

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

Should a government shutdown occur again, it is sure to escalate the problem of food insecurity across the country. However, our community is rich with resources. With some very well established agencies along with a resourceful and generous community, Falmouth should be able weather a Federal shutdown fairly well.

Some great resources in our community include:

Falmouth Service Center Food Pantry

The food pantry is a major component of the Falmouth Service Center. Residents of Falmouth, Mashpee, Otis Air Force Base, and those who work in Falmouth may use the pantry once every two weeks as needed and may choose from a selection of perishable and non-perishable items.

Hours: Monday: 10:00 am – 6:00 pm, Tuesday: 10:00 am – 2:00 pm, Wednesday: 5:00 pm – 7:00 pm, Thursday: 10:00 am – 2:00 pm, Friday: 10:00 am – 12:00 noon

Service Center Food Delivery

The Falmouth Service Center offers senior citizens and individuals who are disabled, participation in a home delivery program with deliveries on the first and third Thursday of each month between 10:00 a.m. and 12:00 p.m. Delivery includes meat, canned goods, milk, eggs, and cheese. When available, vegetables, fruit, and home cooked meals are included in deliveries.

If you have questions about the Falmouth Service Center Food Pantry or Home Delivery, please call 508-548-2794.

Falmouth Eats Together

A community wide free meal where all are welcome! Hosted by the Falmouth Service Center, approximately every other Thursday from 4:00 PM to 6:00 PM. For schedule call 508-548-2794.

St. Barnabas - Around-the-Table

Serving 3 hot meals a week, Monday, Wednesday and Friday from 11:30 AM to 12:30 PM, St. Barnabas has been offering hot, healthy meals for anybody that needs one since 1985. From a variety of chicken dishes, shepherd's pie, meat loaf to roast beef, a crew of over 70 volunteers plan and prepare meals with love.

If you want a meal shared with good company simply go to St. Barnabas, all are welcome. Or if you care to volunteer you can call Jeanne McDonald, Vice President of Around the Table, at 508-457-9144.

Elder Services Senior Nutrition Program Meals on Wheels

Meals on Wheels brings meals to people aged 60 and older who are homebound or unable to prepare their own meals. The menu is varied and nutritionally balanced. 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 to be delivered that you can have over the weekend. It's easy to start delivery of Meals on Wheels. Simply call Elder Services Information & Referral at 508-394-4630 or 1-800-244-4630 if you are interested in receiving Meals on Wheels.

Meals on Wheels Senior Dining Program

MOW Senior Dining is located at Harborview apartments at 115 Scranton Ave. It is very much a family atmosphere where one can get a chance to make new friends, and enjoy a hot and nutritious meal together.

FHA Hosted Events:

FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, February 19th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

FHA Sew-a-long Schedule

Tuesday's February 5th and 19th at 10:00 at Tataketa Apartments.

and

Wednesday's February 6th and 20th at 10:00 at Harborview Apartments.

Come give us a hand! 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, or just keeping us company.



Property Safety Committees

Thank you to Safety Committee members from **Rose Morin** and **Tataketa Apartments**; your insight and feedback are greatly appreciated. Management will take into consideration your valuable ideas on how your communities can best prepare and face emergency situations. We look forward to meeting again within the next few months.

Safety Committee members at **Salt Sea** and **Harborview** will be meeting in February (date to be determined).

We are still looking for Safety Committee volunteers from **Choate Lane**.

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 Harborview on Wednesday, February 13th at 12 noon.



We will also be having a coffee social with Kim Conn, our Accounts Manager, at Salt Sea, Wednesday, February 27th at 12 noon.

Be sure and join us, it should be a lot of fun! Beverage and light snack will be provided.

Cooking and Coffee with CapeAbilities

Every Thursday at 10:00 AM a group from CapeAbilities have been baking up a storm in the Tataketa community kitchen. If you want some great company with lots of laughs, coffee and a fresh baked treat - hot out of the oven, then please join us. You won't be disappointed!

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

A few of their specialties include: banana bread, blueberry muffins, coffee cake, and apple crisp. Soon they will try their hand at quiche!

Cooking Demo with Dena Irwin

Our next cooking demo will be held at Harborview Apartments on Tuesday, February 12th at 10:00 AM.

Hope you like burgers because Dena will be featuring a health variety!

Last month at Tatakot, Dena showed us how to make a delicious Chia Pudding.

“Not only yummy and quick to make but packed with fiber, protein, and omega-3’s.”

Ingredients:

- 2 cups milk of choice
- 1/2 cup chia seeds
- 1/2 teaspoon vanilla extract
- 2 to 4 tablespoons maple syrup (or stevia)
- 1/2 teaspoon cinnamon

Mix all ingredients together or place in a blender for smooth consistency.

Refrigerate for at least 4 hours. Serve with fruit if desired. Makes 4 servings.

Enjoy!



Nourishing Yoga

*A journey to better health
and overall wellness*

Dena Irwin, from Cape Cod Community Health Center, certified Yoga teacher, will be teaching chair yoga this month on Tuesday, February 26th at 10 AM, at Harborview .

Learn classic yoga moves at your own pace.

AARP Foundation Tax-Aide:

Free In-Person Tax Preparation

MA Tax-Aide provides this service for taxpayers of any age, with low to moderate income, who cannot afford a tax preparation service, by appointment only.

Where: Gus Conty Community Center

When: February 5 – April 15, on Tuesday, Wednesday and Thursday mornings.

Hours: 9:00 AM – 12:00 PM

Appointment: Call the Falmouth Senior Center at 508-540-0196

*AARP membership is not required.

*Volunteers are trained and IRS-certified every year.

