Friends of Dennis Senior Citizens
# NEWSLETTER
Fall 2026

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.friendsofdennisseniors.com***

## PRESIDENT'S LETTER



In September we held our Annual Meeting and discussed past and future events. We had a fulfilling and successful year helping seniors in our community.

On October 3rd we sponsored an American Red Cross blood drive at the Dennis Center for Active Living (DCAL). Thank you to everyone who donated blood. It helps many people who need this lifesaving gift.

Our 2026 Annual Appeal letter was mailed in August. Thank you to those who have contributed! If you would like to make a tax-deductible donation you can use the form on the back of this newsletter. Your gift helps us further our mission of supporting Dennis seniors in need.

Our Planned Giving Committee awarded grants in July to Elder Services of Cape Cod/Meals-On-Wheels, Alzheimer's Family Support Center of Cape Cod, Sight Loss Services of Cape Cod, the St. Vincent de Paul Society, and the Golden Age Program at the Dennis Center for Active Living. We asked each organization to reserve these funds for Dennis seniors.

In June, The George DeShaw Memorial Golf Tournament was held at Kings Way Golf Club in Yarmouth Port on a beautiful early summer day. All the participants contributed to making this the most successful tournament ever!

The Big Wrap is scheduled for Wednesday, December 9th at DCAL in South Dennis. Come help us wrap over 2,000 gifts for Dennis seniors. Wrapping paper, tape and scissors are supplied but bring scissors if you have some. We also need help delivering these gifts. Pick up will be on Thursday, December 10th at 1pm. Call or email if you would like to volunteer.

James (Ed) France,
Board President

**BOARD OF DIRECTORS**

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## SAVE THE DATE

The Annual Christmas
**BIG WRAP**

**Wednesday, December 9th**

1pm in Howell Hall
at the Dennis Center
for Active Living

Call or email us to volunteer or for more info.

## HONORING GENE AND DELORES KENNEDY



Gene and Delores Kennedy were longtime supporters and board members of the Friends of Dennis Senior Citizens (FODSC). They will be remembered for their hard work and steadfast commitment to the Friend's mission.

**A Gift for Future Generations**

Their son, Brian Kennedy, understood how much FODSC meant to his parents and wanted their dedication and commitment to inspire future generations. To honor their memory, he recently named the Friends as a remainder beneficiary of the Brian F. Kennedy Revocable Trust. The endowment will establish a fund in their names to support the Christmas Giving Program and Individual Giving Program. Everyone at the Friends is grateful for Brian's thoughtful gift and the lasting legacy it will create.

## 2026 ANNUAL APPEAL

Our Annual Appeal is underway and many of you have received a letter in the mail. This past year we have helped many seniors financially through our individual giving program. We offer help with medical bills, car repairs, utility bills and more. Please join us in helping Dennis seniors by making a tax deductible gift to our Annual Appeal. You may visit our website to read the appeal letter or make a donation online.

## DCAL FOOD PANTRY

The Friends supply ready made meals to the food pantry located in the Dennis Senior Center (DCAL). Every Tuesday at 12 noon The Family Table Collaborative delivers fresh made meals, and you may pick these up in the DCAL pantry. Meals are limited so it is recommended to get them early.

**DCAL Pantry hours are:** Mondays & Wednesdays 9am-11am. Tuesdays & Thursdays 1pm-3pm.




## THE VETERAN'S COLUMN

By Joseph Lawrence, Director

As I write this article, we are celebrating the Fall Equinox today. It is the time when we transition from the craziness and congestion of the summer season on Cape Cod, to the quiet and peace of our surroundings. While I enjoy all the many activities available here, I'm especially grateful to have visited and experienced the "Wall that Heals" on the night when we honored those Veterans who were exposed and suffered from Agent Orange. As you may know, this was personal to me.

This Autumn I have decided to deal with Military Records and what do you need to do, if you've misplaced yours, or need to get records of parents or loved ones. To begin with, when looking to apply for and qualify for VA benefits, Military Records are the cornerstone to get you recognized as having served. You truly need to have access to them, especially your DD 214. For folks who don't know what a DD 214 is, it's the official Certificate of Release from Active Duty issued by the U.S. Dept. of Defense. This document serves as the definitive comprehensive summary of a service member's active military career.

**What a DD 214 Contains:**

- Dates and Places: Entry & release dates, along with locations of active duty.
- Service Character: The type of discharge (such as Honorable or General).
- Job Details: Final rank, last duty assignment, and military job specialty.
- Awards and Education: Medals, decorations, badges, and completed military training

**Why It Matters:**

- Accessing Benefits: Required to claim VA benefits, healthcare, GI Bill education funds, and VA home loans.
- Civilian Life: Used to claim employment preferences for federal jobs and to prove service to civilian employers.
- Final Honors: Needed by next-of-kin to arrange military funeral honors and burial in a national cemetery.

Because the DD 214 is such a detailed summary of your military career, it has multiple sections that include a lot of information about your service.

