

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator www.falmouthhousing.org

Hilarious Predictions about the year 2020 that are way off by Bob Larkin, December 8, 2019

www.bestlifeonline.com

It's hard to imagine that we're living in the year 2020. Though we've seen plenty of impressive technological advances like artificial intelligence and phones that unlock by scanning our faces, it's not quite the "Jetsons" world of flying cars and robot butlers people once imagined we'd be living in by now. Decades ago, predictions about the futuristic and revolutionary changes we'd see in this far-off sounding year of 2020 were quite lofty. Here is a small sampling of predictions about the year 2020 that at some point in time people really expected to happen.

1. **Human feet will become just one big toe.** In a lecture at the Royal College of Surgeons of England in 1911, a surgeon by the name of Richard Clement Lucas made a curious prediction: that the useless outer toes will become used less and less so that man might become a one-toed race.
2. **We'll live in flying houses.** Inventor Arthur C. Clarke, who co-wrote the screenplay for 2001: *A Space Odyssey* – believed that the boring houses of 1966 would be radically different by the time we reached the 21st century. He thought, houses of the future would have nothing keeping them on the ground and they would be able to move to anywhere on earth. It wouldn't just be one home that would be able to relocate. Whole communities may migrate south in the winter, or move to new lands whenever they felt the need for a change of scenery.
3. **Houses will be cleaned by hoses.** Waldemar Kaempffert, *The New York Times*' longtime science editor predicted in 1950 that all you'll have to do to get your house clean is simply turn the hose on everything. He imagined furniture would be made of synthetic fabric or waterproof plastic.
4. **The letters C, X, and Q will not be part of the alphabet.** John Elfreth Watkins Jr., curator of mechanical technology at the Smithsonian Institution predicted in the year 1900.
5. **We'll finally make it to Mars.** In 1977, Wired magazine's Peter Schwartz and Peter Leyden picked the year 2020 as the time when humans arrive on Mars. Only recently this venture has started to feel remotely realistic. NASA projects that the earliest we could get a human on the surface of Mars is 2030, and that's only if we're really, really lucky.
6. **We'll wear antenna hats and disposable socks.** In a 1939 issue of *British Vogue*, product designer Gilbert Rhode imagined that by 2020 we would have banished buttons, pockets, collars, and ties, and socks would be disposable. Men would revolt against shaving and his hat will be an antenna, snatching radio out of the ether.
7. **Everything will be made out of steel.** Thomas Edison, during a 1911 interview with *Miami Metropolis*, predicted that the house of the next century will be furnished from basement to attic with steel. The baby of the 21st century will be rocked in a steel cradle. His father will sit in a steel chair at a steel dining table, and his mother's boudoir will be sumptuously equipped with steel furnishings.
8. **Everyone will stop drinking coffee and tea.** In 1937, Nikola Tesla predicted that within a century, coffee, tea, and tobacco will be no longer in vogue to poison the system with harmful ingredients.
9. **There will be blood banks for teeth.** Journalist for *Mechanix Illustrated magazine* wrote in a 1947 issue that in the future artificial dentures, bridges, plates, and partial plates would be a thing of the past. All men and women of whatever age would be able to have human teeth imbedded inside their gums.
10. **Everyone will be a vegetarian.** In 1913, Gustav Bischoff, former president of the American Meat Packers Association, in an interview with *The New York Times*, predicted that humans' diets would consist of mostly vegetables because there will be a shortage of meat.

Geriatric Depression Poses a Significant Threat to Older Adults

In an *American Association of Service Coordinators ebullition* article dated November 19, 2019 www.aasconline.org

Depression is one of the most common mental and emotional disorders experienced by older adults. It is estimated that seven million American adults over the age of 65 experience depression each year. The condition tends to be a recurrent disorder, which means that many older adults will have experienced previous bouts of depression and will be at increased risk.

Complications associated with aging may contribute to geriatric depression, but lasting depression is not a typical part of aging. Causes of geriatric depression can include: limited mobility, isolation, facing mortality, transitioning from work to retirement, financial hardships, prolonged substance abuse, deaths of friends and loved ones, widowhood or divorce, and chronic medical conditions. Depression can reduce quality of life and increase risk of suicide. In fact, men ages 85 and older have the highest rates of suicide of any age group in the country. Typical treatment for geriatric depression involves a combination of therapy, medication and lifestyle changes.