Classic Love Songs, Sing-a-long

Come join us on Thursday, February 14th (Valentines' Day) at 1:00 at Tatakot Apartments; we'll be singing some great Dean Martin, Frank Sinatra, and Beatles love ballads.

It should be a lot of fun!

What is Love?

*By Sandra Emery,
Tatakot Apartments*

What is Love?

Love is meeting that special someone

Love is having a daughter or son

Love is facing the unknown

Love is worth fighting for

Love is for evermore.

Happy Valentines' Day to one and all!

Our good friend, Madeleine Felker, writes of becoming an American as Presidents' day approaches. She contemplates her life in Nazi occupied Budapest, and shares her experience transitioning into life in a new country. She reflects on her gratitude as she immersed herself into an exciting new chapter of her life while never forgetting her heritage.



Presidents' Day Meditation

By Madeleine I. Felker, Tatakot Apartments

As the country celebrates Presidents' Day, I am sitting in my tiny Cape Cod apartment and thinking about the meaning of this day to me.

I had traveled a long way from war-wounded Budapest when I exited the Pan-American plane in 1973 at JFK airport to begin a new life in America at age 48.

It is not easy to leave your birthplace and burn every bridge to your native land, even if we were betrayed there, constantly dancing on the rim of the grave.

We must blindly trust in a foreign land and its people we don't know and they don't know us. Will they trust us? Will they accept us, or will our life be more miserable? How can we know? But if we want to survive, we have to take the risk.

On this Presidents Day I recall how much my family and I received here- more than I ever dreamed. In my mind I hear the music of President Woodrow Wilson's brilliant inauguration speech dedicated "To the Americans of Foreign Birth." The president expounded: "You cannot dedicate yourself to America unless you become in every aspect and with every purpose of your will a good American. You cannot become a good American if you think of yourself in groups. Those who think of themselves as belonging to a particular national group in America, those have not yet become Americans."

Of course we don't have to forget the home of our birth and the nation of our origin. We can help them to know more USA history, literature, art and the American people. But it is one thing to help the country where we were born and it is another to dedicate ourselves to the place where we are living.

We come to this great nation, not only to earn a better living and to seek the things which were difficult to obtain where we were born, but for the freedom from fear and want.

We dreamed dreams of what America was to be, and this great nation has given to us opportunity and the help to realize our dreams. I am writing my war memoirs and teaching retired professionals who are looking for a second career as writers. I also share my European experience with the young generation, reminding them how lucky they are to live in this land.

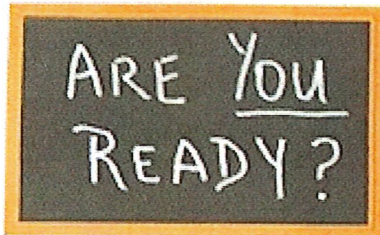
Certainly patriotism of foreign-born Americans is not only to think first of America, but also to think of humanity. We, and our ancestors, all came here from somewhere else. We cannot say that we love humanity as we divide ourselves into jealous groups. Humanity can be welded together only by empathy, love and justice.

Patriotism was wonderfully declared by President Thomas Jefferson, when he said:
"My affection is first for my own country then for all mankind."



ENJOY 2019 WITH A SERIES OF EVENTS
FROM NEIGHBORHOOD FALMOUTH

End of Life Planning Workshops



Are you "Good to Go?"
Planning now helps you and your
family. Come to any or all.
Last Monday of the month, 1:30 PM:

- Jan 28 Overview
- Feb 25 Medical
- Mar 25 Funeral
- Apr 29 Financial
- May 20 Legal
- June 24 Spiritual & more

Sponsored with Falmouth Senior
Center. Held at FSC. Call FSC to
reserve your free place.
508-457-2562

Gardening for Life

Master Gardeners will give you
great advice even if you are not as
agile as before.

Saturday, February 23, 10 am
Falmouth Public Library
Hermann Room



Sponsored by
Cape Cod Master Gardeners with
Neighborhood Falmouth

Shred Those Personal Papers!

A new date for 2019!

Saturday, June 8
Lawrence School Parking Lot

Get rid of old tax forms!
Safely shred those personal
papers!
Support Neighborhood Falmouth!

\$10 per box.



Check the Neighborhood Falmouth website for details & updates. Events are open to the public, all are welcome.

Reprinted with permission from Neighborhood Falmouth. For Questions, call 508-564-7543.

The Resident Services' Department is excited to have made a professional partnership with the Westerly Housing Authority, Westerly Rhode Island. Both Authorities are the proud recipients of the Ross Grant and are eager to collaborate. A representative from the Westerly Housing Authority will be on sight, at all Falmouth Housing Properties, on Tuesday, February 5th. If interested in sharing some time with our Ross Grant partner please call Marie Palmer at 508-548-1977 ext. 212. Thank you!

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Sew-a-long *TAT at 10:00	6 Sew-a-long *HV at 10:00	7 Cooking and Coffee with CapeAbilities *TAT at 10:00	8	9
10	11	12 Cooking Demo *HV 10:00	13 Coffee Social with Linda Connors *HV 12:00	14 Cooking and Coffee with Cape Abilities *TAT at 10 Valentines' Day Sing-a-long *TAT at 1:00	15	16
17	18 Office Closed Presidents' Day	19 Sew-a-long *TAT at 10:00 Comm. Board Mtg. *HV at 1:00	20 Sew-a-long *HV at 10:00	21 Cooking and Coffee with CapeAbilities *TAT at 10:00	22	23
24	25	26 Yoga * HV at 10:00	27 Coffee Social with Kim Conn *SS 12:00	28 Cooking and Coffee with CapeAbilities *TAT at 10:00		