**Key information you will find includes:**

- Your full name and Social Security Number.
- The dates you started and ended active duty.
- Your last job and rank.
- Military training and education you received.
- The awards, medals, and badges you earned.
- Your total time in service.
- The type of separation (like retirement or discharge).
- Your character of service (like Honorable or Other Than Honorable).
- Your Separation and Reenlistment codes

How to Protect Your DD214 from Identity Theft
Your DD 214 has sensitive personal information, like your full name and Social Security Number. This makes it a prime target for identity thieves.

- Store it Securely: Keep your physical DD 214 in a fireproof safe, a secure file cabinet, or a safe deposit box. Treat it like your birth certificate or passport.
- Make Digital Copies: Create a password-protected digital copy and store it on an encrypted drive or secure cloud service. This gives you a backup in case the physical copy is lost or damaged.
- Be Careful Online: Never upload or share a copy of your DD 214 that has not been edited to remove sensitive information. If a service provider needs it, ask if you can send a redacted version.

I realize this information may be old hat to most Veterans. However, if you haven't discussed this form or access to your full military service records, it may be time to sit down and make sure your family knows where everything is. If for some reason they were lost or damaged and your family will need a clean copy, they can request replacement copies for free through the National Archives Military Service Records portal.

References: National Archives www.va.gov/records/get-military-service-records/, TrajectorMedical.com



**1.**What falls but never breaks, and what breaks but never falls? **2.**You have a square house. All four walls face South. A bear approaches. What color is the bear? **3.**There is a place where yesterday always follows today. What is that place? **4.**A word I know, six letters it contains, remove one letter and 12 remains. What is it?

## George DeShaw Memorial Golf Tournament

The Friends would like to thank all the players and sponsors who generously supported this event.

**Tournament Sponsors**

Bright Bridge Credit Union,
Diesel Direct, Hall Oil Company,
Marshside Restaurant,
Patriot Square Merchant Association
Encore Construction, S & J EXCO,
Hallett Funeral Home

**Tee Sponsors**

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Baskin's Ace Hardware, New Image Hair,
Bright Bridge Credit Union,
Hart's Farm Nursery, C.C. Construction,
Highlands Bunker Bar & Par Bar,
Enginuity, Law Offices of Singer & Singer











## DIGITAL SAFETY

Louise Hopper, Office Manager

**Hey John, do you have a minute?**
**I need a favor.**

Have you ever received a message like this from someone you know—a close friend, relative, business associate, or casual acquaintance? You recognize the sender, but the request feels unusual. Perhaps you wonder why the person did not call, or why someone you barely know is asking for help. Trust that hesitation: the message may be a scam. Do not reply or click any links. Instead, contact the person by phone using a number you already know. Let them know their email account may have been compromised and that scammers could be using their contacts to commit fraud. Encourage them to change their password immediately.

**How the Gift Card Scam Works**

Known as the "do me a favor" scam, this scheme works because the sender pretends to be someone you trust. If you respond, the scammer often claims to be too busy to buy a gift card for a birthday, charity event, or other occasion, perhaps adding that they left their wallet at home. They ask you to purchase gift cards, photograph both sides, and send the images, promising to reimburse you later. Once the scammer has the card numbers or barcodes, the funds can be taken almost immediately. Because gift cards are difficult to trace, recovering the money is often impossible.

Many people who would never share bank account information may still feel comfortable sending a gift card. That is exactly what makes the scam effective. After you send the card numbers or barcodes, the fraudster takes the money, and you are unlikely to get it back.

**Protect Yourself and Report Fraud**

Treat any request to buy gift cards by text or email as a warning sign. Do not make the purchase or send card numbers or photos. Verify the request by calling the person directly at a number you already know. If you have already given a scammer a gift card, keep the card and receipt, contact the card issuer immediately, and ask whether the funds can be stopped or refunded. Then report the incident to the Federal Trade Commission at ReportFraud.ftc.gov, where you can also find guidance on recognizing and avoiding other scams.



## ED'S GARDENING TIPS

By Ed France, President

The first freeze of fall is your signal to get busy. Remove dead annuals as soon as you can before they turn brown and crispy. Leave the dead foliage on healthy perennials for insulation; stems and leaves catch the snow; plus, remaining dried seed heads are a great source of food for winter birds. Lift Cannas and Dahlias after a killing frost.

Plant bulbs before the ground freezes. Avoid spacing them in a single line, singles get lost in the landscape. Instead plant them in clusters. Generally, plant bulbs at a depth three to four times their height; Iris 2"-6" deep, Daffodils 4"-5" deep, Gladiolus 7"-8" deep, all in a sunny spot!



Answers: **1.** Night and Day **2.** White, you're at the North Pole **3.** The dictionary **4.** Dozens

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***

****Donations can also be made securely online by visiting our website www.FriendsofDennisSeniors.com***

Mr. Mrs. Ms._____ Tel: _____

Mailing
Address_____ Town_____ Zip_____

☐ 2026 Annual Appeal
☐ Membership

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