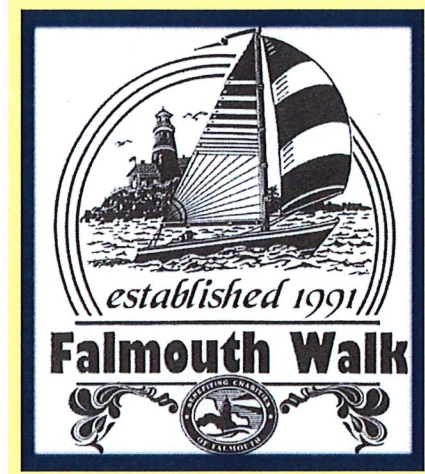


What do ya' say, FHA?

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AUGUST 2018

by Marie Palmer, Resident Service Coordinator

Falmouth Walk Saturday, August 18th at 10:00 AM



The 46th annual Falmouth Road Race is fast upon us and soon the arrival of the 28th annual Falmouth Walk; both very important and exciting events for the Falmouth community. The Falmouth Walk, an event to help raise money for local charities, was founded by two local legends, Tommy Leonard and Eddie Doyle. The Falmouth Walk has become an institution in and of itself, with 750 to 800 participants. The walkers go along a scenic 3.2 mile course which starts out at Town Hall Square,

looping around Shore Drive, down Scranton Ave, then Main Street and ending at St. Barnabas Church. There is also a short course for walkers who feel the full course may be too much.

Walkers will be hitting the pavement for 10 very commendable local charities. In the past, the Falmouth Walk raised upwards to \$30,000. This year's charitable organizations include:

- The Falmouth Military Support Group
- The 10-19 Foundation
- The Falmouth Service Center
- The Falmouth Housing Trust
- The Friends of the Falmouth Senior Center
- The Falmouth Prevention Partnership
- The Ellen T. Mitchell Scholarship
- The Haven for Healing
- Around the Table at St. Barnabas
- People for Cats

After the walk, participants will enjoy a complimentary picnic lunch, Smitty's homemade ice-cream and Sam Adams, along with oodles of raffle prizes and a silent auction.

Registration is \$20 and will include a "Falmouth Walk" t-shirt, and picnic. You can register in person and pick up your t-shirt on Friday, August 17th between 4:30 PM and 7:30 PM at the Quarterdeck or Saturday, August 18th between 8:00 AM and 9:45 AM at the event, or you can register online at www.falmouthwalk.org.

Now is the time to help ten well deserving agencies that work tirelessly for the betterment of our community.

FHA Hosted Events:

Royal Nursing and Rehabilitation Cookout

This years Cookout, hosted by Royal, will be held at Harborview Apartments on Thursday, August 9th at 11:30. Hot dogs, hamburgers, potato and pasta salads, and watermelon will be served with a smile. All FHA tenants are welcome. Come join your friends. We hope to see you there.

How to Place a 9-1-1 Call

Officer Porter, from the Falmouth Police Dept., will discuss the in's and out's of emergency 9-1-1 calling on Wednesday, August 15th at 1:00 PM at Tataketa, and on Monday, August 27th at 1:00 PM at Harborview. When to call, how to call, what you should say, information you need to provide if you are calling from a wireless phone, and tips regarding cell phones when making an emergency call will be reviewed.

Annual Plan, including 5 year Capital Plan – Commissioners Board Meeting:

Annual plan will be presented at the Board of Commissioners Meeting on Tuesday, August 14th, 2018 at 1:00 PM at the Tataketa Apartments Community Room. The five-year capital plan for the federal properties will be voted on. A draft version of the plan is available at the housing authority. An overview of the capital plan for the state properties will also be discussed. The Agenda for the monthly meeting will be posted online at our website (www.falmouthhousing.org), Town Hall and at all of the public housing properties.

Federal Handbook Review Meeting:

The Handbook Review Mtg. will be held on Monday, August 6th at 1:00 PM at Harborview. The goal of this meeting is to present the final draft of the Federal Handbook. We encourage all federal property tenants (Harborview, Rose Morin and Tataketa) to attend.

Rose Morin Walking Group

Thursdays: August 2nd, 9th, 16th, 23rd and 30th at 9:00 AM (weather permitting) with healthy refreshments following.

