



Friends of Dennis Senior Citizens NEWSLETTER

FALL 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.friendsofdenniseniors.com

PRESIDENT'S LETTER



Recently Bob Mahoney announced his retirement from the Board of Directors of the Friends of Dennis Senior Citizens. He served for over a quarter of a century, ten of which as president. He also served two terms from 1998 to 2024 as a Dennis selectman. This quintessential public servant always displayed a passion and respect for Dennis seniors. Bob led by example and displayed humility in his undertakings. In a recent phone call to Bob, he reminisced about two of his pet projects, one of

which was the most successful Christmas Giving Program: The planning, storing, wrapping and distribution of over 2,000 gifts to around 135 Dennis seniors. Bob was always an advocate for giving blood and once again he was the major thrust in sponsoring two annual blood drives. He received a plaque from the American Red Cross for donating 32 gallons of blood between 1961 to 2021, saving over 500 lives. The Board of Directors salute you, Bob Mahoney, and thank you for all your accomplishments over the past 25 years.

The Friends Board of Directors were saddened by the passing of long-time board member Dolores Kennedy. She was our Assistant Treasurer for several years and our liaison with the Dennis COA. Dolores was a member of several committees and was always willing to help wherever was needed. She was a pro at selling raffle tickets during our annual golf tournaments. We will surely miss her.



At the end of each fiscal year in July the Friends make donations to local groups which help seniors through our Planned Giving Program. This year we chose five recipients and are honored to support the following organizations: Elder Services of Cape Cod for Meals-On-Wheels, Alzheimer's Family Support Center of Cape Cod, Sight Loss Services of Cape Cod, St. Vincent de Paul Society, Golden Age Program at the Dennis Center for Active Living.

A heartfelt thanks is in order for your continued generosity to our Annual Appeal. Your tax-deductible donation goes a long way to support endeavors like the Christmas Giving Program, which is now entering its 40th year! Helping seniors in Dennis who are experiencing hardships on an individual basis, reaching out to seniors alone on Daffodil Day, and organizing social events, such as our Jazz In Bloom, is the cornerstone of our mission. Please consider donating to our Annual Appeal if you have not yet done so. You can find more information on our website or drop by our office at the Dennis Senior Center.

BOARD OF DIRECTORS

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SAVE THE DATE

THE BIG WRAP

December 12th at 1:30pm
at the
Congregational Church
218 Main St., South Dennis

Please join us on this day when volunteers gather to wrap over 2,000 gifts for Dennis seniors who are in need of Holiday cheer.

To volunteer, please call
508-385-5376

or email us at
DennisFOD@hotmail.com



- 1.) Why should you never marry a tennis pro?
- 2.) What does a house wear?
- 3.) Why do cows have hooves instead of feet?
- 4.) What does a thesaurus eat for breakfast?

NEW MEMBERS ON BOARD

We are very happy to introduce our newest board members. Their varied backgrounds and commitment to helping seniors will be an asset for FODSC and we are delighted to welcome them on board!

Karina England-Quest is very passionate about advocating for underrepresented people and contacted the Friends to volunteer her time and expertise. She has an extensive background in insurance and finance and currently works with New York Life in Hyannis, MA. Previously she was a Commercial Lines Account Manager for many years and she also did payroll for Brockton Public Schools. She loves educating people and seeing how she can help them while adding value to their lives. She spends her free time at the different beaches on the cape and also volunteering with many wonderful organizations such as Habitat For Humanity.

Michael Mahoney succeeded his father Bob, a longtime member of the Friends of Dennis Senior Citizens and former FODSC president, as a board member in May. He returned to the East Coast three years ago after living in the Pacific Northwest for three decades, where he was a print journalist and political, environmental and social activist. Michael shares his father's commitment to helping local seniors and others most in need, working to provide more affordable local housing, protecting and preserving the Cape's unique ecosystems, increasing the availability and use of clean and renewable energy, and organizing the Friends' twice-yearly American Red Cross blood drives.



THE VETERAN'S COLUMN

By Vern Ellars, Director

In 1939 the National Baseball Hall of Fame and Museum was founded in Cooperstown, NY. Here, more than 300 sports figures are honored for their contributions to the game. Seventy Hall of

Famers defended America in wartime through their service and sacrifice. In a public exhibit area that covers three floors, baseball's connection to the military is well portrayed. Through illustrations, sound recordings, and artifacts, an interactive timeline explains baseball's role as an off-duty recreation for Civil War soldiers, as well as its morale-building function during WW II.

Some inductees, including Coast Guard Seaman Al Barlick, Army Sgt. Joe DiMaggio, and Navy Seaman Stan Musial, spent the war years as physical training officers or playing exhibition baseball with Special Services, to provide entertainment for troops during the war. Jackie Robinson, who made history as the first African American player in Major League Baseball, trained as a cavalry officer. Other players saw combat. Monte Irvin and Leon Day, two Hall of Famers who started in the Negro Leagues, served with the segregated U.S. Army in Europe. Both Day and Navy Seaman 2nd Class Yogi Berra participated in the Normandy invasion in 1944.

U.S. Army Air Force Capt. Hank Greenberg surveyed bomber bases in the China-Burma-India Theater of Operations. Chief Petty Officer Bob Feller earned five battle stars as a gun captain on board the battleship *USS Alabama*. Six baseball greats were brought on active duty for the Korean conflict. While soldiers Willie Mays and Edward "Whitey" Ford remained stateside, Marine Corps aviator Ted Williams (who also flew in World War II) completed 37 combat missions over Korea. In the Museum's impressive Plaque Gallery, those inductees who answered their country's call in wartime are recognized by a branch-of-service medallion mounted below their bronze

plaques. No matter what they did or where they were sent, each athlete/veteran made sacrifices. For some, military service meant giving up part of their prime playing years. Others suffered more profound aftereffects. Still, all inductees looked back on their time in the armed forces with pride. When championship pitcher Bob Feller was voted into the Hall, he insisted his plaque show a four-year break from pro baseball to account for his Navy service during World War II.

