

# What do ya' say, FHA?

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by Marie Palmer, Resident Service Coordinator

## Remembering a Fallen Hero

Falmouth Police Department celebrated its annual Memorial Day Service on May 15<sup>th</sup>. It was a somber and moving ceremony that included guest speakers Julian Suso, Town Manager, and Sam Patterson, Board of Selectman. Vocalist and Falmouth High School Senior, Madison Wrede, and Sophomore Trumpeter Katrina Wilson rounded out the service with a breathtaking rendition of the National Anthem, America the Beautiful and Taps, in tribute to fallen Falmouth Police Officer, Samuel F. Pierce. Officer Pierce, a motorcycle officer, died in the line of duty on August 16<sup>th</sup>, 1933 at the age of 37.

It was wonderful to see familiar faces and the representation from the Falmouth Housing Authority.



**According to Adult Protective Services,** many of us worry about becoming the victim of a crime. Following these simple tips can minimize your risk of being targeted.

- Lock your doors and windows.
- Never open your door automatically, always use a peephole.
- Notify neighbors when your going away on a trip. Cancel deliveries such as newspapers or arrange for someone to pick it up. Arrange for your mail to be held by the Post Office, or ask a neighbor to collect it for you.
- Use your deadbolt locks on all your doors.
- Keep your home well lit at night, inside and out and keep curtains closed.
- Never let a stranger into your home.
- Do not hide your keys under the mat or in other conspicuous places.
- Never give out information over the phone indicating you are alone or that you won't be home at a certain time.

- If you are attacked, make as much noise as possible by calling for help or blowing a whistle.
- Personal alarms can be purchased, they are inexpensive, and are small enough for your key chain or to put in your pocket.
- Avoid walking alone at night. Try to have a friend accompany you in high risk areas; even during the daytime.
- Always plan your route and stay alert to your surroundings. Walk confidently.
- Walk in well-lighted areas.
- Have your key ready when approaching your front door.
- Don't dangle your purse away from your body.
- Don't hesitate to report crime or suspicious activities.

**Remember, for all emergencies, POLICE, FIRE and MEDICAL, dial 911. For all other police business, general inquiries, or for any specialized units, call 774-255-4527.**

## **FHA Hosted Events:**

FHA – Commissioners Board Meeting: This month's Commissioners Board Meeting will be held at Tataketa Apartments on Tuesday, June 12<sup>th</sup> at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

### Asset Tag Inventory

June 11<sup>th</sup> – June 15<sup>th</sup>

To all residents of Rose Morin, Harborview, Tataketa, Choate & Salt Sea: The FHA has revamped their asset inventory procedure and will be required to place a new inventory sticker on all refrigerators and stoves and will have to catalog model and serial numbers in each apartment. During the week of June 11<sup>th</sup> to June 15<sup>th</sup>, between the hours of 9:00 AM and 4:00 PM two staff members will be entering all units to conduct this inventory. Your presence in the apartment at the time of the inventory is not required.

### Federal Handbook Review Meetings

Tuesday June 5<sup>th</sup> at 12:30 PM, with guest speaker Lt. Mel Trott, Fire Prevention Officer. Lt. Trott will join us at the Harborview Apartments to discuss safe grill practices, state and local codes regarding grills, along with general fire safe practices. Handbook Review Mtg.'s will resume on Fridays: June 8<sup>th</sup>, June 15<sup>th</sup> and June 29<sup>th</sup> at 1:00 PM at Harborview, as well as Monday June 18<sup>th</sup> at 1:00 PM.

### Cooking Demo with Dena

June 19<sup>th</sup> at 10:30 at Tataketa. Dena (our Rock Star Nutritionist) plans on making "Health Tortilla Soup". Even the most *seasoned* chef can learn something nutritional from Dena.

Last month, at Rose Morin, Dena made a delicious, fast and easy cauliflower dish that we highly recommend!



### **10 Minute Cauliflower Fried Rice**

By Dena Irwin

- 2 tablespoons sesame oil
- 12 Oz bag frozen edamame
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- 2 beaten eggs
- 3 tablespoons low sodium soy sauce
- A few green onions, minced (optional)
- Handful of beansprouts (optional)
- 1 cup mushrooms (optional)

Heat the sesame oil in a large skillet over medium-high heat. Add the cauliflower, edamame, ginger, and garlic. Stir fry for about 5 minutes or until cook through. Make a well in the middle, turn the heat to low and add the eggs, stir gently until the eggs are cooked. Stir in the soy sauce and green onions. Enjoy!

