

What do you say, FHA?

by Marie Palmer, Resident Service Coordinator

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A few highlights from an article by Mary Markos and Wire reports – Published May 19, 2020, on Governor Baker’s *The Four phases of Massachusetts’ Reopening Plan for Massachusetts amid the coronavirus crisis.*

Governor Baker on Monday, May 18, 2020, outlined a phased-in approach to gradually restart the Massachusetts economy. Baker reminds us that the virus will continue to be a health threat.

Baker said everyone must continue practicing proper hygiene, maintaining social distancing, and using facial coverings in public places throughout all phases of reopening.

People over 65 and those with underlying health conditions – who are at higher risk for COVID-19 - should continue staying home except for essential errands like going grocery shopping and attending to health care needs until the final phase.

Each phase will last at least three weeks and could last longer depending on state health data trends.

We are currently in Phase 1 (Effective Monday, May 18)

In this first phase, manufacturing and construction can reopen provided they follow standards meant to curb the spread of the virus. Houses of worship can resume services if they follow social distancing. Outdoor services are encouraged.

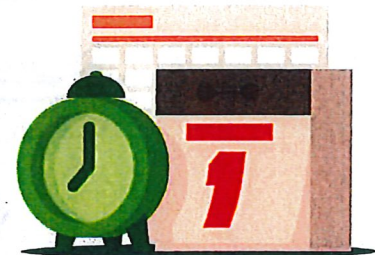
Hospitals and community health centers are allowed to provide high-priority preventative care, pediatric care and treatment for high risk patients and conditions.

Baker’s “safer-at-home” advisory urges residents to leave home only for health care, worship and permitted work, shopping, and outdoor activities. People shouldn’t participate in close contact activities like pick-up sports. A limit on gatherings of 10 people remains in place.

Effective Monday, May 25, office spaces (except those in Boston) can reopen but remote work is “strongly encouraged” according to the report. Workforce presence should be restricted to less than 25% maximum occupancy. Employees who need workers in the building are encouraged to stagger work schedules.

Some recreation activities are allowed to restart, including parks, drive-in theaters, some athletic fields and courts, most fishing and hunting, boating, and gardens.

“If we don’t keep up the fight and don’t do the things that we all know we have to do – and know we can do – we run the risk of creating a second spike in the fall.” Baker said. Massachusetts has had the third highest number of deaths of any state, after New York and New Jersey.



 publicdomaininvestors.org

Let’s stay vigilant with these safety precautions!



Falmouth Emergency Preparedness

50 mins • 🌐

Town of Falmouth Beach Social Distancing /COVID -19
Beach Safety Rules
#BeReadyFalmouth



COVID-19 BEACH SAFETY RULES

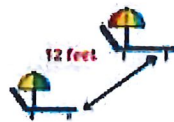
Make your safety a priority and remember - WE ARE ALL IN THIS TOGETHER!



1 IF YOU ARE FEELING SICK, STAY HOME.



2 GENERAL DISTANCING
Maintain at least 6' of distance from other beach-goers.



3 BEACH DISTANCING
Do not sit closer than 12' from your nearest neighbor in any direction.



4 WEAR A MASK
Masks are required when 6' of distance cannot be maintained.



5 PREVENT THE SPREAD OF GERMS
Wash your hands and/or use hand sanitizer frequently.



6 BE RESPECTFUL
Avoid confrontation. Be kind, follow the rules and enjoy the beach!



*INSERT WEB ADDRESS
and other footer text as needed

Town of Falmouth Board of Health COVID-19 Update
from Scott McGann, Falmouth Health Agent, May 15, 2020



“Town officials continue to monitor the spread of the novel coronavirus and coordinate regionally to make the best decisions for the safety of all our residents. We understand some of these actions may require some sacrifice on the part of Falmouth residents and visitors. Please know that we do not make the decisions lightly. Taking action now is doing our part to slow the spread of the virus, reduce the number of people infected, and to avoid overwhelming our health care system. Delaying action, or failing to act, could increase the number of Falmouth residents and visitors facing life-threatening illness.

As of this date:

- **157 cases of COVID-19 have been confirmed in Falmouth since the beginning of the outbreak on March 19th.**
- **Over 80% of these individuals who received a positive viral test are not out of isolation.**

Complying with the stay at home advisory is not easy and we extend our thanks to the Falmouth community for the response to date. It appears that these community efforts are beginning to show positive results, but we must remain vigilant in this battle with the coronavirus. Please continue to limit contact with others who do not live in your house, including relatives. When you do need to leave the house for essential needs, it is crucial to practice social distancing, keep 6 feet away from others, wear a cloth face mask, and wash hands frequently.”

