

What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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Is it COVID-19 or the Flu?

October 13, 2020 By: Susan Moeller www.capecodhealth.org

One of the most common questions of the upcoming winter might be one of the most dreaded: Is it flu or is it COVID-19?

“So many of the symptoms are similar,” said [Ana Paula Oppenheimer, MD, MPH](#), an infectious disease expert with Cape Cod Healthcare. “But some are more common in the flu than they would be in COVID. So, for example, fever and cough are common in both, while sore throat fatigue and bodily pains are more common in the flu than in COVID.”

Flu season has officially started, and public health experts are advising everyone to do what they can to ward off the specter of a flu/COVID combination.

“Yes, it could happen,” said Dr. Oppenheimer. “And because we fear those with double infections would end up with even worse outcomes than what we already have, we are recommending everyone get a flu shot.”

What are the differences between flu and COVID-19 and what can you do to protect yourself? Here’s a guide based on advice from Dr. Oppenheimer and the [U.S. Centers for Disease Control](#).

Symptoms:

Both COVID and flu can cause fever, cough, stomach ills and body pain, according to the CDC. But sore throat, fatigue, sneezing, and headache are more common in the flu, while COVID is more likely to cause confusion, shortness of breath and a sudden loss of smell and/or taste, Dr. Oppenheimer said. “You have to think of what your exposures were -- where have you been in the last two weeks,” she said. “And if the symptoms are severe, you’re going to go to a health-care facility. They are going to test and be able to say which one is the cause.”

Symptoms	COVID-19	The Flu	Common cold	Fall/Winter allergies
Fever	Common	Common	Rare	Sometimes
Cough	Common	Common	Common	Sometimes
Sore throat	Sometimes	Common	Common	No
Difficulty catching your breath	Sometimes	No	No	Sometimes
Fatigue	Sometimes	Common	Sometimes	Sometimes
Body pains	Sometimes	Common	No	No
Headaches	Sometimes	Common	Common	Sometimes
Stuffy nose	Sometimes	Sometimes	Common	Common
Sneezes	No	Sometimes	Common	Common
Loss of taste and smell	Common	Common	Common	Common
Diarrhea	Sometimes	Sometimes in children	No	No

~Continue on page 2~

Risk:

COVID-19 and the flu attack similar vulnerable populations: the elderly and those with underlying conditions such as diabetes, autoimmune disorders, cardiovascular disease, and chronic obstructive pulmonary disorder (COPD) and they should get the flu shot as early as possible. Children under 5 appear to be more susceptible to flu, so any child over six months old should get a flu shot, Dr. Oppenheimer said. Pregnant women should be vaccinated as this protects them but also extends that protection to their newly born babies.

Complications:

COVID and the flu both spread throughout the body, possibly leading to long-term effects, Dr. Oppenheimer said. The flu can cause convulsions and affect the muscles, including the heart muscle, and lead to serious respiratory problems such as pneumonia. Flu is a risk for both pregnant women and their babies. While we are still learning about the long-term effects of COVID, we know it can cause strokes, respiratory failure, attack the heart and other organs such as the liver and kidneys and, and cause blood clots, according to the CDC. It's been known to cause multi-system inflammatory syndrome in children.

Protection:

The goal is to maintain a boundary between those who are infected with flu or COVID-19, and those who are not. The steps we are taking against COVID-19 will also protect against the flu: Wear a mask, wash hands or use sanitizer, keep your hands away from your face, maintain social distance, and avoid indoor gatherings.

There's one more critical strategy: Get a flu shot. The vaccine is now available through doctors, pharmacies and public health clinics -- and it's not too soon to get one. There has, however, been a local shortage of the enhanced vaccine intended for people over 65 and others at high risk. This so-called "senior" vaccine has an adjuvant -- an ingredient that boost the patient's immune response. If you are of a certain age but at low risk, it's probably OK to wait for supplies of the adjuvant vaccine, Dr. Oppenheimer said. But, if you are high risk, get the regular vaccine. "Something is better than nothing," she said.

The Psychological impact of 2020

American Association of Service Coordinators

September 29, 2020

The psychological impact of 2020 is coming into sharper focus as the pandemic continues, the presidential election draws near, and racial injustices worsen.