Cauliflower is an extremely healthy vegetable. It is packed with vitamins, minerals, fiber and powerful antioxidants to boost your immunity and fight diseases. It is considered a superfood because it contains sulforaphane, which is a cancer-fighting and antibacterial compound that improves blood pressure and kidney function.

### “Walkie-talkie” at Rose Morin

Thursdays: June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>  
at 9:00 AM (weather permitting).

We’re forming a group at Rose Morin that will meet every Thursday morning at 9:00 AM to walk and talk (thus the phrase “Walkie-talkie”). Our route will be measured so we can determine how far we walk each week. It will bring us around the property and on the sidewalks behind the buildings at Rose Morin. We’ll see how far we can go and then end in the community room to chart our progress and enjoy a healthy refreshment.

Lace up your kicks Rose Morin and lets move and groove!

### **Benefits of a walking group**

You already know the health benefits of walking. Here's what else you get when you walk with others:

- Accountability
- Motivation
- Safety
- Socialization

### Trivia Challenge at Salt Sea

We had so much fun at the Trivia Challenge at Choate Lane last month that we decided to hold a Challenge at Salt Sea.

Come on Salt Sea Residents, lets see what you’ve got!

Thursday, June 21<sup>st</sup> at 11:00 AM

The Royal Falmouth would like to treat all Salt Sea tenants to a fun game of trivia. The winner will get a free gift card. Come join us and have some fun with your neighbors.

Refreshments will be served.

### Tuesday at Tataket Sew-a-long

Tuesdays: June 12<sup>th</sup> and 26<sup>th</sup> at 10:30.

Our sewing group is going strong! Come on and join us. We’re making a lot of great things for the community, and having a lot of fun while we’re at it!



## FHA Guest Computer

Our Guest Computer is available during our regularly scheduled office hours:

- Monday, Tuesday, Thursday and Friday  
9:00 AM to 4:30 PM
- Wednesday 9:00 AM to 12:00 Noon.

Many FHA tenants are taking advantage of our guest computer. We enjoy being able to provide this service to you.

A stroll down memory lane,  
sure to put a smile on your face!

Thoughts by Mary Green, Rose Morin  
Lane.

Do you remember milk delivered in glass bottles, manual typewriters, 5¢ and 10¢ stores, Sunday dinners after church, penny candy, transistor radios, roller skating rinks, polaroid cameras, and white gloves for ladies?

## Local Events:

### Falmouth Farmers' Market

Every Thursday from May 31<sup>st</sup> through  
October 11<sup>th</sup>

12:00 Noon - 6:00 PM

Marine Park, Scranton Avenue

Local farmers, bakers, and culinary artisans sell fresh fruits and vegetables, seafood, cheese, wine, bread and pastries, plants and flowers.

### BINGO - Thursday Nights

Cape Verdean Club of Falmouth

126 Sandwich Road

East Falmouth, MA 02536

Games, Fun, Raffles!

Doors Open 4:00 PM, first Game 6:00 PM

Food & Refreshments Available!

### RIZE Massachusetts at FJC

Monday, June 4<sup>th</sup> from 5:00 PM - 7:00 PM

Falmouth Jewish Congregation

Hear from Julie Burns, Executive Director of

RIZE Massachusetts, how an innovative approach can bring about real and lasting change to those struggling with substance abuse in the Commonwealth. Open to the public, free of charge.

### Falmouth Gun Buyback Day 2018

Saturday, June 9<sup>th</sup> from 9 AM - 12:00 Noon.

A coalition of local social organizations, businesses, and communities of faith have formed to support a voluntary gun buyback in Falmouth on June 9 from 9AM until noon. With the help of the Falmouth Police Dept., the Coalition will accept guns in exchange for food gift cards at the Falmouth Police Station located at 750 Main St. The guns will be destroyed.

The reasons for buybacks are well known and they have been successful in many parts of our state. The goal of the Falmouth Gun Buy Back is to remove unwanted, possibly improperly stored guns from homes.

