

What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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www.falmouthhousing.org

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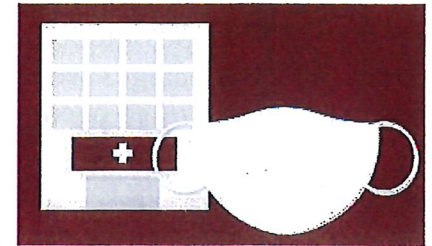
E. info@falmouthhousing.org

You got the vaccine. Now what?

March 02, 2021 By: Susan Moeller

www.capecodhealth.org

The COVID-19 vaccines are life-saving and life-changing, but probably not in *all* the ways you hope. In other words, don't throw out your mask.



"We don't have public data that shows that just because you've had the second dose of the vaccine, you still can't carry COVID at a low level," said Kevin Mulroy, DO, senior vice president and chief quality officer of Cape Cod Healthcare. "Remember that the masking and all the other things you're doing, it's not really to protect you, it's to protect those around you." The mRNA vaccines made by Pfizer and Moderna have both been shown to be about 95 percent effective after two shots in preventing severe COVID infections. The latest vaccine, a one-shot version made by Johnson & Johnson, is rated at 72 percent efficacy in the United States. The results are based on trials featuring tens of thousands of participants.

However, there's not enough data on how much the vaccines limit transmission or how long protection lasts to allow us to stop taking other protective measures during the pandemic, the U.S. Centers for Disease Control says.

The agency and other medical experts say even those who are vaccinated should continue to follow the current guidelines to protect others:

- Wear a face mask; (Mask mandate outdoors has been lifted)
- Social distance at least 6 feet;
- Avoid crowds and poorly ventilated areas;
- Wash hands correctly and often.

If we let down our guard too soon, we endanger those who have not been vaccinated, said Dr. Mulroy. The vaccines protect against severe infection, people who have been vaccinated may not know they carry COVID. "If you were to still carry a low level of COVID, despite the fact it can't give you symptomatic disease, you could still give it to the people around you who haven't been vaccinated."

With the vaccine rollout barely two months old, it's too soon to have data on how long the vaccine antibodies will last, according to Dr. Mulroy. "We really need to have good data... Are the vaccine antibodies going to be protective for three months? Are they going to be protective for a year or two years? We don't really know that data."

There are signs of hope that some restrictions, including for travel, will ease as vaccinations become more common. The CDC quarantine recommendations for people who have been fully vaccinated were eased recently, although the federal agency says everyone should still follow

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state and local rules. For now, **the Commonwealth of Massachusetts is sticking to its state quarantine rules that require anyone traveling out of state to follow Gov. Charlie Baker's Travel Order and either quarantine for 10 days on return or produce a negative COVID test administered within 72 hours of arriving in Massachusetts.**

But on Feb. 25, the governor announced that the state hoped to move forward into Phase 4 of re-opening in March, partly because of the increased distribution of vaccines. That would allow outdoor arenas like Fenway Park and some large indoor spaces, like theaters, to re-open, although at reduced capacity. Dr. Mulroy is optimistic that life will feel more relaxed as we move into summer and can be outdoors. **In the meantime**, even if the vaccine does not immediately bring all the lifestyle changes we hope for, it should at least relieve some people's anxiety about contracting COVID-19 or becoming seriously ill from it. "One thing the vaccine is outstanding at is preventing severe disease," he said. "So, if I get the vaccine, I have the confidence every day to know, if I were going to contract this thing, it's not going to kill me."

NEWS FLASH—Effective 4/30/21—Masks are no longer required OUTDOORS. Visit www.mass.gov/covid-on56 to learn more

News Release

For more information, contact:

Christopher Ellis, Director of Organizational Advancement

(508) 477-5990 ; www.chcofcapecod.org



Community Health Center of Cape Cod Introduces new Telehealth Tool 'SmartExam'

Mashpee – As part of Community Health Center of Cape Cod's continued commitment to improve access to care for all in the community, the Health Center is now offering a convenient new telehealth tool called SmartExam. Adult patients can access a SmartExam electronic visit from their MyChart account at any time, by completing an online exam that includes questions about their ailment. A Health Center provider will then review the exam during hours that the Health Center offers walk-in care (Monday-Thursday from 8:00am-5:30pm and Friday from 8:00am-5:00pm). Once the provider has reviewed and signed the exam, the patient will receive an email with their treatment plan, including prescriptions ordered, if appropriate. Providers may also notify the patient directly if they determine an in-person or video visit is necessary to diagnose their ailment.

