
10 AM, \$10

Hi everyone! My name is Tara Crowley and I am a Reiki/Animal/Kid Reiki Master and Energy Healing Master. I am passionate about energy healing, mindfulness and self-care for overall wellness.



As we continue on our journey into our senior years, it is vital to incorporate healthy practices, focusing on the “now” and breathing into the moment. I will be offering classes/sessions on Reiki, mindfulness, and various self-care and wellness practices.



Destination Respite at the Cape Intercultural Center in West Yarmouth.



FREE PROFESSIONAL HEARING SERVICES!

2nd Thursday of Each Month
10 AM–12 PM, Free

Meet with Hearing Instrument Specialist Shawn Woodbrey for any topic related to hearing. Hearing instrument diagnostics and repair on any make or model hearing aid. Otoscopy to check for medical concerns and cerumen removal. Hearing testing and consultation on hearing loss. Fitting and maintaining of hearing aids of all models. Counseling on expectations of products and communications tactics related to hearing loss. Answering specific technical questions related to any hearing instrument on the market. Call the DCAL to schedule an appointment, 508-385-5067.



PEARLS

Program to Encourage
Active Rewarding Lives

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**



PUMPKIN WHOOPIE PIE

INGREDIENTS

Cookie Dough:

- 2 cups packed brown sugar
- 1 cup vegetable oil
- 1½ cups solid pack pumpkin puree
- 2 large eggs
- 3 cups all-purpose flour
- 1½ tablespoons ground cinnamon
- ½ tablespoon ground ginger
- ½ tablespoon ground cloves
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract

Whoopie Pie Filling:

- 1 egg white
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 2 cups confectioners' sugar, divided
- ¾ cup shortening

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease baking sheets.
2. Make the cookie dough: Combine brown sugar and oil in a bowl. Mix in pumpkin and eggs, beating well. Add flour, cinnamon, ginger, cloves, salt, baking powder, baking soda, and vanilla together into a separate bowl. Fold dry ingredients into wet ingredients and mix to combine.
3. Drop dough by heaping teaspoons onto the prepared baking sheets.
4. Bake in the preheated oven for 10 to 12 minutes. Let cookies cool while you make the filling.
5. To make whoopie pie filling: Beat egg white in a bowl and mix in milk, vanilla, then 1 cup confectioners' sugar. Mix well then beat in shortening and remaining 1 cup confectioners' sugar. Beat until light and fluffy.
6. Assemble once cookies are cool. Make sandwiches from two cookies filled with whoopie pie filling.



Halloween Word Search

- Costume
- Ghost
- Grave
- Halloween
- Haunted
- Mask
- Pumpkins
- Trick
- Scare
- Skeleton
- Spider Witch

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



10 ~ DCAL EVENTS



Carl and Charlie enjoying the Hiking Club at the Sandwich Boardwalk.

BIRTHDAY PARTY BASH

Wednesday, September 18, 12 PM
Wednesday, October 16, 12 PM

At the Dennis Center
for Active Living (DCAL)

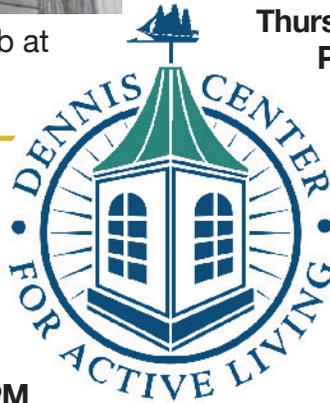
Join us to celebrate your birthday!



REGISTRY OF MOTOR VEHICLES

LUNCH AND LEARN WITH THE RMV

Thursday, October 3, 11AM
Please RSVP 508-385-5067



Owning a vehicle and holding a driver's license are privileges that come with a great deal of responsibility. Recent studies show that most of us will outlive our ability to drive safely by seven to ten years. Crash data shows that 94% of crashes are caused by driver error, which means nearly all the crashes that happen on our roadways are 100% preventable.

