

# What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

## Too Old to Learn? Science can prove otherwise.

### Discover the truth about your aging brain.

According to the Society of Certified Senior Advisors: Myth Buster: Too Old to Learn?  
Published in September 2018

#### **“How Brains Age:**

The traditional thinking was the brain connections developed at a quick pace throughout childhood, reaching an apex in the early 20's. Cognition reached a plateau around middle age and then began an inevitable decline. Fortunately, scientists today know that picture is false.

The brain changes continuously throughout our lives. There's never a time when mental abilities simply hold steady. Instead, certain cognitive abilities weaken as we grow older, while others become stronger.

On a physical level, the hippocampus becomes smaller over time, and the myelin surrounding nerve fibers wears away - slowing the connection speed between neurons. This is what erodes your ability to retrieve information you know, and encode new data.

On the flip side, the branching of the dendrites (extensions of nerve cells) increases, strengthening connections between distant parts of the brain. This allows older adults to better make connections between diverse sources of information. Seniors are superior at seeing the “big picture,” and can understand the global implications from various sources. This skill may be the foundation of the proverbial wisdom of our elders. Think of it as being better at seeing the forest while having a harder time finding the trees.

#### **Learn Like you did as a kid**

A new theory suggests that the only hindrance to learning as we age is the way we learn. Toss aside conventional attitudes about declining cognition and start learning like you did as a kid. According to Rachel Wu, psychology professor at University of California, Riverside, “across your lifespan, you go from ‘broad learning’ (learning many skills as an infant or child) to ‘specialized learning’ (becoming an expert in a specific area) when you begin working, and that leads to cognitive decline initially in some unfamiliar situations, and eventually back to broad learning in both familiar and unfamiliar situations

#### **Broad learning is learning that incorporates the following factors:**

- \* Open-minded, input-driven learning (learning new patterns, new skills, exploring outside of one's comfort zone)
- \* Individualized scaffolding (consistent access to teachers and mentors who guide learning)
- \* Growing mindset (belief that abilities are developed with effort)
- \* Forgiving environment (allowed to make mistakes and even fail)
- \* Serious commitment to learning (learn to master essential skills, persevere despite setbacks)
- \* Learning multiple skills simultaneously

#### **Studies show that the following six habits slow down brain decline:**

- \* Keeping physically active
- \* Pursuing intellectually stimulating activities
- \* Getting plenty of good sleep
- \* Managing stress
- \* Staying socially active
- \* Eating to keep healthy

Check several of these off your list at one go, and participate in any one of a number of programs that offer mental stimulation paired with social interaction.” Keep your brain young!

## FHA Hosted Events:

### FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, April 16th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

### FHA Sew-a-long Schedule

Tataketa on Tuesdays:

April 2<sup>nd</sup> and 16<sup>th</sup> at 10:00

Harborview on Wednesdays:

April 3<sup>rd</sup> and 17<sup>th</sup> at 10:00

We look forward to having you come join us. We will have a few sewing machines at both properties ready for those willing to sew, we also need people to pin pre-cut fabric together, iron, trouble shoot, and just keep us company.

### Coffee Social with Guest FHA Staff

This month we will be having a coffee social with Linda Connors. Linda and I look forward to a visit at Salt Sea on Wednesday, April 24<sup>th</sup> at 12 noon.



### Upcoming Maintenance Repair

We are anticipating a maintenance repair to the mixing valve in the boiler room at Harborview in April. You will be notified in advance to prepare for the water to be shut down for a period of time. Flyers will be posted a week before the repair. Restrooms will be available at the Housing Authority Office.

### Cooking Demo with Dena

This month's cooking demonstration will be held at Rose Morin on April 9<sup>th</sup> at 10:00 AM. Dena plans on making a Mexican specialty. Last month, at Tataketa, Dena made a delicious, fast and easy Mediterranean eggplant dip that you just have to try!

### Baba Ganoush

Ingredients:

- 1 medium eggplant
- Juice and zest of 1 ½ lemon
- 1 clove garlic, peeled and roasted
- 2 tablespoons tahini
- 1 teaspoon cumin
- Pinch sea salt

Preheat oven to 400 degrees. Pierce eggplant several times with a fork, place on a roasting pan lined with parchment paper or foil for easy clean up. Roast eggplant for about 45 minutes or until soft and browned. Let cool, slice in half lengthwise, scoop out flesh into a food processor with remaining ingredients. Process until smooth and creamy, adding a tablespoon or so of water if needed. Serve drizzled with olive oil and lots of raw veggies for dipping. Also makes a nice sandwich spread. Enjoy!