The Health Center is among a handful of other service providers piloting this convenient tool as a way to improve access to care. SmartExam is available for a wide variety of ailments including: acne, birth control, bladder infection (UTI), burn/sunburn, constipation, depression/anxiety, erectile dysfunction, ear pain, GERD (gastroesophageal reflux disease), headache, low back pain, mastitis, mouth sore, rash, smoking cessation, sexually transmitted illness, sty/pink eye, upper respiratory illness, and yeast infection.

The Health Center first introduced telehealth services in 2016 and currently offers video interpreting services, teleoptometry, teledermatology, telepsychiatry, teleSUD and teleprimary care. For more information about SmartExam and other telehealth services available at Community Health Center of Cape Cod, or to become a patient, please visit www.CHCofCapeCod.org or call (508) 477-7090.

Older Americans Month: May 2021

By Esther Kane Holidays

<https://seniorsafetyadvice.com/older-americans-month>



Every year in the month of May, the Administration for Community Living leads our nation's observance of Older Americans Month.

This year in 2021 – the observation is even more significant because of the current pandemic we are all embroiled in. Unfortunately, the Coronavirus has affected our older population more than any other demographic so far. This means that honoring and treasuring our older Americans this month is especially important.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

23 Safety Tips For Older Americans:

- ◇ We always recommend to remove rugs throughout the house – it's simply TOO easy to trip over them. BUT – if you absolutely insist on having rugs in your house please make sure that they all have anti-slip pads underneath them.
- ◇ Take advantage of all the amazing tools and adaptive equipment available today to make your life easier and safer.
- ◇ Grab bars are a great piece of adaptive equipment but don't think that they are just for the bathroom. They can work in any room of the house.
- ◇ Using the right pieces of adaptive equipment can not only make life easier but safer for anyone, no matter what age they are.
- ◇ Be smart and avoid stepping on wet or damp surfaces. If a spill occurs – make sure to clean it up immediately.
- ◇ Falls are one of the most prevalent reasons that seniors are hospitalized. Be vigilant in preventing falls by wearing anti slip footwear, installing anti slip flooring or adding anti slip products to your floors. And don't forget to use grab bars and hand rails as needed.
- ◇ Clutter is another reason many elderly fall. Clean out your house of all the things you do not need. Keep one sentimental item instead of 100. Gift items to your friends and family or donate them.
- ◇ Make sure your fire alarms and carbon monoxide alarms are working and make sure you have an easy to use fire extinguisher that is easy to get to. In fact, have a few of them throughout your home.
- ◇ Clean out your refrigerator and pantry on a regular basis. Do not keep expired food in the house and never eat anything that is past it's expiration date.
- ◇ If you are on a special diet – avoid having food that is not on your diet in the house. Temptations can get the best of us.
- ◇ Never respond to a link in an email – even if it seems to come from a legitimate source. Instead, go to Google and go directly to your account associated with the company that is sending you the email. If you do not have an account with that company – then it's most likely a scam.

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- ◊ Do not leave the kitchen while you are cooking – it's always best to stay in the kitchen just in case a pot boils over or grease spills out from a pan, etc.
- ◊ Make sure to keep all electrical cords and extension wires safely tucked away to avoid tripping over them.
- ◊ Get rid of junk mail as soon as it comes in. A shredder is a great tool to have in the home for this.
- ◊ With so many telemarketers today targeting seniors – it's important to be vigilant. If you pick up the phone and it's not someone you know and you suspect it's a telemarketer – hang up right away.
- ◊ Have a fire escape plan in place and know your exit routes. It's important to know what to do just in case a fire does break out.
- ◊ Keep areas of egress clear of debris to avoid tripping and falling.
- ◊ Nightlights throughout the house are extremely useful. Especially nightlights that automatically turn on when the room gets dark.
- ◊ Replace standard towel racks with more secure grab bars just in case you grab on to it to help prevent a fall.
- ◊ Shower chairs and benches are great but some seniors may prefer to use a three-in-one commode because it has side arms and back support.
- ◊ Lift chairs and lift recliners are perfect for any elderly person who may have a difficult time getting up from a seated position.
- ◊ Low pile carpeting is the best type of carpets for seniors and the best to use if someone is using a cane or walker.
- ◊ Falls are one of the top concerns for most older adults. A good majority of falls can be prevented if you take the right steps to declutter your environment, make your flooring as non-slip as possible, avoid using rugs, keep your living environment organized and use the right tools that you need, such as canes and walkers.