For those looking for more information, The Cape & Islands Suicide Prevention Coalition will be holding a meeting on Thursday January 8, 2020, 3:00 p.m. at the Justice Resource Institute 221 Willow Street Yarmouth, MA with guest speaker Greg Giardi Program Director Samaritans on Cape Cod and the Islands. Greg will present on the development and implementation of *A Caring Connection* and how members of our community can access this support. *A Caring Connection* is a unique, pilot program that provides engagement and follow up that builds a bridge of support after discharge following a suicide attempt or suicidal crisis. For more information, please email the CISPC at suicideprevention@capecoalition.com

For support please reach out to Falmouth Human Services at (508)-548-0533. Falmouth Human Services is a wonderful recourse that serves members of our community through challenging and difficult times.

FHA – Commissioners Board Meeting

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, January 21st at 1:00 PM.

Cooking and Coffee with CapeAbilities

Thursdays, January 2nd, 9th, 16th, 23rd, and 30th at 10:00 AM at Tataketa Apartments.

Every Thursday a group from CapeAbilities bakes up a storm in the Tataketa community kitchen. If you want some great company with lots of laughs, coffee and a fresh baked treat-hot out of the oven, then please join us. You won't be disappointed!

Or if you prefer, this thoughtful group would be more than happy to pay you a visit and deliver a baked treat to you. Let Marie Palmer know if you are interested (508)-548-1977 ext., 212.

Joe Q. Coffee Break

Harborview Apartments
January 17th at 9:30 AM

Joe Q. Veterans Coffee Break will be held at Harborview Apartments on Friday, January 17th at 9:30 AM. Whether you are a Veteran, a spouse of a veteran, a child of a veteran or a friend, you are all welcome to join this supportive community.



FHA Sew-a-long Schedule

Tatakot - The baby bib project for Falmouth Hospital is wrapping up. 400 bibs have been made and will be given to each child born in Falmouth Hospital in the year 2020.

We wont be wasting any time and will entertain new ideas for our next long-term project. Come to us with your ideas and lets get ready to sew!

We will see you at Tatakot on Tuesdays: January 7th and 21th at 10:00 AM.



Harborview - Scarf project

We will be getting together Wednesdays: January 8th, 15th, 22nd and 29th at 12:00 PM to knit scarfs for those in need of something warm and made with love.

We placed 30 scarfs on an evergreen tree at Marina Park near to band shell in December and most of them have found new homes already.

We plan on continuing to make scarfs and will adorn a large tree across the street from 7-11.



Cooking Demo with Dena

This month's cooking demonstration will be held Tuesday, January 14th at Rose Morin at 10:00AM.

Last month Dena made a delicious and easy eggplant recipe that we recommend trying.

Roasted Eggplant Caponata:

1 large eggplant (poke with fork bake at 400 for 45 minutes- eggplant is high in antioxidants and high in fiber)

2 tablespoons extra virgin olive oil (healthy fat, anti-inflammatory)

1 celery stalk, chopped

2 cloves garlic, peeled and minced

4 oz. jar roasted red peppers, drained and chopped

½ cup pitted green olives, chopped (mono unsaturated fat)

2 tablespoons capers, drained (reduces inflammation)

3 tablespoons raisins

2 tablespoons pine nuts

2 tablespoons tomato paste

1 tablespoons red wine vinegar

Pinch crushed red pepper flakes

3 tablespoons parsley or mint, minced (for detoxification process)

Sea salt and black pepper to taste

Preheat oven to 400 degree. Pierce eggplant several times with a fork, place on a roasting pan lined with foil or parchment paper for easy clean up.



Peace Circle

Representatives from Falmouth Human Rights Advisory Commission will be holding a “Circle”; a forum to discuss difficult and important issues in a safe environment.

The Peace Circle will now be part of our monthly schedule and take place on the 1st Monday of each month at 9:30 AM.

This month’s Circle will be held on January 6th at 9:30 AM at Harborview Apartments.

We hope you can join us!



Community Health Center December Schedule

Dr. Stephanie Prior will be at Harborview on January 9th from 2:00 PM to 5:00 PM *

Pharmacist, Lynne Bridges will be at Harborview on January 21st from 1:00 PM to 3:00 PM **

Mass Health Connector Open Enrollment
Tuesday, January 21st from 2:30—4:30 PM at Harborview Apartments

*Pending the completion of repair work to the clinic.

**Pharmacist will be available in the Community room if work on the clinic is not finished.

Art with Linda Dias

This month we look forward to our first art class which will be held at Tatakert Apartments on Monday, January 13th at 1:00. All you need to bring is your creative side, all supplies will be provided.

