

# What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator [www.falmouthhousing.org](http://www.falmouthhousing.org)

## Heat Stroke, Dehydration, Heat Exhaustion Prevention Tips

In an article from *American Association of Service Coordinators* dated July 2, 2019 Anyone can be adversely affected by excessive heat, but older adults, very young children and people with mental illness and chronic diseases are particularly vulnerable to heat exhaustion and dehydration.

According to the National Weather Service, your body's ability to cool itself is challenged during extremely hot and humid weather. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises increasing the likelihood of a heat-related illness. It is important to know the warning signs and symptoms of excessive heat exposure and the appropriate responses. Take these precautions when heat advisories are issued:

1. Stay hydrated (drink lots of water, even if you aren't thirsty)
2. Avoid alcohol, caffeinated drinks and extra sugar
3. Avoid over exertion
4. Find a cool place indoors (mall, library or community relief shelter)
5. Wear light, loose-fitting clothing
6. Never leave any persons, especially infants, young children, older adults or animals in a closed, parked vehicle
7. Take a cool shower or bath, or use a cold compress
8. Ask your healthcare provider if the medications you take increase your risk for excessive heat events
9. Visit at-risk individuals and watch for warning symptoms

In an article "*How to stay safe in the weekend sizzler*" written by Robin Lord  
Cape Cod Health News on July 19, 2019

If you must be outdoors, limit your outdoor activity to the morning and evening hours. Try to rest often in shady areas so your body temperature will have a chance to recover. Use sunscreen with a high SPF and wear a wide-brimmed hat. If you do not have air conditioning, stay on your lowest floor, out of the sun. Use fans to stay cool and avoid using your stove and oven. Consider spending time in air-conditioned public spaces, such as schools, libraries, theaters, and other community facilities. Check with your local authorities or Call 2-1-1 to find locations of cooling centers or shelters near you. If there are power outages during warm weather, you may need to take additional precautions or go to a cooling center or emergency shelter to stay cool. Know the symptoms of and watch out for heat-related illnesses. Call 9-1-1 to report emergencies.

Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning.

For more information on staying safe in extreme heat and humidity  
log onto [www.capecodhealthcare.com](http://www.capecodhealthcare.com).

## **FHA Hosted Events:**

### **FHA – Commissioners Board Meeting**

This month's Commissioners Board Meetings will be held at Harborview Apartments on Friday, August 2<sup>nd</sup> at 2:00 PM and Tuesday, August 20<sup>th</sup> at 1:00 PM

### **FHA Sew-a-long Schedule**

Tatakot baby bib project for Falmouth Hospital- Tuesdays: August 6<sup>th</sup> and 20<sup>th</sup> at 10:00 PM  
Harborview superhero cape project for kids at the Carriage House- Wednesdays: August 7<sup>th</sup> and 21<sup>st</sup> at 10:00 PM

### **Joe Q Veteran Coffee Break**

#### **Socializing & Presentation**

Harborview, Friday, August 23<sup>rd</sup>

We are excited to announce that FHA will host the Joe Q Veterans Coffee Break on August 23<sup>rd</sup> from 9:00 AM to 10:30 AM in the Community Room. Refreshments will be served. The purpose of these meetings is to provide fellowship, mental and physical health advice and opportunities for building relationships for veterans, family members and friends. Come join us, along with Ahmed Mustafa, Pete Lopes, Alan Driscoll and Allan Wilson for our very first Joe Q Veterans Coffee Break. In the future we expect to welcome presentations by other community leaders as well as Veterans Administration staff at these coffee breaks.



We would like to welcome Linda Howard, Rose Morin tenant, as our new state-appointed Commissioner. Congratulations Linda, we appreciate your willingness to take on such a great responsibility!

### **Falmouth Public Library Book Bike**

Because it was such a great success last month at Salt Sea Lane, the Falmouth Public Library would like to bring their Book Bike back to Salt Sea! They will also visit Choate Lane. Be on the look out for a cute little bike carrying dozens of free books and free movies for you to take and keep.

Librarians will be at the following properties in August:

Choate Lane on Mondays: August 5<sup>th</sup> and 19<sup>th</sup> from 12:00 noon to 1:00 PM

Salt Sea Lane on Thursdays: August 8<sup>th</sup> and 22<sup>nd</sup> from 12:00 noon to 1:00 PM



### **Coffee Social with Guest FHA Staff**

This month we will have a coffee social with Nick Devonis and Mike Solitro, FHA's Federal Housing Specialists.