~Older Americans Month is an annual event dating back to 1963. President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. ~

Food Insecurity Among Older Adults Peaks During the Pandemic as 5 Million U.S. Seniors Battle Hunger

American Association of Service Coordinators

4-13-21

www.servicecoordinator.org

The pandemic propelled food insecurity to a record high at the end of 2020. Since the pandemic began, more older adults in the U.S. have turned to food banks, Meals on Wheels and other charities for food.

Food banks around the nation report dispensing nearly double the amount of canned, packaged and fresh items between October and December of 2020 compared to the same time during the previous year. Similarly, Meals on Wheels America said they were serving 60% more older adults at the end of 2020 than before COVID-19.

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Data from Feeding America, a national network of food banks in the U.S., says the rate of hunger among seniors aged 60 and older has increased by 38% since 2001.



According to the organization's State of Senior Hunger report released in 2020, 5.3 million seniors or 7.3% of the senior population were food insecure in 2018. The study notes state-level rates of food insecurity range from 2.8% in Minnesota to 14.3% in the District of Columbia.

April is Senior Hunger Awareness Month. It's a time to raise awareness to help older adults access the food they need to stay healthy. Here are few facts about seniors and food insecurity.

- 1 in 14 seniors are facing hunger;
- Seniors who are food insecure are more likely to have depression, asthma, congestive heart failure, limitations in activity, and high blood pressure;
- Older adults are more likely to experience food insecurity if they are racial/ethnic minorities, disabled, divorced, separated or never married, unemployed, living with grandchildren, and/or female;
- Fewer than half (48%) of SNAP-eligible seniors are enrolled.

Falmouth Community Directory Resources

If you need emergency food, food delivery service, or a local food pantry, please contact the Falmouth Service Center at 508-548-2794. You don't need to be a client of the FSC to receive food, during COVID-19, you will only need to provide your name, date of birth, zip code and number of people in your household, and you do not need to provide any documentation to pick up food. If your household needs food, simply go to the Service Center during one of four weekly food distribution time (Tuesday, Thursday, and Friday 10 AM to Noon, and Wednesday 3:30 PM to 5:30 PM).

Meals on Wheels, through Elder Services, brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. The menu is varied and the meals are nutritionally balanced, prepared without added salt, and consist of a dinner, dessert (diabetic desserts can be ordered in advance), milk, bread and margarine. Meals are delivered between 9 AM and Noon, Monday through Friday, except holidays. If you're isolated and homebound, you can arrange for extra meals that you can use over the weekend.

To start delivery of Meals on Wheels, call Information & Referral at 508-394-4630 or 1-800-244-4630, or call Marie Palmer at 508-548-1977 ext. 212 for a referral to be made on your behalf.

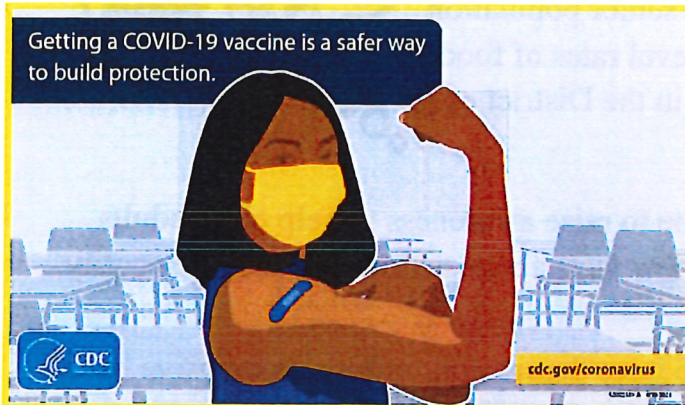
If you think you are eligible and are not receiving SNAP benefits you should consider calling the Department of Transitional Assistance Seniors Only line (no annoying recordings... your call will be answered quickly and will be received by a DTA representative). The DTA SNAP Seniors Only number is 1-833-712-8027.