A recent poll discovered that more than half of American adults believe these issues are taking a toll on their mental health.

To help people hit the reset button on stress, anxiety and depression, the University of California has offered a few coping strategies:

Lower your body temperature to help regulate intense emotions and slow your heart rate. You can do this by splashing your face with cold water or dipping your face into a bowl of ice water for 15 to 30 seconds.

Pace your breathing by consciously inhaling and exhaling, slowing your breaths to six a minute. This can help lower blood pressure, among other physiological benefits.

Listen to relaxing music.

Practice the anchoring technique by digging your heels into the floor and observing what you are seeing, smelling, tasting, touching and hearing.

Over \$145 Million Lost to COVID-19 Scams

American Association of Service Coordinators info@servicecoordinator.org, October 6, 2020



Did you know that to date Americans have lost at least \$145 million to Coronavirus related fraud and scams? Over 200,000 complaints, with a median loss of \$300, have been reported to the Federal Trade Commission between January 1 and September 22, 2020.

These scams are diverse, and have played off of federal stimulus payments and other forms of financial relief, personal protective equipment, and unemployment and other government benefits, testing kits, antibody tests, emails with scammers posing as charities or respected organizations like the World Health Organization or the Centers for Disease Control, and more.

Scammers unfortunately prey on the vulnerabilities created by natural disasters and public health emergencies, such as wildfires and a pandemic. In these situations, people are more likely to be in “fight or flight” mode, have their guard down and be more impulsive on responding to a phishing email or text, or a request for personal information over the phone.

Also, with the pandemic already in its eighth month here in the U.S., the cumulative psychological effects of isolation, loneliness, depression that has been exacerbated for many, can take a big toll on people’s ability to make good choices and use awareness and discernment to avoid the plethora of growing COVID-19 scams.

Here are some simple tips to remember to protect yourself and your loved ones from COVID – 19 scams. You can also find these tips and COVID – 19 fraud alerts on the Medicare Fraud Alerts page.

Medicare Open Enrollment Period is Underway

info@servicecoordinator.org

Now is your chance to review your coverage and see if you can save money next year. Plan premiums have dropped an average of 34% over the last 3 years, and in some states up to 60%. So you may be able to find a less expensive plan that meets your needs.

Wondering what's new this Open Enrollment? Visit [Medicare.gov](https://www.Medicare.gov) to preview plans. When comparing plans, look at the estimated "Yearly Drug & Premium Cost." A plan with the lowest premium may not always provide the lowest total cost.

2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know

OCT. 15, 2020	DEC. 7, 2020	JAN. 1, 2021
ANNUAL ENROLLMENT PERIOD BEGINS	ANNUAL ENROLLMENT PERIOD ENDS	FIRST DATE COVERAGE CAN START
This is the first day you can enroll for 2021 health coverage.	This is the last day you can enroll for 2021 health coverage.	Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.

Social Security Announces 1.3 Percent Benefit Increase for 2021

The recently announced annual cost-of-living adjustment (COLA) will impact Supplemental Security Income (SSI) benefit amounts for approximately 70 million Americans. The 1.3% COLA increase will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2021. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. The monthly maximum federal benefit amounts for SSI in 2020 are \$794 for an eligible individual, and \$1,191 for an eligible couple.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal my Social Security account. Beneficiaries may create or access their my Social Security account online at <https://www.ssa.gov/myaccount/>.

Information about Medicare changes for 2021 is forthcoming. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2021 are announced.

The Falmouth Housing Authority Board of Commissioners Meeting will be held via Zoom meeting on November 17, 2020 at 4:30 p.m. You may join in the meeting by going to: <https://us02web.zoom.us/j/89941075848> ; Meeting ID: 899 4107 5848; or by phone at +1 646 558 8656, Meeting ID: 899 4107 5848.

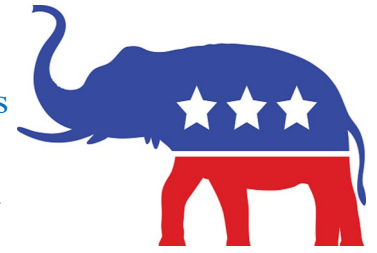
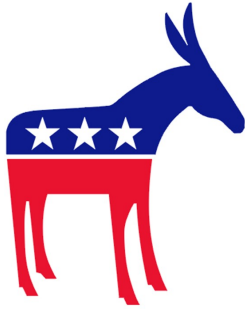
The Falmouth Housing Authority will be closed for the following holidays: Veterans Day on 11/11/20; and Thanksgiving Thursday and Friday 11/26 & 11/27.