The Massachusetts Registry of Motor Vehicles (RMV) is committed to improving safety for all road users and will present "Shifting Gears," a safe driving workshop and Disability Placard Information for older drivers at Dennis Center for Active Living (DCAL) on October 3, 12PM – 1PM. Workshop topics include:

- Disability Placard/Plate application process
- Warning signs of unsafe driving
- Age-related changes that impact driving
- Rules of the road including the Vulnerable Road Users, Distracted Driving, and the Move Over Law; and
- Driving training and assessment programs

The program also includes REAL ID and how to contact the RMV regarding appointments and support.

Q & A MEETING AT THE DCAL CAFE

WITH TOWN OF DENNIS
SELECTMAN JIM PLATH

Wednesday, September 25, 10 AM–12 PM

Please join Town Selectman Jim Plath for an open Q & A meeting at the DCAL CAFE. Questions? Call 508-385-5067

AFTERNOON TEA & TALK SOCIAL

Wednesday, September 11 & October 9, 2–4 PM
Please RSVP, 508-385-5067



SELF-CARE: KEEP IT SIMPLE

In the spirit of health and wellness and our upcoming DCAL Fall Open House in October, we have decided to focus on the concept of self-care. Throughout the many seasons of life, we go through periods when we may neglect to care for ourselves because we are just “too busy.” During times of intense caregiving as parents, children of aging parents, and as older adults caring for a spouse with an illness or cognitive impairment, we need to remember to take care of OURSELVES.

What does self-care look like? It doesn't always mean extreme exercise or spending lots of time or money on expensive spa treatments. Self-care can be kept simple. For example:

1. **Daily Movement:** Taking a 10 to 20-minute movement break every day can significantly improve your mood and physical health. Walking is a low-impact exercise that promotes cardiovascular health and helps maintain mobility and independence. Gardening, seated chair yoga or simple stretching are wonderful ways to incorporate movement in short bursts.
2. **Mindful Eating:** Pay attention to what you eat. Incorporate more fruits, vegetables, and whole grains into your diet. Eating mindfully means savoring each bite and listening to your body's hunger and fullness cues. Eating well is a form of self-care.
3. **Hygiene:** Prioritizing getting ready upon waking, choosing a nice outfit or getting a haircut can drastically improve your self-confidence and mood. Taking the time to prepare for bedtime by taking a warm shower can relax the muscles and set the tone for a good sleep.
4. **Restful Sleep:** Plan on getting 7-9 hours of sleep each night. Create a relaxing bedtime routine, such as reading a book or listening to calming music, to signal to your body that it's time to wind down.
5. **Social Connections:** Spend time with friends and family. Social interactions can enhance your emotional well-being and provide a support system during challenging times. Attend social events, join clubs, or simply have a chat with a neighbor. Play a game of cards or plan to see some live music. DCAL has many opportunities for social connection.
6. **Mental Stimulation:** Keep your mind active with puzzles, reading, or learning new skills. Engaging in mentally stimulating activities can improve cognitive function and keep your brain sharp.
7. **Relaxation Techniques:** Practice relaxation techniques like deep breathing, meditation, or gentle yoga. These practices can reduce stress, lower blood pressure, and promote a sense of calm. Take ten to fifteen minutes and allow yourself to relax.
8. **Hobbies and Interests:** Make time for activities you enjoy. Whether it's gardening, painting, or playing an instrument, engaging in hobbies can provide a sense of purpose and joy.

Remember, self-care is about taking small, manageable steps to nurture your body, mind, and spirit. By incorporating these simple practices into your daily routine, you can enhance your overall well-being and better care for those you love.



