

# Friends of Dennis Senior Citizens NEWSLETTER

WINTER 2024

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](http://www.friendsofdennisseniors.com)

## PRESIDENT'S LETTER

By Louis Daniele, President



The mission of the Friends of Dennis Senior Citizens is to improve the quality of life and general welfare of Dennis seniors. To that end we have completed the 38<sup>th</sup> year of our Christmas Giving Program. On Thursday, December 7<sup>th</sup> many volunteers and board members gathered at the Congregation Church of South Dennis for our Big Wrap. Over 2,000 thoughtfully chosen gifts were wrapped and then organized into beautiful gift bags decorated by students at the Dennis Union Church. On Saturday morning volunteers made deliveries to 135 seniors.

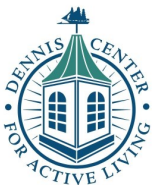
Many of these seniors live alone and were delighted when Santa's elves appeared with decorated bags filled with about 16 gifts each. Further details of those involved can be found inside this publication.

As phase two of the renovation of the Dennis Center for Active Living (DCAL) approached, the Friends were faced with finding a temporary office in July 2022. Thanks go to Donna Laurie at the Cape Cod Health and Fitness Center on Hokum Rock Road in South Dennis for renting us space within her facility. Contents of both the office and the Ickes Room were moved and stored at Compass Moving and Storage in South Dennis. On January 3, 2024, Compass Moving unloaded numerous storage items to our new office in the renovated DCAL. I would like to thank the following people who assisted in this project: Jan Bogardus, Ed France, Joe and Carol Lawrence, Maryann and Matthew Daniele. A special thanks to our office manager, Louise Hopper, whose organizational skills made this transition go smoothly.

The Friends once again sponsored the American Red Cross blood drives in April and October 2023. A total of 54 units were donated. Thanks go to these individuals, many who have been donating for several years. The next blood drawing will take place on Saturday, April 27, 2024, at the Dennis Center for Active Living.

Wishing you all a happy, healthy new year!

## WE'RE BACK!



That's right, renovations are complete and we have moved back into the Dennis Center for Active Living (DCAL). The Friends have missed the hustle and bustle of the senior center, and we are so happy to be back. We are in room 211, please stop by our new office and say hello! Our office hours are Tuesday-Thursday from 10am to 2pm. We are here to help and to answer your questions. You can reach us at 508-385-5376 or email us at [Dennisfod@hotmail.com](mailto:Dennisfod@hotmail.com)



- 1.) I have branches, but no fruit, trunk, or leaves. What am I?
- 2.) Take one out and scratch my head, I am now black but once was red. What am I?
- 3.) What do you throw out when you want to use it but take in when you don't want to use it?

## BOARD OF DIRECTORS

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Louise Hopper,  
Office Manager

## SAVE THESE DATES

**American Red Cross  
Blood Drive**  
Saturday, April 27<sup>th</sup>  
9am to 1:15pm at DCAL

**Jazzy Spring Fling**  
Saturday, May 18<sup>th</sup>  
12pm to 2pm at DCAL

**George DeShaw Memorial  
Golf Tournament**  
Monday, June 10<sup>th</sup>  
Dennis Highlands  
Golf Course

Check our website more info  
and signup forms.

# Christmas Giving and The Big Wrap! A FUN-tastic way to Give

The 2023 BIG WRAP was held on Thursday, December 7th at the Congregational Church of South Dennis-Parish Hall. For thirty-eight years, we have gathered our volunteers and members in early December to wrap Christmas gifts for seniors who are alone or in need. This Christmas Giving Program was successful once again because of our dedicated volunteers and members who give generously of their time. Thank you to each and every one of them!



## Christmas Giving Committee

Each year our Board Members begin early in preparation for Christmas Giving. This year there were 135 seniors who receive gift bags in the Town of Dennis, and this requires over 2000 small gifts to be purchased. A lot of planning and many shopping hours go into this event and The Friends would like to recognize each of these members for all the work they do.

**Committee Members:** Nancy Wolf, Committee Chair, Jan Bogardus, Carol & Joe Lawrence, and Beth & Art McCormack.



## Gift Wrappers

Deborah Adkins, Jan Bogardus, Hank & Marilyn Bowen, Fran Card, Nadine Bradshaw, Harle Carlsen, Tricia Debs, Kathy Delehanty, Abigail Dorn, Bruce Fischer, Gail Fleischer, Mary Pat Furey, Anna Furey, Elizabeth Gricus, Beverly Hall, Jeannette Holmes, Louise Hopper, William Hopper, Anna Houle, Heather Johnson, Joe & Carol Lawrence, Janice MacNeary, Linda Marchione, Ginny McCabe, Marianne Miles, Joanne Nessi, Cheryl Sellner, Jeanne Todd, Marsha Whittaker, Sally Winter, Nancy Wolf.