Fun U.S. Presidential Election Facts

By Karin Lehnardt

Published September 20, 2016

www.factretriever.com/us-presidential-elections-facts



- U.S. Presidents choose which Bible or books they want to use on inauguration day. President Obama chose two Bibles: the Lincoln Bible, and to rest underneath it, Martin Luther King Jr.'s Bible.
- George Washington blew his entire campaign budget on 160 gallons of liquor to serve to potential voters.
- In 1845, Congress decided that voting day would be the first Tuesday after the first Monday in November, which was after the fall harvest and before winter conditions made travel too difficult.
- Democrats use a donkey as their mascot thanks to Andrew Jackson. When his critics called him a “jackass” because of his populist views, he embraced the image, even using it alongside his slogan, “Let the people rule.”
- When Democrat Stephen A. Douglas called Abraham Lincoln “two-faced” during an election year, Lincoln replied, “If I had another face, do you think I would wear this one?”
- The first election to use a voting machine was in 1892. Though it was invented earlier, candidates initially opposed the idea because it eliminated the wheeling and dealing for votes over the phone.
- George Washington gave the shortest inauguration speech at 135 words. William Henry Harrison’s was the longest, at 8,445 words. He spoke for over two hours in a heavy snowstorm, which made him catch a cold and ultimately die from pneumonia one month later.
- American astronauts on the ISS can vote in elections from orbit by secure email. Mission Control beams up a digital ballot to the astronauts aboard the International Space Station.
- The United States is ranked 139th out of 172 countries in voter participation.
- Before the 1804, the presidential candidate who received the second highest electoral votes became vice-president.
- The oldest presidential candidate to be elected is Ronald Reagan at 69 years old. The youngest is John F. Kennedy at age 43.
- In the 1984 presidential election, Ronald Reagan received both the highest number of popular votes and the highest number of electoral votes in the history of U.S. presidential elections. These numbers have yet to be surpassed by another presidential candidate.
- Grover Cleveland is the only candidate ever to be elected to one term, defeated for a second term, and then elected again four years later. Thus, he became both the 22nd president and the 24th president.
- John Quincy Adams is the only president to have lost both the popular vote and electoral vote and still become president. Because he did not win a majority in the electoral college the election was decided by the House of Representatives.
- The ultimate “whoops” moment in a U.S. presidential election happened when the Chicago Daily Tribune mistakenly declared that Dewey beat Truman in 1946. After reading the incorrect headline, President Truman quipped, “That ain't the way I heard it!”
- The first U.S. presidential election was in 1789. Only white men who owned property could vote, a stipulation that prohibited 94% of the population from casting a ballot. It wasn’t until 1856 that Congress removed property ownership as a requirement to vote in elections.

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- The 1800 election year was so heated that Vice President Aaron Burr ended up killing Alexander Hamilton in a duel.
- It is illegal to drink alcohol in Kentucky and South Carolina on election day.
- Few other parts of the Constitution have been so criticized as the Electoral College because it can deny the will of the people. And it has in four elections.
- Barack Obama was the 17th president to be elected to at least two terms. Thirteen previous presidents were elected and served at least two terms. Three additional presidents were elected to two terms but did not complete the second term due to assignments and a resignation (Lincoln, McKinley, and Nixon).
- The first woman to run for U.S. President was Victoria Woodhull in 1872, nearly 50 years before the 19th Amendment allowed women to vote in presidential elections. Woodhull also believed that women should have the freedom to marry, divorce, and bear children without government interference.
- Franklin D. Roosevelt was elected president an astonishing four terms before the 22nd Amendment set term limits.
- Over 200 women have run for President of the United States; however, this list includes nominees of many minor parties and candidates who ran for president before women won the right to vote in 1920.