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



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

FUEL ASSISTANCE RENEWAL FORMS

As heating season approaches, be on the lookout via mail for bright yellow fuel assistance renewal paperwork from South Shore Community Council, Inc. (SSCAI)

Call DCAL Outreach Department to schedule appointments to complete paperwork. 508-385-5067



DENNIS POLICE DEPARTMENT

AGREE OR DISAGREE:

There were more people and cars on this sandbar this summer than ever before. I don't know where I'd find stats, but I know I've never sat in traffic like that before. I've lived in NJ and in Boston. I've fought Jersey Shore traffic, I've sat in Big Dig Boston commuter traffic, but one rainy day after July 4th, it took me an hour to get from Route 28 and Old Main Street in West Dennis to the police station. Bumper to bumper up Main Street and Old Bass. Dennis traffic takes the cake in my forty-something years of being on the road.

But, we made it through; bumped, bruised, and little more tired, but we made it. I knew it was bad when I got home from a midnight-dayshift double, and I fell asleep on the kitchen floor saying "hello" to the dogs. My wife discovered I was home when she heard snoring coming from the kitchen. I just don't bounce back from 16 consecutive hours of work the way I used to. And all of my fellow police officers felt the crunch of being short-staffed. We had a few unexpected departures, a few surgeries, and even jury duty to hurt our staffing, but we made it. We have a number of new recruits and officers in the pipeline to join the ranks in the coming months, and our surgically repaired folks are making their way back to the road. And yes, September — the absolute best month of the year on Cape Cod — is here and we can all hopefully breathe a sigh of relief and enjoy the weather and decreased volume of people.

Keep in mind with the departure of the masses, so go the summer help in businesses and services. But hopefully better weather will

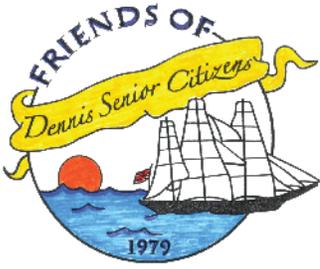


make waits less painful and experiences more enjoyable. As I think back on the summer and the calls I was on, I have found one underlying theme to all of the really bad calls that I experienced: we really need to keep an eye on each other, and the only way to do this is through in-person communication. I was on a few calls this summer that will probably wake me up at night in the future, likely having left a scar on my soul. Each of these calls had an element of us not looking after one another. Text messages can't convey when someone is "off." A social media post of a friend going absolutely crazy doesn't get them the help they need.

It's a great mystery to me that despite all these wonderful communication avenues we have at our fingertips, that so many feel so isolated and alone. Mental health continues to be a growing struggle in our society and there's no exception in Dennis. Keep an eye on your friends and family. Communicate — in-person if it's at all possible. Call us if you need help, hopefully we can get you going in the right direction. Take care of yourself and one another. We'll see you out there — among less traffic congestion.

— Sgt. Ryan Carr
Dennis Police Department

14 ~ COMMUNITY PARTNERS



The Friends of Dennis Senior Citizens over the years have helped many Dennis seniors in time of need. In many instances we were called upon after all other channels had been exhausted. Some recent examples are helping with burial expenses after a sudden death of a husband, help with a partial rent payment, aid for utility bills, and assisting

someone, who had a hip replacement and couldn't work, make her car payment. These are some of the ways the Friends have responded to Dennis seniors needing a helping hand. We can do this, in large part, with the support of our wonderful members, donors, and volunteers.

The Friends would like to remind you of the American Red Cross Blood Drive we are sponsoring on Saturday, October 5, in Howell Hall at the DCAL (Dennis Senior Center) from 9AM-1:15PM. Please visit redcross.org/give-blood to sign up.

MASSHEALTH COMMONHEALTH INSURANCE FOR INDIVIDUALS WITH DISABILITIES

What is MassHealth CommonHealth? MassHealth CommonHealth serves individuals with disabilities who are not eligible for MassHealth Standard because their incomes and/or assets are too high to qualify. The program offers health care benefits similar to MassHealth Standard, covering services such as inpatient and outpatient care, mental health services, and medical transportation. The cost of pharmaceuticals may also be subsidized.

