

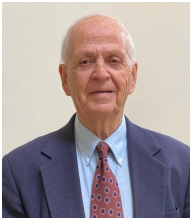


Friends of Dennis Senior Citizens NEWSLETTER

SPRING 2025

Welcome to the Friends of Dennis Senior Citizens' Newsletter
PO Box 287, South Dennis, MA 02660 508-385-5376
For more news, visit us at www.friendsofdenniseniors.com

PRESIDENT'S LETTER



The Friends of Dennis Senior Citizens sponsored their semi-annual American Red Cross blood drive on Saturday, April 26 in Howell Hall in the Dennis Center for Active Living. We would like to thank all the blood donors who came to give the gift of life and who made this drive a success.

Jazz in Bloom will take place on Saturday, May 17th from noon to 2 p.m. The Kareem Sanjaghi Band will perform and we suggest signing up early as seating is limited. More information about this event is below.

For those interested in demographics, the median age of the Dennis population is 57.5 years old compared to 39.7 for the state of Massachusetts. With that being said, May is Older American's Month! Growing interest in how senior citizens were perceived led to a meeting between President John F. Kennedy and the National Council of Senior Citizens in 1963. Today, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). This year, the theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

For the occasion of Mother's Day, the Friends will be sending out cards to honor mothers who otherwise would not receive a card. Some of these mothers are Dennis seniors who are the primary caregivers for their disabled adult children. We do this to honor them and let them know we are thinking of them on this special day.

The Friends would like to wish you all a beautiful Spring, a very Happy Mother's Day and hope you enjoy your Memorial Day celebrations!

BOARD OF DIRECTORS

Louis V. Daniele, President
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Karina England-Quest
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Office Manager

SAVE THE DATE

George DeShaw Memorial
Golf Tournament

Monday, June 16, 8:30am start

at Kings Way Golf Club
81 Kings Circuit, Yarmouth Port

**More info and registration form
coming soon on our website**



JAZZ IN BLOOM

To celebrate springtime blooms and usher in the start of summer, the Kareem Sanjaghi Band will perform music from the American songbook including jazz, swing, and Latin favorites. Vocalist Judy DeRossi, accompanied by Barry DeRossi on keyboard, Pat Ryan on guitar and Kareem on drums, bring passion and energy to every performance.

\$20 per person includes a lunch catered by The Dennis Mercantile and a chance at a door prize. There will also be prize raffles. Reserve now, seating is limited, and a

guest count is needed for the caterer. Drop off your check at our office, or mail it to:

Friends of Dennis Senior Citizens
PO Box 287, South Dennis, MA 02660

Please include your email address and/or phone for confirmation. You may call our office for more information at 508-385-5376 or email DennisFOD@hotmail.com.



1. What English word has three consecutive double letters? 2. Read me forwards, I am the highest point of everything. Read me backwards, scarcely anything is deeper. What am I?

THE VETERAN'S COLUMN

By Joseph Lawrence, Director



Welcome to our 2025 Spring edition of this update to the VA PACT Act. I hope some of the information in my first column was helpful to veterans navigating the application process for benefits. However, it has been brought to my attention that many veterans may still not know about this expanded opportunity for benefits, resulting in exposure to the toxins identified in my Winter column.

As a result, the VA continues to reach out to veterans through various gatherings, such as the VA Expo held at Gillette Stadium on March 11th and 12th. If you are not aware of this event, it is best that you connect with a mailing list, such as www.VA.gov, or www.Mass.gov. These websites will keep you up to date with new information.

The intent of the Expo was to literally introduce veterans to the opportunities for benefits, based on your military background, including exposure to toxins in and around your duty station. At that Expo, veterans were being signed up on the spot. So, keeping yourself informed as to gatherings on Cape Cod or within Massachusetts, could put you in line to receive the care and benefits you deserve related to your current physical condition.

In light of additional research, the Presumptive Conditions List (PCL) under the PACT (Promise to Address Comprehensive Toxics) Act, has been expanded. This now includes a range of health conditions that are presumed to be service-connected for veterans exposed to certain hazardous substances during your military service. When considering if you were exposed, it is important to know what you are looking for. So now, I want to be very specific as to the disease or conditions that may put you in line for VA care and benefits. (By the way, just my opinion, but I feel like the care I have received is top notch.)

Presumptive Conditions: These have expanded from the original 17 to 27

Respiratory conditions:

- Asthma
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Constrictive bronchiolitis or obliterative bronchiolitis
- Emphysema
- Granulomatous disease

- Interstitial lung disease (ILD)
- Pleuritis
- Pulmonary fibrosis

Cancers:

- Adult leukemia
- Aplastic anemia and other myelodysplastic syndromes
- Bladder cancer
- Brain tumor
- Gastrointestinal cancer of any type
- Kidney cancer
- Liver cancer
- Lymphoma of any type
- Multiple myeloma
- Neck cancer
- Thyroid cancer

Other health conditions:

- Heart conditions (certain types)
- Hypertension
- Tinnitus
- Peripheral neuropathy
- Prostate cancer (for certain veterans exposed to Agent Orange)

Eligibility requires that we meet certain criteria:

- 1.) Have served in a theater of operations, where they were exposed to hazardous substances (e.g., Agent Orange, burn pits, PFAS). The definition of PFAS is contaminated drinking water, that has been filtered by man-made materials that do not break down and tend to accumulate in the body.
- 2.) Have been diagnosed with a presumptive condition after their service.
- 3.) Meet the VA's definition of service connection for a specific condition. (This is related to your duty station.) Eligible veterans who qualify receive disability compensation, health care benefits and other support services. To claim benefits, however, you must file a VA disability claim. This is the most important note: If you have a presumptive condition, you do not need to prove that your service caused the condition.