FYI

In a *Healthline* article COPD Winter Triggers dated, Sept 20, 2016 www.healthline.com

Temperature and weather can cause COPD symptoms to worsen. Cold, dry air or hot air can trigger a flare-up. According to a study, temperature extremes, below freezing and above 90 degrees Fahrenheit are particularly dangerous. Add in other factors, such as wind and humidity, and the risk of a COPD flare up increases.

“2020”

*By Sandra L. Emery,
Tatakert Apartments*

*November... comes December
Holidays to remember*

*2020 is more than a TV show
The New Year’s horizon is aglow*

*Electoral, Presidential
Events in a Leap-Year
We will ring in 2020
With good cheer*

*The future is in our hands
As is the opportunity
To voice our demands...*

Local Events:

Active Bystander Training

Saturday, January 11, 2020 2:00 PM - 4:30 PM

Falmouth Public Library

300 Main Street Falmouth

Active Bystander Training

Hosted by No Place for Hate – Falmouth

All are invited to this free program on how to positively support others.

Hermann Foundation Room, Falmouth Public Library

RSVP to nphfalmouth@gmail.com

Martin Luther King - Day of Giving

Monday, January 20, 9:00 AM - 3:30 PM

Happy Hope Factory

6 Benjamin Nye Circle, Pocasset, MA

Martin Luther King Jr. Day of Giving at Happy Hope Factory

The Happy Hope Factory is calling all Hope Heroes! Come share a boost of happiness at the Happy Hope Factory benefitting hospitalized children throughout our community. Volunteers are invited to the Happy Hope Factory on Martin Luther King Day (Monday, January 20, 2020) to help pack Happy Hope Bags for hospitalized children in need of smiles and joy. This is a special volunteer event in honor of Martin Luther King Jr. There will be 2 volunteer shifts: 9:00 AM -11:30 AM and 1:00 PM -3:30 PM.

Please register through the following links: [HTTP://BIT.LY/HHFSESSION1](http://bit.ly/hhfsession1) for session 1, or [HTTP://BIT.LY/HHFSESSION2](http://bit.ly/hhfsession2) for session 2. You can also contact Lisa at: lisa@happyhopefactory.com for more information.

Falmouth Housing Authority
115 Scranton Ave.
Falmouth, MA 02540

Phone: 508-548-1977
Fax: 508-457-7573
www.falmouthhousing.org

Staff Directory:

- | | |
|--|----------------|
| 1. Bobbi Richards, Executive Director | Extension 211 |
| 2. Marie Palmer, Resident Service Coordinator | Extension 212 |
| 3. Trisha Herlihy, Tenant Selection Coordinator | Extension 213 |
| 4. Leslie Pearce, Assistant Director | Extension 214 |
| 5. Annalisa Fox, Executive Assistant | Extension 215 |
| 6. Sheila Barrows-Gibbs, Section 8 Administrator | Extension 216 |
| 7. Michael Solitro, Federal Housing Programs Specialist | Extension 217 |
| 8. Debbie King, State Certification Clerk | Extension 220 |
| 9. Nicholas Devonis, Federal Housing Programs Specialist | Extension 222 |
| 10. Kimberly Conn, Finance Director & Public Housing Manager | Extension 225 |
| 11. Maintenance Emergencies After Hours | 508-548-1977 |
| | Follow Prompts |

January 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|-----------------------------------|---|--|-----|
| | | | 1 | 2 Cooking with CapeAbilities *TAT at 10:00 AM | 3 | 4 |
| 5 | 6 Peace Circle *HV at 9:30 | 7 Sew-a-long *TAT at 10:00 AM | 8 Knitting *HV at 12:00 PM | 9 Cooking with CapeAbilities *TAT at 10:00 AM | 10 | 11 |
| 12 | 13 Art with Linda Dias *TAT at 1:00 | 14 Cooking Demo *RM at 10 AM | 15 Knitting *HV at 12:00 PM | 16 Cooking with CapeAbilities *TAT at 10:00 AM | 17 Joe Q. Coffee Break *HV at 9:30 | 18 |
| 19 | 20 | 21 Sew-a-long *TAT at 10:00 AM Comm. Board Mtg. *TAT at 1:00 PM Mass Health Connector Open Enrollment *HV 2:30 - 4:30 PM | 22 Knitting *HV at 12:00 PM | 23 Cooking with CapeAbilities *TAT at 10:00 AM | 24 | 25 |
| 26 | 27 | 28 | 29 Knitting *HV at 12:00 PM | 30 Cooking with CapeAbilities *TAT at 10:00 AM | 31 | |