Who can get benefits? There are specific requirements for the number of hours worked per month, dependent on age and length of time already worked. MassHealth CommonHealth is liberal in its definition of work; being paid \$1 per hour for babysitting, dog walking and being a personal assistant, for example, qualifies as work. MassHealth decides if you are disabled according to the standards set by federal and state law. For an adult, this generally means you have a mental or physical condition that severely limits your ability to work or to do certain activities for at least 12 months.

What are the Income standards for CommonHealth? Unlike MassHealth Standard, a CommonHealth participant's eligibility is not subject to income or asset limitations. However, depending on income, individuals may have to pay a premium for CommonHealth insurance and may be eligible for payment of their Medicare Part B premium of \$174.70 (2024).

Am I eligible if I am on Medicare? Yes! Medicare will be the primary insurance and CommonHealth the secondary.

For more information, including application for this program, please make an appointment with a SHINE Counselor by calling 508-385-5067.



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.

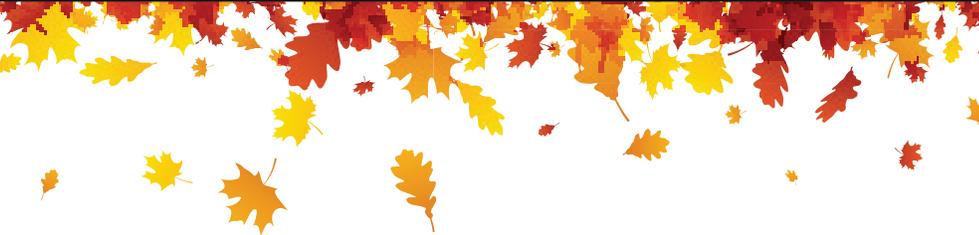


Housing Assistance

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 ~ SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <p style="text-align: right; font-size: 2em; font-weight: bold;">2</p> <p style="text-align: center; font-size: 1.5em;">Labor Day</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">3</p> <p>7:00 Voting Precinct 2 9:00 Yoga 9:00 Stitch & 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; font-size: 2em; font-weight: bold;">4</p> <p>9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 12:30 Bridge 2:00 CCH Alzheimer's Support</p>
<p>9:00 Hearing Clinic 9:00 Painting 10:00 ADA Board Meeting 12:00 Friends Board Meeting 12:00 DCAL Garden Club Presentation 12:30 Bridge</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">9</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">10</p> <p>9:00 Yoga 9:00 Stitch & 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; font-size: 2em; font-weight: bold;">11</p> <p>9:00 Ombudsman Training 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Housing Assistance 10:15 Line Dancing 11:00 Ombudsman Q&A Presentation 12:00 DY Women's Club 12:30 Bridge 12:30 Book Club 2:00 Tea & Talk</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; font-size: 2em; font-weight: bold;">16</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">17</p> <p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:00 COA Board Meeting 9:30 Golden Age Program 10:00 South Coast Legal Services 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">18</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:15 Line Dancing 12:00 Birthday Party 12:30 Bridge 2:00 CCH Alzheimer's Support</p>
<p>9:00 Line Dancing 9:00 Painting 10:15 Line Dancing 10:30 Vets Chair Yoga 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 3:00 Supporters Board Meeting</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">23</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">24</p> <p>9:00 Chair Caning 9:00 Yoga 9:00 Stitch & 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; font-size: 2em; font-weight: bold;">25</p> <p>9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Options Counseling 10:00 Town of Dennis Select Board Visit 11:00 Sight Loss Services 10:15 Line Dancing 12:30 Bridge</p>
<p>9:00 Line Dancing 9:00 Painting 10:00 DY Womens Club Board Meeting 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">30</p>	 <p style="text-align: center;">September is Falls Prevention month. Call us for more information.</p>	