Covid Related Announcements from Housing and Urban Development

PIHAnnouncements@pih.hud.gov

April 22, 2021

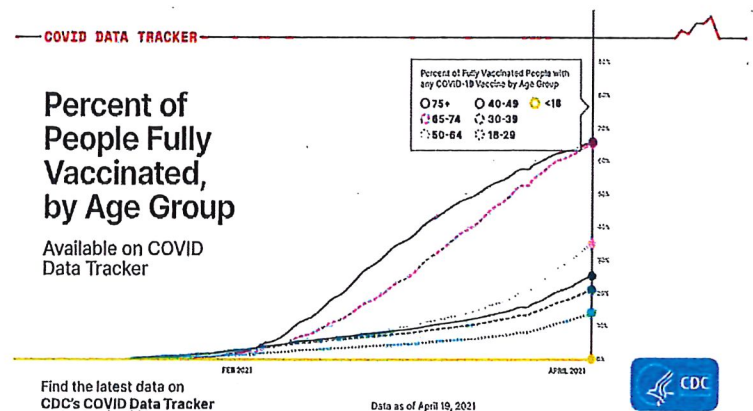
Everyone 16+ is eligible for a vaccine



Now, all people age 16 and up are eligible for a **#COVID19** vaccine!

We have real-world data that the COVID-19 vaccines WORK, and the COVID-19 vaccines have already saved lives. One of the most important things we all can do to protect our loved ones—and to get back to the things we love—is to get vaccinated.

As you can see in the CDC's latest COVID Data Tracker above, immunization rates are nearing herd immunity among senior populations (age 65+) but are still below 50% for all other age groups. Now that all people 16 and up are eligible for the vaccine, you can play an important part in increasing vaccination rates in your community!



Update on the Johnson & Johnson (J&J) Vaccine Pause



Last week, the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) announced they are reviewing data involving a small number of reported cases of a rare and serious type of blood clot in individuals after receiving the Johnson & Johnson (J&J) vaccine. **Out of an abundance of caution, FDA and CDC recommended a pause in the use of the J&J vaccine** as they review the data.

These blood clots are extremely rare, and those who received the J&J vaccine have a very low risk for developing blood clots.

www.cdc.gov

This Friday, April 23, 2021, CDC's independent advisory committee, the [Advisory Committee on Immunization Practices](#), the FDA and CDC lift recommended pause on Johnson & Johnson COVID—19 vaccine use following thorough safety review.

Hud Awards ROSS Grants

April 14, 2021 <https://servicecoordinator.org>

The U.S. Department of Housing and Urban Development (HUD) has awarded \$36.9 million to hire and retain service coordinators in public housing as part of the Resident Opportunity and Self-Sufficiency (ROSS) program.

The three-year grants, which are provided to public housing authorities, public housing resident associations, Native American tribes, and nonprofit organizations, will fund 165 service coordinator positions. A complete list of grant recipients is available on the HUD website, www.hud.gov

HUD Secretary Marcia L. Fudge said in a statement "We are excited to work with our local housing partners to help public housing residents find opportunities that will propel them forward. The funding announced today will help residents reach their goals and dreams tomorrow."

We, at the Falmouth Housing Authority, are pleased to announce our second consecutive grant award. FHA is one of only eight organizations within Massachusetts, and one of only 148 in the country, to be awarded the ROSS Grant.

As always, this Resident Service Coordinator looks forward to working with you, advocate on your behalf, and connect you to service provider who can meet your needs.

Friendly reminders and requests from the Falmouth Housing Authority

It has been brought to our attention that the side door at Harborview has been getting propped open at night by a brick in order to allow access to the building. Please help us keep the building safe and close this door, and all doors to the building, after use and if you see something obstructing the closure of any door to please remove the item.

Spring is in the air and it is a wonderful time to receive a bouquet of flowers... or two.



A great big THANKS to those of you who take the time to express to us kind words, or a gesture of gratitude.

It is greatly appreciated and goes a long way!



Falmouth Public Library Book Bike
May 17th and May 24th

With the nice weather upon us, the Book Bike is back! We get to look forward to free books, DVD's and most of all a friendly visit with Falmouth Public Library Staff.

Please join us at Mayflower Apartments, 238 Lakeview Ave, on May 17th at 10:30 AM and at Salt Sea Apartments, 211 Scranton Ave, on May 24th at 10:30 AM.. We will be looking forward to lots of fun, lots of laughs, and some great reading entertainment.



WeCan

Our community partners at WeCan are now offering one-to-one appointments with their expert volunteers. Appointments are free and confidential. Get the guidance you need to help reach your goals.

Legal Consultations:

Volunteer attorneys can advise you on your legal rights in a free, 30-minute consultation. Issues can include family law, custody, elder law, landlord-tenant, bankruptcy, immigration, and more

Financial Empowerment:

Financial counseling and empowerment can assist with budgeting, debt management, financial planning, and more.