Eggplant is technically a fruit, low in calories while high in fiber and antioxidants. Eggplant helps with digestion and lowers blood pressure.

Eggplant is known as an Anthocyanin and contains phytonutrients found in purple fruits and vegetables that may help prevent cancer.

### **Community Sing-a-longs**

Come join us at Tatakot on Thursday, April 11<sup>th</sup> at 1:00 for a Spring time Sing-a-long. We'll be singing classic songs about rain like: The Beatles 'Rain', Gene Kelly 'Singing in the Rain', The Carpenters 'Rainy Days and Mondays', Buddy Holly 'Raining in My Heart', Ray Charles 'Come Rain or Come Shine', The Weather Girls 'It's Raining Men' and BJ Thomas 'Raindrops Keep Falling on my Head' just to mention a few.

We will also be having a Sing-a-long at Harborview on Thursday, April 25<sup>th</sup> at 1:00. We will be singing some Show Tune classics from West Side Story, Funny Girl, Evita, The Sound of Music, Annie, Aladdin, and Fiddler on the Roof. Think about your favorite show tunes because we'll be taking plenty of requests as well.

As always, thank you to the crew at CapeAblities who always bring along their smiles and positive attitudes. We appreciate their kindness and look forward to many laughs together.

### **Nourishing Yoga**

Learn classic chair yoga moves at your own pace; join Dena Irwin, certified Yoga instructor from Cape Cod Community Health Center, this month on Tuesday, April 23<sup>rd</sup> at 10AM, at Tatakot.

Also, this is a great activity to keep your brain young by being physically active and socially active all at once.

*A journey to better health and wellness!*

### **5 year and 1 year plan Review Meeting**

A follow up meeting regarding the 5 year and 1 year plan will be held at Harborview, Tuesday, April 9<sup>th</sup> at 1pm.

We will review HUD guidance to understand the components of the plan.

### **The office will be closed April 12<sup>th</sup>**

For staff training.

Admin staff will not be available on Friday, April 12<sup>th</sup>.

For maintenance emergencies call 508-548-1977 and follow the prompts.

### **Upcoming Community Events:**

#### **Falmouth Commission on Disabilities**

The Commission of Disabilities Wellness Fair will be held on Saturday, May 4<sup>th</sup> from 10am to 2pm at the Falmouth Recreation Center.

#### **Skin Cancer awareness**

Discussion about skin cancer prevention and treatment lead by Dr. Maria Azizian. Date to be determined; flyers will be posted at all properties in advance.

#### **Women's Advocacy Day**

Tuesday, May 21, 2019

Massachusetts State House, Great Hall

Hear from elected officials and MSCW (Massachusetts Commission on the Status of Women) Commissioners, visit state Legislators, and make your voice be heard!

For more information, contact [mcsw@state.ma.us](mailto:mcsw@state.ma.us) or call 617-626-6520

## **Habitat for Humanity of Cape Cod**

Perhaps you know of a family in great need of a decent, affordable home?

Habitat for Humanity of Cape Cod announces that applications for homeownership are available now, with a deadline of March 22, 2019, for affordable homes in Brewster & Wellfleet, and a deadline of April 16, 2019 for Mashpee.

### **Homes to be built include:**

Eight homes (two 2-bedrooms and six 3-bedrooms) on Paul Hush Way, Brewster.

Two homes (one 2-bedroom and one 3-bedroom) on Durkee Lane, at 2082 Route 6, Wellfleet.

One home (3-bedroom) on Degross Rd. in Mashpee.

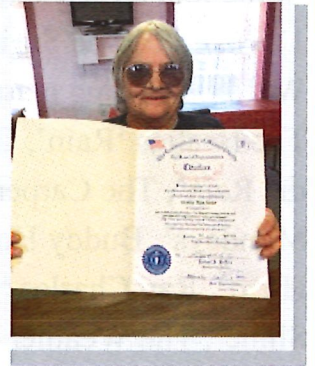
More information about applying for a Habitat home is available on <http://habitatcapecod.org/apply-for-home>

**This is Spring**  
By John Mendoza,  
Tatakot Apartments

Cold days have warmed  
Spring is in the air  
Flowers in Bloom  
Grass so green  
Birds singing  
Content and serene  
Sun shining bright  
More daylight  
Trees tall  
Leaves on all  
**THIS IS SPRING**

## **Happy Retirement Donna!**

We wish our talented, dedicated and most of all... our good friend, Donna Blanchette, the best in her retirement. May she have more time for family, friends, and hobbies or just discover new passions.



Donna gave so much of herself to the Falmouth Housing Authority and devoted 30 years of service to our tenants. To say she will be missed would be an understatement.