Falmouth Human Services report:

Coronavirus... When Staying at Home is NOT your Safest Place!

Staying at home is the healthiest and safest course of action to stop the spread of COVID-19. But for victims of domestic and sexual violence, home may be the most unsafe place.

Reports during this pandemic have confirmed that domestic violence victims are facing increased risks to their safety! Survivors quarantined at home with a partner or family member who uses controlling and violent behavior, are at high risk of being harmed.

Abuse and risk come in many ways, including mental, emotional and physical abuse. For children at home during this time, they will witness this violence and experience trauma that affects their emotional, psychological and mental health, and without intervention this can affect them the rest of their lives. Their immediate safety may be at great risk too.

Independence House urges survivors/victims of domestic and/or sexual violence to privately contact them at 1-800-439-6507 or ask someone else to reach out on your behalf!

The Independence House Board of Directors is sending a message that you are NOT ALONE! Independence House, Cape Cod’s leading resource, counseling, and advocacy center to address and prevent domestic and sexual violence, is here to help you and your children, or someone you know, now more than ever!



Coronavirus Disease 2019 (COVID-19)

10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

- 1** **Stay home** from work, school and away from public places.



- 6** **Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your cough/sneeze.
- Avoid touching your eyes, nose and mouth.



- 2** **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



- 7** As much as possible, **stay in a specific room and away from other people and pets** in your home. Use a separate bathroom, if available.



- 3** **Get rest, stay hydrated and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.



- 8** **Avoid sharing personal items** with other people in your household, like dishes, towels and bedding.



- 4** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



- 9** **Clean all surfaces** that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



- 5** For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



- 10** **Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising or other hobbies.



For more information, visit mass.gov/COVID19 or call 2-1-1

Fifty Ways to 'Beat the Virus!'

Sing to the tune of
"Fifty Ways to Leave Your Lover" by Paul Simon

"Stay away from the pack, Jack
Don't visit your Gran, Stan
Wipe down every toy, Roy
To keep virus free

Don't hop on the bus, Gus
Don't listen to Don, Ron
Don't hoard the TP, Lee
Just say virus free

Sneeze on your sleeve, Steve
Stop touching your face, Grace
Keep back to six feet, Pete
Heed the CDC

Just use the Purell, Mel
Keep wipes in your purse, Nurse
Take care of your stock, Doc
You need PPE

This isn't Spring Break, Jake
Stay home if you're sick, Dick
As COVID leaps, peeps,

Advice from a Trail

(Source Unknown)

Walk into beauty.
Stay on your path.
Find inspiration around every turn.
Tread lightly.
Pack life with good memories.
Every day has its ups and downs.
Watch your step.

We're Rich (Source Unknown)

Silver in the hair
Gold in the teeth,
Crystals in the kidneys,
Sugar in the blood,
Lead in the butt,
Iron in the arteries,
And an inexhaustible supply
of natural gas ~
Did we ever think we would
accumulate such wealth?

Knock, knock. *Who's there?*
Rapunzel. *Rapunzel who?*
Rapunzel troubles in your old kitbag
and smile, smile, smile.

Knock, knock. *Who's there?*
Aardvark. *Aardvark who?*
Aardvark a million miles for one of
your smiles.

Knock, knock. *Who's there?*
Kaye. *Kaye who?*
Kaye sera sera.

Knock, knock. *Who's there?*
Darren. *Darren who?*

Knock, knock. *Who's there?*
Donna. *Dona who?*
Donna sit under the apple tree with anyone
else but me.

Knowk, knock. *Who's there?*
Butcher. *Butcher who?*
Butcher left leg in, Butcher your left leg out...

Knock, knock. *Who's there?*
Iguana. *Iguana who?*
Iguana hold our hand.

Knock, knock. *Who's there?*
Demon. *Demon who?*
Demons are a ghoul's best friend.

Falmouth Service Center

Are you in need of food?