How to Host a Virtual Thanksgiving

By Whitney Matheso, AARP,
October 20, 2020 www.aarp.org

Cannot get the whole family together for Thanksgiving this year? One solution is to stage a virtual gathering for would-be attendees. But to make it engaging for those watching on-screen, you need to think like a producer. Here is some pro advice to make this as easy as pumpkin pie.



1. Take hosting seriously

“It sounds ridiculous, but Zoom calls aren't all that different from late-night talk-show segments,” says TV producer Marc Liepis, who has overseen specials for John Legend and Questlove. “They're conversations, but they also have a degree of preparation to them.”

2. Share a detailed plan

What is the start time? When should everyone have their turkey ready? Who should speak, and in what order? Keep in mind that attention spans are shorter online. “At our first Zoom comedy show, we gave each performer 10 minutes,” says producer Marianne Ways, who has worked with Jim Gaffigan and Janeane Garofalo. “We wound up cutting it to five.”

3. Stay steady

“It's jarring to see people walking around on-screen,” Ways says. Her stand-up shows became sit-downs.

4. Stage a run-through

Hold a sort-of rehearsal, especially with participants who are less tech savvy, so they feel comfortable on Thanksgiving. “When you're producing a talk-show interview, the unexpected stuff is also the best stuff,” Liepis says. “Preparation and a host who is quick on their feet allows for that to happen.”

*****Attention*** Falmouth Housing Authority Board of Commissioners Open Seat**

A five-year term is opening for the Falmouth Housing Authority Board of Commissioners. If you are interested please contact the Town Manager's office, at 508-495-7320, to be considered for an interim position. The interim position would be put before the Board of Selectman and remaining Board of Commissioners for a vote.

For town election this Spring, nomination papers will need to be taken out in February 2021 and returned to the Town Clerks office with a minimum of 50 signatures. Your name would then be added to the ballot for the local election this Spring.

Affordable Housing Opportunities

Ready Renters Program Accepting Applications for Affordable Apartments in Barnstable, Dennis, Falmouth, Orleans, and Yarmouth

The Ready Renters Program is currently accepting applications on a rolling basis for 5 affordable apartments in Dennis, Falmouth, and Yarmouth through Friday November 20.



The available units include:

- **2-Bedroom Affordable Apartment at 72 Swan River Road in West Dennis** — Rent will be set at 27% of the successful applicant's household income, ranging between \$979 and \$1,566. Households with rental vouchers are encouraged to apply. Qualified applicants will be considered on a first-come, first-served basis.
- **2-Bedroom Affordable Apartment at the Brick Kiln Apartments at 132 Brick Kiln Road in East Falmouth** — Rent is \$1,350 per month and does not include utilities. Households with rental vouchers are encouraged to apply. Qualified applicants will be placed at the end of the current list in the order received.
- **3-Bedroom Affordable Apartment at the Brick Kiln Apartments at 132 Brick Kiln Road in East Falmouth** — Rent is \$1,5250 per month and does not include utilities. Households with rental vouchers are encouraged to apply. Qualified applicants will be placed at the end of the current list in the order received.
- **Affordable Studio at Neptune Place Apartments at 20 Neptune Lane in South Yarmouth** — Rent is \$798 per month and includes utilities. Households with rental vouchers are encouraged to apply. Qualified applicants will be considered on a first-come, first-served basis.

1-Bedroom Affordable Apartment at Neptune Place Apartments at 20 Neptune Lane in South Yarmouth — Rent is \$934 per month and includes utilities. Households with rental vouchers are encouraged to apply. Qualified applicants will be considered on a first-come, first-served basis.

For questions about the application process or to request a hard copy, contact Plymouth Redevelopment Authority at 508-747-1620, ext. 10147 or email reddevelopmentdir@townhall.plymouth.ma.us.

Applications should be returned to Plymouth Redevelopment Authority at 26 Court Street, Plymouth, MA 02360, no later than Friday, November 20.

All qualified applicants not placed in any of the affordable apartments listed above will be added to the Ready Renter Wait List for consideration of other Ready Renter units in Barnstable, Dennis, Falmouth, Orleans, and Yarmouth. Other towns may be added in the future. Please note that there is no rental assistance attached to these units.

Gov. Charlie Baker's moratorium on evictions in Massachusetts ended on October 17, 2020.

