

What do you say, FHA?

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by Marie Palmer, Resident Service Coordinator

Protecting the Health and Safety of Residents and Staff

According to the U.S. Department of Housing and Urban Development, secondhand smoke poses serious health threats to residents and staff, old and young, including increased sickness and even death. In 1992, the U.S. Environmental Protection Agency classified secondhand smoke as a “Class A” known carcinogen. Secondhand smoke poses health concerns for all people, particularly children, pregnant women, and people with chronic illnesses such as heart disease and asthma.



In 2006, the U.S. Surgeon General concluded that there is no risk-free level of exposure to secondhand smoke. Secondhand smoke causes heart disease, cancer, chronic obstructive pulmonary disease, and other lung diseases. It triggers asthma attacks and exacerbates all heart, lung, and respiratory conditions. Living with a smoker increases the chances of developing lung cancer by 20–30 percent; even in people who have never smoked. Evidence supports an association between secondhand smoke exposure in children and adverse health effects such as respiratory illnesses, ear infections, and hospitalizations.

Risk factors like exposure to secondhand smoke can trigger a heart attack in people with chronic disease. Reducing risk factors, like smoking and exposure to secondhand smoke, represents a considerable health benefit for residents and Public Housing staff who are at risk of exposure whenever they enter a building.

The elderly and disabled are especially vulnerable to secondhand smoke due to chronic health conditions and an inability to physically avoid secondhand smoke. Smoke-free policies help provide housing stability for residents who suffer from respiratory conditions such as asthma or chronic obstructive pulmonary disease and those who breathe with assistance from a home oxygen respirator.

The movement of smoke between units cannot be controlled and no level of exposure to tobacco smoke is safe. Ventilation and other air filtration technologies cannot eliminate all the health risks caused by secondhand smoke exposure. Smoke-free policies are the only way to prevent exposure to secondhand smoke in multifamily units.

Smoke-free policies are legal. The policies do not violate resident privacy rights and do not discriminate against residents who smoke. Smoke-free policies are about where people smoke, not about whether they smoke.

The Falmouth Housing Authority’s smoke-free policy may motivate smokers to quit. If you are a smoker and are interested in participating in a cessation program please contact me, Marie Palmer, at 508-548-1977 ext. 212, and get connected with the many resources in our community that are available to you.

FHA Hosted Events:

FHA – Commissioners Board Meeting:

This month's Commissioners Board Meeting will be held at Harborview Apartments on Tuesday, November 13th at 1:00 PM. The agenda will be posted at all properties prior to the meeting.

Tuesday at Tataket Sew-a-long

Tuesday November 6th, and 20th

From 10:00 AM to 12:00 PM

Our sewing group is going strong! Come help us out by cutting patterns, ironing, sewing, trouble shooting, or just keeping us company.

Coffee and donuts will be available!

Learn more about Public Housing

Video presentation at Harborview

November 14th at 10:00 AM

Snacks will be provided

Q & A to follow

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, November 27th at 10 AM, at Harborview Apartments.

Learn classic yoga moves at your own pace.

FHA Guest Computer

Our Guest Computers and printers are available during our regularly scheduled office house:

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

Cooking Demo with Dena Irwin

Our next cooking demo will be held at Harborview on Tuesday, November 13th at 10:00 AM.

Our Nutritionist, Dena, from Cape Cod Community Health Center is planning on making a beet salad with beet greens.

Last month at Rose Morin, Dena's intern Lauren made a delicious pumpkin Hummus.

Pumpkin Hummus

Ingredients:

1 can chickpeas

1 can white beans

¼ cup lime juice

2 tbsp tahini

1 can pumpkin

½ tablespoon maple syrup

½ tablespoon paprika (optional)

1/3 cup seeds (optional)

Directions:

In a food processor or blender, blend all ingredients and puree until smooth. Transfer mixture into a serving dish.

Dip veggies or Wheat pita chips and enjoy!