Capt. Tyrus "Ty" Cobb

Inducted: 1936 Primary team: Detroit Tigers, 1905-26 Position: center fielder

Sgt. Joe DiMaggio

Inducted: 1955 Primary team: New York Yankees, 1936-42, 1946-51 Position: center fielder

2nd Lt. Jackie Robinson

Inducted: 1962 Primary team: Brooklyn Dodgers, 1947-56 Position: second baseman

Seaman 2nd Class Yogi Berra

Inducted: 1972 Primary team: New York Yankees, 1946-63 Position: catcher

Capt. Hank Greenberg

Inducted: 1956 Primary team: Detroit Tigers, 1930, 1933-41, 1945-46 Position: first baseman

Chief Petty Officer Bob Feller

Inducted: 1962 Primary team: Cleveland Indians, 1936-41, 1945-56 Position: pitcher

Pvt. Willie Mays

Inducted: 1979 Primary team: San Francisco Giants, 1958-72, Position: center fielder

Capt. Theodore "Ted" Williams

Inducted: 1966 Primary team: Boston Red Sox, 1939-42, 1946-60, Position: left fielder



FINANCIAL PLANNING

By Karina England-Quest, Director

Estate Planning For You and Your Family

An estate plan is essential for everyone, not just high-net-worth individuals. Whether you are single, married, have dependents, own a business, have investments, retirement funds, property, or valuable possessions, an estate plan can benefit you. It can reduce estate taxes, shield your beneficiaries from probate, and ensure your last wishes are honored. You can name a guardian for young children and specify care for pets. An estate plan brings clarity to beneficiaries and protects assets from unforeseen creditors.

The estate plan may contain a will and/or a living trust, names of your beneficiaries, the appointment of an executor, a letter of intent that tells a beneficiary or executor what you wish to be done with specific assets, funeral details, and special requests. It should contain a healthcare directive with a power of attorney appointing a trusted person to make medical decisions for you when you can no longer voice your opinion, and a durable

power of attorney appointing a trusted friend or relative to make financial and legal decisions for you, if you become incapacitated. Life insurance can be an important component in the overall estate plan.

You should update your estate plan whenever a major change occurs in your life, such as purchasing a home, moving in with a significant other, getting married, having or adopting a baby, selling your business, getting a divorce, retiring, or having a beneficiary die before you do. Review your plan when federal and state laws on estate taxes change.

If you should die without a will (which is called "intestate") the state and federal governments will have standard procedures for distributing your assets, and they may not be in line with your wishes. Your beneficiaries may have to pay more in estate taxes, and probate may take considerably longer than it would if you had a will in place.

Consult a professional financial advisor on tax and estate planning. Trusts can be complicated to set up, so consult a professional trusts and estates attorney or certified public accountant before you begin.



ED'S GARDENING TIPS

By Ed France, Director

Christmas Cactus, Versus Thanksgiving Cactus, Versus Easter Cactus

Christmas cactus, Thanksgiving cactus, and Easter cactus are all hybrids of Brazilian forest cacti. How can you tell the difference between these holiday cacti? Let's look at the flowers, bloom time, and the shape of the stems and leaves.

Christmas Cactus are long-lived and are easy to root. Just pinch off a "Y" shaped piece from one of the branches and stick it in a pot of sterile soil or vermiculite. The Christmas cactus has a flattened stem segment with smooth, scalloped edges. It also has hanging flowers in shades of magenta and blooms near Christmas. The time range of flowering is late November through early February.

Thanksgiving Cactus bloom between mid-November to late December, sometimes through January. It can start flowering in very late October. Its leaf segments are square-shaped with pointed hooks on one end and along the sides and the flowers grow outwards. The plant comes in various colors and blooms nearer to Thanksgiving in November. Thanksgiving cactus has stems that grow upright at first and then arch, while the Christmas cactus stems hang down like a pendant. Most nurseries

actually sell the Thanksgiving cactus (not the Christmas cactus) because it blooms around Thanksgiving, and the Christmas cactus is difficult to ship as the stems are more fragile and often break.

Easter Cactus blooms in late winter and spring, often from March until May. Also called a "Spring Cactus," it has flared, trumpet-shaped flowers with pointy petals, which are usually pink, but can also come in red, orange, and other cherry colors. Their star-shaped petals open at sunrise and close at sunset, lasting for several weeks. They bear flat succulent leaf segments.

Unlike the desert cactus, these holiday plants are found in South American rainforests. They do fine in normal household temperatures with a drop at night to 60°F. They like acidic, well-draining soil. Use a cactus mix and add perlite, vermiculite, and orchid bark. They like bright light but not direct sun. If the leaves turn yellow, it means they are getting too much light. Let the plants dry out between waterings; overwatering is the number one reason for their demise. Neglect is better than overwatering! Mist the plants frequently to increase humidity. Fertilize them with an all-purpose fertilizer two times a month while the plant is actively growing. Short days and cool nights are the keys to getting your holiday cactus to blossom. They need 13 hours of darkness and nights at 50° to 55°F for at least 1 to 2 months before they will set buds. These plants flower best when slightly pot-bound, so only report them if they are really crowded. Unlike many holiday plants, they are non-toxic to cats and dogs.





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

Non-Profit
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Become a Friend...Join a Friend...Stay a Friend

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 Group and the Sight Loss of Cape Cod.

Please consider donating to the *Friends*. 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

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