SEPTEMBER CALENDAR ~ 17

THURSDAY	FRIDAY
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Social Dance 2:30 Hiking Club 5	9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 10:00 Core & More 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 6
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Reiki 10:00 At Home Hearing Clinic 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 1:00 Social Dance 2:00 Line Dance Party 2:30 Hiking Club 12	9:30 Bridge 9:30 GAP Multicultural 10:00 Mobile Food Pantry 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 13
9:00 Foot Nurse 9:00 DCAL Salon 9:30 Golden Age Program 10:00 Alzheimer's Family Support Center 12:00 Vets & Friends Fall BBQ 1:00 New Beginnings 1:00 Social Dance 2:30 Hiking Club 19	9:30 Bridge 9:30 GAP Multicultural 12:00 Seniors Connect 12:30 Cribbage 1:00 Scrabble 1:00 Canasta 1:00 Hand & Foot 20
9:00 DCAL Salon 9:30 Golden Age Program 10:00 Reiki 10:00 Alzheimer's Family Support Center 1:00 New Beginnings 2:00 Line Dance Party 2:30 Hiking Club 26	9:00 Zumba Gold 9:30 Bridge 9:30 GAP Multicultural 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 27



Bay to Sound Neighbors serves seniors in the communities of Yarmouth and Dennis who wish to age in place and we continue to grow. We now have 170 members. We need volunteers to help us fulfill all requests. If you or you know of someone who wants to help their neighbors providing rides or friendly visits, and have a few hours to help, call us at 508-470-0585 or visit our website and fill out a short application.



Long-Term Care Ombudsman Presentation

2nd Wednesday of every month, 11AM

Ombudsmen are trained, certified volunteers who make weekly visits to rest homes and nursing homes across the Cape and Islands, providing advocacy and education. Join Cathy Ode, LTC Ombudsman Program Director from Elder Services of Cape Cod & the Islands, and volunteers from her team for informal conversation about residents' rights and other matters related to long-term care. Bring any and all issues and concerns — there are no foolish questions! — or simply come to listen and learn.



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!

18 ~ OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	1 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party	2 9:00 Line Dancing 9:00 Fitness with John 9:30 Golden Age Program 10:00 Independence House 10:15 Line Dancing 10:30 Musical Souvenirs 12:30 Bridge 2:00 CCH Alzheimer's Support
7 9:00 Hearing Clinic 9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:00 ADA Board Meeting 10:15 Line Dancing 12:00 Friends Board Meeting 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	8 9:00 SHINE 9:00 Chair Caning 9:00 Stitch & Chatter 9:00 Yoga 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's) 1:00 Sound Dunes	9 9:00 Housing Assistance 9:00 Ombudsman Training 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:00 Senior Planet 11:00 Ombudsman Q&A Presentation 10:15 Line Dancing 12:00 DY Women's Club 12:30 Book Club 12:30 Bridge 2:00 Tea & Talk
 <p>Indigenous Peoples' Day</p>	14 9:00 COA Board Meeting 9:00 Chair Caning 9:00 Yoga 9:00 Stitch & Chatter 9:30 Golden Age Program 10:30 Vets & Friends 12:30 Bridge 12:30 Bridge (Men's) 1:00 Ballroom Dance Party	15 9:00 Line Dancing 9:30 Golden Age Program 10:00 Fitness with John 10:00 Independence House 10:00 Senior Planet 10:15 Line Dancing 12:00 Birthday Party 12:30 Bridge 2:00 CCH Alzheimer's Support
21 9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg 3:00 Supports Board Meeting	22 9:00 SHINE 9:30 Golden Age Program 10:00 Fall Open House A Destination Respite Program	23 9:00 Line Dancing 9:30 Golden Age Program 10:00 Senior Planet 10:00 Fitness with John 11:00 Sight Loss Services 10:15 Line Dancing 12:30 Bridge
28 9:00 Line Dancing 9:00 Painting 10:00 Senior Planet 10:15 Line Dancing 12:00 Shuffleboard 12:30 Bridge 1:00 Mah Jongg	29 9:00 Yoga 9:00 Chair Caning 9:00 Stitch & Chatter 9:30 Golden Age Program 12:30 Bridge 12:30 Bridge (Men's)	30 9:00 Line Dancing 9:30 Golden Age Program 10:00 Senior Planet 10:00 Options Counseling 10:00 Fitness with John 10:15 Line Dancing 12:30 Bridge