Cooking Demo with Dena Irwin

Our next cooking demo will be held on Tuesday, August 14th at 10:00 AM at Harborview. Dena will be making up a terrific tofu dish you won't want to miss.

Last month at Rose Morin, Dena made a delicious fast and easy Watermelon Gazpacho. Perfect for a hot summer day.

Watermelon Gazpacho

- 8 cups Watermelon
- 1 jalapeno (optional)
- 1 cucumber
- 1 shallot
- 1 cup fresh parsley
- 1 cup fresh oregano
- 1 tbs. Balsamic vinegar
- 1 tbs. Olive oil

Dice all ingredients, mix 3/4 of the mixture in a blender then combine all ingredients and refrigerate. When cold, top off with dollop of plain Greek yogurt and serve.



Tuesday at Tataket
Sew-a-long

Tuesdays: August 7th
and 21st from 10:00
AM to 12:00 PM

Join Bobbi Richards,
Executive Director, on
August 7th to work on a
special project - "Easy
Peasy Burrito Roll
Pillow Cases"! Make
them festive, make them plain - either way
they make great gifts for the holidays. As
materials will be pre-cut for everyone, please
register with Marie to attend by August 4th.



We are also working together to reach our goal
of sewing 400 baby bibs that will be donated to
the Falmouth Hospital. Why 400, you ask?
Because, according to Falmouth Hospital,
there were approximately 400 births in 2017.
We plan to make the donation on December
31st. If you have friends or family that wish to
help us accomplish this goal, please share the
pattern with them - better yet, invite them (and
their sewing machine) to join us as we sew on
Tuesdays!

Seeking FHA Tenant volunteers for
Rotary Club Antique Craft Fair

The Falmouth Housing Authority is
participating in the 18th Annual Rotary Club
of Falmouth's Antique and Craft Fair on
Saturday and Sunday, September 1st - 2nd. If
you would like to volunteer to hand out
applications and information about the housing
authority, please contact Marie Palmer. Shifts
will be assigned in two - hour increments.
This is a great opportunity for a tenant
association or a craft group to enjoy the
weather and assist the housing authority. Your
volunteer efforts will be greatly appreciated!

Nourishing Yoga
*A journey to better
health and
overall wellness*

Dena Irwin from
Cape Cod Commu-
nity Health Center,
also a certified
Yoga teacher, will
be teaching chair
yoga this month on
Tuesday, August
28th at 10 AM at
Tataket. She will
teach classic yoga
moves and get all the senses stimulated
through aroma therapy, calming music, and
stretching—all of which makes for a very
relaxing hour.



Dena explained in our last yoga session that the
Autonomic Nervous system has two branches:
the Sympathetic nervous system - otherwise
known as the "fight or flight" response, and the
Parasympathetic nervous system - also dubbed
the "rest and digest" response.

Yoga is associated with the Parasympathetic
nervous system. It is known to slow down heart
rate, lower blood pressure, and allow recovery
after a stressful event.

Now who couldn't use a little of that in their
lives?

Civic discussions with our Town Clerk

Falmouth Town Clerk, Michael Palmer, will
discuss voter registration, absentee ballots,
and general municipal election information
on Monday, August 13th at the following
locations:

- 10:00 at Tataket
- 11:00 at Rose Morin
- 12:00 at Harborview

There will be time made available for
questions and answers.



We recently had our piano at Harborview tuned. It sounds lovely and is ready to resonate once again.

Calling all crooners... we would like to start up a sing-a-long at Harborview once or twice a month, to begin with. If it's a hit, we could meet up once a week. Call Marie if you're interested, and let me know your thoughts and suggestions.

Did you know that music not only helps us cope with pain – it can also benefit our physical and mental health. For instance, it can improve sleep quality, help people eat less and enhance blood vessel function. It also helps by reducing stress, relieve symptoms of depression, elevate mood, improve cognitive performance, help to perform better in high-pressure situations, reduce anxiety, relax patients before surgery, ease stress after surgery, elevate mood while driving, helps cancer patients manage stress and anxiety, and ease recovery in stroke patients.

FHA Emergency Automated Call System

We are implementing an emergency automated call system that can be used to communicate information to each of our tenants regarding office closures (full or partial day) and reopening's. Conditions permitting (i.e. phone lines have to be operational).