Karaoke

If you're looking for something really fun to do, look no further; our friends at Cape Abilities will be hosting a Karaoke Party!

Join us at Tatakot:

Tuesday, November 13th

From 1:00 PM to 2:00 PM

Refreshments will be available.

Coffee Social with a Guest FHA Staff

We are pleased to add another dimension to our activities by introducing coffee socials with a staff member from the Falmouth Housing Authority. We hope this will be a positive, informal and lighthearted get-together. A good opportunity for you to get to know the staff.

This month's coffee socials are as follows:

- Tatakot with Bob Arsenault
November 9th at 10 AM
- Rose Morin with Kim Conn
November 16th at 10 AM
- Harborview with Debbie King
November 28th at 10 AM

We look forward to seeing you!

Coffee and donuts will be provided.

Falmouth Elks Lodge #2380

Thanksgiving Dinner

Sunday, November 18th at 1:00 PM

The Elks Lodge on Palmer Ave in Falmouth has donated 100 tickets for their annual Thanksgiving Dinner to the Falmouth Housing Authority. Please contact Marie Palmer, 508-548-1977 ext. 212, if you are interested in a ticket.

The Color of Fear

Free Film Screening

Thursday, November 15th at 6:30 PM

Harborview Apartments

According to an article in the Falmouth Enterprise, dated October 27th :

“The Falmouth Affirmative Action Committee will host a free screening of the 1994 documentary directed by Lee Mun Wah, in which eight men – two African-Americans, two Asian-Americans, two Latinos and two Caucasians – discuss race relations in America. The event will be Thursday, November 15th, in the Harborview Community Room at the Falmouth Housing Authority at 6:30 PM.

‘Unfortunately, it’s still extraordinarily relevant, it talks about people’s feelings, and some of those feelings are still around today. It’s unfortunate but true,’ said committee co-chairman, Joanne Treistman.

The affirmative action committee aims to use the film to jump-start a discussion about race relations. ‘We, as a group, are people who want to do some education in the community and create a dialogue about racism,’ Ms. Treistman said, describing racism as something that impacts every member of the Falmouth community.

‘It is a strong, emotional film, and is definitely one worth seeking,’ she said.

This film will be followed by a discussion led by Larry Brown, a teacher at Cape Cod Academy.”

Please join us!

*Colors Of Freedom
By John Mendoza
Tatakot Apartments*

*Khakis, Blues,
Browns and Greens
The colors of Army,
Navy,
Air Force,
Marines*

*Defenders of our Freedom
Life, Liberty
The American Way*

*They gave their ALL
Some literally
The ultimate sacrifice
For this - our Democracy*

*This November,
Let's Remember
To thank a Vet
And tell them
Their Service
We will never Forget!*

Local Events

North Falmouth Congregational Holiday Fair

Saturday, November 10th
From 9:00 AM - 1:30 PM
Holiday Fair -
Jewelry, Hand Crafts, Attic Treasures,
Raffles, Baked Good, Silent Auction,
Snacks and Coffee served all morning.
Lobster Roll Lunch 11:00-1:00PM, Take Out
Available.

Alternative Gift Market

Saturday, November 10th
From 11:00 AM - 3:00 PM
Saint Barnabas Memorial Church
Main Street, Falmouth
Give the world a gift of hope! An alternative
gift is a donation to a worthy cause in honor
of a friend or family member. Choose from
20 charitable local and global organizations.
Complimentary free coffee provided by
Equal Exchange.
Vendors: The Sharing Foundation,
Afri-Roots Collective, and Equal Exchange.