Businesses, individuals and other organizations are invited to become a part of the coalition.

### Falmouth Commodores Baseball Season

Tuesday, June 12<sup>th</sup> through Thursday, August 2<sup>nd</sup> at the Guv Fuller Field.

The Cape Cod Baseball League celebrates its 132<sup>nd</sup> season, continuing to provide fans with competitive baseball entertainment,

with the country's top college players displaying multi-dimensional skills in their purest form. The Cape League is recognized as one of the best amateur summer leagues in the country by college coaches, as well as professional baseball scouts. Players from around the USA and all college divisions are recruited to play in the ten-team loop. A record total 257 former Cape Leaguers populate major league rosters.

#### Strawberry Festival

Saturday, June 16<sup>th</sup>

Saint Barnabas Memorial Church

91 Main Street

Falmouth, MA 02540

Indulge in fabulous Strawberry Shortcake, Lobster Rolls, Hot Dogs or BBQ Chicken under the tent on the St. Barnabas lawn, across the street from the Village Green. There will be Arts & Crafts Vendors, Home Baked Goods Sale, Plant Sale, Face Painting, Dunk Tank, and Small Children's Games.

#### Belonging to Each Other Annual Fundraising Concert & Silent Auction

Thursday, June 21<sup>st</sup> from 6:00 PM - 9:30 PM

Saint Barnabas Memorial Church

91 Main Street

Falmouth, MA 02540

This event, featuring "The Surf Drive Band", will include appetizers, with the option to purchase beer & wine.

All proceeds support the homeless in Falmouth.

Advanced tickets will be on sales until June 18:

Reserved seats \$25; open seats \$20.

Send payment to:

Belonging to Each Other

PO Box 343 Falmouth, MA 02541

(please write *Concert* on the memo line)

#### Disability Wellness Fair

Saturday, June 23<sup>rd</sup> from 10:00 AM - 4:00 PM

at the Gus Canty Recreational Center.

Please mark your calendars and plan to participate in the Falmouth Wellness Fair, sponsored by the Commission on Disabilities. Representatives from organizations that provide

valuable services, equipment and products to benefit residents with disabilities will be at the Fair. There will be a fun wheelchair obstacle course, along with healthy snacks and refreshments!

#### Movies in the Park

Wednesdays: June 27<sup>th</sup> through August 29<sup>th</sup> at 8:00 PM at Peg Noonan Park, Main Street.

Movies start at dusk or approximately 8 PM. Bring blankets and chairs and enjoy a family friendly film under the stars! (No Movie on July 4<sup>th</sup> or July 11<sup>th</sup>).

#### Falmouth Public Library Book Sale

Thursday: June 28<sup>th</sup> through July 3<sup>rd</sup> from 10:00 AM - 4:00 PM

Falmouth Public Library

The Friends of Falmouth Public Library will host its 27<sup>th</sup> annual Summer Book Sale on the front lawn of the Falmouth Public Library. The Friends sale, one of the largest book sales in New England, features hard covers, paperbacks, children's books, games, book in large print and DVDs in all genres. Readers of all ages will enjoy this event. All books are donated and all proceeds are used to support the library's programs and activities.

Falmouth Housing Authority

115 Scranton Ave.

Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

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

# JUNE 2018

Sun      Mon      Tue      Wed      Thu      Fri      Sat

1      2

3      4      5      6      7      8      9

Review of Fed. Hand-  
book and guest Lt.  
Mel Trott 12:30 at  
HV

Rose Morin  
Walking Club 9:00  
at RM

Fed. Handbook  
Review 1:00 at HV

10      11      12      13      14      15      16

Sew-a-long  
10:30 at Tataket

Inventory Tagging  
9:00 to 4:00

Rose Morin Walking  
Club 9:00 at RM

Inventory Tagging  
9:30 to 3:30

Fed. Handbook Re-  
view 1:00 at HV

17      18      19      20      21      22      23

Fed. Handbook  
Review 1:00 at HV

Cooking Demo  
10:30 at Tataket

Rose Morin Walking  
Club 9:00 at RM

Trivia 11:00 Salt Sea

24      25      26      27      28      29      30

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Rose Morin  
Walking club 9:00  
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