If you are a tenant that owes rent monies, please contact the housing authority to make rental payment arrangements.

If you're having trouble paying your rent, you can reach out to Housing Assistance Corporation (HAC). Help is available and they have a number of programs that can provide you with financial assistance during this time.

They can be reached at (508) 771-5400 or email at hac@haconcapecod.org. Or fill out an online application at <https://haconcapecod.org/programs/homeless-prevention/>.

Tenant Requested Inspections

If you believe that your home has been subject to suspected mold, ceiling/other area staining or another issue that has created an unsafe living environment in your opinion, we are encouraging you to either contact the Maintenance Department and file an emergency work order at (508) 548-1977 so that we may schedule for your unit to be reviewed; or you may wish to ask the Town of Falmouth's Board of Health Department to review your unit directly. They can be reached at (508) 495-7485.

REMINDER: MASKS ARE REQUIRED WHEN IN ALL COMMON AREAS OF FHA PROPERTIES UNTIL FURTHER NOTICE.

If you need a face mask or two, please contact Marie Palmer at 508-548-1977. We are happy to make arrangements to get some to you.

CDC Revises the Definition of COVID-19 Close Contact

American Association of Service Coordinators info@servicecoordinator.org, 10-27-2020

The U.S. Centers for Disease Control and Prevention (CDC) has updated its definition of close contact with a COVID-19 patient to include multiple, brief exposures.

The new definition includes exposures adding up to a total of 15 minutes spent within six feet of an infected person over a 24-hour period. Previously the CDC defined close contact as 15 minutes of continuous exposure to an infected individual.

The agency changed the definition after a recent report noted that a correction office who became infected after several brief interactions with inmates who tested positive – none of them lasting 15 minutes but adding up over time.

According to the CDC website, "Factors to consider when defining close contact include:

- Proximity – closer distance likely increases exposure risk
- Duration of exposure – longer exposure time likely increases exposure risk
- Symptoms – the period around onset of symptoms is associated with the highest levels of viral shedding
- Respirator aerosols (e.g. coughing, singing, shouting)
- Environmental factors – crowding, adequacy of ventilation, whether exposure was indoors or outdoors.

In a written statement the CDC said wearing a mask is one of the most effective steps you can take to help stop the spread of COVID-19. As many as half of all people who have COVID-19 do not show symptoms, so it is critical to wear a mask to protect others.

Dena Irwin, our friend and Nutritionist from the Community Health Center submits an easy, health, affordable dish with a fall flavor!

Crock Pot Kitchen Sink Curry

½ to 1 lb. boneless skinless chicken breasts or thighs (omit for a vegetarian option and increase chickpeas to 2 cans)

*15 oz can chickpeas

*28 oz can crushed or diced tomatoes

*15 oz can coconut milk

Vegetables (chopped sweet potato, carrots, onions, cauliflower, kale, squash)

3 tablespoons curry powder

½ teaspoon turmeric

½ teaspoon ginger powder

Handful chopped fresh cilantro (can use frozen or refrigerated instead)

1 cup or so frozen green peas

Salt and Pepper to taste

Lime wedges, optional

Cashew nuts, optional

Put all ingredients together in crock pot except salt, pepper, cilantro, green peas, and kale if using. Cook on low for 8 to 10 hours or high for 4 to 6 hours. Add remaining ingredients. Season with salt and pepper. Serve with lime wedges and cashews if using. Enjoy!

Makes 4 servings

Good served over cooked brown rice or quinoa or in a bowl all by itself.



Dina also teaches an online **Zoom Yoga Class** and would like to invite all who are interested. Dena, a certified yoga instructor, has taught a monthly class in the community rooms at Tatakett and Harborview Apartments in the past, so lets revisit “the good old days” of our recent past and join her for some chair yoga once again.

If you have a computer, laptop or tablet we hope you will consider linking into this free chair yoga class offered every *Friday at 11:00 AM*.

You may join the class by going to Zoom, downloaded from the internet or used as an app on a smart phone. Open up zoom, click on join a meeting, then enter the meeting ID#: 268 755 316.