If you or someone you know is in need of food, the Falmouth Service Center is distributing pre-packaged bags of food to any household in need. They have set up a 'drive-thru' distribution in their parking lot and are distributing on:

- Tuesday (10:00 AM – Noon)
- Wednesday (4:00 PM – 6:00 PM)
- Thursday (10:00 AM – Noon)
- Friday (10:00 AM – Noon)



**FALMOUTH
SERVICE CENTER**
more than a food pantry

If you are age 60 or older, the Falmouth Senior Center partnered up with the Falmouth Service Center and is doing food distribution, home deliveries. If you are interested in this service please contact the Falmouth Senior Center at (508) 540-0196.

Falmouth Police Department

Temporary Police Procedures (COVID-19)

In an effort to keep citizens and first responder's safe from the Coronavirus, the police department is asking the public to use discretion when seeking police services. As always, the Falmouth Police Department will respond immediately to 911 emergencies and calls for service. Until further notice, they ask citizens to avoid coming to the police station unless it is an emergency.



If you have a situation that can be resolved over the phone by talking with a police officer, citizens are asked to call the business line at 774-255-4527. Please continue to use 911 to report emergencies.

American Association of Service Coordinators article posted on May 19, 2020

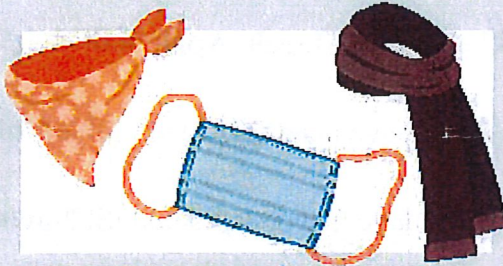
“75,000 - - That's how many Americans could die of drug or alcohol misuse and suicide because of pandemic stresses. Experts say these so-called “deaths of despair” could be prevented if steps are taken to confront the mental health toll of unemployment, isolation and uncertainty. Remember it's OK not to be OK. Help can be reached at 1-800-273-8255 for the National Suicide Prevention Lifeline.”



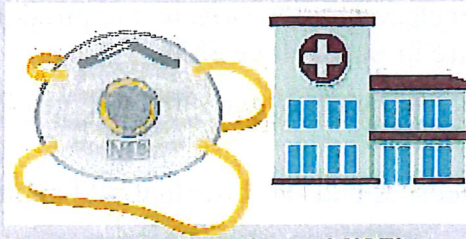
If you or someone you know are in a dark place and might be at risk of suicide, depression, anxiety and other challenges, please reach out to someone and call one of these local resources including: Falmouth Human Services at (508) 548-0533, and The Samaritans of Cape Cod and the Islands at (508) 548-8900.

Stop the Spread of Germs

Using a Face Covering Effectively



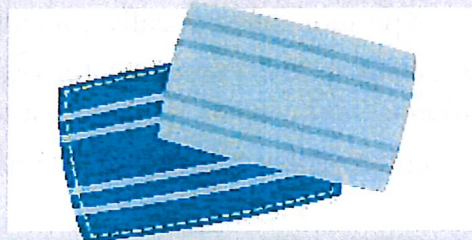
Use anything that covers your nose and mouth.



Leave surgical masks and N95's for healthcare workers.



Masks should fit snugly, be secured with ties or ear straps, and not restrict breathing.



Face coverings should be multiple layers.



Your mask or face covering should be able to be machine washed and dried.



Only touch the ties or ear straps, not the front, and wash your hands after handling.

For more, visit: www.mass.gov/CoverYourFace

Massachusetts Department of Public Health

6/9/2020

**NEED A MASK? CONTACT MARIE PALMER—
WE HAVE FREE MASKS TO GIVE TO YOU
(508) 548-1977**

RMV - COVID-19 Information

The Massachusetts RMV is taking an important step following Governor Charlie Baker's declaration of a State of Emergency on March 10th and to complement the work that has been underway for weeks across state government to keep residents safe and healthy.

Class D, M, and DM Driver's Licenses and Learner's Permits, and Mass IDs

All Class D and Class DM driver's licenses and ID cards, that have expired or are expiring between March 1, 2020 and August 31, 2020, will have an extension applied to the current expiration date and do not need to be renewed at this time.

Driver's Licenses and IDs

- Driver's licenses and ID cards that expired or will expire in **March, April, and May 2020**, will now expire in **September 2020**.
- Driver's licenses and ID cards that will expire in **June** have been extended until **October 2020**.
- Driver's licenses and ID cards that will expire in **July** have been extended until **November 2020**.
- Driver's licenses and ID cards that will expire in **August** have been extended until **December 2020**.
- The specific expiration date typically coincides with an individual's birth date.
- Customers holding an RMV credential marked "Limited-Term" that has expired or will expire between March 1 and August 31, 2020 should refer to section below.
- The RMV is not providing updated credentials to reflect the extended date.