## Delivery Drivers

Debbie & Jim Doyle, Jan Bogardus, Gail Fleischer, Harle Carlsen, Marsha Whittaker, Carol & Joe Lawrence, Dan Kiley, Alex Hopper, Kaylee Paradis, Nancy Wolf, Kerry Cassin, Art & Beth McCormack.







### A VERY SPECIAL THANK YOU

Juliana Benoit, Outreach Coordinator Dennis COA  
 Dan Kiley, Transportation Coordinator Dennis COA  
 and  
 Cindy Ficus and her students  
 at the Dennis Union Church  
 for decorating the gift bags so beautifully!



### ED'S GARDENING TIPS

By Ed France, Director

Hello gardeners, winter is here and it's time to tune up the yard equipment such as sharpening mower blades and garden shears. It's also a good time to plan your irrigation or soaker hoses for placement around your beds and containers to conserve water. Check storage areas for unwanted and outdated chemicals and dispose of them safely.

Plan to replace plants that have disease or pest problems. In early March prepare new beds and gardens by mixing in one to three inches of compost. Pull weeds when they first start growing, while the soil is moist, and roots are short before they go to seed. Harvest compost from your bin, and throw uncomposed sticks or stalks back in for another cycle.

On Saturday mornings between 8am -10am, on WXTK radio 95.1, tune into Garden Line with CL Fornari who answers garden questions by phone. You can call in at 508-775-9985.

On Sunday The Paul Parent Garden Club also answers garden questions at 855-660-4261 from 8am to 10am on WXTK radio 95.1.



### THE VETERAN'S COLUMN

By Vern Ellars, Director

The U.S. Postal Service provides a critical service to the American public by delivering essential items such as prescription medications and medical supplies. U.S. Veterans depend on this critical service for reliable and timely delivery of their medications. According to the U.S. Department of Veterans Affairs, over 330,000 Veterans receive a prescription in the mail each workday. These prescriptions are fulfilled by a U.S. Department of Veterans Affairs Consolidated Mail Outpatient Pharmacy. Packages shipped using the Postal Service accounted for a percentage of the VA Pharmacy medication packages shipped in fiscal year (FY) 2022. The Postal Service emphasizes the importance of accurate scanning as a measure of success for how well they deliver for their customers. From June 1, 2022, through June 30, 2023, the Postal Service processed and delivered a number of VA Pharmacy packages.

#### What they did

The USPS's objective was to assess the Postal Service's processing and delivery of Veterans Affairs Consolidated Mail Outpatient Pharmacy medications. They interviewed Postal Service management, obtained, and analyzed Postal Service data, and visited Veterans Affairs Consolidated Mail Outpatient Pharmacy and third-party shipper locations to observe operations. Additionally, they judgmentally selected and visited 14 Postal Service facilities and interviewed local management and employees and observed processing and delivery practices for medication packages.

#### What they Found

The USPS found that while the Postal Service processed and delivered a large majority of the VA Pharmacy packages on time, the processing facilities visited did not always handle damaged medication packages or medication found loose in the mail as required by policy. In addition, they found Postal Service employees did not always accurately scan Priority Mail shipments and Veterans Affairs Consolidated Mail Outpatient Pharmacy packages processed and delivered through the Postal Service network.

#### Recommendations

The USPS recommended management develop and implement recurring training for handling damaged medication packages and medication found loose in the mail; develop and implement a process to review scanning performance; provide recurring training to employees responsible for conducting the scans and enforce compliance with scanning requirements; and develop and implement a control to prevent improper duplicate "Delivered" scans on the same package.

#### DON'T FORGET

**If you haven't done so already, please send in your 2023-2024 Membership dues. Your membership helps cover the cost of this newsletter and supports many of our programs helping seniors in Dennis.**



Answers:  
 1.) Bank. 2.) A match. 3.) An anchor.



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

Non-Profit  
 Organization  
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 MA 02664  
 Postal Permit #55

***Please become a FRIEND send in your 2023-2024 Membership dues Today!***



The Friends of Dennis Senior Citizens is a private charity and funded by citizens like you. Your contribution supports programs like the Christmas Giving. The Dennis COA 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 paying for Golden Age attendees and helping individual seniors in need. Our Planned Giving includes, but is not limited to: Elder Services/Meals on Wheels, Compass Adult Day Care, Visiting Nurse Association, Alzheimer’s Family Support Services, St. Vincent de Paul, and Sight Loss Services of Cape Cod.

**Please consider a tax deductible donation to the *Friends*:**

**A one-time donation, membership dues or an endowment** will help us carry on the mission.

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, Inc.*** PO Box 287, South Dennis, MA 02660

Mr. Mrs. Ms. \_\_\_\_\_ Tel: \_\_\_\_\_

Mailing Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Amount \_\_\_\_\_

- Annual Appeal
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To save postage, please send me an email acknowledgement (*please print clearly*)