OCTOBER CALENDAR ~ 19

THURSDAY	FRIDAY
<p>9:00 DCAL Salon 3</p> <p>9:30 Golden Age Program</p> <p>10:00 Reiki</p> <p>11:00 RMV Lunch & Learn</p> <p>10:00 Alzheimer's Family Support Center</p> <p>1:00 New Beginnings</p> <p>1:00 Social Dance</p> <p>2:00 Line Dance Party</p> <p>2:30 Hiking Club</p>	<p>9:00 Zumba Gold 4</p> <p>9:30 GAP Multicultural</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>12:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 10</p> <p>9:30 Golden Age Program</p> <p>10:00 Reiki</p> <p>10:00 At Home Hearing Clinic</p> <p>10:00 Alzheimer's Family Support Center</p> <p>1:00 Social Dance</p> <p>1:00 New Beginnings</p> <p>2:30 Hiking Club</p>	<p>9:00 Zumba Gold 11</p> <p>9:30 GAP Multicultural</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>10:00 Mobile Food Pantry</p> <p>12:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 17</p> <p>9:30 Golden Age Program</p> <p>10:00 Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>1:00 New Beginnings</p> <p>1:00 Social Dance</p> <p>2:30 Hiking Club</p>	<p>9:00 Zumba Gold 18</p> <p>9:30 GAP Multicultural</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>12:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 24</p> <p>9:30 Golden Age Program</p> <p>10:00 Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>1:00 New Beginnings</p> <p>1:00 Social Dance</p> <p>2:30 Hiking Club</p>	<p>9:00 Zumba Gold 25</p> <p>9:30 GAP Multicultural</p> <p>9:30 Bridge</p> <p>10:00 Core & More</p> <p>10:00 State Representative Christopher Flanagan</p> <p>12:00 Seniors Connect</p> <p>12:30 Cribbage</p> <p>1:00 Scrabble</p> <p>1:00 Canasta</p> <p>1:00 Hand & Foot</p>
<p>9:00 DCAL Salon 31</p> <p>9:30 Golden Age Program</p> <p>10:00 Reiki</p> <p>10:00 Alzheimer's Family Support Center</p> <p>1:00 New Beginnings</p> <p>1:00 Social Dance</p> <p>2:30 Hiking Club</p>	<p>Happy Halloween!</p> 



Second & Fourth
Tuesdays of the Month
Pre-enrollment begins
in October
**Call DCAL to schedule
appts. 508-385-5067**

SENIOR PLANET FROM AARP *Computer Basics*

Oct 7–Dec 18, Mon and Wed
for 10 Weeks, 10–11:30 AM

In this 10-week, PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. You'll learn how to use email, search the internet for reliable information, access sources of entertainment, and connect to people, organizations and interests that matter to you. You'll gain a clear understanding of hardware and common software and the confidence to keep learning more.

By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life!

PREREQUISITES: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction.

Sign Up Today!

Contact Denise at 508-258-2299
denise.magnett@escci.org
Class size limited to 12!

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.**



VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

LINE DANCE CLASSES with Karen of Cape Sands Ballroom at the DCAL. Students who are new to this program are asked to contact Karen at CapeSandsBallroom@gmail.com to help with class placement. All classes are one hour long and held weekly. \$10 walk-in. Please bring a change of shoes to protect the dance floor.