This State Just Issued a COVID Stay-at-Home Order

By **Alek Korab** November 3, 2020 www.yahoo.com

As talk of "lockdowns" due to the coronavirus have become a political grenade, one state has just taken the extraordinary measure of advising citizens to stay home at night, along with a list of other restrictions meant to save lives. "Massachusetts Gov. Charlie Baker has issued an overnight stay-at-home order, among other new mandates, in response to a recent rise of COVID-19 cases in the state," reports ABC News. "The new orders come just one day after Massachusetts recorded its ninth consecutive day of more than 1,000 new cases. In the last month, new cases have surged by more than 135%." It is one of 40 states with rising cases.

What Do the Massachusetts Restrictions Entail?

Here is the Executive Order in full:

Beginning on Friday, November 6, 2020, all residents of Massachusetts are advised to stay home between the hours of 10pm and 5am.

COVID-19 case numbers in our state are rising and the Commonwealth's COVID-19 related hospitalizations and COVID-19 Intensive Care Unit (ICU) census have more than doubled over the past 2 months. Social gatherings are contributing to these increases. Left unchecked, the current COVID-19 case growth poses a risk to our healthcare system. Intervention is warranted to moderate case growth and preserve hospital capacity. It is more important than ever to follow guidance from local, state, and federal officials on how to stop the spread of the virus.

It is critically important that everybody follows the steps listed below, not just for their own health and safety, but for the health and safety of their family and loved ones as well.

In order to comply with this advisory, between the hours of 10pm and 5am, you must:

- *Only leave home to go to work or school, or for essential needs such as seeking emergency medical care, going to the grocery store or pharmacy, picking up take-out food, or receiving deliveries. If you do leave home, practice social distancing by staying 6 feet away from others and wearing a face covering.*
- *Not have gatherings in your home with anybody outside of your household.*
- *Comply with all Governor's Orders, including orders requiring face coverings, limiting gatherings, and mandating early closure of businesses.*
- *Practice social distancing and avoid touching surfaces frequently touched by others if you go outside to get fresh air.*

Use remote modes of communication like phone or video chat instead of visiting friends or family.

Taking these steps is critical to preventing the spread of the virus, protecting the lives of you and your loved ones, and preserving our acute care hospital and other health care systems' capacity.

Why are the Restrictions Necessary?

Coronavirus cases are rising, and public health experts feel the measures above will best help contain it. Dr. Anthony Fauci, the nation's top infectious disease doctor, has said the entire country does not need to lock down—but nor should nothing be done.

"It's the kind of thing that you've really got to try and articulate the importance of walking that fine line of maintaining the public health without so damaging the economy that you're essentially negating the good that you're trying to do," he said last week. "I firmly believe that you can continue to open businesses, that you can continue to open up the country from an economic standpoint, the way you were saying about restaurants and about stores and shops and things like that without necessarily shutting things down, you could do that, but it could do it prudently by public health measures that prevent surges of infection. We have seen it done before. We have seen, you know, countries and sections of our own country that have done that successfully. We're going to really be challenged right now."

The executive order came the same day Dr. Deborah Birx, a member of the coronavirus task force, begged the Trump administration to take "much more aggressive action" to combat COVID-19, according to the *Washington Post*. "We are entering the most concerning and most deadly phase of this pandemic ... leading to increasing mortality," said a Nov. 2 report from Deborah Birx, coordinator of the White House coronavirus task force, obtained by the *Post*. "This is not about lockdowns — It hasn't been about lockdowns since March or April. It's about an aggressive balanced approach that is not being implemented."

As for yourself, no matter where you live, wear a face mask, practice social distancing and get through this pandemic at your healthiest.

FHA Activities Packet 11/2020

By Marie Palmer, Resident Service Coordinator

Now for some time for a little fun!

Maintain positive mental health and challenge your mind by engaging in good humored, stress reducing activities.

During what month
do people sleep the least?



The answer is
February.
The shortest month of the year.

Riddle of the month



- ◇ I'm a seven letter word in the English language.
- ◇ My first two letters signify a male
- ◇ My first three letters signify a female
- ◇ My first four letters signify a great man
- ◇ And my entire meaning signifies a great woman

What am I?



Call into the housing authority at
508-548-1977 with your answer.

If you leave a message make sure
you give your name and phone
number, also leave the time and
date that you call.