The Samaritans

The Samaritans on Cape Cod and the Islands has an outreach program for seniors in the community who may feel lonely, isolated, or depressed and would like someone to talk to--someone who will listen without judgment. Caring Samaritans trained volunteers are paired with seniors for a weekly telephone chat - - all calls are confidential. These calls can alleviate the feeling of loneliness and isolation and are a great place to talk about things that seniors might not want to express to family or friends. **If you would like to participate in the program or become a Senior Outreach volunteer please contact Marie Palmer at 508-548-1977.**

What do you get when you cross a joke with a rhetorical question?

Why did Beethoven get rid of his chickens?

All they said was "Bach, Bach, Bach..."

Hear about the new restaurant called Karma?

There's no menu: You get what you deserve.

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

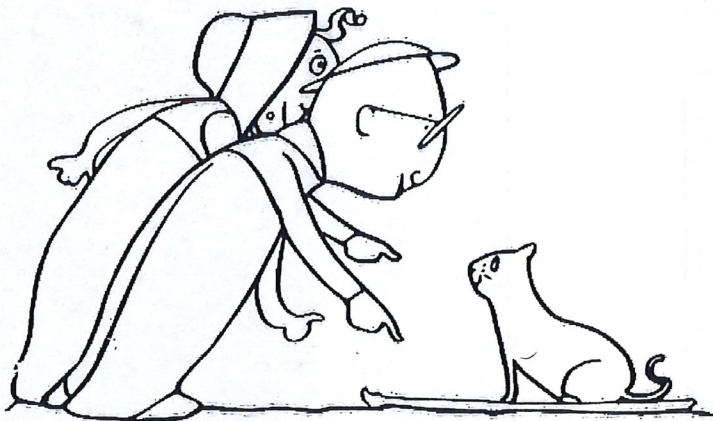
A woman in labor suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!" "Don't worry," said the Doc. Those are just contractions."

Stay informed about the public health response to the COVID-19 pandemic in Massachusetts (i.e., latest on cases, guidance, regulations and more). Visit mass.gov/covid19

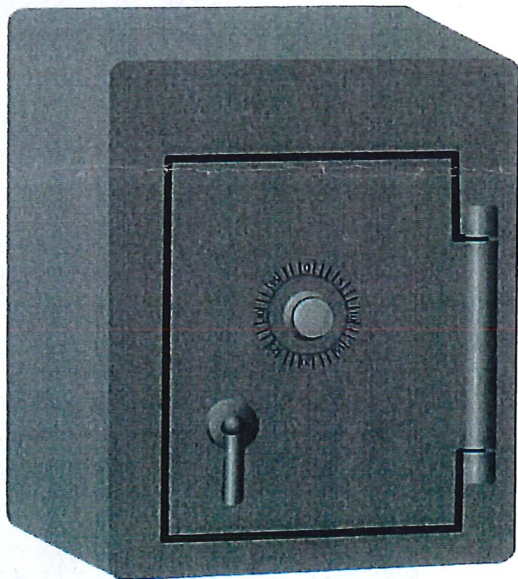
For the latest information on reopening the Massachusetts economy, visit mass.gov/reopening

Need help buying healthy food? You may be eligible for SNAP benefits. Visit mass.gov/covid-snap for more information and how to apply.

To access a map featuring all COVID-19 testing sites in MA, visit: mass.gov/covid-testmap



STAY



SAFE

“Sure Steps”

By John Mendoza,
Tatakot Apartments

No need to be formal
In this the new normal

Don't ask,

Just wear a mask

Show no resistance

To social distance

Have a heart

Be six feet apart

By guidelines abide

So, we can stem the tide

Of the invisible menace

That is omni-present outside




When the war is over

We will awaken

Validating the steps

We have taken

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Enjoy the Full Moon	6 D-Day remembrance
7	8	9	10	11	12	13
14 Flag Day 	15	16 Commissioners Board Meeting at 4:00 PM	17	18	19	20 1st Day of Summer 
21 Father's Day 	22	23	24	25	26	27
28	29	30				

SUMMER WORD FIND

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

 Beaches	Canoeing	Hiking
Boating	Fireworks	Picnic
Camping	Four-Wheeling	Vacation