For line dancers with experience who enjoy a little challenge:

- Beyond the Basics Pop, Rock and Latin Line Dancing – Monday and/or Wednesday 9:00 AM
- Beyond the Basics Line Dance Formation – Wednesday 10:15 AM

For line dancers who know line dance basics and prefer to keep it easy:

- Easy-ish Pop, Rock and Latin Line Dancing – Monday 10:15 AM



MONTHLY LINE DANCE PARTIES

Hour and a half special events to jazz up your fall season! All levels are welcome to attend ... jump in and dance the dances that are manageable for you! A fun variety of pop, rock, and Latin tunes. Door prizes! Light refreshments. \$10 walk-in. Please bring a change of shoes to protect the dance floor.

Thursdays, September 12 and October 3, 2:00–3:30 PM

Ballroom Dance Parties

Meet our party hosts: Karen Shackleford 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.

Sept 3 - Waltz (Karen)

Sept 17 - West Coast Swing (Frank)

Oct 1 - Rumba (Karen)

Oct 15 - Swing (Frank)

1:00-1:45 pm beginner dance lesson. 2:00-3:30 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. 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. Please bring a change of shoes to protect the dance floor. Dress code dressy casual.

BEGINNER SOCIAL DANCE CLASSES

Instructor: Frank Callahan

American Waltz, Rumba, Foxtrot, East Coast Swing, American Tango, Cha-Cha, West Coast Swing.

Group classes are \$10 per person and will be held at the DCAL from 1:00 pm until 2:00 pm on the following dates:

Sept 5, 12, 19, Oct 10, 17, 24, 31.

Attire: "Dressy-casual." Please bring clean, non-rubber-soled shoes to wear during class and a bottle of water.

ADA RETRACTION

From July/August 2024 Edition

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 Kelley Park, Friday, October 27th at 11:00AM

The above event was held a year ago! No ceremony in October!



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**.



**South Coastal Counties
Legal Services**

DCAL ESTATE PLANNING CLINIC

Thursday, October 17, 2024

South Coastal Counties Legal Services is offering a free legal clinic to connect low-income Dennis residents — those 60 years of age and older — with pro bono counsel to prepare essential estate planning documents, including: a Durable Power of Attorney, Health Care Proxy, and/or Simple Will. The Clinic will be held on October 17, 2024, beginning at 10:30AM, at the Dennis Center for Active Living (DCAL). Financial eligibility screening and document submissions are required prior to attending the Clinic.

Interested Applicants will need to contact Rasheda Dickerson at 774-487-3251, or by email at rdickerson@sccls.org, to complete an intake screening. **Deadline for intake screening is September 23, 2024.**

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

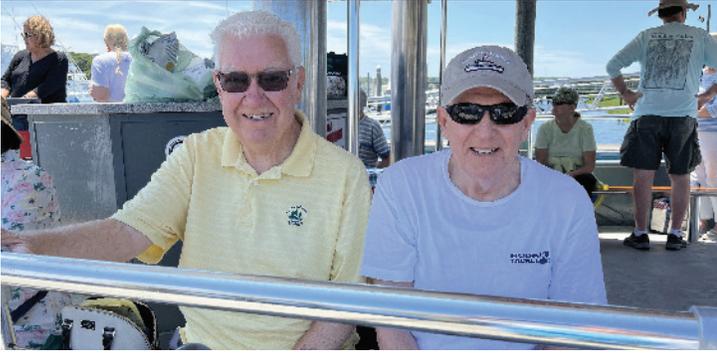
National Suicide Prevention Hotline
800-273-8255

We Can
508-430-8111

Independence House Counseling
508-771-6507

South Shore Community Action Council
508-746-6707

22 ~ VETS & FRIENDS



Charlie and Bill enjoying the Albatross Fishing Trip

Borrowing from CBS's leading sports broadcaster Jim Nance; somewhere along the way he starts all his introductions with, "Hello Friends." Sounds pretty good, so this one's for all of you.