Come join us at Rose Morin on Wednesday, August 28<sup>th</sup> at 10:00 AM

Refreshments will be served.

See you there!

## Cooking Demo with Dena

This month's cooking demonstration will be held at Harborview on August 13<sup>th</sup> at 10:00 AM. Dena plans on making refreshing infused waters to help cool you on a hot summer day.

Last month at Rose Morin, Dena made a delicious, fast and easy lime and cilantro - infused cole slaw.

Nutrient-packed cabbage has a healthy dose of vitamin C to boost the immune system, inflammation fighting antioxidants, and improves digestion too! This super easy light and flavorful coleslaw makes the perfect side dish to any meal.

### **Herbed Citrus Coleslaw:**

14 ounces coleslaw mix or power blend mix or 8 cups shredded cabbage

1 handful chopped cilantro or parsley

1 seeded and minced jalapeno pepper (optional)

½ cup dried cranberries or raisins

¼ cup pumpkin seeds or sunflower seeds

2 tablespoons extra virgin olive oil

Juice and zest of 1 lime or lemon

1 teaspoon cumin

Pinch cayenne pepper

Sea salt and black pepper to taste

In a large bowl toss all ingredients together until combined. Chill in the refrigerator for at least an hour. Makes 8 side dish servings.

Enjoy!



## Cooking and Coffee with CapeAbilities

Thursdays, August 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> at 10:00 AM at Tatakot Apartments.

Fresh hot coffee will be served along with a fresh baked treat just out of the oven. It's a great opportunity to get together with friends; and while your at it, make a few new friends!

Last month, our amazing chef, friend and instructor, Arthur Mott, taught the crew from CapeAbilities how to make "pigs in a blanket" and "dogs in a blanket". Arthur showed us his incredible cooking skills as well as his natural ability to teach.



## Nourishing Yoga

Join us at Tatakot on August 27<sup>th</sup> at 10:00 AM for a fun hour with Dena Irwin, certified Yoga instructor from CCCHC.

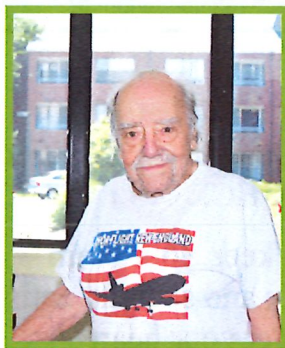
This is a super activity to keep your brain young by being physically and socially active at the same time. You'll get your heart pumping and your joints lubricated and ready for the day!

Yoga increases flexibility, it can relieve menopausal discomfort, promotes good bone health and keeps the mind sharp.

## Grand Opening of the Harborview Clinic

During the Grand Opening of the Clinic last month at Harborview, tenants had the opportunity to mingle with Community Health Center's nursing staff, physician, administration and CEO who were all happy to answer questions. Our tenants were also given an opportunity to check out the new clinic space and have their blood pressure taken. FHA staff joined the party and, as always, appreciate a chance to talk with tenants in a more casual setting.

Hot dogs, chips, watermelon and ice cold lemonade and ice tea were enjoyed by all.



Photo's  
courtesy of  
Sonny  
Lovelace,  
Harborview  
apartments

**Well wishes to our good friend  
and coworker!**

**From Linda Connors**



As all of you may be aware, our Maintenance Director, Bob Arsenault, has moved on to "greener pastures".

Bob worked for the Authority since 2005, working his way up from a Maintenance position to the Supervisory position. Bob's "no nonsense" attitude allowed him to take everything that comes his way in stride. He wasn't easily rattled, which is a wonderful attribute to have in his position. Bob always had a kind word for his fellow employees. He also loved to "prank" us on occasion; I was his usual target more often than not.

We will miss him and his sense of humor and wish him well on his next adventure.

## Local Events:

### **Lobsters on the Lawn at St. Barnabas**

Monday's: August 5<sup>th</sup> from 5PM - 7PM  
Saint Barnabas Memorial Church

This popular event is held every Monday night during July and August at St. Barnabas. Lobster rolls, chips and pie are served on the big lawn across from the Falmouth Village Green.