Call to schedule your personalized appointment: 508-430-8111

Community Health Center Zoom Yoga Class

We would like to invite you to participate in Zoom Yoga classes taught by Community Health Center's Dina Irwin, Certified Yoga Instructor. The classes will take place on Fridays, May 7th, 14th, 21st, and 28th at 11 AM, in the convenience of your own home.

Join the meeting by logging onto Zoom and enter **Meeting ID# 268 755 316.**



Stay fit and fight stress at the same time....
Do Yoga!



Board of Commissioners Meeting

The Falmouth Housing Authority Board of Commissioners Meeting will be held via Zoom on May 18, 2020 at 4:30 p.m. You may join in the meeting by going to: <https://us02web.zoom.us/j/82853322187>; Meeting ID: 828 5332 2187 or by phone at +1 646 558 8656, Meeting ID: 828 5332 2187 .

Reminder - the Federal 5-Year and Annual Plan will be reviewed and likely voted upon. If you don't have access to the internet where it is published, please contact FHA and a copy will be provided to you. The 45-day comment period ends soon!

A Story about Rex (our beloved office Dog) as told by Leslie Pearce

“Rex came to our family in May 2011 when my daughter was a sophomore in college. He was a rescue from a Texas reservation and flew into Boston’s Logan Airport in a crate with other rescue pups. He came at a time when my daughter was living off campus and her roommate had left for Australia to study abroad and she was lonely. We thought we rescued Rex but in reality, as the story generally goes, he rescued us. He provided love and comfort to my daughter and provided our family with much love and joy. When things got too busy “at college” Rex stayed on the Cape and soon it was his permanent home. He began coming to work with me every day and soon became the “office dog.” Rex really was king. (Rex means King in Latin). My dad, who is 90, has been coming to the office almost every day to pick up Rex, for their daily walks. Rex is great company and he keeps my dad fit and trim (Rex tries to keep me fit and trim too)!



The rescue company told us that Rex is part Australian Shepard and Lab, but they do not DNA the dogs, so we just say Rex is a mixed breed. Rex has always been gentle, kind, loyal, and loving. He is the best and first dog I have ever had the pleasure of loving.”

Submitted by Leslie Pearce



Our pets bring so much to our lives: love, companionship, and emotional connection that we all need.

We would love to hear your stories about your four-legged friends and what they mean to you. Please contact Marie Palmer, (508) 548-1977 ext. 212, if you would like to share your story. You could provide a little write up or Marie could interview you and take a photo to share in a future newsletter.

We will try to share a story from the office each month as well—you wouldn’t believe how many pets our combined staff have.



SPAY/NEUTER CLINIC FOR DOGS

June 8, 2021

Free to Falmouth low income residents
*Includes free microchip and rabies
vaccination*

Must pre-register by May 19th

Call 508-548-7742

Sponsored by Friends of Falmouth Dogs
Services by Animal Rescue League

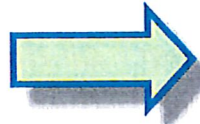
*Location will be given upon registration

FHA Activities Packet, May 2021

By Marie Palmer, Resident Service Coordinator

Last months riddles:

You have me today,
Tomorrow you'll have more;
As your time passes,
I'm not easy to store;
I don't take up space,
But I'm only in one place;
I am what you saw,
But not what you see.
What am I?



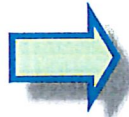
Answer:

- A memory

Riddle of the month



What year of the 20th century is
the same when the number is
turned upside down?



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!

Hilarious Things My Mother Taught Me...

My mother taught me TO APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me RELIGION. "You better pray that will come out of the carpet."

My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me LOGIC. "Because I said so, that's why."

My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."

My mother taught me about FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."

My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"

My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

When I'm an Old Lady

When I'm an old lady, I'll live with my kids, and make their life happy and filled with such fun. I want to pay back all the joy they've provided, returning each deed. Oh, they'll be so excited. When I'm an old lady and live with my kids.

I'll write on the wall with red, white, and blue; and bounce on the furniture wearing my shoes. I'll drink from the carton and then leave it out. I'll stuff all the toilets and oh, they'll shout. When I'm an old lady and live with my kids.