"Hello Vets and Friends"

It's August and Mother Nature just won't give up. So, we're adjusting our meetings to avoid possible consequences of any lingering remaining summer heat and humidity. To be safe, we've rescheduled our summer picnic to September. Please make note of the new date, time and place below.

The Vets and Friends annual picnic will now take place at Johnny Kelley Park on Thursday, September 19th, starting at noon. And on October 15th we'll celebrate Oktoberfest at the DCAL.



Hopefully you were in attendance for our July Vets and Friends gathering, when good friend and volunteer Charlie Koiner was awarded our first Volunteer of the Month award for all he does

to help make our programs successful. You'll find him at the Reception Desk, working in the kitchen, or anywhere else that he can help. If you see him, please remember to say "Thanks."

Are you or someone you know that's eligible for VA benefits registered in the VA system? If you are eligible but because of a sometimes-cumbersome registration process or for other reasons haven't registered yet, there's good news. You can now get registered online in essentially minutes compared to the sometimes weeks it took previously. There are many other new benefits available, but the veteran must initiate the process. Contact Julie in our Center's Outreach Office for assistance contacting the local VA outreach office.

A photograph of a large field of American flags planted in rows, stretching into the distance under a clear sky.

SEPT 19TH, 12:00 PM
OCT 15TH, 10:30 AM

— HONORING ALL WHO SERVED —
VETS & FRIENDS
at DCAL

 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**



Vets & Friends Albatross Fishing Trip
with Captain "Chip" Caroll



It is with deep sorrow that we recognize the passing of Rae Fenton this past April. Rae was very active in the Dennis Senior Center. She was a Director on the Council on Aging (COA) Board and became the Chair Person of the COA Board. Rae was on the

Feasibility Study to expand the Dennis Senior Center and a member of the Supporters of the Dennis COA. Our condolences to her family and friends.

The dog days of Summer at the DCAL have been active with the help of your continued support. During June and July, Supporters donations provided financial support for:

- Mileage reimbursement for volunteer medical drivers for our Dennis Seniors.
- Front desk orientation luncheon.
- New volunteer welcome tour with lunch.
- Ballroom dance party refreshments.



- Tea and talk refreshments.
- Garden supplies for six planter boxes, flowers, starter tomato plants and soil.

The Supporters are also starting to raise funds for the COA with two exciting new fundraisers. We will begin selling advertising to local businesses for the Cranberry Scoop newsletter. We are also going to be developing designer DCAL apparel starting with t-shirts, which will be available for sale soon at the Rolling Raks Thrift Shop. Be the first in your family to have one! All proceeds from these new fundraisers will continue to go directly to the support of the COA special activities.

Not yet a member of the Supporters? We have an annual membership program that we encourage able Dennis residents to participate in. All donations large or small allow you to become a member so please donate today.

–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) _____ **Please use my donation towards:**

Address _____ Golden Age Pals (GAP)

_____ Outreach

Phone _____ Cell _____ Where Needed Most

Email _____ Other (specify):

New _____ Renewal _____ _____



**DENNIS CENTER FOR
ACTIVE LIVING**
1045 Route 134
South Dennis, MA 02660

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South Yarmouth, MA 02664
Permit No. 88

Affix mailing label here

THE DENNIS CENTER FOR ACTIVE LIVING

Explore Dennis Center for Active Living's new space as we share a wide array of social, health and wellness resources available in our community.



FOCUS ON
*Healthy Eating,
Movement & Exercise,
Socialization,
Self-Care for Caregivers
& Blue Zone Lifestyles.*

GUEST SPEAKER
**Dr. Kumara Sidhartha
MD, MPH**
Physician and Author
of *All My Secrets*
Chief Health Equity
and Wellness Officer,
Cape Cod Healthcare

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

OCTOBER 22, 2024 | 10AM–2PM
HEALTH SCREENINGS | EXHIBITOR TABLES | DANCE, EXERCISE, NUTRITION, MASSAGE, MEDITATION & MORE

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.