If you didn't have a chance to attend Donna's retirement party at School House Green, or her get together at Tatakot; we would be happy to forward cards and well wishes to her. Contact Marie Palmer at the Falmouth Housing Authority who can redirect correspondence.



Falmouth Housing Authority  
115 Scranton Ave.  
Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

[www.falmouthhousing.org](http://www.falmouthhousing.org)

## Calling all artists

If you're the creative type and like to dabble in art, or if you want to give it a whirl for the first time, we think it would be fun to get together as a group and create art!

Whether your medium is acrylic, oil, water color, chalk, color pencil or pen and ink we want you to join us. You can use the benefits of art to express your creative side and drawing skills to reduce stress and get in touch with your feelings.

In an article written by Elizabeth Scott, MS about Stress Management and Art, dated October 2018, there are several benefits of Art.

“The act of drawing and creating art can help you relieve stress in several ways, such as:

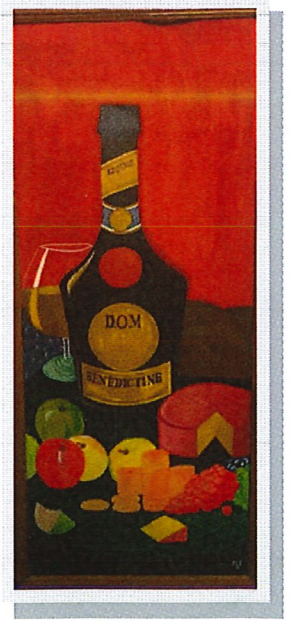
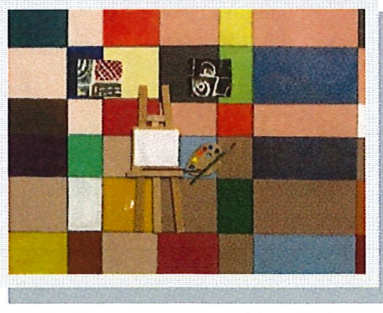
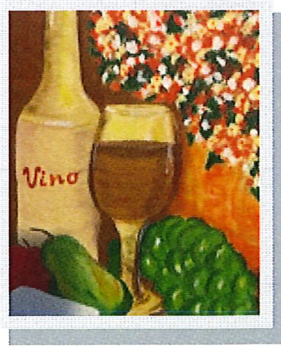
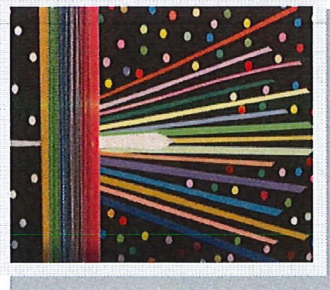
**Distraction:** Drawing and art can take your mind off of what's stressing you, at least for the duration of your creations. When you're finished being engrossed in your sketches, you should have a clearer head with which to tackle your problems again.

**Flow:** There's a certain quality of being called 'flow' that experts say is very beneficial for us. This refers to a state of being completely engaged in something to the point of being in a near-meditative state. It carries many of the benefits of meditation, leaving you much less stressed when you're done.

**Self-Care:** Just the act of having a hobby can make you feel more balanced in your lifestyle. Sometimes, with all of life's responsibilities, we forget that we need and deserve 'down time' and self-care. Taking a few minutes on a regular basis to devote to a hobby can give you more of what you need in this area. With drawing, you have the additional benefit of being left with something beautiful (or at least interesting) to show for it.”

If you are interested in starting up an art group please call Marie Palmer at 508-548-1977 ext. 212 and we will find a place and time to meet.

This beautiful artwork was created by Sandra Emery from Tatakert Apartments.



# APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Sew-a-long *TAT at 10:00	3 Sew-a-long *HV at 10:00	4 Cooking and Coffee with CapeAbilities *TAT at 10:00	5	6
7	8	9 Cooking Demo *RM at 10:00	10	11 Cooking and Coffee with CapeAbilities *TAT at 10:00 Sing-a-long *TAT at 1:00	12 Office Closed Staff training	13
14	15	16 Sew-a-long *TAT at 10:00 Comm. Board Mtg. *TAT at 1:00	17 Sew-a-long *HV at 10:00	18 Cooking and Coffee with CapeAbilities *TAT at 10:00	19	20
21	22	23 Yoga *TAT at 10:00	24 Coffee Social with Linda Connors *SS 12:00	25 Cooking and Coffee with CapeAbilities *TAT at 10:00 Sing-a-long *HV at 1:00	26	27
28	29	30	1	2	3	4 Wellness Fair 10 to 2 *Rec. Center