### **Hyannis Sound A Capella**

Monday's: August 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> at 7PM at the First Congregational Church in Falmouth

### **Falmouth Farmers' Market**

Thursday's: August 1<sup>st</sup> through October 10<sup>th</sup>  
Noon - 6 PM at the Marine Park

Every Thursday local farmers, bakers, and culinary artisans sell fresh fruits and vegetables, seafood, cheese, wine, breads and pastries, plants and flowers, at Marine Park on Falmouth Harbor in Falmouth Center.

### **Falmouth Art Market**

Thursday's in August from 12:00 Noon - 5:00 PM at the Marine Park

What will you find there? Works by Falmouth area painters, sculptors, printmakers, photographers, jewelry makers, fiber artists, writers, and more.

### **Falmouth Band Concerts**

Thursdays in August at 7:30 PM at the Music and Arts Pavilion, Marine Park on Falmouth Harbor.

All concerts are free of charge and open to the public. Bring your chair or blanket for your comfort and enjoyment.

### **Annual Bluegrass on the Lawn**

Sunday, August 11<sup>th</sup>, from 2 PM - 5 PM  
Highfield Hall & Gardens, Falmouth MA.  
Enjoy an outdoor concert with foot stomping entertainment for the entire family. Bring a picnic or enjoy refreshing beverages and food from vendors. Admissions free.

### **Katharine Lee Bates Poetry Fest**

Monday, August 12<sup>th</sup> at 4 PM

Falmouth Museums on the Green hosts a celebration of rhythm and verse for the whole family. Winners of the Katharine Lee Bates Poetry Contest and community leaders read their favorite poems to honor our famed poet's birthday. Birthday cupcakes and ice cream for all! This is a free event.

### **29<sup>th</sup> Annual Falmouth Walk**

Saturday, August 17, 2019 10:00 AM

The Falmouth Walk is an annual event that raises thousands of dollars for local Falmouth charities. It is held in August the day before the Falmouth Road Race. It was founded in 1991 by local celebrities Eddie Doyle and Tommy Leonard. Register online at [www.falmouthwalk.org](http://www.falmouthwalk.org), or at the Quarterdeck Restaurant on Friday, August 16<sup>th</sup>, 4:30-7:30PM or on the morning of the walk at Town Hall Square, where it kicks off at 10 AM. The distance is 3.2 miles and finishes up behind St. Barnabas Church. A picnic, raffle, silent auction and live auction will follow.

### **47<sup>th</sup> Annual Falmouth Road Race**

Sunday, August 18<sup>th</sup> at 9:00 AM

The world class Falmouth Road Race celebrates its 47<sup>th</sup> running this year. More than 12,000 runners will gather in Woods Hole, including many of the world's elite, though the essence of the event remains a fun run. "Back-of-the-pack" joggers share the road with the best, forming a tapestry of colors from the start on Water Street to the finish at the beach in Falmouth Heights.

### **50<sup>th</sup> Annual Antique Sale**

Saturday, August 24<sup>th</sup>, from 10 AM - 4 PM

Falmouth Museums on the Green, Palmer Ave. Over 40 dealers from around New England offer a wide variety of quality jewelry, antiques and collectibles. This popular event has become an August tradition for Falmouth visitors and residents as well as collectors and antique buffs from on and off Cape.

# August 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Cooking and Coffee with CapeAbilities *TAT at 10:00	2 Comm. Board Mtg. *HV at 2:00	3
4	5 Library Book Bike *CH 12:00 - 1:00	6 Sew-a-long *TAT at 10:00	7 Sew-a-long *HV at 10:00	8 Cooking and Coffee with CapeAbilities *TAT at 10:00 Library Book Bike *SS 12:00 - 1:00	9	10
11	12	13 Cooking Demo *HV at 10:00	14	15 Cooking and Coffee with CapeAbilities *TAT at 10:00	16	17
18	19 Library Book Bike *CH 12:00 - 1:00	20 Sew-a-long *TAT at 10:00 Comm. Board Mtg. *HV at 1:00	21 Sew-a-long *HV at 10:00	22 Cooking and Coffee with CapeAbilities *TAT at 10:00 Library Book Bike *SS 12:00 - 1:00	23 Veteran Coffee Break *HV 9:00 -10:30	24
25	26	27 Yoga *TAT at 10:00	28 Coffee Social with Nick and Mike *RM at 10:00	29 Cooking and Coffee with CapeAbilities *TAT at 10:00	30	31