When they're on the phone and just out of reach, I'll get into things like sugar and bleach. Oh, they'll snap their fingers and then shake their head, and when that is done I'll hide under the bed. When I'm an old lady and live with my kids.

When they cook dinner and call me for meals, I'll not eat my green beans or salads congealed. I'll gag on my okra, spill milk on the table, and when they get angry, run fast as I'm able. When I'm an old lady and live with my kids.

I'll sit close to the TV, through the channels I'll click. I'll cross both my eyes to see if they stick. I'll take off my socks and throw one away, and play in the mud until the end of the day. When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh, and thank God in prayer and then close my eyes; and my kids will look down with a smile slowly creeping, and say with a groan, "she's so sweet when she's sleeping." when I'm an old lady and live with my kids.

- Unknown -

Garlicky Shrimp Zucchini Boats

by Lauren Miyashiro, May 15, 2020

www.delish.com

When you're craving pasta, these zucchini boats are a great option. The easy shrimp filling tastes almost like a creamy shrimp scampi.

INGREDIENTS:

- 4 large zucchini, halved lengthwise
- 1 tbsp. extra-virgin olive oil
- 1 tsp. thyme leaves
- 2 tbsp. butter
- 3/4 lb. large shrimp, peeled and deveined
- 2 tomatoes, chopped
- 3 cloves garlic, minced
- 1/4 c. heavy cream
- 1/4 c. grated Parmesan
- Juice of 1/2 lemon
- 1 c. shredded mozzarella
- Freshly chopped parsley, for garnish (optional)

DIRECTIONS:

Preheat oven to 350°. Score zucchini (like you're dicing an avocado) and scoop out insides to use later. Place zucchini boats in a large baking dish and drizzle all over with oil. Season with salt and pepper and sprinkle thyme leaves on top. Bake until tender, about 20 minutes.

In a large skillet over medium heat, melt butter. Add shrimp and season with salt and pepper. Cook until pink and cooked through, 3 to 4 minutes. Remove from heat and when cool enough to handle, chop into bite-size pieces. Return shrimp to skillet then stir in reserved zucchini, tomatoes, and garlic and cook until fragrant, 1 minute more. Add cream, Parmesan, and lemon juice, and cook until slightly reduced, 3 minutes.

Fill zucchini boats with shrimp mixture and top with mozzarella. Cook until cheese is bubbly, about 10 minutes more.

Garnish with more Parmesan and parsley, if desired, before serving.



1.

Why are
ghosts bad
at lying?

2.

What's black
and white
and blue?

3.

Open me, and
you can't see me
without a mirror.
Close me and you
can't see me at all.
What am I?

4.

Where can you
find cities, towns,
shops, and streets
but no people?

5.

What is always
in front of you
but can't be seen?

6.

When things
go wrong, what
can you always
count on?

7.

If you throw
a blue stone into
the Red Sea, what
will it become?

8.

I can see when
I am with you but
I am blind when
alone. What am I?

9.

What is so fragile
that saying its
name breaks it?

10.

Where can you
finish a book
without finishing
a sentence?

5. Your future.

4. On a map.

3. Your eyes.

2. A sad zebra.

1. You can see right through them.

10. Prison

9. Silence.

8. Glasses.

7. Wet!

6. Your fingers.

Answer Guide:



Falmouth Housing Authority Notice of Public Review and Hearing Federal Five-Year and Annual Plan

Falmouth Housing Authority will conduct a remote Public Hearing on the federal properties Annual and 5-Year Capital Fund Plan and a General Session Commissioners Board Meeting on Tuesday, May 11, 2021 at 4:30 p.m. via virtual meeting pursuant to Massachusetts Governor Charles D. Baker's Order Suspending Certain Provisions of the Open Meeting Law dated March 12, 2020. The public may join in the meeting by going to: <https://us02web.zoom.us/j/82853322187>: Meeting ID: 828 5332 2187 or by dialing 1-646-558-8656 and entering Meeting ID: 828 5332 2187 and follow the instructions to join the virtual meeting.

A draft of the Annual Plan and the five-year plan will be available for public review online at www.falmouthhousing.org starting Monday, March 29, 2021 to provide for the comment period (45 days).

Comments may be submitted prior to the public hearing. Comments may be mailed to FHA – Attn: “Annual/5-Year Plan Comments”, 115 Scranton Ave, Falmouth, MA 02540; emailed to: info@falmouthhousing.org (please put “Annual/5 Year Plan Comments” in the subject line); or faxed to (508) 457-7573.