The first five people with the
correct answer will get a prize!



US States Word Scramble



1. gcamiihn _____
2. eesntsene _____
3. gergiao _____
4. iraozna _____
5. oihda _____
6. nmgyowi _____
7. wne reipshhma _____
8. hooi _____
9. vviaigrn _____
10. alkamoho _____
11. aaednv _____
12. toanman _____
13. akresabn _____
14. mbaaala _____
15. mneotvr _____
16. xsaet _____
17. aalaks _____
18. iursosim _____
19. neasmtoin _____
20. uoalaniis _____

Sweet Treats Word Search

C	Z	S	F	E	F	R	B	K	P	P	O	I	T	I	Y	L	L	V	T
L	Q	J	L	A	U	U	L	U	P	N	X	T	R	W	Q	A	S	L	T
R	B	Y	A	E	T	G	D	C	M	G	G	W	Y	B	C	M	T	W	S
Q	E	J	N	P	M	D	N	G	L	T	U	X	A	S	P	H	I	M	H
N	B	K	D	I	I	A	F	I	E	Y	Y	G	G	V	J	G	O	I	N
M	E	G	I	N	G	E	R	B	R	E	A	D	Y	H	B	O	R	T	X
A	K	C	G	C	B	N	B	A	U	E	V	D	R	T	T	K	K	Q	J
E	N	Z	Z	J	L	P	F	D	C	T	M	L	U	H	E	A	P	G	L
R	G	X	F	C	H	O	C	O	L	A	T	E	I	K	E	H	N	E	N
C	Z	O	A	T	A	L	S	S	L	R	I	E	A	B	J	I	E	Z	L
D	V	R	U	V	P	N	I	E	U	F	J	C	R	O	T	F	T	P	L
E	K	W	A	E	W	B	D	G	L	Y	F	O	E	S	A	J	N	V	R
P	O	K	F	T	L	Z	O	Y	P	K	W	Q	O	C	C	M	C	B	C
P	Q	Y	U	B	B	Y	G	P	B	N	N	R	B	H	R	O	A	H	V
I	D	R	N	R	N	C	L	E	I	A	F	I	R	G	M	E	T	V	O
H	V	C	S	E	B	N	P	E	S	I	R	D	R	G	E	H	A	C	H
W	F	K	Z	C	U	S	T	A	R	D	Z	R	X	P	V	N	S	M	H
E	S	O	E	N	D	C	O	O	K	I	E	S	H	M	S	X	T	D	D
G	R	U	M	L	A	Q	A	K	X	K	U	F	S	H	Y	G	T	K	W
F	X	E	F	S	Z	R	L	K	Y	M	B	F	G	D	O	S	J	N	V

Word List

Cake

Pie

Chocolate

Sprinkles

Caramel

Butterscotch

Candy Bar



Ice Cream

Smoothie

Frozen Yogurt

Brownie

Cookies

Frosting

Fudge

Flan

Custard

Pudding

Whipped Cream

Meringue

Gingerbread

Soda



Riddles

1. I have keys but no locks. I have a space but no room. You can enter, but can't go outside. What am I?
2. What has four fingers and a thumb, but is not living?
3. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
4. I can only live where there is light, but I die if the light shines on me. What am I?
5. What is seen in the middle of March and April that can't be seen at the beginning or end of either month.
6. What flies when it's born, lies when it's alive, and runs when it's dead?
7. What English word has three consecutive double letters?
8. What Gets Wet When Drying?
9. What disappears as soon as you say its name.
10. Give me food, and I will live. Give me water, and I will die. What Am I?

1. Keyboard
2. Glove
3. Map
4. Shadow
5. Letter, R
6. Snowflake
7. Bookkeeper
8. Towel
9. Silence
10. Fire

Riddle Answer Guide



When is a picture more than just a picture? When it's an optical illusion, and the way you perceive it can actually say a lot about your personality.

The key here is to go with your gut reaction. What is the very first thing you see when you look at this image?

Do you see the face of a young woman? If so, great. So do many other brilliant people.

Now take another look at it. You might notice something extra in the picture this time.

Take a look at the woman's ponytail. Does it look like a nose? Look at the whole picture again. Does it now look like an old man sleeping?