Falmouth Chamber Players Orchestra

Fall Concert

Saturday, November 10th at 4:00 PM
John Wesley United Methodist Church
Featuring cellist, Emmanuel Feldman.
Suggested donation: \$20 adults, \$5 students

Veteran's Day Ceremony

Sunday, November 11th at 10:45 AM
Memorial Walkway, Falmouth Public
Library
Procession starts at 10:45 AM at the
Village Green and proceeds to Memorial
Lane for ceremony at 11:00 a.m.
Key Note Speaker – Vice Admiral Don
Arthur, U.S. Navy Retired, The 35th Navy
Surgeon General

Thank you to
Lynn and Laurie,
Pharmacists from
Cape Cod
Community
Health Center,
for offering three
flu clinics to the
Falmouth
Housing
Authority last
month.



Needless to say, we appreciate it!

Veterans Complimentary Tribute Breakfast

Monday, November 12th

From 8:00 to 10:00 AM

Flying Bridge Restaurant

To establish a guest head-count, attending veterans are respectfully required to RSVP their seating. Please contact the Falmouth Chamber of Commerce at 508-548-8500.

Life Line Screening

Thursday, November 15th

St. Barnabas Memorial Church

Ultrasound screenings to identify risk factors for Cardiovascular disease including: Carotid Artery, Abdominal Aortic Aneurysm, Peripheral Arterial Disease, and a Heart Rhythm Screening and an Osteoporosis Risk Assessment for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

For more information call (508) 548-3863.

Film: "Chasing Ice" a Climate Change Documentary

Friday, November 16th at 7:00 PM

First Congregational Church, Falmouth.

Open to public, free of charge. Bring friends!

Desserts to share are welcome. A brief discussion will follow after the movie.

Sponsored by the Green Team.

Christmas Fair at John Wesley

Friday, November 16th

From 2:00 PM - 7:00 PM

John Wesley United Methodist Church

Stop by this much-anticipated Annual Christmas Fair. There will be much to choose from, including Attic Treasures, Baked Goods (apple pies, breads, etc.), Books, Boutique, Homemade Candy, Children's Room, Greens and Wreaths (live and artificial), Hardware, Preserves and Pickled Veggies, and a Silent Auction featuring Deep Sea Fishing and Patriots Tickets.

PAL vs. Old Timers Annual Turkey Cup

Saturday, November 17th at 12:30 PM

Falmouth Ice Arena

East Falmouth

Police Athletic League of Cape Cod vs.

Falmouth Old Timers

Proceeds from the event will benefit the annual Thanksgiving dinner at the John Wesley Church.

Tickets: \$12.00 Adults / \$5.00 Veterans /

Children 12 and under: Free

Holidays at Highfield

Friday, November 23rd through

Sunday, December 2nd

Highfield Hall & Gardens

Falmouth, MA

Shop the local artisan gift gallery with items ranging from fine crafts to hostess gifts. Enjoy refreshments, model trains, live seasonal music, special exhibitions, visits with Santa, a Soldier letter writing room, and more.

Grand Opening Celebration at ConvenientMD Urgent Care

Wednesday, November 28th

From 4:00 PM - 6:30 PM

ConvenientMD

40 Davis Straits

Falmouth, MA 02540

You're invited to the Grand Opening Celebration of ConvenientMD's new urgent care facility in Falmouth!

Meet the medical team, tour the new state-of-the-art facility, and enjoy a fantastic selection of food and beverages!

Falmouth Housing Authority
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Falmouth, MA 02540

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www.falmouthhousing.org

November 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
		Sew-a-long 10:00 at TAT		Cooking and Coffee at TAT at 10:00	Coffee Social with Bob 10:00 at TAT	
11	12	13	14	15	16	17
	Office closed Veterans Day Observed	Cooking Demo 10:00 at HV	Public Housing Video 10:00 AM at HV	Cooking and Coffee at TAT at 10:00	Coffee Social with Kim 10:00 at RM	
		Karaoke 1:00 at TAT		Race Video 6:30 PM at HV		
18	19	20	21	22	23	24
		Sew-a-long 10:00 at TAT				
25	26	27	28	29	30	
		Yoga 10:00 at HV	Coffee Social with Debbie 10:00 at HV	Cooking and Coffee at TAT at 10:00		