To assist us in setting up the system, please contact me with a telephone number that you would like for us to use for such emergency purposes.

Also, I would like to take the opportunity to discuss your personal emergency plans. I will be available to work with you to draft an individualized emergency plan that is specific to you, your wishes, and your unique needs. Please contact me to set an appointment and we can get our emergency and disaster preparedness plan underway.

American Red Cross Disaster Preparedness Presentation

Representatives from the American Red Cross will be holding some very important presentations to discuss Disaster preparedness. We strongly encourage your attendance. Residents from Choate and Salt Sea, please find a location that is most convenient for you.

Friday, August 10th:

- 12:30 PM at Harborview
- 2:00 PM at Rose Morin
- 3:30 PM at Tatakot

Local Events:

Lobsters on the Lawn at St. Barnabas

Monday's: August 6th through August 27th from
5:00 PM - 7:00 PM

Saint Barnabas Memorial Church
Main Street, Falmouth

This popular event is held every Monday night during July and August from 5-7 PM at St. Barnabas Episcopal Church on the Green in Falmouth. Lobster rolls, chips and pie are served on the big lawn across from the Falmouth Village Green.

Hyannis Sound A Capella

Monday's: August 6th through August 25th at 7:00
PM at the First Congregational Church in Falmouth

Falmouth Farmers' Market

Thursday's: August 2nd through October 4th 12:00
Noon - 6:00 PM Marine Park Scranton Avenue
Every Thursday, local farmers, bakers, and culinary artisans sell fresh fruits and vegetables, seafood, cheese, wine, bread and pastries, plants and flowers, at Marine Park on Falmouth Harbor in Falmouth center.

Falmouth Art Market

Thursday's: August 2nd through August 30th 12:00
Noon - 5:00 PM, Marine Park
What will you find there? Works by Falmouth area painters, sculptors, printmakers, photographers, jewelry makers, fiber artists, writers, and more, along with performances by local musicians, dancers, and who knows what else. AND; lots of information about what is going on in local theaters, galleries, and classrooms.

Falmouth Band Concerts

Thursdays: August 6th through August 30th at 7:30
PM at the Music and Arts Pavilion, Marine Park
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 12, from 3:00 PM - 7:00 PM
Highfield Hall & Gardens, Falmouth MA.
Enjoy outdoor concert with foot stomping entertainment for the entire family. Bring a picnic or enjoy refreshing beverages and food from vendors. 3PM - 7PM. Admissions free.

Katharine Lee Bates Poetry Fest

Tuesday, August 14 at 12 Noon
Falmouth Museums on the Green
55 & 65 Palmer Avenue

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.

46th Annual Falmouth Road Race

Sunday, August 19 at 9:00 AM
Falmouth Road Race, Inc.

The world class New Balance Falmouth Road Race celebrates its 46th running this year. More than 12,000 runners will gather in Woods Hole for the 2018 renewal, 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.

49th Annual Antique Sale

Saturday, August 25, from 10:00 AM - 4:00 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.

Falmouth Housing Authority
115 Scranton Ave.
Falmouth, MA 02540

Phone: 508-548-1977

Fax: 508-457-7573

www.falmouthhousing.org

AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1.	2.	3.	4.
				RM Walking Club 9:00		
5.	6.	7.	8.	9.	10.	11.
	Fed. Handbook Review 1:00 at HV	Sew-a-long Bibs & Pillow Cases 10:00 at TAT		RM Walking Club 9:00 Cookout 11:30 at HV For all FHA Tenants	American Red Cross presentations: 12:30 at HV 2:00 at RM	
12.	13.	14.	15.	16.	17.	18.
	Town Clerk Presentations: 10:00 at TAT 11:00 at RM 12:00 at HV	Cooking Demo 10:00 at HV Commissioners Board Mtg. 1:00 at TAT	Police Department Presentation 1:00 at TAT	RM Walking Club 9:00		Falmouth Walk 10:00 at Town Hall Square
19.	20.	21.	22.	23.	24.	25.
		Sew-a-long 10:00 at TAT		RM Walking Club 9:00		
26.	27.	28.	29.	30.	31.	
	Police Department Presentation 1:00 at HV	Yoga 10:00 at TAT		RM Walking Club 9:00		