NOT ENROLLED:

**Contact the VA's National Enrollment Help Desk:
(877) 222-8387**

(Monday - Friday. 8 a.m. to 8 p.m. East Coast Time)





WELCOME NEW BOARD MEMBER

Marsha Whittaker has resided in Dennis for more than 11 years. She holds a BA in education and has a long history with the Meals-On-Wheels program. Marsha began with the program as a volunteer driver and eventually became a site manager, and in time managed 12 kitchens.

In 2013 Marsha moved to Cape Cod and was hired for a position in the Meals-On-Wheels department at Elder Services of Cape Cod and the Islands. After one year she became the manager for the Money Management Program and served there for more than four years. Since 2019, Marsha has kept busy holding several positions in private care for elders in the Town of Dennis.

Marsha enjoys working in her garden, kayaking, reading, walking, spending time with friends and family, and volunteering for the Dennis Police Department. The Friends are very happy to welcome her as a Board Member!



THE FINANCIAL CORNER

By Karina England-Quest, Director

SPRING INTO ACTION: REFRESH YOUR FINANCIAL HOUSE

As the flowers bloom and we declutter our closets, spring is the perfect time to tidy up another important part of our lives — our finances. Just like your home needs an occasional deep clean, your financial plans deserve a seasonal review to ensure everything is in working order.

Revisit Your Budget and Expenses: Prices for everyday essentials have shifted, and even small changes can impact your monthly bottom line. Take some time to review recurring bills, subscriptions, and discretionary spending. Are there services you're no longer using? Could switching providers save you money? A few adjustments could free up funds for hobbies, family visits, or that spring getaway.

Review Insurance and Beneficiaries: Life changes, marriages, births, and losses may have altered your priorities. Now is a great time to review your insurance policies and make sure your beneficiaries are current. Whether it's a life insurance policy, long-term care coverage, or a retirement account, ensuring your plans reflect your wish-

es can prevent confusion and hardship down the line.

Refresh Your Emergency Plan: Emergencies can happen in any season. Whether it's a sudden illness, a home repair, or a financial setback, make sure your emergency fund is funded and accessible. A good rule of thumb is to have three to six months' worth of living expenses set aside — more if you're retired or on a fixed income.

Protect Against Scams: Spring is also prime time for scammers, especially as tax season wraps up. Stay alert to suspicious calls, emails, or requests for personal information. Sign up for the FTC's scam alerts and make sure your devices are protected with up-to-date antivirus software.

Meet with a Financial Professional: If it's been more than a year since you sat down with a financial professional, schedule a spring review. As with a regular check-up with your doctor, an annual review of your financial plan ensures you stay on track with your goals and can adapt to any changes.

Spring is a season of renewal, and that includes your financial well-being. With a little time and attention, you can enjoy the months ahead with greater peace of mind and confidence.

Karina works at New York Life Insurance in Hyannis, MA



ED'S GARDENING TIPS

By Ed France, Director

Gardeners, with spring officially here, you might feel the itch to cultivate a deeper connection to nature, and nothing says 'spring' quite like sinking your hands into some soil and sowing seeds in your garden.

What are the best gardening tools for beginners? Some of the best beginner gardening tools include classics such as a trowel (aka a hand shovel), cutting shears, out-

door gloves and a watering can. You can also invest in more specific gardening tools like a kneeler pad or bench, a utility or storage cart.

You don't have to buy everything you think you'll need before getting into gardening. Instead, start with the basics and collect as you go. This includes some important gardening accessories like hats and gloves to ensure you stay safe from the elements. Happy Spring!





Friends of Dennis Senior Citizens, Inc.
PO Box 287
South Dennis, MA 02660

Non-Profit
Organization
So. Yarmouth
MA 02664
Postal Permit #55



Become a Friend... Join a Friend... Stay a Friend

The Friends of Dennis Senior Citizens is a private charity funded by citizens like you. Your contribution supports programs like our Christmas Giving. The Dennis Council On Aging is a town agency and, although separate from the Friends, we have funded this municipal organization with annual grants and gifts. Today we support our seniors more directly by helping individual seniors in need. Our Planned Giving includes but is not limited to: Elder Services/Meals on Wheels, Golden Age Program at Dennis Center for Active Living, Visiting Nurse Association, Alzheimer's Family Support Group and the Sight Loss Services of Cape Cod.

Please consider donating to the Friends with a one-time donation, membership dues or an endowment. For \$10.00 per person per year or \$75.00 per person for a Lifetime Membership you will receive our quarterly newsletter in the mail.

Please make checks payable to: Friends of Dennis Senior Citizens, PO Box 287, South Dennis, MA 02660

Mr. Mrs. Ms. _____ Tel: _____

Mailing
Address _____ Town _____ Zip _____

- ☐ Fiscal year 2024 Annual Appeal
☐ Membership

Email Address _____ Amount _____

☐ To save postage, please send me an email acknowledgement (*please print clearly*)

Spring 2025 NL